

**Sunday, March 13, 2016 1:30pm—4:00pm**  
**Elwin Mussell Senior Center 510 Park Santa Maria**



**Let's wear some Green!!**  
**St. Patrick's Day Dance**

*Vocalists: Holly Williams & Bob Nations*

This program is made possible  
with the support of the



**Dance to the sounds of Santa Maria's own**

**Riptide Big Band**

**with Music from the 30's- 80's**

**This is a band event sponsored by the Santa Maria Senior Club**

**Cost is \$10.00 each**

**need not be a Senior Club member to attend**

**For more information, please contact Russ @ (775) 843-2830 or**

**RiptideBB.com**



Santa Maria Valley Senior Citizen's Club  
PO Box 6688  
Santa Maria, CA 93454-6688



**Non-profit Organization**  
**US Postage Paid**  
**Santa Maria, CA**  
**Permit No. 161**

RETURN SERVICE REQUESTED

March 2016      Volume 32, Issue 3  
Periodical

# The Mussell Messenger

**Santa Maria Valley Senior Citizen's Club Newsletter**

**DULANEY, TOM**  
**4744 APPALOOSA TRAIL**  
**SANTA MARIA, CA 93455-6021**

## Membership Dinner Meeting

**Monday March 7th**

**Doors open: 5pm   Dinner: 6pm**

**Please note that Dinner will be catered!**

**And the price will be \$10**

**A Short Business Meeting Will Precede Dinner**

**Remember, if your Birthday is this month you could win \$25!**

**Elwin e. Mussell Senior Citizens Center**  
**510 E. Park Ave. Santa Maria, CA**  
**925-0951 Ext. 207**







**President**  
**Jo York**

# The Prez says hello

Hello and Happy March

I hope you all enjoyed your February and the warm weather. I believe all of those who attended the February membership meeting enjoyed it. And I know all of the people who attended the Valentine's Day dance had fun.

For March we are partnering with the Parks and Recreation Department and having a St Patrick’s Day breakfast of green eggs and ham. Please remember to sign up for it at the receptionist desk. The charge will be \$3.00. It should be fun.

We have new people printing the newsletter. We hope to save some money with this move. And we have gone back to having the volunteers folding them. A big THANK YOU to all of the volunteers who help with that. We definitely need your services and appreciate them.

The membership meeting in March is on the 7<sup>th</sup> so please, come join us. Don't forget you have to sign up at the receptionist desk for that too. I hope the new method of signing up for the membership meeting is eliminating some of the confusion and making it easier on our members.

Our speaker for this month is Mr. Goff from May Wealth Management Group. He is going to be speaking about Living Trusts.

Originally catering the membership meetings and its cost for members was an idea that was experimented with to entice more members to attend the meetings. The experiment worked. However, the costs of these dinners exceeds the amount we have been charging the members and the club cannot afford to continue to subsidize the costs. Therefore beginning April 2016 the cost for the dinner will be \$10.00. We hope you continue to join us for these meeting as you not only get good food but you get to socialize with other members. And we hope to have some interesting speakers for the meetings too.

We have a new calling committee who are calling members who have not paid their dues. This is to remind them that they are due and to see if we can clean up our member list. If you receive a call and have already paid your dues, please ignore the call or tell the caller that you have paid., The callers do not have up to the minute information so they may call some who have already paid. We are sorry for the inconvenience but we really need an updated member list.

I hope you have a great March and spend some of that great time with us at the center.

## OFFICERS

President:	<b>Jo York</b>	925-1089
1st Vice President:	<b>Terri Leduc</b>	925-0064
2nd Vice President:	<b>Dawn Kamiya</b>	714-5267
Treasurer:	<b>Matt Arko</b>	925-3541
Recording Secretary:	<b>Mary Law</b>	234-0580
Corresponding Secretary:	<b>Tom Dulaney</b>	264-1498
Board Member:	Open	
Board Member:	<b>Mary Johnson</b>	352-1003
City Representative:	<b>Marjorie Gjerdrum</b>	925-0951 Ext. 347

