



Kaleidoscope



July 2014
Vol. XXV No. 7

Moiliili Senior Center * 2535 South King Street * Honolulu, Hawaii 96826 * PH: 955-1555

A Program for those 60 years old and above, living from Ward Avenue through to Hawaii Kai. This program is partially funded by State funds through the Elderly Affairs Division, Department of Community Services, City and County of Honolulu and the State of Hawaii Executive Office on Aging and administered by Moiliili Community Center. MCC - An Aloha United Way Agency

SENIOR CENTER NEWS:

With heartfelt gratitude and Aloha -- you are all so awesomely sweet!!! It was a stream of people coming through the office with well-wishes and lots of hugs throughout the month. Then the "light refreshments" party. . . to those of you who contributed, what a wide array of food! I'm afraid to find out what "heavy pupus" would be. **Thank you, Thank you** all for the leis, the hugs, your warm thoughts, the cards, the gifts, **everything!** Again, thank you for letting me be a part of your lives. I wish you all Good Health. Keep on smiling!!! Keep on laughing!!! I will miss you. Until we meet again, take care . . . Jill



VOLUNTEERS WANTED IN THE SENIOR OFFICE: Help! After Jill retires, who will be in the office? We need people to help answer phones and talk with walk-ins from 9:00 a.m. Monday through Friday. If interested, talk with us in the senior office.

PARKING ALERT: While public schools are on summer break through July 25th, children are here at the center for all day care. Limited parking. Be dropped off, take the bus, or walk. Also, **YOU** all need to be aware of what is happening around you: **YOUR SAFETY!!!** Don't be in a rush when being dropped off at the Center. Have your driver pull up to the parking lot attendant and the tree, not in the middle of the driveway in the tunnel or in front of the ramp. Watch for vehicles backing up -- you are **NOT** stronger or faster or larger than a vehicle; don't try to walk around the back of the vehicle especially when it is backing up. **BE AWARE! BE PATIENT! BE SAFE!** Thank you!

Phyllis Ikeda, Mondays & Thursdays, 10:30 - 11:30 am, Weinberg studio. Sign up in the senior office.

To all who use the Weinberg studio for classes: PLEASE do not touch any of the articles that are stored in back, in the elevator, and by the bathrooms downstairs. These are for the Thrift Store to sort, price, & sell. Articles have been missing.

Moiliili Senior Center WISHLIST:

- 1) Flat Screen TV that fits on the TV cart



Moiliili Senior Center is always in search of teachers or group leaders to expand our program. Have a special talent and willing to teach for the satisfaction of sharing but no monetary compensation? Contact the Senior office, room 203, and talk story with staff.

ATTENTION Seniors! When paying by check for your membership, please **DO NOT** include your donation to the Senior Center on the same check. Please write **two** separate checks and note in the "memo" if you are making a donation to the Senior Center or paying for membership. If you are making a donation to the Community Center, then your membership and donation can be on one check. Reminder - **ALL** checks written to: **MOILILI COMMUNITY CENTER**, not the senior center. Mahalo.

Registration Card Update!! \$1.00 charge for every year not updated! Check information, especially emergency contacts, health status, etc. It takes just a few minutes.

Fire Drill procedures: MCC holds fire drills on a quarterly basis. A staff member will walk through the classes to ask you to leave the building. Please be sure to listen. Thank you.

Your Kokua, please. Your help in maintaining the rooms, emptying waste baskets, turning off lights & fans, and reporting problem areas immediately will help in alleviating further problems. Mahalo.

Senior Helpline phone number **768-7700**, for the island of Oahu: They can assist you in finding the resources or information you may need.

BENEFIT SHOW FOR MOILILI SENIOR CENTER

MSC Niko Niko Genki Taisoo
Rhythm & Life Chair Exercise Class
presents

Hawaii's 4th Golden Age Variety Show
Sunday, July 27, 2014
10:00 A.M. to 2:00 P.M.

Ala Moana Hotel, Hibiscus Ballroom
\$45.00/person



On July 7, we will start a **Qi Gong/Self Massage** class with

DONATION POLICY: Donations are welcomed to help balance our budget: \$2.00 suggested per activity, or \$20.00 per month. **REMEMBER, this is a suggested amount and is a donation, so if you are unable to, don't worry. Subsidy monies are available for those interested in participating and find it difficult to pay; see Director.** All Senior Center participants are asked to pay the MCC membership fee of \$25.00 for 2014. If you find this difficult, please see Program Director.

MAHALO! MAHALO! MAHALO! to performers:

- *Kenbu Senbu Shigin members at Island Nursing Home.
- *Minyo Dance members at Nuuanu Hale.
- *RLC Niko Niko Genki Club members at Lanakila Senior Center, Makua Alii, Makiki Christian Church, Magic Island, Kuakini, and Pan-Pacific Festival Ho'olaulea.



