

YUCAIPA SENIORS' FELLOWSHIP NEWSLETTER

YUCAIPA SEVENTH-DAY ADVENTIST CHURCH

Editor: Linda Hill

January, February, March 2015

Volume 12 Issue 1

TENTATIVE ACTIVITY SCHEDULE

Jan. 17	Seniors' Potluck	Church
Feb. 21	Seniors' Potluck	Church
March 21	Seniors' Potluck	Church

Seniors' Fellowship Committee

Leaders	Tom & Vera Miller	795-0615
Seniors' Advisor	Dorothy Womack	794-4570
Tour Guide	Linda Hill	797-0487
Member	Judy Balandran	951-227-8815
Member	Marjorie Brito	746-6851
Member	Bob Cash	795-5573
Member	Alice Gerrans	797-9760
Member	Chris & Ron Neish	797-2300
Member Jack & Bobbie Stevens	951-845-3004	

***Pictures from Church Directory or as submitted.

EVENTS REMEMBERED

SENIORS CHRISTMAS OUTING TO HOME TOWN BUFFET & THE MISSION INN

By Tom Miller



We ate very well. Perhaps too well!!! You see we dined at Home Town Buffet before heading to Riverside to see the Christmas lights. At Home Town Buffet you eat as much as you want for what I regard as a rather high price for dinner and so the temptation to overeat is high. I'm afraid some did just that. I was one of the guilty ones.



We were then on to Riverside under the tender direction and care of Linda Hill, our shepherdess, to see the lights. We couldn't help noticing that we weren't the only ones in Riverside. In fact half the population of the United States seemed to have congregated in Riverside - with their automobiles. Parking was almost impossible to find, but Linda and Vera managed to find a spot, or rather, two spots away from the good humored crowds so they disgorged the passengers in a more central spot and ventured forth into the hinterland to park. (If you go to see the lights after 8:30 pm the crowds are way down and parking is easier to find. The public parking garages on Orange St., at least during the week are free.)

Then we set off on the trek to admire the sights. Fortunately the trekkers were in good physical shape and walked off much of their supper. The Christmas lights were magnificent almost overwhelming. There was every color of the rainbow and then a few more. As far as the eye could see there were multi-colored lights. Mission Inn was like a can of sardines (early in the evening). Photographers had a field day. The lights depicted all sorts of fictional characters as well as real



ones. Every balcony around the Mission Inn held life size doll carolers, bears, etc.

Then we hit the outdoor mall. Booths with hot chocolate, bags of popcorn, and many other foods were available to buy. There was an ice skating rink



you could purchase tickets to get skates and go ice skating. Also there was a stage where they were doing karaoke singing. What fun it was to watch all the activities and see the beautiful decorations.

The Seniors enjoyed close fellowship and shared much good humored banter and



laughter. All in all a good time was thoroughly enjoyed by all and we look forward to many more such occasions, but not too many as we want the central Figure of Christmas to return and we will enjoy even closer fellowship and even

more magnificent sights when we get to Heaven.

HEALTH TALK

From Positive Choices.com

Sleep: Helps Keep Your Brain "Clean"

The brain has no lymphatic system. Recently a glymphatic system has been identified. This paravascular pathway facilitates the clearance of waste from the brain via an exchange between the cerebrospinal fluid (CSF) and interstitial (ISF) fluids. During sleep, brain cells actually shrink slightly, allowing for greater circulation of the CSF, thus allowing more soluble beta amyloid to be removed, and probably reducing the risk of Alzheimer's disease.

SENIOR NEWS



AN ARTIST IN OUR MIDST Arvin Leach

As a child he was always drawing. When he was 12 he started painting in oil. There were many artists in the area who noticed his ability and helped him learn.

He took painting lessons all through elementary and high school. Additional art education was obtained at Crafton Hills College, University of Redlands, and Art Center School in Los Angeles.

