



NEWS & SEHS

CLASS OF 1957

ONLINE NEWSLETTER

Fall 2016



BULLETIN BOARD

➤ **Christmas Luncheon on December 15th @ Western Sizzler on Halfway Blvd. beginning @ 11:30. Bring foodstuffs for the class donation to a local pantry. And last but certainly not least, please let Jo Ann know you are coming! Easy enough to do by emailing Jo Ann @ jkline6160@myactv.net.**

HAPPY BIRTHDAY!



SEPTEMBER BIRTHDAYS

Linda Baker; Ernie Barnhart; Jim Carnes; John Cozzoli; Linda Delauder; Pat Fizer; Greta Grimes; Larry Keller; Pete Limburg; Ron Palmer; John Sapp; Delores Shaffer; Terry Spillan; Gary Stenger; Larry Stenger; Judy Vickers

OCTOBER BIRTHDAYS

Carole Sue Ambrose; Paul Bohn; Darlene Burgan; Donna Bush; Barbara Grogan; Darlene McCleary; Rose Marie Nigh; Bob Nitzell; Frank Reel

HAPPY ANNIVERSARY!



SEPTEMBER ANNIVERSARIES

Major & Vangie Baer Osborne; John & Pat Fizer Rowe; Sam & Ann Horine Meredith; Joe & Connie Magaha Little; Joe & Darlene McCleary Semler; Dewitt & Caroline Powell; Bob & Leslie Wesphal

OCTOBER ANNIVERSARIES

Jack & Audrey Coffelt; Jerry & Pam Hess; Frank & Peggy Papa

CLASSMATE HAPPENINGS!

Annual Picnic @ FOP Picnic Grounds

Wow, a great bunch of old folks had a wonderful time at the annual picnic in September! Great food, fun and fellowship. Can't say enough about the folks in the Class of '57. A very special and unique group of classmates and friends!!!



Becky Scuffins won the door prize, a beautiful patriotic carving of a delicate butterfly created and donated by Gary Stenger.



Vangie Baer won the \$85 50-50 drawing



**Everyone sang happy birthday to Larry & Gary Stenger on their 77th birthday!
Gary informed everyone Larry was the oldest since he was born first.
*Editor's Comment: Gary really didn't have to announce that, it is patently obvious that Larry looks a very, very lot older!***

Nancy Minnich



Nancy's granddaughter Lillie Mae Hazelwood had the opportunity to check out and sit in a military helicopter flown by a friend of her dad.

Editor's Comment: The look on her face and her posture tells you all you need to know with respect to her take on the experience! Obviously thrilled.

Frankie Sauls

I have 3 close in age sons! I loved it all! Have 7 grandchildren, including twin boys, I have 2 great -grandchildren. Married again in 1985, we traveled a lot and did fun things. I taught aerobics for 20 years, at same time opened a gift shop that I had for almost 28 years! Loved it all. Husband Died 8 yrs ago. I am not old and still live life and like to go. We all have stories. Maybe we could start sharing some of them!!! That would be fun!!!

Bob & Arlise Weaver Cianelli

We will be flying to San Antonio over the weekend in November to attend our youngest granddaughter Mia's violin concert debut. She and her friend/classmate will perform in a violin and piano duet. We will also have a chance to watch her older sister Ava play varsity volleyball. When you have grandkids in TX and CA, Southwest Airlines sends you Christmas cards!

RULES FOR A GOOD OLD AGE.....

It's time to use the money you saved. Use it and enjoy it. Don't just keep it for those who may have no notion of the sacrifices you made to get it. Remember there is nothing more dangerous than a son or daughter-in-law with big ideas for your hard earned capital. Enjoy the present moment. The sand in the clock may run out at any moment.

Stop worrying about the financial situation of your children and grandchildren. You've taken care of them for many years, and you've taught them what you could. You gave them an education, food, shelter and support. The responsibility is now theirs to earn their way.

Keep a healthy life with moderate exercise (like walking every day), eat well and get your sleep. It's easy to become sick, and it gets harder to remain healthy. Keep in touch with your doctor, get tested even when you're feeling well.

Always buy the best, most beautiful items for your significant other. The key goal is to enjoy your money with your partner. One day one of you will miss the other, and the money will not provide any comfort then. Enjoy it together.

You have good memories and bad ones, but the important thing is the present. Don't let the past drag you down or the future frighten you.

