

# MAR VISTA SENIORS CLUB NEWSLETTER

11430 Woodbine Street, Los Angeles, CA 90066

President: BYRON STALCUP 310-351-9876



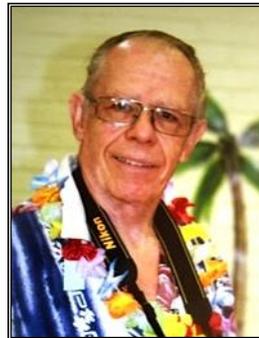
## July – August 2016



### President's Corner

**H**i, Members:  
Summer is upon us and many happy days are ahead for those who have plans for vacations, outdoor picnics, free concerts in the parks, etc. Welcome to the new members – it's a real pleasure to have you join the club. We have a lot of activities going on in the upcoming months, so jump right in and enjoy the club.

**Lee Hahn** and **Shelly Markham** did a wonderful performance that everyone loved, and I am sure we will have them back again.



On **July 8th** we will be celebrating the 4th of July with hot dogs and all the trimmings, so make sure to sign up for this event. As a special treat, we will be having **Stu & Laurie** on **July 15th**, a couple which are sure to please. Many members have enjoyed them at another venue, and requested that we have them for our club.

On **August 19** we will have our **27th Anniversary Party** with the Hawaiian Dancers. Please sign up early for this event as it will be catered and we must have a count of folks who will be there so we can order enough food.

A very special thank you to all the members who work long and hard behind the scenes to make sure the club has new and exciting things for you to participate in.

Remember, it's your club – help make it happen!  
Regards,

*Byron Stalcup*

### Vice-President's Corner

**W**hat a wonderful country we live in. As we move into summer and all the BBQ's and outdoor concerts, I would like to take this time to thank our Armed Forces who have made it all possible. God Bless America & Happy 4th of July.

We've made some new friends and lost some old friends, but, we still carry-on. We've celebrated Mother's Day with pink carnations; listened to the foot tapping Mariachi Romanza; learned how to "Take a Stand against Falling"; had a wonderful Game Day where "Crazy 8's" was the game of choice at three tables. We will reschedule "*Back to Happy*" but stay happy in the meantime.



We enjoyed the wonderful Broadway songs of **Lee Hahn** and **Shelly Markham**...and our field trip to "*How to Succeed in Business...*" at the Glendale Theatre was to a sellout crowd, so it has been a busy spring.

I really believe entertainment and involvement helps keep us young. Thank you volunteers, you are the club. Thank you for letting me serve you.

*Barbara Payne*

2016 CONTACT NUMBERS		
President	Byron Stalcup	310-351-9876
Vice Pres.	Barbara Payne	310-988-5890
2nd V.P.	Brigitte Wustman	310-559-7798
Trips	Carol Perkins	310-391-4441
Sunshine	Eva Hathcock	310-478-1946
Newsletter	Vicki Planck	310-490-2575

## SUNSHINE REPORT, *by Eva Hathcock*



Get Well cards were sent to **Yvonne Samaan, Millie Wolby, Jo Perugini, Brigitte Wustman, and Rose Cancio**. A Thank You card was sent to the Scam Actors Group for their presentation in May.

### **10 Positive Habits That Will Help Make Life Better,**

*by Nicolas Cole*

- 1) Keep your first promise of the day.
- 2) Dress for success. Look good, feel good.
- 3) A meditative moment. These are early moments of calm on which to think back later because life is full of waves and it is all about riding them out.
- 4) Eat lunch even if only to take 15 minutes to eat a sandwich. Your schedule should not be so busy as to not make time to feed yourself.
- 5) An afternoon moment. You'll be amazed what 5 minutes of quiet can do for the rest of your day.
- 6) Find some free time. Free time is crucial especially for creative people. Let your mind wander. Take a step back to reflect on life.
- 7) Manage your money. Don't let your money manage you. Make purchases within reason. Then once a month, do a quick review with yourself and look at where your money is being spent.
- 8) Introduce yourself to people who cross your path – the easiest way to keep life interesting. You never know who you will meet through random conversations. By deciding to talk to someone new you could get some of your favorite stories.
- 9) Explore new things. Take different routes when driving to familiar places.
- 10) Keep a journal. Do some writing before going to sleep...it is one of the few moments during the day when all is calm. A well-rested mind is far more productive than a tired one -- in spite of how much coffee you drink. Aim for 7 to 7 1/2 hours of sleep every night. Don't settle for 5 or 6.

