

DEAR FRIENDS:

GREETINGS FROM THE EAST PALO ALTO SENIOR CITIZENS CLUB. THE ARRIVAL OF EASTER AND DAYLIGHT SAVING TIME ON THE SAME DAY THIS YEAR GIVES US ANOTHER OPPORTUNITY TO PAUSE AND SAY THANK GOD FOR LIFE. WHEN A SUNNY DAY FOLLOWS RAINY ONES, IT IS LIKE RECEIVING A BLESSING AND HAVING A PROMISE FULFILLED. THE SUN HUMANS HAVE KNOWN ALL THESE GENERATIONS STILL IS THERE, AND WE SURVIVE IN ITS RADIANCE. THE SUNSHINE OF SPRING IS THE YEAR'S AWAKENER, ROUSING BUDS, OPENING FLOWERS AND LEAVES TO CLOTHE THE EARTH AGAIN AND BRING LIFE TO A SLEEPY WORLD. DO YOU REMEMBER THIS CHILDHOOD POEM?

IN THE HEART OF A SEED
BURIED DEEP SO DEEP
A DEAR LITTLE PLANT
LAY FAST ASLEEP

"WAKE!" SAID THE SUNSHINE
AND PEEP AT THE LIGHT
"WAKE!" SAID THE VOICE
OF THE RAINDROPS BRIGHT

THE LITTLE PLANT HEARD
AND IT ROSE TO SEE
WHAT THE WONDERFUL
OUTSIDE WORLD MIGHT BE.

YOU ARE PROBABLY THINKING OF THE GOOD EARTH; HOW YOU PLAN TO DO A LITTLE DIGGING AND PLANTING OUT OF DOORS. WHAT DID YOU PLANT ON GOOD FRIDAY?

OUR CLUB MEETINGS CONTINUE TO BE A GATHERING FULL OF FUN AND LEARNING. HERE ARE SOME SPRING TIPS THAT WERE DISCUSSED RECENTLY:

(LUMPY CAKE BATTER) TO AVOID LUMPY CAKE BATTER BEAT PREPARED CAKE MIXTURE FIRST WHILE COMPLETELY DRY, THEN ADD THE LIQUID. PRESTO! NO LUMPS. THIS DOESN'T APPLY TO PANCAKE MIXTURES. THEY'RE SUPPOSED TO BE LUMPY.

(SEW EASY) IF YOU EVER HAVE TROUBLE PICKING UP THE THREAD WHILE RIPPING A SEAM, TRY A FINE CROCHET HOOK. WORKS LIKE A DREAM.

(SOFTENING BUTTER) TO SOFTEN BUTTER OR MARGARINE QUICKLY, FILL A BOWL WITH BOILING WATER. EMPTY THE BOWL AND TURN IT UPSIDE DOWN OVER THE BUTTER DISH. THE BUTTER WILL SOFTEN WITHOUT MELTING.

(NO STATIC) TO REMOVE STATIC FROM YOUR CLOTHES AFTER YOU ALREADY HAVE THEM ON, RUB YOUR LEGS WITH LOTION.

(SUGAR SOFTENING) BRICK HARD BROWN SUGAR? PUT IT IN A GLASS JAR. LEAVE A LITTLE SPACE AT THE TOP. WET A PIECE OF PAPER TOWEL AND PLACE IT UNDER THE LID BEFORE SCREWING IT ON. WHEN IT BECOMES SOFT, LEAVE IN JAR.

WISE SAYINGS

SOME PEOPLE QUARREL BECAUSE THEY CAN'T ARGUE.

LITTLE MEN OFTEN HAVE LOUD VOICES. THE HUMAN SPIRIT IS STRONGER THAN ANYTHING THAT CAN HAPPEN TO IT.

NO RELATIONSHIP IS MORE IMPORTANT THAN FRIENDSHIP. AND NONE IS SO RARE. THERE'S NOTHING CERTAIN ABOUT LUCK EXCEPT THAT IT WILL CHANGE.

A SMALL DEBT PRODUCES A DEBTOR; A LARGE ONE AN ENEMY.

A MAN IS NEVER MORE LOVED THAN AT HIS FUNERAL.

OUR PROGRAM

10:00	TUES	BIBLE STUDY	WILLIAMS
NOON	TUES*	BLOOD PRESSURE	DREW CLINIC
10:30	WED	CLUB MEETING	RUTH MYERS
9:30	THUR	SHOPPING	REC DEPT
10:00	FRI	EXERCISE CLASS	REC DEPT

ALTHOUGH WE ARE ALL ON RESTRICTED DIETS, OUR SALT FREE AND LOW-FAT POTLUCK MEALS WE ENJOY AFTER CLUB MEETINGS ARE EYE CATCHING AND DELICIOUS.

