

# YUCAIPA SENIORS' FELLOWSHIP NEWSLETTER

## YUCAIPA SEVENTH-DAY ADVENTIST CHURCH

Editor: Linda Hill

January, February, March 2013

Volume 10 Issue 1

### TENTATIVE ACTIVITY SCHEDULE

Dec. 15	Senior Potluck	Church
Dec. 16	Movie	Youth Center
Jan. 27	Movie	Youth Center
Feb. 21	Princess Diana Exhibit	Queen Mary
Mar. 24		

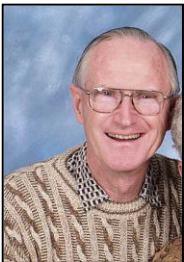
### Seniors' Fellowship Committee

Leader	Tom & Vera Miller	795-0615
Communications	Laverne Cronk	797-5965
Seniors' Advisor	Dorothy Womack	794-4570
Tour Guide	Linda Hill	797-0487
Member	Linda Carlson	797-4237
Member	Marion Brown	570-9729
Member	Jack & Bobbi Stevens	951-845-3004
Member	Sharon Anderson	534-4202
Member	Alice Gerrans	797-9760

\*\*\*Pictures from Church Directory or as submitted.

## LEADER'S CORNER

By Tom Miller



### *GOD CAN EVEN USE THE YUCAIPA CHURCH*

The year was 1987. Andy and Lee wanted a little adventure. They didn't have a lot of money, but decided to visit the

United States and stay as long as their money lasted. Their native England did not offer enough excitement for their taste. So they got a cheap flight and headed for Florida. This was a very pleasant state, but only one of 50 and they didn't have much money to see the other 49. Their "luck" was in. They met a lady who needed to go to Colorado and take her car with her. So off they went driving long hours they made it in a few short days and were thrilled at the sights and sounds they experienced, especially in the Rockies. In one of the hotels in which they stayed they came across a Gideon Bible. Andy's grandfather was active in the Gideon Bible movement in England and he perused it with some interest as it was a link with home. For some reason he scanned

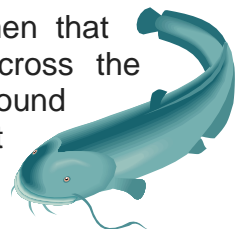
Revelation, but couldn't make head or tail of it no matter how hard he tried. Neither could Lee.

What to do next? Andy's father had a cousin in California and they decided to visit her and her family. Andy phoned and was welcomed. How to get there? Plane? Too expensive. So Greyhound bus it was and they arrived, were welcomed, and made to feel at home. They were invited to attend a series of meetings on the subject. Wait for it!!! The book of Revelation, which had so intrigued Andy in the motel. What a coincidence. Which church was it? The Yucaipa Seventh-day Adventist church. They were made to feel welcome. They were both baptized. Where is Lee today? I don't know. Where is Andy? After many challenges and many more "coincidences" he is married has three children and is a pastor in the Seventh-day Adventist church. Were you aware that your church accomplished what they did? Probably not. The Lord can use the Yucaipa church to accomplish His will. Doesn't that thrill you? It thrills me. If you are willing to be used, let the Lord know. He can use every member of the Yucaipa church - even Seniors. God bless you every one at this Christmas season.

## Thank you Lord for catfish!

Submitted by Laurel Slater

There were some fishermen that were transporting live cod across the country in aquariums. They found that when the cod arrived at their destination most were dead or close to it from the close quarters and confinement. One of them discovered if they put several catfish in with the cod, that they would arrive in a much healthier state. Apparently the catfish would nip at the fins of the cod to keep them moving. The moral of this story is that we should all be thankful for the catfish in our lives for the incessant nipping that keeps us moving forward and growing.



# UPCOMING EVENTS



**WED. MORNING  
PRAYER MEETING  
10:30 a.m. - Overflow Room**

## SABBATH SENIORS' POTLUCK



**Dec. 15, Jan. 19, Feb. 16, &  
March 16**

Seniors' Fellowship is having a potluck after church for seniors ages 55 & up on the third Sabbath of each month. Come to fellowship together. Bring either a salad, vegetable, or entrée. Dessert will be provided. People with birthdays that month will be recognized.