Here's to Happy Summer Days to all of you, from me...

## NEW MEMBERS



Welcome to new members **Randy Frey** and **Bonnie Thomas**. Bring a friend to club!

## HAPPY BIRTHDAY WISHES



### July

02 Joyce Mundle  
07 Sheila Constantineau  
09 Isabel Duarte  
12 Panka Obersovszky  
13 Carmen Perugini  
13 Trudy Welles  
14 Virginia Uehara  
19 Miriam Barron  
20 Yolanda Barboza  
20 Louise Martin  
23 Jo Anne Carlson  
24 Natalie Gonzales  
22 Phyllis Shield  
30 Domenichella Ripa  
30 Millie Wolby

### August

04 George Burda  
11 Isabelle Goldflam  
13 Mary Wilcox  
17 Joan Burda  
17 Elena Legaspi  
18 Kathy Kidwell  
20 Kay Cade  
26 Catherine Kirwan

*Happy Birthday to You!*



## WHO WON WHAT, *submitted by Pat Larocca*

March Birthday Bag: **Richard Gallegos**

April Birthday Bag: **Barbara Payne**

April Monthly Drawing: **Wally Hawk**

May Monthly Drawing: **Joan Burda**

## JUST A THOUGHT, *by Jo Perugini, Past President*

Your Membership Dues include weekly meetings, coffee, refreshments, Farmers Market, opportunity to meet new friends; day trips and overnight travel opportunities; Mothers Day, Independence Day, Halloween and Christmas Party with gifts and lunch; Club Anniversary Party with catered lunch, cash prize monthly drawing, birthday parties, **BINGO**, Fun & Games Days, bi-monthly Newsletter; speakers and entertainment and **MUCH MORE. All of this for less than 19¢ per week.**

Support the Mar Vista Seniors Club, join a committee, invite your friends and family to join and enhance your life with friends and joyous moments.

## PARTIAL MARCH-APRIL HAPPENINGS

### April 29 - March-April Birthday Participants



March Birthdays - Manty, Milly, Shirley, and Richard



April birthdays - Gloria, Barbara, Lana, Bianca

### May 13 – Mariachi Romanza



Byron and Mariachi Romanza

**May 27 - Game Day** – We had a great turnout for Game Day – cards, games, refreshments, prizes, and lots of laughs. Come join us next time ... hosted by **Jo Perugini**.

## PARTIAL MAY-JUNE HAPPENINGS

### June 17 – Father's Day Remembrance



Shelley, Randy, Jim, Richard, Alvin, Willem Byron

Also, we were entertained by **Lee Hahn** singing Broadway favorites, with **Shelley Markham** accompanying. Pictures are not available due to operator error.

## UPCOMING ANNIVERSARY PARTY

Sign-up sheet coming up in July for our **27th Annual Anniversary Party**. There is no charge for paid-up members, but guests will be charged \$10.00. Sign-up for all attending is mandatory.

## MEAL-TIME IS A HAPPY TIME

**BREAKFAST** is the most important meal of the day. Breakfast means **BREAK-FAST**. We are breaking the fasting state that our bodies have been in during the night, and it is important that we give our bodies fuel. Try fruit-protein-carb.

## A DIFFERENT POINT-OF-VIEW

I was walking by a schoolyard and three or four kindergarten kids were sitting at a table and I heard one of them say, "Look at the old lady"... then they giggled. I thought to myself, "Ha! You're the ones in the cage," and continued on my stroll.