Attention all class participants: It is **YOUR** responsibility TO CHECK YOURSELF IN THE CLASS ATTENDANCE FOLDER AND CHECK FOR ANY FLYERS OR ANNOUNCEMENTS, which include last minute notices or other information. All participants MUST be registered with the senior office. **Marsha Yamamoto.**

MCC NEWS:

VOLUNTEERS WANTED: Responsible, regular volunteers for the Thrift Store, especially for Thursdays, Fridays or Saturdays, If interested, see Bonnie at the Thrift Store.

A REMINDER: Sign up for any of the special activities noted, such as seminars, workshops, excursions. Activities may be canceled due to lack of interest or at speaker's request, and only those on the list would be notified. Also, if you have any suggestions or ideas for activities, please submit information to the senior office.

ACTIVITIES, SPECIAL EVENTS & EXCURSIONS

- *Sign up for all excursions, seminars, workshops, special events, etc. in person. NO phone reservations.
- *Sign up for you and your spouse only.
- *Call for cancellations. NO REFUNDS for late cancellations.
- *Payments for excursions due one week prior.
- *Those needing assistance must bring a companion.
- *Seminars and workshops are scheduled to provide education and information and do not constitute an endorsement of a product or company by the center.

CLASSIC MOVIE: "THEY DIED WITH THEIR BOOTS ON" (1941)

(2 hrs. & 20-mins., DVD, Action, Adventure, Drama.) Starring Errol Flynn & Olivia de Havilland. Highly fictionalized account of the life of George Armstrong Custer from his arrival at West Point in 1857 to his death at the battle of the Little Big Horn in 1876. **Teruko Matsumoto.**

Date: Friday, July 11

Place: MSC, room 207



Time: 11:15 a.m.

Cost: Donation

MOVIE: "THE MONUMENTS MEN" (2014)

(2-hrs., DVD, Biography, Drama, War. Rated PG-13 for some images of war violence and historical smoking.) Starring George Clooney & Matt Damon. Based on a true story of the greatest treasure hunt in history. This action drama focuses on an unlikely WWII platoon, tasked by FDR with going into Germany to rescue artistic masterpieces from Nazi thieves and returning them to their rightful owners.

Date: Friday, July 25

Place: MSC, room 207

Time: 11:15 a.m.

Cost: Donation

CRAFT WORKSHOP: CHIGIRI-E

The Japanese style of doing a collage picture by tearing washi paper to form. Workshop for all ages and levels. LIMIT: 12. MSC - \$2; MCC - \$5; Non-m - \$8

Date: Saturday, July 5 & August 2

Place: MSC, room 202

Time: 9:00 a.m.

Cost: Supplies

CRAFT WORKSHOP: KUMIHIMO

Traditional Japanese art of braiding cord; can be used with a pendant or other decorative ways. Beginners learn basic braids; Advanced do own project. LIMIT: 10 per class.

Date: Thursday, July 10 (Beg) & July 3 (Adv)

Time: 9:00 am

Cost: Supplies

Place: MSC, room 209

CRAFT WORKSHOP: BEADING

This month's beading project is a bracelet. LIMIT: 15

Date: Thursday, July 17

Place: MSC, room 209



Time: 9:00 a.m.

Cost: Supplies

SEMINAR: DE-CLUTTER HAWAII

De-Clutter Hawaii's goal is to provide families with peace of mind knowing that someone you can trust will help you get organized and provide you a safer home. Find out what they can do for you: Custom Floor/Space Planning; SORT: Sell, Offer, Retain, Toss; Remove All Unwanted Items; Organize & Increase Space; Increase Your Home Value; and Age In Place Gracefully. Presented by Cynthia Arnold.

Date: Tuesday, July 15 Time: 9:15- 10:00 a.m.
Place: MSC, room 105 Cost: Donation

SEMINAR: SKIN CARE

Your skin is the organ that comes into contact with the rest of the world. It holds body fluids in, and keeps harmful microbes out! It is full of nerve endings that help us feel heat, cold and pain! Want to know more about the wonderful things your skin does for you and how to better take care of it? Come to hear Anne Chipchase from 'Ohana Health Plan talk about the wonderful world of skin.

Date: Friday, July 18 Time: 9:00 a.m.
Place: MSC, room 105 Cost: Donation



SEMINAR: MAKE NO MISTAKE: How Seniors . Make the Best Decisions the First Time

Learn how you can:

*Be more effective and efficient at decision-making. You'll solve problems, not hesitate.

*Feel more confident about making decisions. You won't just "wing it."

*Take more initiative, and implement, not ponder. No more analysis paralysis.

*Reduce regret about the decisions you've made. You won't want to "re-do."

