



# PEP TALK



PULMONARY EDUCATION PROGRAM LITTLE COMPANY OF MARY HOSPITAL  
SEPTEMBER 2012

## HATS OFF TO THIRTY FIVE YEARS OF THE PEP PIONEERS!

BETSY BARNES

That's a long time, folks, of continuous non-stop pulmonary rehabilitation and we are going to do one of the things that we love to do....CELEBRATE IT! While wearing a hat is not mandatory, there will be a contest for the most creative, most zany, the wildest hat in the room. If you can pair your hat with 1970's clothing you'll knock our socks off, too.

There will be a sensational new menu with a selection of wines, live music, awards presentations, raffle prizes, PEP memorabilia spanning over 3 decades, a presentation introducing you to your founding fathers and a glimpse of the early technology available to us.

Thursday, October 18, 2012

Noon-3:00

Sizzler Restaurant  
2880 Sepulveda Boulevard  
Torrance, CA 90505

This event is hosted for you and your guest compliments of the PEP Pioneer's. Additional guests are welcome for \$15.00 each.

Casual attire with head adornments is encouraged! Whether your hat is plain or outrageous we'll cheer because after 35 years we're still here.

Please RSVP via the telephone committee in October.

## CONGRATULATIONS TO PIONEER DAN BUCK

BETSY BARNES

on being invited to join the advisory committee of *BREATHE LA*. Associated with *BREATHE CALIFORNIA* of Los Angeles County, Dan will pursue his passion of promoting awareness, early detection and early treatment of COPD. It was Dan that first suggested that the PEP Pioneer's board of directors form a community outreach committee, recruiting Pioneer's Teri Neilson, Rubye Richey, Mary Lee Coe and Mike Bergeron to attend meetings in downtown LA. *BREATHE LA* Protects the Breath of Life : promoting clean air and healthy lungs through research, education and technology. Hats off to you, Dan. Go get 'em!

## 'BYE, BETH

BETSY BARNES

It is with very mixed emotions that we bid farewell to **Pioneer Beth Riley** who will be relocating to her new home in Houston, TX next month to be closer to family. Beth has been a PEP Pioneer since September 2005 and has worn several hats in our organization. She has served on the Board of Director's Ways & Means Committee, the Telephone Committee, dispenses and collects our name badges at PEP events, deals with the spider webs of glue guns at out Christmas Candy Cane decorating meeting. She does all of this while toting around her liquid O2, rarely missing an exercise session and enjoying the 9<sup>th</sup> decade of her life. We're happy for you, Beth, but I can't tell you how much we are going to miss you. Keep your cell phone handy

because we'll be calling you for advice.

## GENEROSITY APPRECIATED

BETSY BARNES

Special hugs of appreciation and warm wishes to **Pioneer Ann Woodhouse** for the very generous donation that she made to the PEP Pioneer's treasury in memory of her late husband Desmond. You will remember Desmond for the twinkle in his eye and the stories that he told while exercising in our gym. Thanks to the generosity of Ann we will be able to provide more oxygen

equipment to decrease the wait time for available tanks. Thank you again, Ann for your thoughtfulness.

**HELP!** We are in need of a person with secretary skills to take the minutes of the board meetings. Requirements: 2 hours of your time on the first Thursday of each month to attend meeting and take notes. It comes with an invitation to lunch at The Elephant Bar afterwards, attendance optional. Perks: Spending time with a great group of movers and shakers and the wonderful feeling that you are making positive changes in the lives of people with COPD. Contact the PEP office @ 310-303-7079 or Teri Neilson @ 310-649-0348.

## SEPTEMBER LUNCHEON

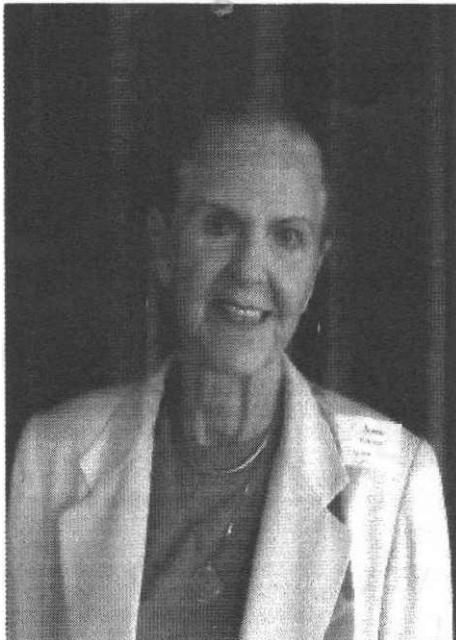
With all the enthusiasm going on about the birthday party in October, let us not forget that we have a luncheon coming up this month: on the third **Thursday, September 20<sup>th</sup>**, from 1130 until 2 PM at the Sizzler.

