



MARSTON CHAPTER

GRAPEVINE SPRING 2012 EDITION

~ BOARD OF DIRECTORS AND COMMITTEE CHAIRPERSONS ~

President/Secretary – Bea Halk

Vice President/Program – Glen Vaughan

Treasurer – Julie Rose

Newsletter/Membership – Gerry Martin

President-Elect: Walter Griese

Health Chairman – Roger Martin

EAF – Bill Parkhurst

World Service – Oscar Escalada

Friendship – Barbara Parkhurst

“BEA’S BUZZINGS”.... Our Marston Chapter kicked off the Christmas season with a classy luncheon held at Trellises Garden Grill at the Town & Country Resort. Heartfelt thanks go to **Julie Rose and her Christmas Elves Kathy Gassaway & Debbie Sanchez** for organizing our December gathering. Twenty members & guests enjoyed music, prizes, games, great food, gift exchange and of course an opportunity for fellowship.

Bill Parkhurst helped us focus on the true meaning of Christmas with a reading from Luke Chapter 2. Keeping with the spirit of Christmas, **Oscar Escalada** was asked to hand deliver the Marston Chapter’s gift of \$100 to the Tijuana YMCA.

Don’t miss our next gathering scheduled for **Thursday March 22nd**. You will enjoy a tour of the **Japanese Gardens in Balboa Park followed by lunch**. Be sure to RSVP in a timely manner.

We are in the process of updating our **individual profile sheets**. If you have not submitted your update, please take a moment to complete the form and return it to Gerry Martin, ASAP. If form got packed away with your Christmas decorations....please contact Gerry and she will send you another copy.

In an effort to encourage participation in the **EAF Campaign**, Bill Parkhurst has organized three free raffles at our March gathering. Folks who write a check for \$50 will receive 2 free tickets. Those who write a check for \$100 will receive 4 free tickets. The more you give the more tickets you will receive. So bring your checkbooks and your giving heart and continue the spirit of helping our fellow YMCA colleagues in their time of need. **Bea**

~ NEXT GATHERING ~

Thursday – March 22nd -

Balboa Park ‘Japanese Friendship Garden’ Tour & Lunch

11:00 AM Garden Tour
\$2.50 Entry Fee

12:00 Lunch at the Tea Pavilion

(PLEASE arrive BEFORE 11:00 AM to place lunch order
Menu includes soups/salads/rice bowls/sandwiches \$2.95 to \$8.50 + Drink
Cash or Credit Cards only)

Garden Entrance is just N.E. of Organ Pavilion seating

Parking: Enter Balboa Park at President’s Way (off of Park Blvd)
Large parking Lot is on your right, just behind Organ Pavilion
Carpooling always recommended.

~ Please RSVP ~

Mail this portion with your check to: Julie Rose, (Marston Treasurer) Deadline:
Friday – March 16, 2012 payable to *Marston Chapter*, 7859A Rancho Fanita
Rd., Santee CA 92071-3361

_____ Yes, I/we will attend the Balboa Park Japanese Friendship Garden Tour and
Lunch at Tea Pavilion on March 22nd, arriving before 11:00 AM.

Enclosed is: _____ to cover _____ entry to Garden.

Name(s): _____

- Please Print -

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REMINDER: Mark your Calendar and reserve the following date

Thursday June 7 - Host: Walter and Verna Griese
The LYON CHAPTER will join us at this gathering. Hosts Walt & Verna Griese are
planning a tour of a Berry Farm followed by lunch in Temecula. Be on the lookout
for more information as we get closer to the date.

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HEALTH CHAIRMAN'S REPORT: Roger Martin

Formerly Director of San Diego YMCA's Cardiovascular Fitness Center

AN APPLE A DAY – KEEPS THE DOCTOR AWAY! An old Wives Tale???

More appropriately in modern times – an ASPIRIN (Low Dose) A DAY may not only keep the Doctor away, but will also reduce your risk of heart disease and strokes. A “Low Dose” Aspirin, .81 mg, is suggested rather than the standard Aspirin, which contains 325 mg.