## Committee Chairpersons

Membership:	<b>Iva Jo Strunk</b>	934-9294
Database Records:	<b>Tom Dulaney</b>	264-1498
Statistics & reports:	<b>Charlotte Gaskill</b>	934-2607
Sunshine:	Simone Gillogly	925-6267
Travel:	<b>Linda Dutart</b>	925-2906
Newsletter Editor:	<b>Tom Dulaney</b>	264-1498

## Facilities

Receptionist:	Diane Bentley	925-0951 Ext. 207
Pool Room:	Front Desk for info.	925-0951 Ext. 207
Travel Office:		349-0688
Supplies:	<b>Mary Johnson</b>	352-1003

## Please Note:

For those of you who read the Newsletter online, by clicking on the **Names** in **Blue** you will open an Email to that person. And by clicking on the **URLS** in **Blue** you will be taken to that Site.

## Off Site Events

<b><u>Monday</u></b>	<b><u>10:00 am-1:00 pm</u></b>	<b><u>Drop-in Softball*</u></b>	<b>Hagerman Sports Complex</b>
<b><u>Tuesday</u></b>	<b><u>9:00 am-12:00 am</u></b>	<b><u>Lawn Bowling Club*</u></b>	<b>4205 S. McClelland St.</b>
<b><u>Thursday</u></b>	<b><u>10:00 am-1:00 pm</u></b>	<b><u>Drop-in Softball*</u></b>	<b>Hagerman Sports Complex</b>

STANDARD WEEKLY ACTIVITIES

<u>Monday</u>	12:00 am-4:00 pm	<u>Duplicate Bridge (Dee Sinor 937-5691)</u>
7-Mar 14-Mar 21-Mar 28-Mar		
<u>Monday to Friday</u>	9:30 am-3:45 pm	<u>Pool Room*</u>
-		
<u>Tuesday</u>	9:00 am-10:00 am	<u>Strength Training (With Weights)*</u>
1-Mar 8-Mar 15-Mar 22-Mar 29-Mar		
<u>Tuesday</u>	10:00 am-11:00 am	<u>Yoga*</u>
1-Mar 8-Mar 15-Mar 22-Mar 29-Mar		
<u>Tuesday</u>	1:00 pm-4:00 pm	<u>Poker</u>
1-Mar 8-Mar 15-Mar 22-Mar 29-Mar		
<u>1st &amp; 3rd Tuesday</u>	1:30 pm-4:00 pm	<u>Bunco*</u>
1-Mar 15-Mar		
<u>2nd &amp; 4th Tuesday</u>	1:00 pm-4:00 pm	<u>Pinochle (Mary Johnson 934-2315)*</u>
8-Mar 22-Mar		
<u>Wednesday</u>	9:00 am	<u>Artists Meet*</u>
2-Mar 9-Mar 16-Mar 23-Mar 30-Mar		
<u>Wednesday</u>	9:00 am-10:00 am	<u>Exercise Workout (With Tension Band)*</u>
2-Mar 9-Mar 16-Mar 23-Mar 30-Mar		
<u>Wednesday</u>	1:00 pm-4:00 pm	<u>Beginning Bridge</u>
2-Mar 9-Mar 16-Mar 23-Mar 30-Mar		
<u>Wednesday</u>	1:00 pm-4:00 pm	<u>Bridge Instructions</u>
2-Mar 9-Mar 16-Mar 23-Mar 30-Mar		
<u>1st, 2nd &amp; 4th Wednesday</u>	1:00 pm-3:00 pm	<u>Knit, Chat &amp; Crochet*</u>
2-Mar 9-Mar 23-Mar		
<u>3rd Wednesday</u>	1:00 pm-3:00 pm	<u>Book Exchange (Jane Bringley 925-0951 x 207)*</u>
16-Mar		
<u>Thursday</u>	9:00 am-10:00 am	<u>Strength Training (With Weights)*</u>
3-Mar 10-Mar 17-Mar 24-Mar 31-Mar		
<u>Thursday</u>	10:00 am-11:00 am	<u>Qi Gong*</u>
3-Mar 10-Mar 17-Mar 24-Mar 31-Mar		
<u>Thursday</u>	12:00 am-4:00 pm	<u>Duplicate Bridge (Don Eames 922-5000)</u>
3-Mar 10-Mar 17-Mar 24-Mar 31-Mar		
<u>2nd &amp; 4th Thursday</u>	1:00 pm-4:00 pm	<u>Hand &amp; Foot Card Game</u>
10-Mar 24-Mar		
<u>Thursday</u>	2:30 pm-4:00 pm	<u>Folk Dance (Betty Anthony 925-0951 x 207)*</u>
3-Mar 10-Mar 17-Mar 24-Mar 31-Mar		
<u>Friday</u>	1:00 pm-4:00 pm	<u>Bingo (Everyone welcome, 50¢ per card)</u>
4-Mar 11-Mar 18-Mar 25-Mar		
<u>Friday</u>	1:00 pm-3:00 pm	<u>Mahjong*</u>
4-Mar 11-Mar 18-Mar 25-Mar		
<u>Saturday</u>	9:00 am-1:00 pm	<u>Duplicate Bridge (Sonja Gerfen 925-6350)</u>
5-Mar 12-Mar 19-Mar 26-Mar		