In addition to the usual raffles, etc., we will also enjoy a speaker: Neil Richardson of Better Breathers.

## IONE'S BIO

Born in 1915, lone Ransom grew up in a small farming community in Iowa. The name of her quaint town was Carnarvon.

lone's parents sold animal feed, produce, and dairy products to the local farmers in the community. lone and her two younger brothers helped in the family business. Being the eldest, lone helped her father manage the business. One of her many tasks was testing the cream the farmers brought into the store to gage the butter fat and determine the



amount of money to pay the farmers. She then sold the cream to the creamery to be made into other dairy products such as butter. A year after she graduated from Wall Lake High School in 1932, lone helped a friend drive to Colorado. They arrived in Golden, Colorado where she and her friend opened a cafeteria in the Mt, Vernon Country Club. They managed the cafeteria for about a year and then closed shop and moved to Denver. lone studied cosmetology and worked in a beauty salon. The salon owner wanted to move to Florida and asked lone if she would like to buy the store. lone replied that she didn't have the money, but she had a nice car. The owner, wanting to move, traded the salon for the car! This remarkable trade was the start of lone's investing. She trained other girls in the beauty

salon and eventually opened another

salon.

Along came Frank Bettinger, lone took the plunge into marriage. The two were wed in 1942. In 1944, Frank was drafted into the military. lone sold her beauty salons in 1945 and followed Frank to Camp Roberts, California.

The family had purchased a home in Gardena and their daughter was born in 1947. Frank, in 1949, passed away due to heart problems. lone became a single mother with a two year old daughter to support. She started to work as a bookkeeper in a local night club and card clubs.

After her husband's death, with a child to support, lone's survival instinct kicked in. With a salary coming in as a bookkeeper, she partnered up with a realtor. Using the house she and her husband purchased in Gardena as her share of the investment, she offered to tear down her house- and team up with the realtor who was experienced in developing real estate. With her property as collateral and the realtor's development background, they built an office building that is still standing in Gardena. lone started purchasing more apartment buildings and invested in other valuable assets.

In 1959, lone married Karl Ransom and moved to the Palos Verdes Peninsula. Karl was a successful attorney and this allowed lone to pursue other interests and activities. These activities ranged from building a business in interior design with a friend to golfing, playing bridge, painting, traveling, and engaging in philanthropy.

After 10 years of marriage to Karl, the two divorced in 1968. lone has developed a life of independence for herself. She gives back to the community for her good fortune by pursuing activities she enjoys. She is involved with Volunteer Services at Providence Little Company of Mary Hospital Auxiliary (PLCM) and at Toberman Settlement House Auxiliary Board (TSHA). She is a Charter member of PLCM and served as President on both Boards - PLCM & TSHA. She is also a member of the Palos Verdes Art Association (PVAA) and the Circle. These are fundraising organizations. lone was also the founding member of the LCMH Gift Shop. To this day, she

volunteers in the gift shop. Stop by and say "Hello" to lone at the gift shop on Wednesday evenings between 5 pm & 8 pm.

## WE HAD A PICNIC...

...and it was a lot of fun, too! More than 40 of us **Peppers** came to the picnic area in Victor Park on a warm Thursday in August, our regular luncheon date. Betsy, Jackie, and Joseph were there, Jackie's husband and son had volunteered to be chefs for the day - and did a fine job of it, too! The cuisine was great and included some potluck favorites like sausage with peppers and potato salad.

We had a fine time chatting with old friends and meeting some new ones. Enjoyment was only slightly diminished by the inevitable breeze, which turned out to be a little stronger and cooler than usual. But we had been forewarned and had brought sweaters and jackets anticipating the possibility.

When all had their fill of the fine food, (I, personally, ate 'way too much!), Betsy had bingo cards distributed to all and then began calling out the letter and number combinations. She changed the type of Bingo several times, keeping the interest and amusement high. And, of course, donated prizes were awarded to the many winners.

We all had a great time. If you were unable to attend, you missed a lot of fun! Maybe next year? I hope so!

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 90503