For people who have had a stroke, Aspirin may help prevent a second stroke. For those who have never had a heart attack or stroke, Aspirin may reduce your chance of having either, especially if you have other risk factors such as high blood pressure, high cholesterol, Diabetes, or smoking. Some doctors suggest having Aspirin on hand (in your car or in your purse) to take at the first sign or suggestion that you may be experiencing a heart attack or stroke. Of course, if you are experiencing any symptoms, you should waste no time seeking professional emergency care immediately. Taking “Low Dose” Aspirin is not advisable if you are already taking blood thinners. Check with your doctor if “Low Dose” Aspirin is wise for you.

Another way to help prevent heart attack and stroke is to have a lifelong habit of doing endurance exercises like walking, jogging, biking, or swimming. Exercise works even better than an Apple! *Roger*

EAF CHAIRMAN'S REPORT - Bill Parkhurst

Hopefully, by now, everyone should have received their EAF support request letter from Stew Brown and Dale Ventres. They are making it very easy to contribute this year. You do not even have to put your name and address on the pledge sheet if the information on the address label has not changed. However you do need to indicate the amount that you are pledging and you can send a check or pay by credit card and put it in the return pre-addressed envelope.

MAKE SURE THAT YOU INDICATE MARSTON CHAPTER !!! If you have not received the letter please let me know at bprkhrst@san.rr.com and I will make sure that you get one. I have not received the final report for last year, but should probably have it by the time of our upcoming meeting. The need is great and I am advised that there are already two EAF Grant Requests from retirees. Please do what you can. My goal - as always - is to get 100% chapter participation. Thanks. Looking forward to seeing you soon - Bill

QUE PASA

The Halk's enjoyed their annual week-long reunion with former YMCA colleagues in Las Vegas last month. Highlight was attending the Blue Man Show. Next trip will be the Shakespeare Festival in Ashland OR where they will join friends from the Allen-Stone and McCoy Chapters. It's always great to visit with Y folks! In the meantime....Bea continues to fundraise for the Copley YMCA & is top PRT campaigner in her Division.

Jorge Candon reports that he is well and life is good! His daughter is married and lives in Los Angeles and her husband has his own business. Jorge's son lives with him and has just been given a full-time job which he is excited about. Jorge says "no grandchildren yet" but he admits "it is out of my control!" Meanwhile he walks two miles every day to keep himself healthy and fit!

Bill and Allie Scofield - Allie has recovered well from her spinal injury on Oct. 20. She is getting around with a cane, and has a physical trainer at the Mottino YMCA in Oceanside. Bill is also with the same trainer for sciatica.

Fred & Anne Dee Pahl Adventures

Fred & Anne Dee continue to camp with their motor home club - 1/17-1/20 camping with their Elks Club friends; then Fred was off to Ohio to spend time with his brother 1/24-1/30; then 2/1-2/9 the Pahl's were camping with their other camping club... It is important to also mention that Anne Dee celebrated her big 70 birthday on 2/10.

Oh yes, and they were off to Palm Springs in a Time Share at the Westin Mission Hills Resort Villas from 2/26-3/3...Oh no...they are not done yet as it is off to Scottsdale in a Time Share to attend the Baseball Spring Training Games 3/16-3/23...ok, are you tired yet...they are off again camping in their motor home to Palm Springs from 3/28-4/5...

Now it is time to take a rest...Anne Dee will receive a "new" knee on April 16 and will need some time to "get better."

Oh they forgot to mention that they spent New Years with 11 of their family in Cabo San Lucas... Who knows, they might even find time to stay home once in awhile.

