

YUCAIPA SENIORS' FELLOWSHIP NEWSLETTER

YUCAIPA SEVENTH-DAY ADVENTIST CHURCH

Editor: Linda Hill

APRIL, MAY, JUNE 2015

Volume 12 Issue 2

TENTATIVE ACTIVITY SCHEDULE

March 29	Train & Mission Tour	San Juan Capistrano
April 18	Senior Potluck	Church
April 19	Joshua Tree National Park	
May 16	Senior Potluck	Church
June 20	Senior Potluck	Church

Watch for other activities in bulletin each month.

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.

LEADER'S CORNER



By Tom Miller

THINGS ARE NOT WHAT THEY SEEM

I have a friend. I can hear the gasps from those who know me. He has a driving license. Nothing strange in that. Many have driving licenses. Read on, dear reader. He showed it to me the other day. As per usual it had his picture. I recognized him right away. It even printed his eye color, which matched the picture. But hang on. He has blue eyes.

He was next to me with a big grin on his face at my puzzled look. For some reason, unbeknown to both of us, his eyes have changed color from brown to blue. Why? Well it happens sometimes, but when it does it is usually just one eye. With him it was two!!! Life is full of mysteries. Unexpected results are happening all the time.

Oft times kids have tough fathers and give their kids a hard time and are very

unreasonable with them. Unexpectedly they turn out fine. How come?

The Bible states a general truth when it says in Lamentations 3:27 "It is good for a man that he bear the yoke in his youth." It's not always true, of course. It depends on the attitude of the youth. And what better attitude is there than one developed by the Bible and prayer. When you serve the Lord it is not uncommon to receive the unexpected.

There is an expected event for which we should always be ready as we don't know when.

Matthew 24:44 reads, "Therefore you also be ready, for the Son of Man is coming at an hour you do not expect."

As we look at the world today, we are conscious that things are getting out of control. It worries many, but you and I know that it is a precursor of the time of trouble and during that period Jesus will appear to claim His own. I pray that you and I, dear reader, are both hoping for the unexpected. Blessings.

EVENTS REMEMBERED

THE LIVING DESERT???

By Tom Miller

Pictures by Don Martin & Linda Hill

First a description. A **desert** is a barren area of land where little precipitation occurs and consequently living conditions are hostile for plant and animal life. The lack of vegetation exposes the unprotected surface of the ground to the processes of denudation.

What a ghastly place to visit!!! Yet that's what approximately 20 intrepid seniors did under the kindly guidance of Linda Hill and her assistants (Tom and Vera Miller). What we found there is the reason the writer of this article put question marks after the title. If one looked hard enough there was ample evidence that our Creator had not abandoned this corner of his creation. Even if you did not look particularly hard there was plenty of evidence of God's creative power in the manner in which His creatures had adapted to comparatively harsh conditions.

Let's take the plants. Galway in Ireland has as much as 50 inches of rain a year. Not so the desert, where as little as 4 inches or even less is the norm. Plants must find ways to cope with the same daunting conditions that animals face in trying to survive in a desert environment – searing temperatures, desiccating winds, and most important of all – scarcity of life's elixir – water. The challenge is even greater for plants as they are literally rooted to the ground and unable to move in search of more favorable locations when times get tough. Whether it's scorching summer days, freezing winter nights, foraging herbivores or months or even years of rainless drought, desert plants have adapted multiple strategies for existing and even thriving in an arid land.

The cactus plant is the most obvious winner in this battle for survival and does not merely exist, but blooms with a magnificence which is wonderful to behold.

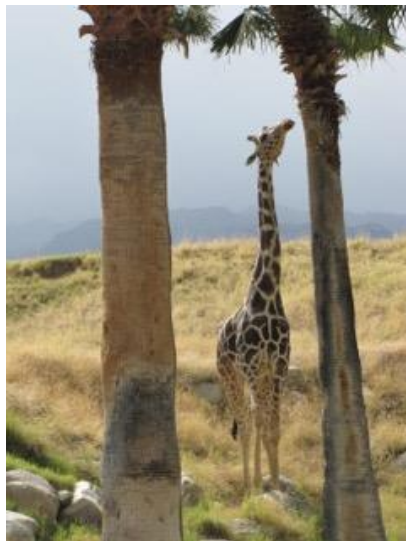


Some animals are able to survive and thrive on the water they get from the food they eat. The butterflies display their shimmering beauty in the brief life they are usually granted.

If you want a special experience there are elephants to ride for a minimal cost.

You can even feed the giraffes. What long tongues they have and how soft their faces feel.

Most of us took sandwiches and drinks to (Not only survive), but to thoroughly enjoy the environment and each others' company and fellowship.



There is a new learning playground that your grandchildren would love.



And then there was the impressive model train display. Many types of trains were running from different periods and locations depicted.

Some of us were so impressed that we took out a year's subscription. The trams save our aging legs so we could get around without



exhausting ourselves. Not a difficult thing to do when you are as much over the hill as we are. But my brother, my sister, better days are ahead for all of us along with eternal youth. I'm looking forward to that time. Aren't you?