Presented by Annette Dubrouillet of Decision Drivers, LLC. Annette used to live in Moiliili and she taught at Hawaii School for the Deaf and the Blind. She is returning to Hawaii to attend the school's 100th anniversary and she decided to help our seniors by sharing her expertise in decision making. Don't miss this opportunity to learn from a specialist.

Date: Monday, July 21 Time: 9:30 a.m.
Place: MSC, room 202 Cost: Donation



SEMINAR: SAFE HARBOR HOME CARE, Inc.

Michelle Hartbarger will share a little about their company and how they can assist the elderly. Their mission is to set the standard for quality in the home health care industry by providing highly-personalized, cost-effective health care that enables their patients to function independently in their community. Light refreshments will be served.

Date: Wednesday, July 23 Time: 9:30 a.m.
Place: MSC, room 202 Cost: Donation

Free 3-MINUTE MASSAGE by Sadaji Oi, licensed massage therapist who studied Swedish massage, lomi lomi, and shiatsu. Suggested: \$1/min. after first 3 minutes.

Date: Sadaji will be back in August.
Time: 10:30 - noon Place: MSC, room 303

MASSAGE THERAPY - by Linda Manning, licensed and insured massage therapist. Therapies are gentle and work with reflexes for posture, better balance, pain prevention, range of motion and health. Massage time is unlimited and free within the time frame that she is at the center. She can work on people standing, seated or laying down.

Dates: Tuesday, July 1, 8, 15, 22 & 29
Time: 9:00 a.m. Place: MSC, room 202

HAIRCUTS! For men and women by Terri Mershon, \$9.00 fee, by appointment only. Call that morning to confirm if Terri is available, she is on-call for filming.

Date: Wednesday, July 9 Time: 9:00 a.m. - noon
Place: MSC, room 209

HIKE: KOOLAUPOKO from Waimanalo

A strenuous 4 - 5 mile hike traversing the back of Maunawili Valley. We normally start off at the Pali Hwy for this hike but will try the harder Waimanalo entry. Nice views of the windward side of the island. Experienced hikers only.

Bring: Backpack (required), 1 ½ quarts of water, lunch, sun screen, hat, rain gear and mosquito repellent. Wear shoes with tread. *IMPORTANT: All hikers must have current Doctor's slip noting physically able to endure a 6-mile hike. MAXIMUM: 5

Date: Thursday, July 17 Departure Time: 8:30 a.m.
Cost: \$5.00 Return Time: 3:00 p.m.

EXCURSION: TaikOz

Celebrate the summer with the drums of Japan, by way of Australia! Presented by the East-West Center Arts program and UH Manoa Music Department, TaikOz begins its first US tour in Honolulu, presenting both traditional and new music. Combining the powerful sounds of the taiko with the ethereal tones of the bamboo flute, this program will feature Japanese & Australian music with student participation. Lunch on own at Manoa Marketplace. MAXIMUM: 14.

Date: Monday, July 7 Departure Time: 8:35 a.m.
Cost: \$3.00 (Trans.) Return Time: 11:45 p.m.



EXCURSION: THERAPEUTIC HORSEMANSHIP OF HAWAII

Take a ride out to Waimanalo to learn about how therapeutic horsemanship can improve the life of an individual's mind and body using horses as a tool. Lunch on your own at Enchanted Lakes Shopping Center. MAXIMUM: 14.

Date: Wednesday, July 30
Departure Time: 8:35 a.m. Return Time: 12:45 p.m.
Cost: \$5.00 (Trans.)

CLASS/ACTIVITY ANNOUNCEMENTS:



Sign up Senior Office, rm. 203

***Solo Ukulele I, II;** 20 weeks each, begins July 18 - Nov. 28, 2014, rm. 202. SUI - 10 am - 11 am ; SUII (must complete SUI) - 11:15 am - 12:15 pm. Inst: Allen Tanabe. Learn to read music, play the melody. Must have own ukulele. Cost: \$15 for materials. Maximum: 12 students per.

***Ribbon/Crochet Lei Making** with Coryn Tanaka. Began 7/25, 10 weeks, Fridays, 9:30 am - 12 noon, rm 102. Supplies payable to instructor. Cost: \$20 - MSC; \$30 - MCC members; \$35 - Non-members.

***Adult Hula Auana** with Kumu Hula April Chock. Begins 7/19, 10 weeks, Saturdays, 9:30 am - 11 am, rm 105. Cost: \$20 - MSC; \$35 - MCC members; \$40 - Non-members.

***Specialized Aerobics** with Faye Fukuhara. Mondays, 5:30 pm - 6:30 pm, rm 305, 10-week session began 6/16. Cost: \$30 - MSC & MCC members; \$40 - Non-members.

***Japanese/Okinawan Doll Making, Oshie & Kimekomi** with Masako Ogawa. 6-week class begins Saturday, July 19, 9:30 am - noon or Wednesday, July 23, 10 am - 12:30 pm rm 207-8. Supplies/kit payable to instructor first day of class. Class Cost: \$35 - MSC; \$40 - MCC member; \$45 - Non-member. Need to pre-register.

