



PEP

TALK



PULMONARY EDUCATION PROGRAM LITTLE COMPANY OF MARY HOSPITAL SEPTEMBER 2010

WHAT'S UP

MIKE BERGERON

September is here; time for a new newsletter. The Board of Directors has decided and is working on a spectacular event for October 2010, to coincide and celebrate our anticipated move to our new location near Hawthorne and Torrance Blvds. This is our chance to bring all members of the PEP Pioneers together in a unified effort to be part of a "Run, Walk, Step" fundraiser. This will be accomplished by recruiting pledges from friends and family. It will provide an incentive to all members to increase their amount of activity at the gym, fulfill pledges, and get healthier in the process.

The month of October will be designated as Pledge Month, and you will have that much time to complete your pledge milestones. There will be much more information provided during the next few weeks to assure that everyone understands how this event will be accomplished. It is our plan to culminate the pledge process with a celebration in November, with recognition of all who participated in the drive at the "Grand Opening" of our new facility.

The rest of the work will fall on us as individuals to perform and complete the challenge. Please stay tuned to upcoming information, and get yourself mentally and physically shaped up to help generate excitement for this wonderful opportunity. The monies raised by this effort will enhance our treasury to continue to provide the wonderful level of events and services we have come to expect.

Start letting your friends and family in on what to anticipate in the next few weeks.

GET EXCITED, GET WARMED UP, AND PREPARE TO HAVE A BLAST!

DEL MAR RACE TRACK

BETSY BARNES

Our latest excursion to the Del Mar Race Track in August was enjoyed by 28 PEP Pioneers aboard a luxury coach. Pioneer Michael Bergeron treated us all to his famous chocolate chip cookies and introduced us to his lovely wife Julie. Nearly half of the bus was filled with first time PEP travelers and everyone was studying their racing forms. At one point Betsy noticed that her purse was missing. She kept pretty quiet about it while she and Jackie searched the bus looking for it...to no avail. The next step was to call Carol at work to see if she left it there. Carol immediately sent out the cardiac rehab staff scouring the parking lot, peering into Betsy's car and searching the premises for the lost purse. When it could not be found, Betsy was resigned to the loss and casually mentioned that her purse was missing. "No it's not, its right here!" Pioneer Rubye Richey said as she jumped up from her seat. Sure enough, she was sitting on it! In her hurry to load the bus, Betsy must have put her purse down on the first available seat and forgotten about it. Rubye, busy counting heads and getting us on the road, took the first open seat and sat on the purse, lumps, bumps and all. It was not a comfortable ride for poor Rubye but she was determined to keep that purse safe where until Betsy returned for it. All is well that ends well and it is a great memory, especially with the added spin that this big old purse gave Rubye an added boost so that she could see out of the front window better. Once at Del Mar we were greeted by the same event hostess that has been welcoming us for the past 24 years and the same tram driver that has escorted us to the infield for the past 14 years. It felt

like a family reunion seeing familiar faces again.

No one admitted to big winnings but a wonderful time was had by all. Special thanks to **Pioneer Bunny Marsh** for her meticulous organization and planning of this event and for **Pioneer Rubye Richey** who stepped in at the last minute when Bunny was unable to attend. *We missed you, Bunny.*

WARM HUGS OF GRATITUDE

...to the following Pioneers who generously answered our call for donations to the PEP treasury fund:

**Mike & Julie Bergeron
Barbara Payne**

in appreciation of the PEP staff

Jim Wood

in memory of Carlin Wood and Jeanne Rife

It is appreciated!

JERRY AUSTIN'S AUTOBIO

...Those of you with gray in your hair will remember an early television show starring Richard



Carlson called "I led three lives". While I haven't led three, at least not yet, I certainly experienced two. Therefore, this --

Part I

I was born, of all places, in the back of a lumberyard in a small town in North Dakota. Several years later, I took my four children on a trip to show them Dad's birthplace,

only to discover that neither the lumberyard nor the small town still existed. Now what does that say for me?