\* Not a Senior Club Program



TOM'S  
TRIVIALITIES

MARCH, 2016



*Idiosyncrasies* from Ofelia Tise

Atheism is a non-prophet organization.

Can an Atheist get insurance against acts of God?

The main reason that Santa is so jolly is because he knows where all the bad girls live.

What if there were no hypothetical questions?

If a deaf child signs swear words, does his mother wash his hands with soap?

Is there another word for "synonym"?

If someone with multiple personalities threatens to kill himself, is it considered a hostage situation?

What do you do when you see an endangered animal eating an endangered plant?

Why do they lock gas station bathrooms? Are they afraid someone will break in and clean them?

If a turtle doesn't have a shell, is he (or she) homeless, or naked?

Can vegetarians eat animal crackers?

Why do they put Braille on the drive through bank machine?

How do they get deer to cross the road only at those yellow road signs?

One nice thing about egotists: they don't talk about other people.

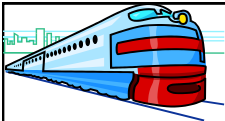
If one synchronized swimmer drowns, do the rest drown, too?

If you try to fail, and succeed, which have you done?

Whose cruel idea was it for the word "lisp" to have an "s" in it?

Why is there an expiration date on sour cream?





TRAVEL OPPORTUNITIES  
SANTA MARIA SENIOR TRAVEL  
COMMITTEE

Hours: Tues., Wed., Thurs., 12:30-3.45 p.m.  
Office Phone: 349-0688

**FIRST DAY SALES IS THE FIRST MONDAY MORNING OF EACH MONTH.**  
*On March 7, 2016, a room will be set up as your waiting room beginning at 9:00 A.M. Numbers will be passed out when you arrive beginning at 9:00 A.M. At 10:00 A.M. sales will begin and will end when the last person waiting is finished, or noon, whichever is earlier. As before, two tickets per person will be allowed. If it is a very popular trip with a long waiting list, we will try to book a second trip for a later time. If we are ready early, as we have been recently, we will begin sales then. Last month we started at 9:15 a.m.!*

**MARCH 28 – FOR MUSIC CITIES TRAVELERS: TYLER WILL BE HERE AT 10:00 A.M. TO GIVE YOU YOUR TRAVEL DOCUMENTS AND ANSWER ANY QUESTIONS!**  
**May 25-26 – Medieval Times and Santa Anita \$212.00 Dbl., \$273.00 Sgl.**  
Stop at the Malibu Pier to wander and have lunch. Go on to the Buena Park Holiday Inn to relax before heading to the nearby Medieval Times dinner show, which is a live horse show in an enclosed arena (note to allergy sufferers). that includes dinner. It should be exciting and something different. It was also requested by some of you in the Surveys. After breakfast the next day, go to Santa Anita for a tour of the paddocks and the Seabiscuit exhibit, have a buffet lunch and enjoy Senior Day at the races. This trip is limited to 40 people because of the tour at Santa Anita, but it sounded interesting. Leave 9:00 a.m., Home 8:00 p.m.