Please be sure to bring plenty of food so we can include visitors at our church.

### Dear Friends

By Tom Miller

Your Seniors' Committee met on December 5 and discussed several items. Amongst them was a couple of vexing problems in connection with the Seniors' Potluck which takes place on the third Sabbath of every month.

The first problem relates to the attendance of grandchildren. Some of the Seniors feel they are unable to cope with the very natural behaviour of young children. A case in point occurred at a Seniors Potluck when two boys started playing soccer in the fellowship hall. A very natural reaction to being cooped up for several hours in Church Service and Sabbath School. In fairness to the boys they obediently went outside when I told them to. On the other hand there were several unhappy and even angry grandparents when the Seniors' Committee voted not to allow grandchildren to attend. It's a catch 22 situation where some of the Seniors are going to be upset whatever we do. We have now voted to allow grandchildren (not children of the grandparents) to attend Seniors' potluck if they came to church only

with their Grandparents. Please, please grandparents, control your grandchildren and avoid causing discomfort to some of your fellow Seniors.

To help **solve** this situation: For those Grandparents who bring their grandchildren to church with them, we asked Helene and Sarah Doering to host lunch and a special activity for all of your grandchildren in the Pathfinder Room. Grandparents, please help your grandchildren get their food and then take them to the Pathfinder Room where they will be signed in and will eat and afterwards they will have special activities: games, movie, and a craft to do. We want to give a special thanks to Helene for making this possible

A second, and in some ways related problem, concerns the amount of food available. At the last potluck we almost ran out of food. It should not be necessary to write this, but, if you come to the Seniors Potluck, please bring a salad or entree. Visiting grandparents need to be catered for and so do your grandchildren so please take that into account when preparing your contribution.

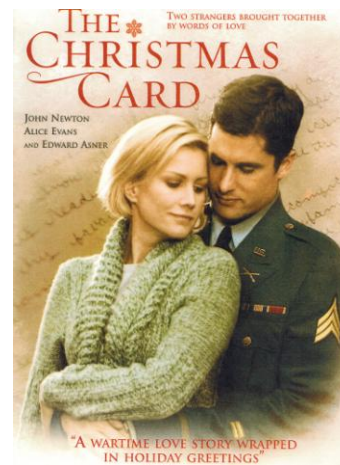
After our **December potluck** we will be having a sharing time. Please bring your favorite Christmas Story, poem, or song to share.

## DECEMBER 16

**Movie in Youth Center**

**3:00 p.m.**

### THE CHRISTMAS CARD



In the mist of war in Afghanistan, Cody Cullen is touched by a lovely card sent by Faith Spelman from the small, picturesque town of Nevada City, California. As months pass, the card never leaves his side, giving him the strength to survive

and setting him on a mission to find her.

**January 27**

**MOVIE**

To be Announced

2:00 PM

Youth Center

**February 21 - Thursday**

**Princess Diana Exhibit**

**On the Queen Mary**



**THE COLLECTION**

Princess Diana will forever be remembered for her beauty, classic style, compassion, and charitable works. And even today, she continues to be an icon of inspiration to millions worldwide.

Diana: Legacy of a Princess sprawls over 13,000 square feet of the Queen Mary's Sun Deck and captures Diana's true essence, showcasing a priceless collection of her gowns and other cherished memorabilia.

Diana: Legacy of a Princess chronicles Diana's private and public life from her days as a student at university, to her engagement and historic marriage to Prince Charles, to her reign as Princess of Wales and her extraordinary charity work, to her untimely demise. This very personal and rare exhibit includes many never before seen items and offers a more in-depth and up-close look into the life of a Princess everyone thought they knew.

**PRINCESS DIANA'S COLLECTION INCLUDES:**

An elegant dressing room display featuring nine of Princess Diana's dresses and gowns

Designer-signed fashion sketches of Diana's famous gowns

Handwritten letters and notes from Princess Diana and Prince Charles

Personal photographs of Prince Charles and Princess Diana

The hand-carved wooden bench that Prince Charles gave Diana as a wedding gift

Wedding items include the seating chart, invitations, "thank you" notes from the royal family and more

Recreation of Diana's wedding bouquet

Listen to recorded messages that Diana left to her friend and confidant Simone Simmons

Doll collection recreating Diana's many looks and styles

**THE DRESSES**

One of the highlights of Diana: Legacy of a Princess is the "Dress Room," which consists of nine dresses that Princess Diana wore, including the a delicately beautiful pale floral-print silk taffeta evening dress that Diana wore to Australia's bicentennial celebration in 1988, a ball gown that she wore to the America's Cup Ball and a jeweled evening gown that Diana wore to a Red Cross event.

