



SEPTEMBER

AIN'T IT THE TRUTH

3 - 6:00 P.M. bar opens and at 6:30 P.M. Swedish Smörgåsar and salad supper will be served. All ladies are asked to bring open faced sandwiches, salad will be furnished by the committee.

8:00 P.M. Regular business meeting, with nomination of officers and initiation of new members.

Serving on the committee are:  
Margaretha Logus, Ethel Hoffman, Eva Allred, and Faye and Robert Powell. Serving dessert following the meeting will be Astrid Horyza and Sue Bergman.

26 - A bus trip to Tahoe is planned. The bus will leave Arden Fair (by Sears) 8:00 A.M. and return at 8:00 P.M. I am not sure what the cost will be, but Margaret Carlson said you will get back \$14.00 in cash and \$3.00 in food or drink tickets. Let's make this a fun trip, bring your friends. Be sure to see Margaret Carlson or phone her for reservations (457-7376) by September 19th. We will play bingo on the bus and serve refreshments. If there isn't enough interest to fill the bus it will have to be cancelled.

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We had a great picnic on August 6th. Never saw so many people or such food at Monitor's picnics in the past. The Scandinavian slides shown by Ted Olson and Margaret Carlson were great and then we were served delicious home-made ice cream by the Cedarquists.

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Those of you who missed the Crayfish supper missed a great time. The food was super and thanks to the Dillardards for opening their home to us again for this event.

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We were sorry to see Marge Skicklig's arm in a sling due to an accident with her refrigerator.

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We were sorry to hear of the death of George Uffen's brother and extend our sympathy to him.

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Just learned that Leif Andersson had an emergency appendectomy operation and is now at home recuperating. We wish him a speedy recovery. Lennart Andersson, his father also found it necessary to visit the emergency hospital due to an allergic reaction to some garden fertilizer.

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Swedish classes will be starting on September 20th at the Winterstein Adult Center, 900 Morse Ave. Beginning & Intermediate on Thurs. 7-9 P.M. Advanced Intermediate II on Wed. 7-9 P.M. Price \$30.00. For more information call 482-5186 or Eva Allred at 922-3303. The instructors will be Eva and Anette Salazar.

This is the story of four people named Everybody, Somebody, Anybody and Nobody. There was an important job to be done and Everybody was asked to do it. Anybody could have done it but Nobody did it. Somebody got angry about that because it was Everybody's job. Everybody thought Anybody could do it, but Nobody realized that Everybody wouldn't do it.

Consequently it wound up that Nobody told Anybody so Everybody blamed Somebody.

Bob Hendrickson

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SEPTEMBER BIRTHDAYS

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|--------------------|----------------------|
| 1-Severin Johnson  | 21-Ethel Hubbell     |
| 2-Erika Lewis      | 21-Eleanor Vine      |
| 8-Jean Anderson    | 22-Esther M. Johnson |
| 10-Thomas Dillard  | 23-Britt Andersson   |
| 12-Peggie Carlson  | 24-Jeanne Hagstrom   |
| 12-Muriel Hjersman | 25-Tom Johnson       |
| 13-Kurt Swanfeldt  | 26-Kenneth Andersson |
| 16-Arlie Veis      | 27-Vera Weiss        |
| 18-Anna Lewis      | 29-Estrid Doscher    |
| 20-Helen Forsty    |                      |

DO YOU JUST BELONG?

Are you an active member  
The kind who should be missed,  
Or are you just contented  
That your name is on the list?

Do you attend the meetings  
And mingle with the crowd,  
Or do you stay at home  
And complain both long and loud?

Do you take an active part  
To help our cause along,  
Or are you satisfied to be  
The kind to just belong?

Do you ever go to visit  
A member who is sick,  
Or leave the work to just a few  
And then talk about the clique?

There's quite a program scheduled  
That means SUCCESS if done,  
And it can be accomplished  
With the help of everyone.

So attend your meetings regularly  
And help with hand and heart,  
Don't be just another member  
But take an ACTIVE part.

Think this over, fellow member,  
Are we right or are we wrong,  
Are you an ACTIVE member  
Or DO YOU JUST BELONG?

...with grateful acknowledgement to the  
Sacramento Association for the Retarded-  
November 1975  
(Submitted by your chairman Don Johnson)