**June 23 – "Beautiful", The Carole King Story at the Pantages \$124.00**  
Singer/song writer Carole King made "beautiful" music and this is her story made into a musical. You'll recognize many of her songs, including "Some Kind of Wonderful", "Happy Days Are Here Again", "On Broadway" and "You've Lost That Lovin' Feeling". Early lunch at Soup Plantation included. Leave 9:00 a.m. Home 8:15 p.m.

**THESE TRIPS MAY STILL BE AVAILABLE:**  
**March 6 – "9-5 The Musical" at Roger Rocka's Dinner Theater in Fresno \$100.00**  
**March 15-18 --San Diego's Balboa Park Museums, the Wild Animal \$490 Dbl., \$650 Sgl.**  
**Park, Carlsbad Flower Fields+ Leave 8:30 a.m. Home around 7 p.m. SPACE AVAILABLE**  
**March 29-April 1 – Laughlin Riverside (wait listed) \$147 Dbl., \$184 Sgl.**  
**April 10 – A Gentlemen's Guide to Love and Murder at Ahmanson Theater \$145.00**  
**SPACE AVAILABLE.**  
**May 1-6 – Grand Canyon, Flagstaff, Sedona and Jerome (wait listed) \$720 Dbl., \$960 Sgl.**

**FLYERS AND THE TRIP LIST ARE AVAILABLE IN THE HALL AND OFFICE.**  
Check out our Facebook page: "Santa Maria Senior Travel"  
Diana Dodos is updating this with flyers and pictures from our trips.

[Linda Dutart](#)  
Travel Committee Chairman



HAPPY BIRTHDAY

Our lucky winner, this month is Mary Wiley. Happy Birthday Mary, and many happy returns of the day!



BIRTHDAYS & ANNIVERSARIES

Happy Birthday		Happy Anniversary		
Name	Date	Name	Spouse	Date
Abel, Dorothy H.	3/27	Scheideck, Wayne	Barbara	3/14
Batiste, William M.	3/2	Shelton, Tom	Joanne	3/30
Boos, Virginia	3/15	Tise, George	Ofelia	3/21
Bradbury, Stephanie A.	3/15			
Chambard, Carol K.	3/21			
Chouinard, Claude	3/8			
Clark, Gaylen F.	3/23			
Cox, Ben	3/29			
Delgiorgio-Duran, Estela	3/20			
Dewey, John	3/30			
Doty, Kathy A.	3/27			
Evenson, Wayne O.	3/1			
Flores-Chambers, Riana	3/9			
Garrett, Judith P.	3/19			
Hedrix, Gertrude	3/5			
Heintz, Cheryl J.	3/2			
Henfling, Elaine M.	3/7			
Hosepian, Kay	3/25			
Jenkins, Donna	3/20			
Kinsey, Elaine	3/10			
Low, Nancy J.	3/21			
Lowe, Lillian	3/15			
		Happy Birthday (CONT'D)		
		Name		Date
		Miller, Peg		3/27
		Pemberton, Lois		3/23
		Pope, Marsha		3/15
		Racansky, Verna		3/13
		Sandona, Tony G.		3/9
		Santana, Jose		3/7
		Serna, Albert		3/25
		Slater, Dorothy N.		3/24
		Wade, Sally L.		3/21
		Willcox, Charles		3/15
		Wilson, Ellet		3/14
		Wilson, Linda		3/25
		York, Jo Ellen		3/19





### GREETINGS FROM THE RECREATION AND PARKS DEPARTMENT

Here comes March with a host of great changes including Daylight Savings time, the first day of spring, and St. Patrick's Day of course. The Recreation and Parks Department hopes you will participate in some of our activities and change the way you age by keeping active and well. Happy St. Patrick's Day and a glorious spring!