Stunningly displayed and featuring a story behind each item, these iconic dresses have transcended pop culture becoming historical artifacts of the beloved princess.

**ALSO PART OF THE EXHIBIT...**

**A LOOK INSIDE THE ROYAL FAMILY**

Diana: Legacy of a Princess, a Royal Exhibition is divided into three distinct sections: The Royal Family, Princess Diana and Diana's Legacy.

In the Royal Family exhibit, guests will get an inside look at Queen Mary (for whom the ship was named), as well as King George, Queen Mother Elizabeth and Queen Elizabeth II, through personal documents, letters, newspapers, royal memorabilia and more.

Cost is \$15 per person if we have 15 or more otherwise \$32 per person.

We have no bus available so we will be carpooling. Sign up in the foyer by February 4 with all money turned in to office by Tuesday, February 12. We will leave at 9:00 a.m. and return by 6:00 p.m. depending on traffic.

We may have "tea" aboard the ship.



## SENIOR NEWS GRANDPARENTS DAY



By Laverne Cronk

It was Grandparent's Day in September. I suppose to celebrate your grandparents you had them over to your house or took them to eat at a nice restaurant. I never knew my grandparents and I never was one myself. Mine lived in Germany, but my father came to America in 1892, and my mother came from Russia in 1905. My father was 60 years old when I was born so you can understand why I thought he was my grandfather.

His father was born in 1821 also in Germany and was the deacon of the Baptist congregation that was founded in Rummy, Germany in 1849. Baptists were persecuted and the population was small due to several wars, but the religion spread from Rummy as far as 70 miles from the Russian border.

At the 75th anniversary he was described as a great missionary and believer. He said "I came miraculously to the spiritually dead town of Rummy and quickly experienced the joy of lighting the fire for Jesus".

Last summer one of my nieces and her brother took a trip to Poland to look up their roots. They went to the Baptist church in Ortelsburg where their dad sang and directed the choir, but the minister couldn't find their name.. Seems as though when people move in this country, they change their name. In doing all this searching he noticed on my niece's papers the name of "GROSS", my maiden name. His eyes lit up and he said this was the church Gottlieb Gross had a big part in starting the congregation. He took my niece and nephew to his house for a meal and visit and said, "Now my prayers have been answered." He prayed he would someday meet some descendant of that great missionary. So it was my grandfather that was in the highlight of their trip to Poland. It's a Small World after all!

Someday, we will all meet and connect with our loved ones and we will understand those things that are a mystery to us Now. And have will have a reunion with our Grandparents.

## JOYCE YOUNG

### My Journey to Church

By Laverne Cronk as told by Joyce Young

You may have seen this lady on your way to the Yucaipa SDA church. But then again, you may not have because you were still sleeping comfortably in your bed. This is Joyce Young who lives in Loma Linda



approximately 10 miles from the Yucaipa SDA church. On Sabbath morning she's up at 6 a.m. to catch the bus on Redlands Blvd. near Anderson St. in Loma Linda. To allow herself a few more winks of sleep she packs a little sack lunch the night before and has her breakfast on the bus. This bus takes her all the way to Yucaipa Blvd and 5th St. where she transfers to another bus that takes her to California St. near the Sales Drug Store. From there she uses her walker to take her to church on Ave. E and Adams St. She wants to get to church by 9:15 A.M for Sabbath School starts at 9:30 A.m. Joyce is not a young person and along with aging difficulties has experienced trials that no one escapes. In a prior testimony she has written she states "Through out my life I have had difficulty in many circumstances and when I prayed and studied the Bible, I have received help to face these circumstances. Quote, Joyce "in Hebrews 13:17 we are told to serve God with joy and not with grief." Joyce is a strong believer in Prayer. Quote," we are to pray with joy, Phil. 1:4 when we pass through difficult times."