He fell in love with watercolor and began teaching this medium of art. He spent three years in Loma Linda and 3 years in Yucaipa Adult Education. He always told his students "my goal is to have you become a better painter than I am." He has had several students achieve his goal.

CELEBRATION DE LUXE

By Tom Miller

There were five of them! Five precious brands plucked from the burning! Each one unique. Each with an experience which could only have been designed by a Master Designer. Some with a comparatively short period in the battle in the great controversy, which is human life. Others with a lifetime of battle behind them. All with the prospect of renewing the battle and the final and glorious victory culminating in the stunning event of Christ's second advent to this earth and the wonderful journey to their true home, the Kingdom of Heaven.

Their names? Bonnie & Vince Di Girolamo, Judy Balandran, Russ Digby and Lorraine Sanchez. The baptism itself took place in the Yucaipa church.

The celebration of this wonderful event took place in Heaven itself with its earthly counterpart at the home of Ron and Chris Neish. Due to previous commitments Lorraine was, unfortunately, not present. Ron was the gracious host with all the charm of his Celtic forebears. Chris was the gracious hostess with all the efficiency and courtesy of her Teutonic ancestors. The venue was well organized and homey. The guests consisted of the friends of the victorious five. The fellowship was close and very friendly with much good natured badinage and discussion. Everybody felt very much at home in the relaxed atmosphere which encouraged the sharing of experiences of how the Lord had led and, indeed, was leading them now. It was with regret we ended the celebration and each of us looked forward to the time when it will continue in the earth made new and with the saints of all ages comparing how the Holy Spirit led them to final victory.

DOROTHY WOMACK'S TRIP

By Dorothy Womack



Dorothy Womack and daughter Peggy just spent a week in Yakima Washington.

The big occasion was Dorothy's grandchildren and three great grandchildren all participating in the yearly JOURNEY

TO BETHLEHEM. It was really a big event. The second evening about 1000 participant. Live animals--many, After church Sabbath my family as you can see, had our pictures taken by the live camel.

This is just a sample of what we you could learn about YOUR FRIENDS adventures if we could find REPORTERS. Whatever group you

are involved with could someone volunteer to collect information about your group, Please contact Dorothy Womack [909-794-4570](tel:909-794-4570) or dorothywomack@dslextreme.com and let me help you get started and organized as reporters. I love to hear about you and yours, please let us get better acquainted with each other. We ARE A FAMILY. we just don't know each other well enough. Maybe students could get extra credit as reporters from one of you school classes.

GOD'S BUDDY SYSTEM

By Gloria Nicholas



Please make this a new year's resolution find a buddy. Get involved, you do not have to be alone this coming year.

God's Buddy's System really worked for Laverne Cronk & Gloria J. Nichols.

We've been sharing each other's life since December 13, 2006, since it came out in our church bulletin. We did it and we are living proof it can work for you and a buddy. Get involved with one another, share so much of your life with one another. Phone each other daily to check on one another. Make sure each other's ok. Send a card on a holiday, on your buddy anniversary, share prayers, read the Bible to one another, or chose a verses or books or poetry to read together. Take each other to class on Wednesday morning, go on picnics, outings, church on Sabbath. Share a cup of tea

or hot cocoa or a meal. Make sure each other's not alone again in their life. God doesn't want you to be alone. Share a buddy today get involved. Any question, call on Laverne Cronk [909-528-4003](tel:909-528-4003) or Gloria J. Nichols [909-797-7028](tel:909-797-7028). If you have any questions, they can help you get started on your new buddy system. It doesn't have to be a New Year's resolution. We don't believe in

them but it does sound good the first part of the year. Even when Laverne moved away it didn't stop Gloria from contacting her every day and going out to visit her or vice versa her coming back to see Gloria in Yucaipa. Miles didn't come in between them so don't let anything get in your way of starting up with a buddy today. Gloria got so involved with God's Buddy's she adopted Laverne Cronk as her Moma Laverne for life and they're the greatest together. You see, they're a great buddies with God's System that worked for them. We're not sure if any others are out there. Let us know so we can share in the next newsletter. You too can be blessed by the best. Amen.....

