

Wednesday Etc. Wire

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www.wednesdayetc.org

President's Message

A special thank you goes to Renee Meyst, Certified Fitness Professional and Personal Trainer, whose wonderful Zoom presentation on Wednesday, March 10, gave us general information about the six components of fitness and then finished up with simple exercises we can use in our daily lives, especially after this year of being quarantined. We had fourteen members signed up for this class. Renee also offers an online Zoom exercise class on Tuesdays and Thursdays. Please see her special invitation included in this Newsletter.

The Nominating Committee, chaired by Connie Griffin, has issued the Wednesday Etc. Slate of Officers for 2021-2022. Please see the list printed below. Thank you, Connie, for your work in chairing the Nominating Committee, and many thanks to all the Club officers who have helped and supported me this year. Many thanks also to all the returning officers and new ladies volunteering for the Wednesday Etc. Executive Board starting in September. Your work and friendship are very much appreciated.

The March 3, 2021, Executive Board Meeting was successfully held via Zoom with a quorum in attendance. The next Zoom Executive Board

Meeting is scheduled for **Wednesday, April 7, 2021, at 9:00 a.m.**

"May you always have walls for the winds, a roof for the rain, tea beside the fire, laughter to cheer you, those you love near you, and all your heart might desire!"

**Happy Easter &
Happy Spring**

— *Rita Johnson*

If you have questions, comments, or suggestions concerning the Club, the Board invites you to let us know by contacting Rita Johnson at rejohnson0308@gmail.com

2020-21 Executive Board

President:
Rita Johnson

1st V. P. Luncheons/Programs:
Lynn Cramer & Karen McGurk

2nd V. P. Membership:
Jo Willis

Secretary:
Linda Freeman

Treasurer:
Barbara Moely

Ways and Means:
Connie Griffin

WIRE/Newsletter:
Ruth Stewart

Reservations:
Arlene Siravo

Community Service/Sunshine:
Connie Griffin

Auditor:
Jo Willis

Advisors:
Ruth Stewart & Connie Griffin

WEDNESDAY ETC. SLATE OF OFFICERS FOR 2021-2022

(Submitted by Nominating Committee Chair, Connie Griffin)

PRESIDENT	RITA JOHNSON
1ST V.P./LUNCHEONS/PROGRAMS	LYNN CRAMER & KAREN MCGURK
2nd V.P./MEMBERSHIP	JO WILLIS & JULIE SMITH
WAYS AND MEANS	CONNIE GRIFFIN, BARBARA MOELY, & SHIRLEY TWEDELL
SECRETARY	LINDA FREEMAN
TREASURER	BARBARA MOELY
NEWSLETTER	RUTH STEWART
COMMUNITY SERVICE/SUNSHINE	CONNIE GRIFFIN
RESERVATIONS	ARLENE SIRAVO
AUDITOR	JO WILLIS
ADVISOR(S)	RUTH STEWART & CONNIE GRIFFIN

WEDNESDAY ETC. MEMBERSHIP NEWS

Our membership keeps increasing! We now have a total of 105 members enrolled for Wednesday Etc. Thank you for your faithful participation during this difficult COVID-19 pandemic. We welcome returning members and new members any time.

If you change your address, phone, or email information, please notify our Membership Chair, Jo Willis at sdcrusers@att.net or (858) 673-9758.




TENDER LOVING CANINES

WEDNESDAY, APRIL 14, 2021
@ 11:00 AM

ONLINE **zoom** PRESENTATION

TRAINING MANAGER SUZANNE VETA WILL SPEAK TO US ABOUT THEIR SERVICE DOG PROGRAM.

SOME OF THE TOPICS SHE WILL COVER INCLUDE:

 THE MISSION OF GUIDE DOGS OF AMERICA/TENDER LOVING CANINES AND HOW THEY TRANSFORM LIVES

 THE POPULATION OF INDIVIDUALS WITH DISABILITIES SERVED BY THEIR PROGRAM

 HOW WE CAN GET INVOLVED IN THEIR MISSION

PLEASE JOIN US FOR AN INSPIRING HOUR AS SUZANNE SHARES HER PASSION FOR HELPING DISABLED PEOPLE WITH SERVICE DOGS.

RSVP!

RSVP BY APRIL 9, 2021 TO LYNN CRAMER AT LYNVIN63@GMAIL.COM OR 858-674-0759 OR 858-703-7664 (CELL) INCLUDE YOUR NAME, EMAIL ADDRESS, AND PHONE NUMBER



RECIPE EXCHANGE

and Rememberances



“Food is essential nourishment and fuel - we need to eat to keep awake at work and school! But in life, the feeding of mind, soul and heart - plays a very important part.”

“What a better way than to serve up a generous helping of heritage, add a dash of friendship, and mix together with a sprinkling of family.”

We want to start a Recipe Exchange in the Wednesday Etc. WIRE Newsletter each month. Do you have a special favorite recipe you would like to share in our Newsletter? We would like to include a picture or short story about the recipe if you would like to include them.

Please email your favorite recipe and picture or story to Ruth Stewart at ruthstew269@yahoo.com and please be sure to include information as to where the recipe comes from, i.e. family, or name of recipe book and author. We look forward to hearing what's been cooking with you!

CARING & SUNSHINE NEWS

Please pray for our long-time members and wonderful friends, **Joan Al-Nasser**, who is ill, and **Paula Cobb**, who underwent recent surgery.

We are thankful to hear that **Pat Roberts** is recovering nicely from her multiple knee surgeries and infections.

If you know of anyone who is ill or in the hospital, please call or send information to our Sunshine lady, Connie Griffin, (858) 679-0263 or conniegriffin@cox.net.

RENEE MEYST'S INVITE FOR HER WEEKLY ZOOM EXERCISE CLASSES TUESDAYS & THURSDAYS, 11:00-11:45 AM

Join Renee Meyst, Certified Fitness Professional, in her Personal Meeting Room for her Zoom VIRTUAL EXERCISE CLASSES on Tuesdays and Thursdays, at 11:00-11:45 a.m. Renee accepts secondary insurance benefits for Silver Sneakers, Silver and Fit, Active and Fit, as well as Renew Active. If you do not have any of these benefits, the Classes are \$3.00 each, prepaid for at least 6 classes. For registration and questions, please call Renee Meyst at (760) 751-8949.

Join Renee's Zoom Meeting:

<https://us02web.zoom.us/j/916023261>

Meeting I.D.: 916 082 3261

HOW TO PLAY BRIDGE ONLINE

EASY INSTRUCTIONS:

Log onto www.Bridgebase.com or download the App from the App store. Create your user account and login. Enjoy!

OTHER ONLINE GAME OPTIONS:

There are many play options including playing "Solitaire" against the computer, or with three strangers, or with a partner, or you can create a table for four friends. You can play in casual or competitive games, tournaments, or just watch other players (professionals) at interesting tables. Solitaire and casual games are FREE. There are fees for a few types of play, such as tournaments to earn Master Points. Explore the options!