HEALTH TALK

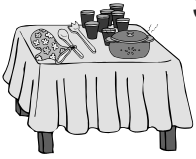
From Positive Choices.com

Too Much Sitting is Not Good for the Heart

A study presented at the *American College of Cardiology* 2015 meetings reports there are serious health consequences to 'sitting too much' and this may be different from the impact of not enough exercise. After adjusting for the traditional risk factors for cardiovascular disease, researchers found each hour of daily sedentary time was associated with a 10% higher risk of having increased coronary artery calcium scores.

PositiveTip: Reduce your daily sitting time by 1-2 hours for better heart health.

UPCOMING EVENTS



SABBATH SENIORS' POTLUCK IN FELLOWSHIP HALL

April 18 at church after service
May 16 at church after service
June 20 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.

TRIP TO JOSHUA TREE NATIONAL PARK

Pictures from Website of Joshua Tree National Park



Two distinct desert ecosystems, the Mojave and the Colorado, come together in Joshua Tree National Park. A fascinating variety of plants and animals make their homes in a land sculpted by strong winds and occasional torrents of rain. Dark night skies, a rich cultural history, and surreal geologic features add to the wonder of this vast wilderness in southern California. Come explore for yourself.



Wildflowers may begin blooming in the lower elevations of the Pinto Basin and along the park's south boundary in February and at higher elevations in March and April. Desert regions above 5,000 feet may have plants blooming as late as June.

The extent and timing of spring wildflower blooms in Joshua Tree National Park vary from one year to the next. Fall and winter precipitation and spring temperatures are key environmental factors affecting the spring blooming period. Normally, desert annuals germinate between September and December. Many need a good soaking rain to get started.

In addition to rains at the right time, plants also require temperatures to warm a bit before flower stalks will grow. Green-leaf rosettes may cover the ground in January, but flower stalks wait until temperatures rise.

APRIL 19

We are looking towards a trip to Joshua Tree National Park to see the flowers and walk along the trails. The park is in the high desert so we will be looking at the weather and other condition. If you are interested in this trip please let either Tom and Vera Miller or Linda Hill know you are interested. It is a 2 hour ride to get there with lots to see. We will have 2 vans to give rides to those who need a ride. We will meet at the church. Watch for more information in the bulletin regarding this trip.

Cost will be **\$10** for gas. You will need to bring your own lunch, water, good walking shoes and a sweater.

WATCH FOR OTHER EVENTS IN BULLETIN

SENIOR NEWS

WHAT ARE YOU DOING FOR YOUR COMMUNITY?

By Margaret Venckeleer.



Several months ago I saw Dorothy Womack at a most unexpected location. She came to Yucaipa Family Assistance on Avenue "B". Dorothy had come to make a donation of canned goods to the food pantry. We were very

surprised to see each other there. We talked and in the course of the conversation she asked "What are you doing here? "Did you also come to donate? I smiled and said "Yes", "I donate my time. I volunteer here.

Dorothy became intrigued with my answer; she asked "What do you do?" Hum.....Where to begin, I thought.

The story started. I had come to family assistance months earlier as was my intermittent routine. I would donate canned goods, garden produce and clothing. That particular day, I felt urged to ask the worker what other items they had need of, so that when I was shopping I could purchase them and bring them in.

She hesitated then smiling she said "what we really have need of is volunteers." Really? I thought. I asked what that entailed. As she explained, I felt prompted to say, "I can do that." A look of surprise and delight came across her face. That was the beginning of my journey as a volunteer at the 46 year old establishment of Yucaipa family assistance.

How do I serve? I started out by sorting donated clothing, household items, and toys. We only keep clean well-kept items to put on the racks and shelves. No stains, rips, tears or clothes without all the buttons. I learned how to place things on various racks and according to size and style.

About a month after starting one of the board members said they needed to talk with me. She said I had developed a good reputation by the constancy of coming and

good work ethic. The board thought I was trustworthy. They wanted to expand my responsibility, she asked if I would be willing to learn the front desk, ringing people's purchases and checking out clients. She also asked me if I would like to put food boxes together for clients in need of food. I said sure. However I can help. So now, I do the entire above, plus price items for sale. I do a little of all to help out.

By the way were you aware anyone can shop at family Assistance. There are the best prices in town for clothing for all ages and household items? Come check it out. The money goes to help buy needed food items that are not donated.

I am truly amazed that God, in His grace has allowed me with my handicap and pain to serve others with handicaps and pain and to "have a good reputation with outsiders." 1 Timothy3:7 Truly "We are God's workmanship created in Christ Jesus to do good works, which God has prepared in advance for us to do." Ephesians 2:10

You know, God works through great and small, through the routine and mundane, and through the weak and the strong. I believe when God decides to enlarge my daily roles or open my eyes to a broad reach vision, my job is to respond and take a faith based giant step forward. God is available to guide me step-by-step along a path he has set for me---if I will take the time to seek; His Directions., if I am willing. God is, and always will be able.