Regardless of age, always keep love alive. Love your partner, love life, love your family, love your neighbor, your surroundings, your country. We are never old as long as we have intelligence and affection.

Be proud, both inside and out. Don't stop going to your hair salon or barber. Do your nails, go to the dermatologist and the dentist. Keep your perfumes and creams well stocked. When you are well-maintained on the outside, it seeps in, making you feel proud and strong on the inside.

Don't lose sight of fashion trends for your age, but keep your own sense of style. There's nothing sillier than an older person trying to wear the current fashion among youngsters. You've developed your own sense of what looks good on you - keep it and be proud of it. It's part of who you are.

Read newspapers, watch the news. Go online and read what people are saying. Make sure you have an active email account and try to use some of those social networks. You'll be surprised which old friends you'll meet. Keeping in touch with what is going on and with the people you know is important at any age.

Respect the younger generation and their opinions. They may not have the same viewpoints as ours, but they are the future and will take the world in their direction. Give advice, not criticism, and try to remind them of yesterday's wisdom that still applies today.

Never use the phrase: "In my time." Your time is now. As long as you're alive, you are part of this time. You have been younger, but you are still you now, having fun and enjoying life.

Some people embrace their golden years, while others become bitter and surly. Life is too short to waste your days in the latter mode. Spend your time with positive, cheerful people, it'll rub off on you and your days will seem that much better. Spending your time with bitter people will make you older and harder to be around.

Do not surrender to the temptation of living with your children or grandchildren (if you have a financial choice, that is). Sure, being surrounded by family sounds great, but we all need our privacy. They need theirs and you need yours. If you've lost your partner (our deepest condolences), then find a person to move in with you and help out only if you feel you really need the help or do not want to live alone.

Don't abandon your hobbies. If you don't have any, make new ones. You can travel, hike, cook, read, dance. You can adopt a cat or a dog, grow a garden, play cards, checkers, chess dominoes, golf. You can paint, volunteer at an NGO or collect certain items. Find something you like and spend some real time having fun with it.

Even if you don't feel like it, try to accept invitations. Baptisms, weddings, graduations, birthdays, conferences. Try to go. Get out of the house, meet people you haven't seen in a while, experience something new (or something old). But don't get upset when you're not invited. Some events are limited by resources, and not everyone can be hosted. The important thing is to leave the house from time to time. Go to museums, go walk through a field. Get out there.

Be a conversationalist. Talk less and listen more. Some people go on and on about the past, not caring if their listeners are really interested. That's a great way of reducing the desire to speak with you. Listen first and answer questions, but don't go off into long stories unless asked to. Speak in courteous tones and try not to complain or criticize too much unless you really need to. Try to accept situations as they are. Everyone is going through the same things, and people have a low tolerance for hearing complaints. Always find some good things to say as well.

Pain and discomfort go hand in hand with getting older. Try not to dwell on them but accept them as a part of the cycle of life we're all going through. Try to minimize them in your mind. They are not who you are, they are something that life added to you. If they become your entire focus, you lose sight of the person you used to be.

If you've been offended by others, forgive them. If you've offended someone - apologize. Don't drag resentment around with you. It will make you sad and bitter. It doesn't matter who was right. Someone once said, "Holding a grudge is like taking poison and expecting the other person to die." Don't take that poison. Forgive and move on with your life.

If you have a strong belief, savor it. But don't waste your time trying to convince others. They will make their own choices no matter what you tell them, and it will only bring you frustration. Live your faith and set an example. Live true to your beliefs and let that memory sway them.

Laugh. Laugh A LOT. Laugh at everything. Remember, you are one of the lucky ones. You managed to have a life, a long one. Many never get to this age, never get to experience a full life. But you did. So what's not to laugh about? Find the humor in your situation.

Take no notice of what others say about you and even less of what they might be thinking. They'll do it anyway, and you should have pride in yourself and what you've achieved. Let them talk and don't worry. They have no idea about your history, your memories and the life you've lived so far. There's still much to be written, so get busy writing and don't waste time thinking about what others might think. Now is the time to be free, at peace and as happy as you can be!

COMEDY CORNER (Really?)

**REMEMBER WHEN YOU COULD REFER
TO YOUR KNEES AS RIGHT AND LEFT?**



**INSTEAD OF GOOD AND BAD.
AH GOOD TIMES, EH!**

You know you're gettin'
OLD when you
can't walk
past a
bathroom
without
thinking,
"I may as
well pee
while I'm here."