## RECIPE, submitted by *Brigitte Wustman*

### Cilantro Lime Roasted Chicken, submitted by *Brigitte Wustman*

- 2 ½ lb. whole Chicken, cut into 8 pieces
- 2 T chopped Cilantro
- 1 Lime, zested & juiced (save juice)
- 1 T Honey
- 2 cloves Garlic, minced
- ½ teasp ground Black Pepper
- ½ teasp Salt (optional)

1. Preheat oven to 375°. Coat a baking dish with cooking spray.
2. Remove skin from chicken and arrange in single layer in the pan.
3. Whisk together Cilantro, Lime zest, Lime juice, Honey, Garlic, Pepper and Salt in a small bowl. Pour the mixture evenly over chicken and bake 45-50 min. or until internal temperature of largest piece of chicken is 165°.

Serve with Green salad or tri-color veggie mixture.

### Ony a s Onion Rice, submitted by *Vicki Planck*

- 1/4 lb. Butter, melted in pan
- 1 Cup Uncle Ben s Rice
- 1 can French Onion Soup
- 1 can Water

Melt butter in shallow pan. When melted, add rice and stir until rice turns golden brown. Turn off flame. Add Onion soup and Water.

Mix gently and place mixture into 8x10 or 9x13 flat Pyrex baking dish. Heat uncovered approx. 50-60 minutes in 350° oven.

### Veggies for One

Cut up some Broccoli, slice 2 carrots, and corn (cut from a cob). Place in glass dish with 2T water and a dash of salt. Cover with another glass dish or glass cover and place in microwave for 4½ minutes on high. Drain and serve with a little butter on top – delicious!

## UNCONDITIONAL SURRENDER

The profound joy portrayed in this sculpture was prompted by the spontaneous surrender of the Japanese, thus ending World War II on August 14, 1945. Among the celebrants in Times



Square in New York City were a U.S. sailor and a nurse embracing amidst the multitude of joy makers.

The merriment expressed the pride and relief of the military and the home front to have been part of this great victory – despite the 11 years of unemployment and the hardships of the Great Depression; four years of horrific war; losing loved ones; the rationing of food and gasoline and the war production duties endured by the home front. This group is called the "Greatest Generation," which is a title they well deserve.

This celebrated moment in the history of our nation prompted preeminent American sculptor J. Seward Johnson, to create this sculpture, which he named "Unconditional Surrender." After several years of intensive efforts, a proud veteran of WWII, Jack Curran, bought the sculpture, and with the outstanding support given by various Sarasota County veterans' organizations, he was able to donate the sculpture to the City of Sarasota, Florida.

The presence of this sculpture prompts viewers to never forget the "Greatest Generation" or the day when they demonstrated their "Unity" – 8-14-1945 (copyright 2011 - Frank Fasulo).

*submitted by Jo Perugini*

## 2016 VOLUNTEERS

President: **BYRON STALCUP**

Vice President: **BARBARA PAYNE**

Second Vice President/Entertainment:  
**BRIGITTE WUSTMAN**

Secretary: **PAT LAROCCA**

Treasurer: **WILLEM VAN DEN HEUVEL**

Attendance (Sign-in/Sign-up):  
**Richard Gallegos / Alternate Betty Kronick**

Bingo Committee: **Jo Perugini / Joan Burda**  
**Sheila Constantineau / Rose Cancio**

Birthday Celebration:

**Kathy Kidwell / Carol Perkins**

Birthday & Entertainment Prizes:  
**Kathy Kidwell**

Blood Pressure Testing: **Beatrix Tucker**

Farmers Market Provider: **Kathleen Stovall /**  
**Kathy Kidwell / Randy Frye / Richard Gallegos**

Kitchen: **Isabel Duarte / Domenichella Ripa**

Membership: **Natalie Gonzales**

Newsletter and Badges: **Vicki Planck**

Sergeant-at-Arms: **Manty Kilzi**

Sunshine Lady: **Eva Hathcock**

Tour Director: **Carol Perkins**

Trip Reservations:  
**Shirley Howatt**

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**F**or those of you who enjoy the outdoors with the multitudes, a 4th of July Fireworks Show will be held at West L.A. College on 7-4-2016. For questions about parking call WLAC at 310-253-5600 between 7:30 and 3:30 p.m. during regular business days. Have a fun and safe ...