Dave and Pam Warfe - First of all, happy new year to everyone! Our holidays were pretty mellow this year as just prior to Christmas we returned from our dream trip to Europe. We flew to Rome a few days before Thanksgiving, had 4 magnificent days there seeing everything we could pack in, then boarded the Pacific Princess (thankfully not the Concordia!) for a 19-day western Mediterranean/transatlantic cruise. It met all of our expectations and the only thing lacking was the additional time we wish we could have spent in the ports. We went to Livorno (with a day excursion to Florence), Genoa, Nice, Barcelona, Motril, Gibraltar, Casablanca, Madeira (where we took a "snowless" toboggan ride!) and Bermuda. Now that we've fallen in love with Italy, we hope to one day return and just tour that country as there is so much more to see and experience. We're pleased to report that daughter, Debbie, is stable and doing very well, all considered. She still has chemo every 2 weeks but keeps very busy and her positive attitude stays intact. We would, however, like to ask that you add Pam's sister (Patsy) to your prayers. She was recently diagnosed with 2 types of rare and aggressive ovarian cancers and has a very serious battle to fight. We know those prayers will help. May the New Year be good to all. Pam & Dave Warfe

Steve Mott and Karen Lots of travel plans for 2012, but will let you know how the travels go as we enjoy them. Happy New Year! Steve

Here's the latest from Don & Rea Douglas: We spent a few days after Christmas in the area of San Luis Obispo, sightseeing, shopping (for antiques, of course), taking photos and generally relaxing. This trip was to belatedly celebrate our 20th wedding anniversary. What a delightful trip and the weather was absolutely gorgeous. In January we drove to Arizona to visit friends and do some more relaxing. Don had great fun hanging out with his good friend who's now a Master Gardener. I'm afraid some of that might have rubbed off as Don just got done planting enough onions and garlic for most of the city of Temecula! Hope you all had a blessed Christmas and that 2012 is treating you well.

Hauoli Makahiki Hou! (Happy New Year!) Bob & Barb Schmidt - Hawaii
The Schmidt's had a very enjoyable holiday season. Our son, Bruce (lives in Escondido) spent a few weeks here, and our son Dave (who lives here) and his family were with us Christmas day, so at least we had some of our family together which we haven't had before! We went caroling with a group of people in the condo next to us and attended a New Year's Eve party in one of the condos in our complex - we are gradually getting to know more and more people. It really is a great place to live! Aloha! Bob & Barb

Janice Patrick - I continue to stay very busy with my workouts including walking (5 miles, 5 mornings a week with one neighbor and 5 miles 1-2 afternoons a week with another neighbor and then I try to get to the beach at least once a week, tides permitting, to walk a 6 mile 'course' with a couple friends), cycling indoors and out and weight lifting a couple times a week). It's amazing how much time that eats up daily, but that is part of what I was looking forward to in my retirement. Eventually I plan to join a ladies golf group, but first I have to figure out when I can fit it in!

I get together with one of my neighbors and spend a full day crafting (card making, scrapbooking, tole painting or jewelry making) at least every other week, and then attend ceramic classes once a week and belong to a ceramic club that meets weekly.

I love reading, so about a year ago started a book club for the ladies on my street. I invited 12 ladies, hoping for about 8 - 10 so was shocked when 18 expressed an interest in joining. It is as much a social gathering as it is a book club meeting. Because of all the interest in getting together socially, I also started a 'girl's dinner club' once a month where we are trying a different restaurant each month. My sister and I will be going to my favorite spa in Mexico to celebrate my 60th birthday in March, followed by trips to Denver in May and Austin in June to visit friends and then back to Cabo in Oct. or Nov. In addition to these trips, my sister and I are talking about a trip to Spain sometime in the next 18 months. Then in my spare time I'm still caring for my mom as her needs arise. I will eventually get back to attending meetings...

Walt and Verna Griese - After an early Christmas with our five kids and 10 grandkids in St Louis, we celebrated the holidays in Temecula and hosted a New Years Day "Open House" at our new residence. We then officially sold our former home with an early January close of escrow. (Mixed feelings about the sale, but relieved that the move is over).

Now we have seven mid-west relatives coming to enjoy a week with us in early February. So we're getting ready to show off Southern California, as we play tour guides and also have our "cooking" hats on.

We must be having fun, as time sure is flying by!!

Phyllis Lyte is pleased to report she survived a January windstorm in Palm Springs. Gusts of hurricane levels uprooted 500 old and valuable trees, damaged a lot of property, but no personal injuries.