Having been raised in a Christian home from Cradle Roll age she was taught the Bible. She realizes she owes her parents the love and respect because they trained her to live for Christ. She loves to help people and loves to go to church.

And even now at this time in her life getting off one bus and on another and needing to use

a walker does not make an easy journey in any kind of weather at any age.

There are many texts in the Bible that have kept Joyce steadfast and faithful to the Lord, and the hymn precious to her during her difficult times is "Under His wings, I am safely abiding, Though the night deepens and tempests are wild. Still I can TRUST HIM, I know He will keep me. He has redeemed me and I am His child.

## Marion Brown

### My Journey

By Marion Brown



I am going to tell you about a journey that is still in progress. You will hear a lot of pronouns--ME, MYSELF, and I On March 18, 1928 I was born in Middletown,

Conn. to Dorothy Marietta Holmes and Charles Gilbert Brainard, Jr. But Dorothy was alone, because she had an absentee husband who was a Charming Charlie who popped in to see her from time to time. I had a two year old brother, who was being raised by his father's parents. Because charming Charlie usually showed up at night when he couldn't be caught by his creditors, my mother had to live with her mother who had dumped her husband because he called him a wimp! Mother was not recovering well from my birth. So Grandma said, "Dorothy you will have to turn this baby over to the state to care for it". As it turned out my mother herself came down with tuberculosis and was in a sanitarium for two years or so. Fifty years later when we established a sensitive friendship she told me when she signed me over to the state she turned her face to the wall and cried for three days and never shed another tear the rest of her life.

In my 1st foster home it was found the lady was feeding us babies a drug called peregoric to keep us from bothering her. The 2nd home was good (I was told), but that poor lady also came down with tuberculosis. Home # 3 with a middle-aged couple who already had 3 children in their late teens. That was not a happy place

for me as I was bossed around, ridiculed and was often denied certain foods because they could not afford to feed it to welfare children. I remained in that home for seven years.

There was a lady who took my great grandmother to church on Saturday. The lady would tell Great Grandma that she wanted to adopt a little girl. Great Grandma was getting on in age and thought I was 3 years old just the age the lady wanted.

My case worker took me to see the lady who let the case worker know she had no interest in a 9 year old. She wanted a little girl to bring up to fit into their closely knit Swedish lifestyle. She was finally persuaded to keep me overnight and that night knowing I was where I was not wanted I had a terrible nightmare. My screaming and hollering made them realize I needed them and they decided to keep me. I had a very hard time learning to call them Mom and Daddy because I had never had that experienced. We lived harmoniously, but there was one flaw. I was very rebellious. I had the privilege of church school from 4th grade, but continued my rebellious attitude. I was baptized when I was 14 mostly because my 2 classmates were going to be baptized. I went to academy but my rebellion and naughtiness continued until the school authorities insisted I leave school. I remained at home for the next year and worked as a file clerk in an insurance co. At that time Hartford, Conn. was considered the insurance capital of the United States.

It was at that time I began to feel that something was missing in my life and I couldn't put my finger on it. I applied and was accepted back in school on probation for one semester.

I became one their best little students, never looked at a boy and tended meticulously to my studies and work program. That was very good until springtime and many of the soldiers were returning from the war. They were interested in girls and because one of them looked petite and was a blonde it seemed I was chosen. We were married 2 weeks after I graduated from academy. I suppose because he'd heard of my past, we immediately went to New Hampshire and we lived in 2 rooms above his parents apartment. He probably thought I'd not get into any mischief there.

When school opened again in the fall we drove 100 miles round trip each day to attend college. But after 1st semester I could no longer make the trip due to morning sickness. He worked for his father to pay our rent and took full class and drove 100 mi loads for 2 1/2 years until he graduated from college with his ministerial degree. When I had first met him I knew India was someday to be in my life. He served in India during the war and his heart was to lead him back. With so many G.I's returning to college, when they graduated there was not enough jobs to go around, so he opted to stay on the farm to help his Dad. That gave me a lot of time to probe into my heart about this little mingling persistence that I couldn't solve.