At the age of three, my family moved to eastern Nebraska where I eventually entered the Omaha public schools, graduating in 1945. World War II was winding down and the draft board advised me they were full up but suggested I not get too involved since they would likely be calling me. I took them at their word and am still waiting for the call.

Following the war, Ford Motor Company reopened their branch office in Omaha, from which they distributed parts and accessories to their dealers throughout Nebraska and South Dakota. I joined them in their inventory control section but fast learned that if I was going to make any money, I would need to get into sales, preferably in my own business. In 1951 I became what is known as a manufacturer's rep, selling heavy mechanical equipment for industry. While I was reasonably successful in this field, I had long felt I wanted to get into education. The only drawback was I had to go to college

Therefore at the age of 42, I sold the business and entered the University of Nebraska. At the end of two years, I had my BA and began teaching. One year later I had earned my MA and moved to Superintendent's Office as his Administrative Assistant. Eventually I became a principal but after several years I returned to the Central Office as Director of Personnel. However, since my heart was with the kids, I was able to finish my career as a principal.

Stay tuned for part II

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.

My visit to France

RUTH COMMANDAY

A beautiful time of year in this agricultural part of France, the "Vexin." Well attended fields of green growing corn and mowed golden wheat. Old, old villages with blossoming flower boxes, neat kitchen gardens and landscaped roundabouts. We saw a spectacular Chateau de La Roche-Guyon built out from the side of a limestone Cliff in the Val d'Oise. Actually it's a Castle built in the 12th century. There are secret passages into the cliff from the castle.

We drove to Giverny, skipped seeing the Monet home & gardens and went to the Impressionist Museum instead, lovely, lively exhibits. A week-end in Normandy was refreshing. The WW2 monuments at Utah Bch, Gold Bch, Juno Bch were well attended. In Deauville I ate the best mussels of all time! I really want to rave about the fresh foods, the yellow butter and tasty eggs and fresh bread baked twice a day and chestnut ice cream for dessert.

The oddest experience was at a small sales and tasting room of a Calvados distillery farm. We stopped there to buy some Apple Cider. While tasting the cidar another young man and woman came in, speaking American English. I looked up and said "California" and she said Palos Verdes—Mrs Commanday! We hugged, she is the daughter of my neighbor four doors down from my house.

The last day of my visit I felt it only right to pay my respects to Paris. We drove there and toured the Pere LaChaise Cemetery where so many "Greats" are buried. Edith Piaf's gravestone is lovely pink marble, Proust's is old stone with moss on it. The Cemetery is very, very big and crowded with both tombs and tourists.

Two days later back home and treading the treadmill at Pulmonary Rehab.

, muscular function, and physical performance assessments and training in support of new and ongoing research.

Dr. Storer's interests include exercise training in health and disease and use of exercise to com

**THAT DATE YOU SAVED...
Thursday, the 16th**

**LUNCHEON at the Sizzler
12 pm to 2 pm
Speaker: Dr. Tom Storer**

**We urge you to attend and
learn how exercise can
really help you!**

BETSY BARNES

Thomas Storer, PhD. is a Professor Emeritus, Kinesiology Department in the Division of Health Sciences and Athletics at El Camino College in Torrance, CA. He has taught undergraduate and graduate students at the college and



university level for 40 years with courses including exercise physiology, cardiopulmonary physiology, sports nutrition, and community fitness. He was the Director of the Exercise Science Laboratory and the Pulmonary Fitness Program at El Camino where many of our PEP Pioneers attended his exercise classes over the years.

Dr. Storer is Adjunct Professor of Medicine in the Department of Pulmonary and Critical Care Medicine at the David Geffen School of Medicine, University of California Los Angeles. He works with colleagues in developing and implementing cardiopulmonary but muscle wasting and physical dysfunction seen in aging and chronic disease.