Oscar and Rocio Escalada - I have been traveling a little bit. Right now I am in San Carlos Sonora, sharing an Evangelism Workshop at a Bible Institute. In December Rocio spent three weeks in Mexico City with her sister whose memory is failing. Kids are doing OK. Karla just returned from Ireland where the Company she is working for sent her for training. She also went to Scotland and John Knox hosted her for several days and showed her around. She had a great time with their family. Well, I had some time off and I am answering all my e-mails.

Gerry and Roger Martin - We can see from the great pictures on the AYR Website that we missed a very successful Marston Chapter Christmas Party at the T&C! Congrats to Julie and her Christmas Elves! Shortly after we returned from our Baja trip to our beach cottage over Thanksgiving and into mid-December, we headed north to Lafayette CA! That Christmas week with grandchildren was full of their excitement in anticipation of Santa's visit. Roger (Gramps) spent part of Christmas Eve assembling a three story doll house for Santa and Gerry (YaYa) helped arrange for the Christmas Eve dinner party plus made the traditional chocolate pie for son, Lance! Bryn & Cooper were a lot of help to Grandma Joan in opening her Christmas presents when she said she couldn't see how to open them! We enjoyed staying in Lance & Katie's newly spruced-up apartment and *attempted* to straighten up the Solarium, which doubles as the kiddos play room!!! At the end of our week we took advantage of Roger's older sister's visit (down from Sutherlin OR) to her son, (named after Roger) and drove to Santa Clara for a wonderful mini-family reunion that included lunch out. New Year's Eve was celebrated right here on Redbird Drive with long-time neighbors – nice to walk too and from the party! And, January always brings Roger's brother (retired Park Ranger) Bud's visit from Durango CO to thaw out and celebrate his birthday at the *Hotel Del Coronado* – this time his 80th!! We started at yet another beach having breakfast at *The Green Flash* on the boardwalk in Pacific Beach! Glorious day!! January is always "Australian Open" (tennis) month, which we enjoy as much as time will allow. Tennis has gone to another whole level! And, we were able to re-connect with fun friends who have moved closer to CA again, over a morning coffee visit during an unexpected San Diego stop at *The Hilton on the Bay*. Last but not least, we survived researching and hunting for a new refrigerator – phew – an earlier than expected delivery found us throwing frozen and refrigerated foods into coolers and laundry baskets with no organization – talk about chaos! Not to forget, January also brings the annual support campaign for the Downtown YMCA that Roger continues to work every year since his retirement! Look forward to seeing you in Balboa Park in March! A lovely spring outing! Thanks Glen for organizing!

HAPPY BIRTHDAY TO THE FOLLOWING:

January

Jack Kane
Phyllis Lyte
Julia Rose

February

Anne Dee Pahl
Bob Schmidt
Dave Warfe

March

Victor Botello
Doris Cords
Verna Griese
Janice Patrick

HAPPY ANNIVERSARY TO THE FOLLOWING

January

None

February

None

March

Lynn & Joy Rinehart

News from AYR National Board - "Twenty-Four Hours in May"

Training for Chapter Leader(s) is presently being developed by **Hank Bagelmann** and **Bea Halk**. Regional Vice Presidents have scheduled trainings in their areas during the month of May. Chapter leaders will arrive prior to noon and depart by noon the following day with only one overnight stay. **Jack Tillman, Regional V.P.**, (and member of Lyon Chapter) has organized training for our region **May 15-16** in **Las Vegas**. Chapters are encouraged to send 3 representatives -- current president, president-elect & one other person. Training will provide tools needed to fulfill a two year commitment in a Chapter leadership position and an opportunity for sharing "best practices". Chapters will be responsible for Hotel and meal costs. More information will be made available within the next couple of months.

Be sure to visit our official AYR website regularly at:

<http://www.yretiree.org/>

From 45 Lessons Life Taught Me by 92 year old Regina Brett: Life isn't tied with a bow; but it is still a gift; no matter how you feel, get up, dress up and show up; get outside every day..... Miracles are waiting everywhere; believe in miracles; time heals almost everything....give time."

Remember: ATTITUDE is Everything!!!! :+)