



PEP TALK

September, 2021



PICNIC WAS BIG SUCCESS

PEP Pioneers held its first in-person event after more than an 18-month interruption on August 19 at Victor Park. More than 30 Peppers showed up to socialize and enjoyed great catered burgers, hotdogs, salads, cookies and more. It was so good to see all the gang socializing in person after such a long time.

BOOSTER SHOTS ARE NOW AVAILABLE



You are now eligible for the important booster shot at drug stores, hospitals, and doctor's offices if you are **immunocompromised**. This is an essential shot. Don't wait!

BEACH CITIES HEALTH DISTRICT GYM IS READY FOR PEP.

Now is the time to sign up for a new gym. They are all ready for PEP. Archie has signed up and loves the facility. According to him, the machines are clean, the facility is clean, the staff is super helpful, and they will walk you through the gym.

Although the gym is open at other times, the PEP group wants to focus our visitation times from 11:00 am to 3:00 pm, Tuesdays and Fridays. That way, we can be working

out with other fellow Peppers!

Furthermore, the regularly scheduled weekly exercise on ZOOM is now cancelled but is available on the PEP website.

<http://www.peppioneers.com>



PEP IN-PERSON LUNCHEON COMING SEPT 16!

Our first monthly luncheon will be held at China Buffet, 3525 PCH in Torrance. Great food with a variety to choose from including

Chinese, Japanese, and American dishes.

The price for PEP members is only \$18 including tip, tax and drink!

SECOND CHANCES

BY SUSAN ANTONIUS

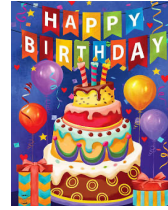


I am a volunteer for South Bay Wildlife Rehab., a non-profit organization certified

by the California Department of Fish and Game. We rehabilitate sick, injured and orphaned birds of prey. And bats!!! SBWR is supported entirely by donations and volunteers. Our public fundraising events are mostly through schools, community affairs and private gatherings. Before COVID, we reached an estimated 30,000 children and adults each year through our presentations. Many of our birds are orphans or fledglings just leaving the nest, when they are found and need to learn to hunt before they can be released. These birds go to what we call "mouse school." This and rehabilitation from injuries other birds may have can often take months. Some years we have released up to 1000 birds! All of these birds go through a lot of food every day! It gets quite expensive.

August 28 was a release day for 19 Coopers Hawks, 4 American Kestrels and 3 Great Horned Owls that were recent school "graduates" or had recovered from their injuries. My husband, Kurt, and I released 5 of these birds at the sites where they were originally found. This meant driving to Lakewood, Wilmington, Cerritos, Norwalk, and Whittier all in

one afternoon. Whew! Lots of driving all over the place.



October Birthdays

Whether you see them in the gym or in the market, please wish them happy blessings on their special day.

- 1 Mary Ellen Finn
- 4 Kurt Antonius
- 4 Myra Hauptman
- 9 Bill Bartron
- 11 Marguerite Ginekis
- 16 Michelle Mato
- 17 Dorelene Younger
- 23 Antoinette Phillips
- 18 Gwen Files
- 24 Ilda Kasy
- 25 Gayle Cottingham
- 26 Tim Giles
- 31 Donald Dewhirst

In Memoriam

Jean Griffin

Kurt Antonius

Editor

(This Month)

PEP Pioneers is a non-profit corporation comprised of graduates from Pulmonary Rehabilitation programs from South Bay Hospitals. We are dependent on private donations to finance events. Tax deductible donations may be made to: PEP Pioneers, 20929 Hawthorne Blvd., Torrance, CA 90503

www.peppioneers.com