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**G I V E   B I G .   B E   G R E A T !**

On December 1, 2015 our community came together for 24 hours of unprecedented giving to support the amazing work of charities serving San Bernardino County through Give BIG San Bernardino County, hosted by The Community Foundation. Last year, Give BIG San Bernardino County raised almost \$550,000 in one day

for over 250 nonprofits! This year, Center for Healthy Generations made just short of \$1,000. This amount was almost double what was made last year. Please plan to join us next year to make it even bigger! Thank you to all those who contributed this year!!



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**P O O L   T I L E S ! ! ! !**

You all have seen the beautiful tiles decorating the wall in the pool. Have you ever wondered how YOU can be a part of the fabulous Wall Of Fame? Wonder no more. You can advertise your business, honor a loved one or put your own handsome/beautiful mug on

the wall for just \$100. You can personalize your own tile and we will Ooh and Aww at YOUR contribution to both the décor and the history of the Center for Healthy Generations. Ask at the desk for all the information.



HOW CAN YOU HELP OUR VETERANS?

In lieu of a Board Member profile this month, I am taking editorial license to give you an example of how you can help those less fortunate this holiday season or anytime you have a desire.

Operation Warrior Comfort helps to provide backpacks for our homeless veterans at veterans centers across America.

The Mission of the Operation Warrior Comfort Foundation is to work in collaboration with other charitable, educational and religious

organizations that support military veterans and their families.

**You can contact Anthony M. Juarez Project Manager. Cell phone: 661-246-5846 or email Antho-ny.Juarez.OWC@hotmail.com**

They collect things such as but not limited to: Toiletries, non-perishable foods, air fresheners, gloves, sunglasses, bandanas, laundry pods, measuring cups, small flashlights, batteries, small sewing kits, forever

stamps and envelopes, phone cards, pillow-cases, washcloths, hand towels, Snack size (little crackers, slim jims, chips, boxed crackers nuts, protein or nutritional bars) Microwave snacks (chili chef Boyardee, cup o noodles, tuna fish in foil packages, fruit leather or fruit roll ups, pop tarts, cereal, gum, mints, hard candy) Drinks (hot chocolate, cider, coffee, tea, water flavoring, emergen-C, crystal light) board games, dominoes, cards, comic books, pens, colored pencils, sketch books, Q-tips, cotton balls, chap stick, deodorant, bar soap toothbrushes, nail clippers, medicated foot powder, band-aids, antibacterial wipes, cough-drops, hair ties. If you have questions or would like to start collecting, please contact Mr. Juarez or put your contribution in the flag box at the Center.

**You have never really lived until you have done something for someone who can never repay you.**

**If you have something you would like to see in our newsletter or would like to write your own contribution and submit it for inclusion in a future newsletter, leave a note for Cindy McVay and we will try to accommodate you. We hope you enjoy this issue.**

DO YOU KNOW YOUR INSTRUCTORS?

In our next installment of "Do You Know Your Instructors" we are featuring Colleen Zuhlke.

Colleen is originally from Harvard Illinois. She moved to the desert in 1995. Husband was active duty and retired and is still on the base. She had a daughter who works for the army as a

civil servant. No grandbabies yet but she has fur-babies. She likes to work in the yard and likes to camp. She like to dance to the oldies (especially the Beatles) and retired from health information management at Eisenhower Medical Center.

She started coming to the pool in 2009 because there

was a need for instructors. She took a break and came back recently and we are ever so glad she did. She runs a great class and if you get a chance, get into one of hers!

Thanks for taking such good care of us.



**B O A R D A G E N D A**

The Expected Agenda for the December 2015 meeting is as follows in an abbreviated form:



- Financial Report
- Old business
- Tender Loving Christmas
- Our guests down below
- Report on the Great room Ceiling
- Members of the Board who miss three meetings without a reason
- Public Comment
- Adjournment



**A B B R E V I A T E D B O A R D M I N U T E S**

**Meetings held October 1515 and November 17 2015:**

A Profit and Loss Statement, Treasurer’s Report, and Budget Reconciliation are available for review. Money has been moved to the Money Market account to equal \$40,000.

Putting on the Ritz will be next year’s Rubber Ducky Theme chaired by Maria Selva.

Prep work needs to be done for Give Big. It is a 24-hour period on December 1st to raise money for the Center. (We raised a little

under \$1,000)

The Big Dream report was given on the Scottsdale Conference. It was approved to join the NSPF for \$350 to keep us in line with updates and other information regarding funding and grants. (Sue is working on a PowerPoint presentations to present to the significant stakeholders in the community)

More training will be done for front desk volunteers. Pool training has been changed to November 24.. We are undertrained and will be catching up soon.

Great Room Ceiling is still ongoing. We had several people looking at the ceiling and what can be done about it.

The nominating committee will report back at the next board meeting for candidates for next years officers. Two new board members were approved, Cindy McVay and Kathy Dugan.

Repairs to the Men’s and Women’s restrooms will be completed between Christmas and New Year’s break. Maria will chair this.

The newsletter will have the goal of distributing every month. Deadline for submissions is the 15th of every month.

Tender Loving Christmas is collecting toys for underprivileged kids in the pool area. Please contribute as you are able.

Our guests below have been asked to move. We need a policy in case we are asked again.

Volleyball//badminton net is being requested. The cost is between \$150 and \$200. Shall we make the investment?

Members of the board missing 3 meetings without a reason: policy on this item.

Public comments

**C O M I N G I N J A N U A R Y**

Pool Renovations of the deck and restrooms

Really cool stuff...just not known by the time of publication...but stay tuned.



“The best way to find yourself is to lose yourself in the service of others.”

Gandhi

Find us on the web at:

[www.mbchg.org](http://www.mbchg.org)

And on Facebook:

**The Center for Healthy Generations provides exercise, education and activities promoting wellbeing for all ages.**

## **Cheyenne Bonnell is our Center for Healthy Generations member for the month**

Cheyenne is from Summerville, Massachusetts. She moved to the High Desert in 1999, She is an avid horsewoman. She got her doctorate from Penn state in English with a minor in women's studies. She was a college professor at CMC until retiring in 2011.

She totally believes that this is a Center for Healthy GENERATIONS and brings her young neighbor, Kenny, to swim with her on Saturdays.

She believes that water exercise is an easy and pleasant way to stay fit. You would never believe that this delightful, amazing, energetic woman is 65 and going strong. Thank you for being so great.

### **A N N O U N C E M E N T S   F R O M   O T H E R   N O N - P R O F I T S**

**32nd Annual Tender  
Loving Christmas  
Christmas Day  
12:30—6:00 PM  
Yucca Valley  
Community Center  
Free buffet All You  
Can Eat!**

**FREE!!**

**Meals to shut-ins**

**Entertainment, Clothing,  
Toys ... and Santa!**

**This is a 100% Donation/Volunteer  
Program. For drop-off locations  
and information Call**

**760-333-2413**

**Monetary Donations can be sent  
to:**

**TLC, P.O. Box 895, Yucca Valley  
92286**

