



NEWSLETTER

San Andreas Movers & Shakers...it's not OUR fault!

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VOLUME THREE

MARCH 1, 2013

S.A. M & S...

COMMITTEE MEMBERS



Joe Fleischman/President, Newsletter, Library, Room Set-up
 Barbara Pollard /Vice President/Secretary, Publicity
 Sue Costa/Treasurer
 Judy Axtman/Membership Roster
 Evelyn Rapetti/Refreshment Coordinator
 Mona & David Harris Hospitality & Historian
 Vera Bogosian, Member at Large
 Program Coordinator



MEETING, February 3, 2013

We did not have a guest speaker in February, so we had a round table discussion on how everyone was doing.

We had a new guest, Mr. Arthur Morton, who was there to gain information about Parkinson's disease so he could help a friend of his who has Parkinson's.

We are still looking for someone to be Program Coordinator. All you need to do is keep track of the guest speaker dates so that we don't double book.

We also need someone to do refreshments for November, if you would like to do this please let Evelyn Rapetti know so she can get your name on the list.

Next Meeting Date: Tuesday, March 5, 2013.

We are scheduled to have Theresa Locke from Pinnacle Physical Therapy come and speak to our group March 5th

Thank you Juanita and Roland for the great refreshments last month

This month's refreshments are brought to you by **Judy and Jack.**

MARCH BIRTHDAYS

Happy Birthday

Evelyn Rapetti
Joe Fleischman

Claire Clark
Arthur Morton

*We wish you all have a very
Happy Birthday and many more.*

MARCH ANNIVERSARIES



Lilia and Max Maxwell

*Congratulations on your many
years together.*



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SAMS Group News

Barbara Pollard is at home recovering. I and hopes to be at this month's meeting

Tom Bruntz. On February 12, 2013 Tom passed away at home surrounded by his family. On Friday the 15th, we attended Tom's services to say good bye and to share in Tom's life story. The church was full with family and friends attending. Tom had many passions like cars, flying an ultra-lite, rolling over his ATV, his church, and meeting as many of the local policemen while traveling on his scooter, but his family meant the most to him. Tom operated heavy equipment for many years and mentioned once that when he passes on he wanted to be delivered to his final resting place by a backhoe. Tom's children saw to it that his request was honored by having a backhoe take him to his burial site where he was laid to rest. Tom never let the Parkinson's disease interrupt the way he wanted to live no matter how tough it got for him. He was a true inspiration to us all. We will miss you Tom like everyone else who knew you, but cherish the fond memories that you left with us. May you rest in peace my friend.

The Nutrition Corner

Here is the recipe you all requested for Butterscotch cookies from Juanita Camfield.

Butterscotch Cookies

3/4 cup butter
3 TBLS. sugar
1 1/2 cups flour

Cream butter well. Add sugar and cream well. Add flour. Mix well. Pat in bottom of greased 9x13 pan in a thin layer. Bake approx 15 minutes in 350 degree oven.

Butterscotch Cookie Topping

3 egg yolks beaten well
Add 2 1/4 cups brown sugar. Mix well
Add 1 cup coconut
Add 1 cup nuts, chopped
Fold in 3 well beaten egg whites

Pour mixture on top of baked mixture.
Bake 25-30 minutes at 350 degree oven.
When done, cut in squares and roll in powdered sugar.

Enjoy!



SAMS WEBSITE

Our web site www.sanandreamoversandshakers.org is up and running. If you have any ideas or would like to see something added to the web site please let me know.