After 25 years and 6 days of marriage it hit me like a bombshell. That night my husband was murdered by intruders. It hit me then. I'm 44 years old and a widow. My anchor is gone and I must carry on alone, see that my children finished their education, finish my own that I left 25 years before to be a wife and mother. Then I knew the missing link--it was FAITH. That's when I knew everything was going to be o.k. with me.

I finished the degree at Andrews I had started 25 years before at Atlantic Union College. I became secretary to the Treasurer of the Southern Asia Division and worked at the General Conference in Washington, D.C., however, I was very lonely there separated from my children. I lost that wonderful Faith I was experiencing and even tried "over the counter" sleeping pills to kill myself. I wanted to die, but I was a big coward and afraid to die.

While I was working at the General Conference one day it was announced over the loud speaker that Ruth Brown had died. 75% of her body being burned as a result of their water heater explosion. I was lonely, Ken was lonely, me in Washington, D.C. and he in Pakistan. Dear friends connived to get us together and we had 33 wonderful years together. We were privileged to serve at the G.I. center in Korea, he as the civilian chaplain and I as the "hostess with the mostest". I would feed good home cooked meals to the boys, any where from 20-40 per weekend. Later we

went back to Seoul and taught English in the Language Schools. We went back to Bangladesh to teach for a semester, then to my old stomping grounds in Pakistan to help out there when they were short of teachers. Following that Ken was part time pastor in both Nebraska and Kansas.

About this time our children said, "Enough Now". So we chose a spot in Washington State and our son-in-law and his father built my dream house. But the Browns all had itchy feet so we sold our home and came to California and located in Yucaipa to be near Ken's unmarried daughter, a CPR in Loma Linda.

Ken passed away in 2007 with Alzheimer disease and I chose to remain here because I love this church and all my wonderful friends. I love to cook & bake up cookies to share with friends and neighbors. I like to think of that as one of my ministries. So my journey continues day by day with faith to faith to more faith as He continues to lead the way before me.

We would like to know what you have been doing. What special event took place. Please send your article or information to Laverne Cronk. She has been kind enough to collect your articles and if necessary will even type them for the newsletter. If you would rather be interviewed and someone else write your article, let Laverne know and she will arrange it. Laverne Cronk [lvcronk@gmail.com](mailto:lvcronk@gmail.com)).

**JANUARY, FEBRUARY, MARCH  
WEDDING ANNIVERSARIES**

Peggy & Larry Tomat	1 /21/1995
Sami & Hilda Al-Hakim	1 /31/1987
Mike & Cinnia Easley	2 /12/1000
David & Sharon Wallace	2 /14/2003
Jack & Mildren Mosmen	2 /17/1954
Stephen & Jeane Portner	2 /19/1949
Ron & Debbie Salveson	2 /23/1000
Laurel & Joe Slater	3 /13/1998
John & Florence Decker	3 /27/1954
Vern & Ardyce Fowler	3 /30/1993



# BIRTHDAYS

## JANUARY

## FEBRUARY

Linda		2/1
David		2/1
Man		2/2
Lyle		2/3
Emma	Gertz	1/2/1/3
Lois	Thomas	1/3
Terri	Cornwell	1/5
Christine	Neish	1/5
Connie	Tieche	1/5
Louis	Gallion	1/6
Joe	Wilkinson	1/6
Louis	Flor	1/7
Maria	Kurpuis	1/12
Edna	York	1/13
Natalie	Pawluk	1/15
Calvin	Moses	1/15
Carmen	Jackson	1/17
Cindy	Wilkinson	1/19
Richard	Roth	1/22
Jack	Mracek	1/24
Charles	Essex	1/25
Alice	Robbins	1/25
Roy	Prehn	1/26
Ruth	Moses	1/27
James	Ng	1/28
Kathryn	Unruh	1/28
Jane	Injety	1/30
Barbra	Schwerdt	1/30
John	Fisher	1/31



Darel	Ferguson	2/6
Jean	Valkenburg	2/7
Doreen	Kuhn	2/7
Vern	Fowler	2/10
Brenda	Roman	2/12
Bill	Clegg	2/12
Anna	Martin	2/13
Laurel	Slater	2/14
Leora	Heath	2/14
Joyce	Hopp	2/17
Mary	Moore	2/17
Ruby	Ng	2/18
Rene	Drachenberg	2/19
Sharon	Wallace	2/20
Julia	Goodner	2/21
Edison	Jaffery	2/21
Gail	Elam	2/22
Gary	Strunk	2/24
Peter	Gerken III	2/25
Jack	Mosmen	2/25
Eunice	Saunders	2/27
Connie	Trea	2/28