Fun Fact: Many myths surround St. Patrick, who is also known as the "Apostle of Ireland". One of the best known and most inaccurate myths is that St. Patrick drove all the snakes from Ireland into the Irish Sea, where the snakes drowned. Some still say this is why the sea is so rough, but snakes have never been native to

the Emerald Isle.

New Zumba Gold Class! Join the Zumba craze and have fun while you dance to fun, energetic music. This class is easily adapted for all fitness levels and will ensure a calorie burning workout. Instructor Kathleen Hill has been a licensed Zumba Gold since 2008. Free introductory session will run Mondays and Wednesday from March 2nd through March 30 from 10:00 -11:00 a.m. at the Elwin Mussell Center. Beginning in April, the class fee will be \$25.00 for City residents or \$31.50 for non-residents. Pre-registration is required for all participants. Participants must register at the Recreation and Parks Department prior to attending class. Call 925-0951, ext. 260 for more information.

Did You Know Lecture Series: On Thursday, March 3rd, Attorney at Law Laura Hoffman will be presenting an Estate Planning lecture from 1:00-2:00 p.m. at the Elwin Mussell Center. A series of booking problems has delayed this valuable program, however, Ms. Hoffman is looking forward to meeting with all of you. The old joke is that only two things in life are certain: death and taxes. Join the discussion and learn the basics on what effective estate planning involves. No pre-registration is required. Light refreshments will be provided.

Healthy Nutrition Community Walk Slated for Saturday, March 12: Come join us at Jim May Park, 809 Stanford Drive, at 10:00 a.m. for a brisk walk around the park. Feel better with physical activity that will result in boosting your mood, sharpen your brain and make you feel happier inside and out. Live longer and stronger by maintaining good nutrition to maintain healthy muscles and bones. All ages and walking abilities welcome. Nutritional information from local agencies will be available. No pre-registration is required.

St. Patty's Day Breakfast on Thursday, March 17: Dress up in green and come join us for a hearty St. Patrick's Day Breakfast at the Elwin Mussell Center from 8:00-10:00 a.m. There will be green eggs and ham with all the trimmings, raffle prizes and lots of fun. Cost is \$3.00 per person and pre-registration is required. No walk-ins the day of the event accepted. Register and pay at the Elwin Mussell Center receptionist desk by March 14. This event is made possible by the Santa Maria Valley Senior Club.

Falling behind on those New Year's resolutions? Try not to set unrealistic goals just get in better shape at your own pace. Set a monthly goal by joining the monthly community walk series or join an exercise class. Be realistic and specific, forming new habits takes time and patience. Happy St. Patrick's Day!

Marjorie Gjerdrum



## TRAVEL TALES

MARCH 2016

One of our travelers prepared this video of the Sunnylands trip. Check it out on YouTube. <https://youtu.be/cqpceqEnyLM> Thanks Les and Ruth. It was a great trip!

It has been requested that we once again publish the tipping suggestions that were in the November 2012 and May 2013 Travel Tales: The restaurant tips are included in the price of the meal if it is provided on a trip. The Travel Club gives the bus driver a tip as figured by our Treasurer, Sjaane Thompson, by the day. You have the option of giving him an additional tip. We discussed tipping the other services at a Committee meeting in 2012 and came up with the following guidelines:

Bus driver \$2.00 to \$3.00 per day depending if there's luggage handling.

Tour guide \$5.00 to \$7.00 per day.

Walk-on guide \$1.00 to \$2.00.

One of our frequent travelers requested that I ask our travelers to not wear perfume. The aforementioned traveler and others are allergic to perfume. Please don't apply it as it causes misery to others. This includes men's cologne, and even strong smelling laundry detergent!

There are more trips in the works, but it is too late for them to be put in this newsletter. Watch for them on the Trip List posted in the hall in the next few weeks and in next month's newsletter.