## UPCOMING EVENTS

### Monthly Gift Drawings

Entertainment *Trips* 

 Birthday Parties

### 27<sup>th</sup> Anniversary Party

 Bingo *Guest Speakers* 

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## BOOK REVIEW, by Amazon.com

*"In a Fisherman's Language: An Autobiography"* by **Captain James Arruda Henry**

Recently Featured in People Magazine and on CNN.

James Arruda Henry was in his mid-nineties when he began to learn to read and write. For over nine decades he had lived successfully without being able to sign his own name. Inspired by a book written by a 98 year old man who had also lived without literacy, James began quietly practicing his own signature at the dining room table and went on to hand write his first book.

From his earliest recollections of his grandfather's farm in the Azores [west of Lisbon, Portugal] to a snippet of his daily life today, James shows how a life powered by commitment, hard work and determination can redefine a person at any age.



## NEXT NEWSLETTER...

...will contain a biography about "A Successful Housewife" – the business life of one of our members in the Philippines back in the 50s and 60s.

Let's Go!



with Tour Director  
Carol Perkins...  
310-391-4441

As I write this, we are anticipating a trip to the Glendale Theatre to see "How to Succeed in Business Without Really Trying" and I'm confident we had a swell time. That Theatre always puts on a classy production and we have never been disappointed.

Now with the summer fast approaching, we will take a break and the next outing I have planned for you will be on **September 22** to see "The 40's Follies" which will be a luncheon (with wine) and musical revue. I have a contract lined up and now need to apply for a bus, so keep tuned for further details in the near future. Signups will probably begin in late July.



Also, we will probably go back to **Viejas October 24-25** for an overnight gambling trip.

Although there are no trips planned for July or August, we will have a Fourth of July party and the Anniversary party in August to look forward to.

Summer months are notoriously busy with vacations, visitors and family activities so I know the time will pass very quickly.

I have in my possession a large number of discount coupons for **Knott's Berry Farm**. Each coupon is good for six admissions – nice to have if you have out of town guests or just family. I will have these at club each week if anyone is interested in partaking.

So, mark your calendars for our future dates and have a safe, healthy and fun summer.

*Carol Perkins*



## CALENDAR



JULY – AUGUST 2016

Meetings start at 10:00 a.m.

July 1 – **Bingo** and Farmers Market

July 8 – **9:00 BOARD MEETING**

**July 4 Celebration w/lunch** – wear your reds, whites, and blues! Co-chaired by **Kathy Kidwell** and **Carol Perkins**.

**Blood Pressure** taken by **Beatriz Tucker** during the Board Meeting

No Bingo, No Farmers Market

July 15 – **Stu & Laurie Variety Show**, scheduled by **Brigitte and Byron**  
Farmers Market, No Bingo

July 22 – **Alen Pijuan**, speaker on Emergency and Earthquake Preparedness, scheduled by **Brigitte and Byron**  
Farmers Market, No Bingo

July 29 – **Monthly Drawing**  
**Bingo** and Farmers Market

August 5 – **Bingo** and Farmers Market

August 12 – **9:00 BOARD MEETING**

**Blood Pressure** taken by **Beatriz Tucker** during the Board Meeting

Possible speaker, and/or **Bingo** and Farmers Market

August 19 – **27th Anniversary Party**, Hawaiian theme, with Hawaiian Dancers  
Chaired by **Barbara Payne & Committee**  
No Bingo, No Farmers Market

August 26 – **July-August Birthday Party**  
**Monthly Drawing**  
**Bingo** and Farmers Market