BIRTHDAYS

JANUARY

Connie Tieche	5	Christine Neish	5
Terri Cornwell	5	Louis Gallion	6
Joe Wilkinson	6	Louis Flor	7
Maria Kurpui	12	Edna York	13
Constance Daniel	14	Calvin Moses	15
Natalie Pawluk	15	Carmen Jackson	17
Cindy Wilkinson	19	Richard Roth	22
Jack Mracek	24	Charles Essex	25
Alice Robbins	25	Roy Prehn	26
Ruth Moses	27	James Ng	28
Kathy Unruh	28	Jane Injety	30
Barbara Schwerdt	30	John Fisher	31

FEBRUARY

Linda Groth	1	David Wallace	1
Manja May	2	Lyle Hamel	3
Virginia Fisher	3	Darel Ferguson	6
Jean Valdenburg	7	Doreen Kuhn	7
Vern Fowler	10	Bill Clegg	12
Brenda Roman	12	Anna Martin	13
Laurel Slater	14	Leora Heath	14
Joyce Hopp	17	Ruby Ng	18
Bonnie di Girolamo	19	Sharon Wallace	20
Edison Jaffery	21	Julia Goodner	21
Gail Elam	22	Gary Strunk	24
Peter Gerken III	25	Jack Mosmen	25
Eunice Saunders	27		

MARCH

John Caldaronello	1	Arvin Leach	2
Dallas Bobst	2	Dallas Bobst	2
Eleanor Dosey	6	Esther Lo	10
Jon Carlson	10	Ida Rayner	10

Donna Hansen	10	Knute Dahlstrom	11
Clyde Williams	14	Romy Primero	15
Barbara Hernandez	16	Bob Cash	17
Pat Baker	17	Jamie Elam	17
Marion Brown	18	Jewel Cash	20
Linda Mracek	20	Paul Clements	22
Sharon Kiser	23	Donna Diaz	24
Cheryl Vanderkamp	25	Jeane Portner	26
Dorothy Womack	27	Gary McLarty	28
Florence Decker	31		

JANUARY, FEBRUARY, MARCH WEDDING ANNIVERSARIES

Last Name	First Names & Family	Anniversary
Hakim	Sami & Hilda	1 /31/1987
Tomat	Larry & Peggy	1 /21/1995
Mosmen	Jack & Mildred	2 /17/1954
Wallace	David & Sharon	2 /14/2003
Salveson	Ronald & Debbie	2 /23/1000
Easley Sr	Michael & Cinnia	2 /12/1000
Slater	Laurel* & Joe*	3 /13/1998
Fowler	Ardyce & Vern*	3 /30/1993
Decker	John & Florence	3 /27/1954

Seniors Who Passed Away Last Quarter

Mary Moore Dec. 1, 2014
Lois Thomas Dec. 7, 2014

UPCOMING EVENTS



SABBATH SENIORS' POTLUCK IN FELLOWSHIP HALL

January 17 at church after service
February 21 at church after service
March 21 at church after service

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

Please be sure to bring plenty of hot & cold foods so we can include visitors at our church.

Yucaipa SDA Church
Newsletter
P.O. Box 1099
Yucaipa, CA 92399

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JESUS

You're my drink when I'm thirsty,
My food when I'm hungry.
You're my strength when I'm weak,
My power when I'm tired.
You're my anchor in life's ocean,
My shelter in a time of storm,
But most of all, you're my best friend.

You gave life to my children,
You gave a reason to go on.
You're the King my heart desires,
The love of the ages.
Your love is the joy I need,
You hear my prayers,
And most of all, you're my best friend.

You give me hope and inspiration,
Praising you is my greatest song.
You walk beside me each day,
You're in my heart for all time,
The One in whom I've placed my hope.
I hunger and thirst for your righteousness,
And most of all, you're my best friend.

By Bob Cash