#### June 4 – Mystery Trip!

Something different just came up. The Committee felt it would be a good Mystery Trip. Waiting for final information before pricing. Watch for flyer in hall and office. Selling April 4th

July 10 – Cal Phil Concert at Walt Disney Theater \$110.00

Attend the Cal Phil Concert "At the Movies" at the incredible Walt Disney Concert Hall in Los Angeles. You have better seats this year in the Terrace section facing the stage. You'll hear Cinematic masterpieces "The Mission", "Adagio for Strings" from Platoon, "Titanic", "The Lion King", and "Beethoven's 9th—Ode to Joy" featuring the Cal Phil Chorale. Dinner at Buca Di Beppo in Thousand Oaks on the way home. Leave 9:00 a.m., home 9:15 p.m. depending on traffic. Selling April 4th.

August 17-18 – Pageant of the Masters \$238.00 DbL, \$297.00 Sgl.

The Pageant of the Masters seats are in the Main Tier Center. I understand you might need binoculars if you want to see detail, even though these are some of the better seats, just behind the loge section. Early dinner will be at Tivoli Terrace with time afterward to wander around the Laguna Arts Festival before attending the Pageant. After what the reviews call a "delicious hot breakfast" at the CW Suites Hotel near the John Wayne Airport, spend time at the J. Paul Getty Center with tours and lunch on your own on the way home. Leave 9:30 a.m., Home 7:00 p.m. Selling June 6th.

November 22-25 – Thanksgiving at Wonder Valley

Wonder Valley called that they have Thanksgiving open after all! I checked Bob's availability and booked it. Three nights, four days. We will be going on a tour or two that will be determined soon.

December 9-10 – Christmas at Adobes in Monterey

Coming Soon: the Silver Bay Tours tour of Oregon and Washington with a repositioning cruise.

Linda Dutart

[Linda Dutart](#)  
Travel Committee Chairman





<div>  <div> Community Action Commission Nutrition Services Program Senior Lunch Menu: Febuary 2016 </div> </div>				
Lunch is served Monday - Friday at 11:30am. Suggested donation is \$3.00 for those 60 and over. Please make lunch reservations 24 hours in advance. Reservations for Monday need to be made the prior Friday.				
<b>CALL: CAC at 925-3010 to make your reservation.</b>				
These Meals are made primarily from scratch. Fresh and frozen fruits and vegetables are served to ensure that we influence good eating habits and provide the best nutrition possible. The only canned fruits and vegetables used are pineapple, mandarin oranges, and tomato sauce. The breads and pastas are whole grain and the rice we use is brown rice. We are dedicated to providing healthy and good tasting foods to our clients. We have quarterly menu conferences at which we take comments from our clients and use them to make improvements to the seasonal cycles. If you have any input, comments, compliments or suggestions, please give them to your staff contact so that they can bring the information to us at the next menu conference. Thank you! Enjoy!				
Monday	Tuesday	Wednesday	Thursday	Friday
	1-Mar	2-Mar	3-Mar	4-Mar
	TURKEY BURGER WWBUN BURGER SIDES BROCCOLI LT. MAYO/BANANA MILK	MEATLOAF MASHED POTATOES/GRAVY CAL BLEND VEGGIE WG BISCUIT ORANGE MILK	FISH FILLET/CHEESE WWBUN BRUSSEL SPROUTS/CARROTS TARTAR SAUCE APPLE MILK	TURKEY STROGANOFF BROCCOLI/CHEESE YELLOW SQUASH WW DINNER ROLL/PROMISE APPLE SAUCE MILK
7-Mar	8-Mar	9-Mar	10-Mar	11-Mar
ROSEMARY CHICKEN LIMA BEANS CARROTS WW DINNER ROLL/PROMISE ORANGE  MILK	CHILI CON CARNE GREEN BEANS GREEN SALAD CORNBREAD/PROMISE BANANA  MILK	MACARONI & BEEF/TURKEY CAULIFLOWER SLICED CARROTS APPLE SAUCE  MILK	BEEF STEW BROCCOLI CORNBREAD/PROMISE APPLE  MILK	CHICKEN CORDON BLEU MASHED POTATOES/GRAVY BRUSSEL SPROUTS WW DINNER ROLL/PROMISE FRUIT MIX  MILK
14-Mar	15-Mar	16-Mar	17-Mar	18-Mar
BAKED CHICKEN BAKED POTATO/PROMISE SPINACH WW DINNER ROLL/PROMISE ORANGE MILK	CHICKEN FIDEO BRUSSEL SPROUTS CARROTS BANANA  MILK	BAKED PARMESAN FISH SCANDINAV VEGGIES WW DINNER ROLL/PROMISE CALIFLOWER APPLE SAUCE TARTAR SAUCE MILK	TURKEY/GRAVY MASHED POTATOES/GRAVY BROCCOLI WW DINNER ROLL ORANGE ST PATS PASTRY!!! MILK \$1	PORK LOIN SWEET POTATO GREEN BEANS WG BISCUIT/PROMISE ORANGE  MILK
21-Mar	22-Mar	23-Mar	24-Mar	25-Mar
SAN FRAN CHICKEN SPINACH SLICED CARROTS WW DINNER ROLL/PROMISE ORANGE  MILK	BEEF STIR-FRY STIR-FRY VEGETABLES WW DINNER ROLL/PROMISE BANANA  MILK	CHICKEN FAJITA WW TORTILLA FAJITA BLEND VEGETABLES APPLE SAUCE  MILK	CARNITA WW TORTILLA PINTO BEANS ZUCCHINI APPLE  MILK	CHICKEN POZOLE POZOLE MIX PINTO BEANS WW TORTILLA ORANGE  MILK
28-Mar	29-Mar	30-Mar	31-Mar	
BBQ CHICKEN SWEET POTATO/PROMISE GREEN BEANS WW DINNER ROLL/PROMISE ORANGE  MILK	BEEF TACOS PINTO BEANS BROCCOLI WW TORTILLA BANANA  MILK	HAWAIIAN CHICKEN BROCCOLI/LF CHEESE YELLOW SQUASH WW DINNER ROLL/PROMISE APPLE SAUCE  MILK	SPAGHETTI MEAT SAUCE ITALIAN VEGETABLES BRUSSEL SPROUTS APPLE  MILK	