What path of service is God leading you on? As for me, for this time in my life, you will find me on Mondays, Wednesdays and Fridays from 1 to 3 pm at Yucaipa Family Assistance helping those who are struggling for help and hope.

Seniors Who Passed Away Last Quarter

Ned Coyl

Bert Van Tassel

Isabell Van Tassel

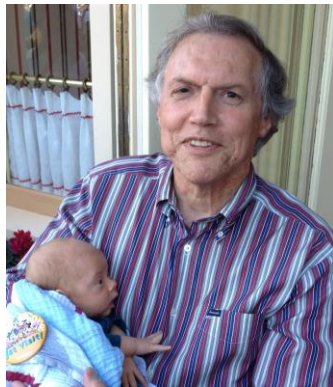
A NEW GRANDSON

By Joe & Cindy Wilkinson
Pictures by Wilkinsons



To all on the Prayer Chain, we thank you SO much for your prayers on our grandson's behalf! Our daughter Gina (a.k.a. Mrs. Keanan Fleck) gave birth to Arlo Duayne Fleck six weeks early, on December 19. He spent three

weeks at LLU Medical Center before going home on January 8, where his big brother (Taric) and sister (Illiana) were anxiously waiting to meet him. He's doing wonderfully and just keeps getting cuter every day. God did indeed give our family a very special Christmas gift this year!!



SENIOR BIRTHDAYS

APRIL, MAY, JUNE

Clegg	JoAnn	4/2	Unruh	Don	4/21
Strunk	Donalea	4/5	Bobst	V. June	4/23
Gamundoy	Don	4/6	Boecker	Gladys	4/24
Steinweg	Marlene*	4/6	Anderson	Sharon	4/25
Gurule	Norma	4/8	Tagaro	George	4/25
Hill	John	4/8	Tagaro	Wency	4/25
Nichols	Gloria	4/8	Neish	Ronald	4/27
Nelson	Stanley	4/9	Schaefer	Bob	4/27
Salveson	Debbie	4/11	De La Ossa	Ralph	4/27
Slough	Elma	4/12	Thompson	Mark	4/28
Slough	Ronald	4/12	Burt	Karl	4/29
Hudson	Tammy*	4/14			
Schwerdt	Alan	4/18			
Paul	Flora	5/1	Martin	Jordan	5/10
Lincoln	Kathy	5/2	Bartram	Jerry	5/14
Loew	Susan	5/2	Klein	Dona	5/16
Bartram	Chris	5/7	Randall	Laurel	5/17
Groth	George	5/7	Miller	Tom	5/24
Estrada	Al	5/7	Perilla	Martha	5/27
Fleming	Louis*	5/8	Valles	Jim*	5/30
Johnson	Alton	5/9			
Beaman	Dale	6/2	Schulze	Susan	6/18
Barton	Kathleen	6/2	Ford	Richard	6/20
Sullivan	Ron	6/2	Petrescu	Peniel	6/21
Tomat	Peggy	6/4	Primero	Remy	6/24
Andrus	Melanie	6/4	Learned	Allen	6/25
Tohm	Alberta	6/4	Joseph	June	6/25
Rehome	Greg	6/5	Gerrans	Alice	6/26
Salveson	Ronald	6/8	Bender	Chris	6/27
Davis	Mark	6/12	Clements	Karen	6/28
Jeffcott	Doris*	6/12	Hakim	Sami	6/28
De La Ossa	Elizabeth	6/13	Harris	Esther*	6/28
Easley	Geneva	6/14	Chapman	Trish	6/29

SENIOR WEDDING ANNIVERSARIES APRIL, MAY, JUNE

Clements	Paul & Karen	4 /10/1977
Unruh	Don & Kathy	4 /21/1976
Randall	Roger & Laurel	4 /6 /1980
Larson	David & Jan	5 /27/2005
Strunk	Gary & Donalea	6 /10/1954
Primero	Romy & Remy	6 /25/1962
Hill	John & Linda	6 /23/1974
Nelson	Stanley & Toni	6 /20/1993
Miller	Tom & Vera	6 /18/1964
Sullivan	Ron & Dollie	6 /22/1963
Farley	Norman & Alice	6 /8 /1958
Chapman	Timothy & Patricia	6 /9 /1900
Dahlstrom	Melodie & Knute	6 /27/1982
Tamayose	Wally* & Amy*	6 /5 /1956
Boecker	Richard & Gladys	6 /25/1988
Lidar	Jayson & Jennifer	6 /4 /2000

I am a longtime friend of Dorothy Womack and I am looking for a Caregiving or Cooking Job (Vegan preferred).
Live in or Live Out.

CAREGIVING

Private Duty Homecare ... cooking including Vegan and/or Raw Vegan
Errands / Delivery/ Dr.s Appointments / Light Housekeeping/ Laundry

For Optimal Health ... Try Juicing..

"Have Juicer Will Travel"

References available Call for Pricing
Questions Call Sandi (928) 606-5274

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