*We are missing many birthdates & anniversary dates. Let*

*us know yours*

**KEEP IN MIND STRESSED is DESSERTS SPELLED BACKWARDS!!!**



## MARCH



Donna	Hansen	3/10
Ida	Rayner	3/10
Clyde	Williams	3/14
Romy	Primero	3/15
J. Echo	Stevens	3/16
Bob	Cash	3/17
Pat	Baker	3/17
Marion	Brown	3/18

Arvin	Leach	3/2
Dallas	Bobst	3/2
Marie	Baca	3/4
Eleanor	Dosey	3/6
Esther	Lo	3/10
Jon	Carlson	3/10
Jewel	Cash	3/20
Linda	Mracek	3/20
Paul	Clements	3/22
Donna	Diaz	3/24
Jeane	Portner	3/26
Dorothy	Womack	3/27
Gary	McLarty	3/28
Florence	Decker	3/31

## EVENTS REMEMBERED CLEOPATRA & SPACE SHUTTLE

We loaded the bus and left close to 9:00 a.m. with 48 people on board and 8 driving their own cars. With some interesting detours we arrived on time for most to eat their lunch and then in to see "Mysteries of Egypt in the IMAX. We learned a lot about Egypt's ancient history and religion and why and how the Pharaohs were buried.

Next we saw the Cleopatra Exhibit. Though they still have not discovered her tomb, there were many artifacts that helped to understand her and the time she lived.



Now the highlight of the trip for most, the Space Shuttle, Endeavour. First we got to see many displays regarding the Space Program including a monitor with all the space shuttles blasting off at once. Also we saw a movie of the

Endeavour moving from the airport to the museum.

Then it was downstairs to see the Endeavour.

The first impression was, It Is Big.

# YUCAIPA SENIORS' FELLOWSHIP NEWSLETTER

## YUCAIPA SEVENTH-DAY ADVENTIST CHURCH

Editor: Linda Hill

January, February, March 2013

Volume 10 Issue 1

### YOUR HEALTH

#### SOMETHING YOU SHOULD KNOW ABOUT HEART ATTACKS

##### Mayo Clinic On Aspirin

Dr. Virend Somers, is a Cardiologist from the Mayo Clinic, who is lead author of the report in the July 29, 2008 issue of the Journal of the American College of Cardiology.

Most heart attacks occur in the day, generally between 6 A.M. and noon. Having one during the night, when the heart should be most at rest, means that something unusual happened. Somers and his colleagues have been working for a decade to show that sleep apnea is to blame.

1. If you take an aspirin or a baby aspirin once a day, take it at night. The reason: Aspirin has a 24-hour "half-life"; therefore, if most heart attacks happen in the wee hours of the morning, the Aspirin would be strongest in your system.

2. FYI, Aspirin lasts a really long time in your medicine chest for years, (when it gets old, it smells like vinegar).

Please read on. Something that we can do to help ourselves - nice to know. Bayer is making a crystal aspirin to dissolve instantly on the tongue. They work much faster than the tablets.

##### **Why keep Aspirin by your bedside? It's about Heart Attacks –**

There are other symptoms of a heart attack, besides the pain on the left arm. One must also be aware of an intense pain on the chin, as well as nausea and lots of sweating; however, these symptoms may also occur less frequently. Note: There may be NO pain in the chest during a heart attack.

The majority of people (about 60%) who had a heart attack during their sleep did not wake up. However, if it occurs, the chest pain may wake you up from your deep sleep. If that happens, immediately dissolve two aspirins in your mouth and swallow them with a bit of water.

##### **Afterwards:**

- Call 911.
- Phone a neighbor or a family member who lives very close by.
- Say "heart attack!"
- Say that you have taken 2 Aspirins.
- Take a seat on a chair or sofa near the front door, and wait for their arrival and DO NOT LIE DOWN!

**Just a reminder to all: purchase a box of baby aspirin and keep one in your car, pocketbook, wallet, and bedside, etc.**





MM  
MM