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D E S S E R T I N T H E D E S E R T !



The Sunset Rotary has chosen the Center as the recipient of half of the proceeds from the 14th Annual Dessert Soiree. The Rotary club has designated their half of the proceeds to be used for scholarships and to send high school juniors and middle school students to leadership training camps.

servicing Hors d'oeuvres, wine, beer and FUN!!

The evening will have a live auction (which includes a 7 day cruise to Alaska on Holland America), a silent auction and the exciting game Deal or No Deal! In case you have missed this great game, there are 9 suitcases, one of which contains \$1000 that you can bid for.

When is the soiree?
 April 2 at 6:00 PM at the Boys and Girls Club in Yucca Valley.

How can YOU get tickets to this wondrous occasion, you ask? Buy a ticket from any CHG board member or at the Pool desk for \$30.00 each. Come join us for a fun evening with GREAT desserts in the desert!

Besides amazing desserts, they will be

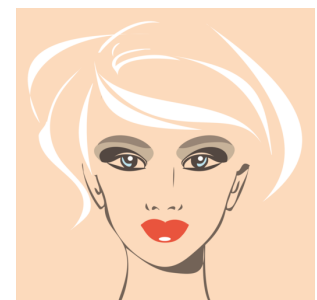
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P O O L T I L E S ! ! ! !

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.



DO YOU KNOW YOUR CENTER PRESIDENT?

Do you know your president, Sue Tsuda?

Sue mainly worked in local government during her active “earning” years. She came to Yucca Valley to be their first town manager in 1992. When she retired from the town, she went to Copper Mountain for a 6 month job that lasted 5 1/2 years. She was asked to administer the CalWorks program (among others) and wound up tutoring, teaching a masters program on the base, teaching history, study

skills, government and other subjects as needed. After retiring from that (whew), she got involved in Sky’s the Limit and CERT (Community Emergency Response Team) and the Mohave Desert Land Trust. She was recruited to work at the Center by Jim Lawless because she had experience writing grants.

What little time she has away from the Center, she likes to travel in her motor home, garden, work in the yard, read a lot, sew a little and play on the

computer sometimes. With no TV, she is smarter than the average bear!

She has Suki and Lahlee as her four-legged buddies. Suki is a frequent visitor who (according to Sue) is admittedly spoiled.

Her husband, Smed, is a MASTER bread maker.

The Center would like to thank Sue for her immense dedication to the Center and for being a direct contributor to it’s success.

Be sure to ask her about the Big Dream! She will be glad to share with 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.

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

DO YOU KNOW YOUR INSTRUCTORS?

In this installment of “Do You Know Your Instructors” we are featuring Dave Ziegler.

Dave is a native Californian, originally from Alameda, California and a Vietnam Army veteran. He moved to the desert in 1989 after meeting his wife (of 28 years) at Pappy and Harriet’s. When they were deciding where to live, they chose the desert because it called to them. Their love for the area and Dave’s presence encouraged

his family members to follow him through the years. He has one biological daughter, two step-daughters and a step son who lives in Texas. He also claims over a dozen boys; former street kids that call him dad. His son would bring them home and Dave helped them find foster assistance and loving homes. There recently was a reunion of many of the boys, who all still call him Dad.

The last 15 years he has devoted himself to entertaining seniors at convalescent homes and being an instructor at the pool. When he started as a member, he wasn’t able to pay and was sponsored. He sought out the pool to help with bone spurs on his spine rather than have surgery. When he was able, he started teaching and after many recertifications, is still at it 15 years later.

In addition, he is a master craftsman who makes amazing walking sticks and canes, of which this writer has 2.

He tells his students at the pool that health is a lifestyle change. He believes you have to “put skin in the game” and walks that talk.

Thank you, Dave, for your generous contribution to all of us.

BOARD AGENDA

The Expected Agenda for the April 2016 meeting is as follows in an abbreviated form:



- Financial Report
- Old business
 - Pre school classes
- New Business
 - Volunteer Luncheon
- Public Comment
- Adjournment



ABBREVIATED BOARD MINUTES

Meetings held February 2016 and March 2016:

A Profit and Loss Statement, Treasurer’s Report, and Budget Reconciliation are available for review. The Center is “doing well financially.” There is a combined \$32,000 in the checking and Money Market accounts, and that is after the repair to the “Big Room.”

Sunset Rotary is sponsoring a fund raiser with the Center being it’s co-recipient for the funds raised.

Strategic planning will be held on

February 20th.

A Garage/Parking lot sale will be held on March 4th and 5th. The result was nearly \$1000 in profit for the Center.

PR Efforts are continuing with Maria and Teri Trent making a number of visits to businesses in 29 Palms to promote the Center.

8 people attended CPR training class.

Saturday classes are well attended with the addition of Family Swim and Volleyball.

Super bowl Sunday was fairly well attended.

A Power Point presentation has been developed to take out to show businesses and community organizations.

A request has been made to use the small room for massages by Teri Trent. She has her own insurance and is licensed by the State of California. She will give the Center 10% of what she makes. The motion passed.

We will be switching our internet connection from Verizon to Time Warner to improve both our internet streaming and telephone services.

If was discussed that we need to adopt new poverty guidelines and discuss policy for applying for it. This will be continued to a future meeting.

COMING SOON!

AARP Driver safety course will be held here on April 23 from 8:30–4:30. Lunch will be served. Cost is \$15 for members and \$20 for non-members.

You can possibly save money on your insurance by attending.

The next guitar class starts April 12th from 6:00–7:00 PM. The Next Spanish class begins April 11th from 9:00–11:00 AM Both are \$20 for 6 lessons payable in advance.

TOPS (Take Off Pounds Sensibly) meets Fridays from 9:45–11 AM at the First Christian Church at 56284 Buena Vista in Yucca Valley.

It is a Weight Loss, Self Help, Support Group. It is Non-profit with no food to buy.

“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

And on Facebook:

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

Massages at the Center!!

Teri Trent is now offering lunch time massages here at the Center. 10 minute massages are \$10.00 and 25% goes to the Center. If you would like a chair or a foot massage, please sign up on the schedule at the front desk. Full massages can also be scheduled with Teri. The cost is \$60 for an hour with 10% going to the Center.

ANNOUNCEMENTS FROM OTHER NON-PROFITS

Relay for Life of Morongo Basin

April 16 & 17, 2016

9:00am—9:00am

Help create a world with less cancer and more birthdays.

Start a TEAM

Sign up a survivor or caregiver

Become a sponsor or donor

Join the planning committee

Purchase a Luminaria

Visit online at www.relayforlife.org/morongobasinca

For more information, please contact:

Janice Freeman at 760-831-3288

or

Janice.Freeman@cancer.org

