



# PEP

# TALK



PULMONARY EDUCATION PROGRAM LITTLE COMPANY OF MARY HOSPITAL  
DECEMBER 2010

## Merry Christmas

**& OUR BEST WISHES FOR A HAPPY, HEALTHIER NEW YEAR**

### WHAT'S UP

MIKE BERGERON

As we quickly approach the Christmas and holiday season, it is time to reflect on how grateful we are to have our PEP family with us on Thursday, December 16, 2010, to celebrate the season together during the wonderful luncheon. This year is once again going to be a special treat for all members who are able to join us at Sizzler on Sepulveda Blvd. in Torrance. The Board members and committee have worked very hard to make this an event not to be missed.

We must also offer thanks to all who responded so well to our PEP – Pioneers Walk, Run, Step fundraiser event that started in October, 2010. With the help of our generous members, we have raised over \$3700.00 and

counting. It is never too late to be one of the contributors as we approach the last week of our use of the present rehab location. The most recent information is that we will be closed for two weeks starting on December 20, 2010, for the Christmas holiday, and the staff

will be moving all the necessary equipment to the new location on the corner of Hawthorne Bl. & Torrance Bl. If all goes according to plan, we will begin to use the new facility on January 4, 2011, our normal Tuesday day at the Pulmonary Rehab Facility. Let's all hope that we can have a real New Year's treat and start with our first exercise of the new year at the new location.

From the members of the fundraising committee, have a blessed holiday season and a joyous new year.

### JERRY'S AUTOBIOGRAPHY PART II

JERRY AUSTIN

Part II begins in the Fall of 1934 when, after spending the summer playing "cops and robbers", shooting marbles and running around barefoot, I returned to Clifton Hill Elementary School in Omaha to begin grade 3. One or two new families had moved into the school's attendance area and one of the new students to the class was a petite blond, blue-eyed girl named Betty Jean, who caught my eye immediately. Since I was not one of the taller boys in the class and she was tiny, we found ourselves (lucky me) seated next to one another. This happy event happened several times through the remainder of our grammar school experience.

To say I was smitten would be an under statement. An example:

On a Friday afternoon, the last

day of school before Christmas vacation (we actually called it that in those days) we were in class with a traveling art teacher. During the class confusion I asked Betty to meet me in the cloakroom where I gave her a kiss for Christmas!

In January of 1941 shortly after we had completed the 8th grade and were ready to move into high school, Betty's family moved to California and she and I assumed we would never see one another again.

55 years later, in early 1996, a former classmate called suggesting we attempt a reunion of our elementary class. While the idea seemed unusual to me, we sent out "feelers" to see what interest there might be in such an event. As time went on, the list grew and I was overjoyed to see that Betty had responded positively! Then on the final list, her name was missing. I was so disappointed and could only assume she was now unable to come. As a result, I did not attend.

Several days following the weekend of the reunion I received a call from another classmate who was at the airport ready to return home. He gave me the dickens for not showing up and told me he was traveling with someone else who would like to say hi. And there came her voice! It seemed her name had accidentally been left off the final list. After a brief chat, she asked if I ever got to the west coast and as it happened I was planning a trip there to celebrate an aunt's 90th birthday. We made arrangements to meet and the rest, as they say, is history.

## MISCELLANY

Scheduling problems forced the December board meeting to be held at the Sizzler instead of in the conference room at Bay Cities. At the board meeting prior to Christmas has traditionally been used to assemble the decorated candy canes, which are placed at each place-setting at the December luncheon. And that resulted in a free lunch or the board members, who then worked in sleeves decorating the canes.



Betsy and the Board slaving away on those pretty candy canes..



MIKE BERGERON WORKING HIS FINGERS TO THE BONE...

The Christmas party luncheon at the Sizzler on the 16th from 12 until 2 PM is free to all of you PEP Pioneers, plus one guest. No speaker. Just fun, with great music played by the same group that entertained us last year. Even dancing if you are willing and able. All sorts of stuff will be rattled off, much of it suitable for Christmas gifts. Raffle tickets are a dollar apiece

or six for five dollars. And of course, the fabulous 50/50 raffle, whereby somebody whereby some lucky person wins a bundle of cash.

The long-awaited move is finally imminent. The office stuff will be moved on December 9, and your editor has it on good authority that everything will be moved on or about the 21st. Therefore Friday the 17th will be the last exercise daily (including Cynthia's strength and balance at 12 noon). Exercise will resume on Tuesday, January 4, at our new Hawthorne Blvd. location, one block north of Torrance Blvd. (our entrance is the east door, nearest Hawthorne). It appears ample parking is available only steps from the door.

## THANKS:

MARY LEE COE

We want to thank everyone who donated gifts for our November **Christmas Prize Table Extravaganza.**

Each year we save all Christmas type donations until the November Luncheon and put them all on the

Prize Table. Of course now we are starting to collect again, so if this is the last year for some of your Christmas mementos, you can give them homes by donating them to PEP and brighten someone else's Christmas next year.

*PEP Pioneers are an independent group of graduates of the Pulmonary Rehabilitation Program at Little Company of Mary Hospital that are dependent on private donations and fundraisers to finance events and purchase equipment that benefit all of their members. Donations may be sent to the PEP Pioneers, attn: Pulmonary Rehab, BCACC, 514 No. Prospect Ave, Suite 160, Redondo Beach, CA.*