# The Sunshine Corner

Thinking of you

Get Well

Carol Chambard

Sympathy

Jean Draeger (Husband Fritz Passed)  
James Stueck (Wife Sarah Belle Passed)  
Alice Watson (Husband Bennie Passed)

Submitted by: Simone Gillogly

Welcome New Members

Adams, Herb  
Adams, Ruth  
Baker, Virginia  
Bates, Judith L. (Judy)  
Bates, Willaim L. (Larry)  
Bayer, Oscar  
Block, Ally S.  
Bradbury, Stephanie A.  
Broyles, Diane  
Bungard, Bob  
Bungard, Sachi  
Cahill, Carol L.  
Cliff, Lois D.  
Coombs, Margaret  
Cooper, Denise

Cooper, Joseph W.  
Cox, Ben  
Cozart, Cindy  
Cozart, Hope  
Demarco, Lee  
Flores-Chambers, Riana  
Fourer, Priscilla  
Fourer, Rachel L.  
Garcia, Eleanor M.  
Gill, Shirely J.  
Guerra, Barbara A.  
Haggstrom, Catharina (Tina)  
Hatchel, Joy  
Henderson, Joan  
Henfling, Elaine M.

Hernandez, Frances H.  
Kling, Joyce A.  
Koster, Elizabeth A.  
Leizear, Mary M.  
Ley, Cecile D.  
Lowry, Carol K.  
Lysik, Antoinette  
MacIennan, Lynda  
Mancillas, Sandra  
Mathos, Lionel E.  
Mathos, Patricia R.  
Mayes, Karen L.  
Mc Allen, Tom  
Moon, Ida J.  
Morris, Linda

Morris, Mark  
Muller, Nancy J.  
Newman, Freddie I.  
Newman, Robert E. (Bob)  
Phillips, Beverly J.  
Ridge, Frank  
Ridge, Jacqueline  
Scofield, Beverly G.  
Seaton, Charles E.  
Sepanik, Louise R.  
Shurtleff, Beth  
Slater, Dorothy N.  
Trammel, Bev  
Webster, James P.  
Wiesenhart, Joyce  
Wiesenhart, Larry