HERE IS WHAT ONE DIET EXPERT HAS TO SAY:

BEING A LITTLE OVERWEIGHT IS BETTER FOR SENIOR CITIZENS THAN BEING THIN, ACCORDING TO DR. SUSAN C. FINN, A LEADING NUTRITIONIST WITH ROSS LABORATORIES IN OHIO.

DR. FINN SAID STUDIES REVEAL PEOPLE OVER 65 YEARS OF AGE ARE HEALTHIER IF THEY ARE ABOUT 10 PERCENT OVERWEIGHT. SHE SAID CHUBBY SENIORS RESPOND BETTER TO MEDICAL TREATMENT AND ABOUT 75 PERCENT OF THE PATIENTS ADMITTED TO NURSING HOMES SUFFER FROM MALNUTRITION.

** SALUTE TO A REMARKABLE CITIZEN**

THE MONTH OF MAY HAS A SPECIAL MEANING FOR SENIORS. MANY OF US ARE MOTHERS, GRANDMOTHERS, AND GREAT GRANDMOTHERS. SUCH A PERSON IS JULIA LAVONIA GREEN. MRS. GREEN IS PROBABLY OUR MOST SEASONED CITIZEN. ON HER BIRTHDAY, MAY 17, SHE WILL BE 97 YEARS YOUNG. MRS. GREEN, WE SALUTE AND LOVE YOU.

* 4TH TUESDAY OF EACH MONTH ONLY.

RAY'S OF SUNSHINE SHONE ALL OVER OUR TOWN APRIL 10TH AS OUR SENIORS AND OTHER DEDICATED CITY BOOSTERS VOTED THEIR CONSCIENCE. WE THOUGHT OF OURSELVES, AND VOTED YES! WE THOUGHT OF OUR CHILDREN, AND VOTED YES! WE THOUGHT OF OUR ABLE COUNCIL OF FOUR, AND WE VOTED YES! WE EVEN THOUGHT ABOUT ALL THAT HATE MAIL WE HAD RECEIVED. BIG MONEY AND BIG LIES DON'T ALWAYS WORK. THE GOOD BOOK SAYS, AND I QUOTE:

"FOR THE LOVE OF MONEY IS THE ROOT OF ALL EVIL; WHICH, WHILE SOME COVET AFTER, THEY HAVE ERRED FROM THE FAITH, AND PIERCED THEMSELVES THROUGH WITH MANY SORROWS. (I TIMOTHY, 6:10)

WE HOPE ALL THE ANTI'S LED BY GERTRUDE WILKS GOT THE MESSAGE. OUR VOTES CANNOT BE BOUGHT. OUR CITY IS NOT FOR SALE. THE WIDOW'S MITE OF \$533.00 PREVAILED OVER \$67,000!

REV. JESSE JACKSON HAS SENT US A MESSAGE: THE PATH TO BLACK SUCCESS AND RAINBOW SUCCESS IS THROUGH THE BALLOT BOX. REV. JESSE HAS POINTED US TOWARD A NEW DIRECTION. WE MUST SAVE OURSELVES!! WITH GOD'S HELP, WE WILL.

FOR THE FIRST TIME, WE ARE BEGINNING TO UNDERSTAND THE POLITICAL PROCESS. THE BALLOT IS A POWERFUL WEAPON. BLACK VOTER REGISTRATION IS SOARING BECAUSE OF JESSE JACKSON. AS JACKIE ROBINSON IS REMEMBERED IN THE WORLD OF SPORTS, JESSE JACKSON WILL BE REMEMBERED IN THE WORLD OF POLITICS. HE WILL GO DOWN IN HISTORY AS A MODERN DAY JOHN THE BAPTIST, OPENING THE WAY FOR HUNDREDS OF BLACK POLITICIANS.

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WE RECOMMEND THE FOLLOWING VOTES ON THESE PROPOSITIONS:

NO, NO, NO, ON PROPOSITION 1. IT WILL PULL THE PROP 13 NOOSE TIGHTER AROUND YOUR NECK. NEED WE SAY MORE?

NO, NO, NO, ON PROPOSITION 24. IT WILL SEVERELY LIMIT POWERS OF ASSEMBLYMAN WILLIE L. BROWN. THIS IS A THINLY DISGUISED EFFORT TO UNSEAT THE SPEAKER OF THE ASSEMBLY.

YES, YES, YES, ON PROPOSITION 18. THE STATE PARK AND RECREATION BOND MONIES WILL BE OF BENEFIT TO THIS COMMUNITY.

BE AWARE. STAY INFORMED. VOTE YOUR CONSCIENCE.

AGAIN, GIVING THANKS FOR GOD'S GRACES, WE END THIS NEWSLETTER.

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May 1984 Newsletter