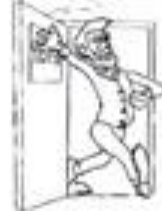




PEP TALK



PULMONARY EDUCATION PROGRAM LITTLE COMPANY OF MARY HOSPITAL
JULY 2011

What's Up

Mike Bergeron

SOLVANG???? WHAT IS A SOLVANG? WHERE IS SOLVANG?

.Our June bus trip was in fact a visit to Solvang, CA. It is a Danish village about 120 miles north of Los Angeles just along the coast, quite close to Andersen's in Buellton, home of the famous Andersen's pea soup. The trip



took us a little over two hours to get there, enjoying a mini breakfast of Starbucks coffee and mini muffins supplied by the staff of PEP. We arrived just in time for lunch at a restaurant of our choice. A group of us chose Paula's Pancake House and were treated to a variety of culinary delights. We also had a bird's eye view of Joseph and Sylvia Arena celebrating their 21st wedding

anniversary and renewing their vows all while enjoying lunch on an outdoor patio of the restaurant.



A very touching moment for all who were there. After a short time to walk the streets of town, we all "got back on the bus" to visit the Quicksilver Miniature Horse Farm just a few miles away. We were met by one of the farm staff who escorted us through the main building to the corral area where



the new arrivals are kept. We were able to get within a few feet of the newest arrival, a very cute little pony born just four days before we arrived. He weighed in at 22

pounds and was about 20 inches tall. They are so cute. Kind of makes you feel like you would like to take one home with you for a pet. In fact, most of them are sold to people who love horses and want one as a pet. For the mere price of about \$5000.00, you may be able to get one for yourself. If you qualify, the process of buying one is to make sure you are capable of providing a good home and conditions for the young pony. The trip was very relaxing for most: Betsy, Jackie



and Joseph made sure all were amply supplied with O2 as needed. Carol and her Mom also joined us for the trip and made sure all were safe and sound. The ride home was very cool and no major traffic problems to deal with. All arrived safely in the parking lot assigned the designated time of 6:30 PM. A grand time was had by all.

ATTENTION TO ALL PEP PIONEERS

We would like to remind all members who travel with us or go to any function that is part of the PEP family of events that we always require the use of name tags for safety reasons. There have been situations where we needed to contact one of our members, and if they had not been wearing a name tag it would have been very difficult to make contact. We are also now going to ask members to provide a phone number on signup sheets for events so if an emergency arises or there is a need to change plans during our trip we can make a connection. If you carry a cell phone with you, please use that number on the signup sheet.

Fishing with Dan

Growing up in Manhattan Beach I became an avid saltwater fisherman by the age of 10. Today it is one of the few sporting activities that I'm still able to enjoy. So far this year I have made 3 fishing trips, Hawaii in February, Mexico in May and recently for half a day out of Redondo Beach.

In Hawaii I fished right out of Honolulu, 10 hours on the water with 5 other guys. Back at the docks it was really spectacular watching them unload the boat.

Unfortunately, this was the boat docked next to ours and the same guy caught both 400lb. Marlin. We caught one little Mahi Mahi for the 6 of us.

This year in May I was also able to attend the annu



al 976-Tuna.com marlin trip to Palmas De Cortez resort on the east cape of Baja, Mexico. Of the 15 competitors we only caught 2 small marlin and a sail fish. Unlike Hawaii I didn't get skunked and was able to catch my limit of Pompano as seen here with the largest one.



Later this year I hope to make a few trips to San Diego and maybe join a friend of mine in Costa Rica. I'd sure welcome some company if there are any other fisherman in our 'healthy' group.

JULY LUNCHEON

It's all come, y'hear?!

The 3rd Thursday as always – July 21st at 12 to 2 p.m. at the Sizzler Restaurant on Sepulveda.

Good food, good friends, good fun, and a good speaker: Dr. Bruce Jackson, Cardiologist, with good information and good advice. Now, with all those goodies, how can you resist joining us?

PICNIC NEXT MONTH

**THURSDAY, AUGUST 18TH,
11:30 A.M. TO 2:30 P.M.**

**Victor Park in Redondo
Beach** (on Emerald west of Anza – ample parking behind the Library, very short walk to the tables under the trees. Soemtimes a little breezy, you might want a sweater.)

A lot of fun, games and prizes – a great, relaxing change of pace for all of us!

RAFFLE PRIZES

Mary Lee Coe

You have been very generous in the past in donating Raffle Prizes.

We would like your help again. We particularly need Holiday Gifts. We display them in November so people can use them for Thanksgiving and Christmas. We like them on a flow basis because it's easier to transport and store them that way. You can bring any donations to Exercise or to any Luncheon.

We thank you in advance you can tell from how the Raffle Winners react. How much they appreciate your generosity.

PEP Pioneers is an independent group of graduates of the Pulmonary Rehabilitation Program at Little Company of Mary Hospital that is dependent on private donations and fundraisers to finance events and purchase equipment that benefit all of its members. Donations may be sent to the PEP Pioneers, attn: Pulmonary Rehab, BCACC, 20929 Hawthorne Blvd. Torrance, CA 90501