***Rhythm & Life, Beginners,** start April 2, Wednesdays, 11 am - 12:30 pm., rm 305.

LANAKILAMEALS-ON-WHEELS AT MCC

LMOW serves hot and nutritious meals at the Center, weekdays, at 11:00 a.m. to all registered participants, except on closure days posted in advance (Holidays, etc.)

For more info or to register in the lunch program, go to room 105, and ask for Gerath.

MCC THRIFT SHOP

Thrift Shop: Open Tuesday - Saturday. Drop off donations when store is open. *Note: MCC members get 25% discount with purchase of \$10 or more.

COMMUNITY ANNOUNCEMENTS:



Moilili Hongwanji Mission Bon Dance, July 4, 6 - 10:30 pm, Old Varsity Parking Lot; Saturday's dance held in conjunction with **Moilili Summer Festival,** Sat. July 5, 5 - 10:30 pm, Old Varsity Parking Lot. A free community event attended by large crowds to celebrate the summer with food and retail vendors, entertainment, and more.

"SENIORS HELPING SENIORS" basic computer class for senior citizens. Sponsored by the Great Aloha Run and Harry & Jeanette Weinberg Foundation Computer Center. Free 2-hour class to learn basic computer concepts that include: e-mail, use of the internet, composing documents, and just having fun being comfortable with computers. Instructors are students volunteering their services to help our kupuna, led by sisters Teralyn & Taryn Chang; Ms Rene Mansho is the volunteer coordinator. RESERVATIONS REQUIRED; MUST CALL RENE @ 291-6151. Classes are from now through August. Dates for July: 1, 3, 5, 7, 9, 11, 15, 17, 19, 21, 23, 25, 29, 31. August dates will be in the upcoming newsletters and the bulletin boards. Various Time: 9 am, 12:00 pm & 2:30 pm. Place: Carole Kai Charities, Inc. Office, 418 Kuwili St., Suite 102, Honolulu, 96817. Classes are 2 hours, and repeat classes are unlimited. Intermediate classes will be offered after mastery of basic skills is demonstrated.

Tips for avoiding investment fraud:



1. Ask questions
2. If it's too good to be true, it is
3. Never sign a blank document
4. Always understand investments before investing
5. Diversify everything

Our wishes to our **July** birthday participants.

ARAKI, MARIS
AUYONG, JOANN
CRANDALL, AIKO
DANG, HELEN
FUJIMOTO, MICHIE
FUJISAWA, THELMA
FUNG, PATRICK
GOYA, TSUNEO
HEWITT, KIYO



KAWAKAMI, JOAN
LEE, SABRINA
LIU, DAVID
MARUYAMA, NOBUKO
MEYER, CHUNG-WON
MOTOOKA, CYNTHIA
NAGATA, NIKKI
NAITO, EARL
NAKAMA, DOROTHY



NAKAMURA, MARILYN
NAKATA, SUEMI
NOBORIKAWA, DOREEN
OBA, LAURA
OGATA, KAZUMA
PARKER, ELIZABETH
ROBERTS, HARRIET
ROGERS, SHIRLEY
SAKURAI, LILY
SAN MIGUEL, ROSALINA
SHEN, EUGENE
SHIMOYAMA, EMIKO

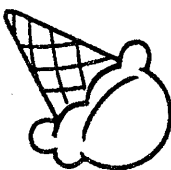

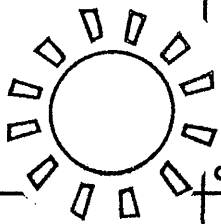

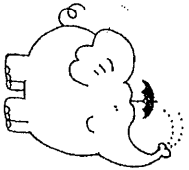


SHINSATO, MYRIS
TACHI, HISAE
TAMURA, CAROLYN
TASAKA, HIRAM
THEODORE, HAZEL
TOMA, JEAN
TSUCHIDA, SHIGEKO
UYEMURA, GRACE
UYETAKE, JOHN
WENTWORTH, ELEANOR
YAMAGUCHI, MASAKO
YOUNG, CHEE

Molili Senior Center
Schedule of Special Events
July 2014







Days to remember in July:
 4 - Independence Day - CENTER CLOSED
 20 - Moon Day
 23 - National Hot Dog Day

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>❖ <i>Anti Boredom Month</i> ❖ ❖ <i>Baked Bean Month</i> ❖ ❖ <i>Hot Dog Month</i> ❖ ❖ <i>National Ice Cream Month</i> ❖</p>	<p>Excursion: TalkOz 8:35 am</p>	<p>Massage Therapy 9 am Rm 202</p>		<p>Craft Workshop: Kumihimo - Adv. 9 am Rm 209</p>	<p>Holiday! Independence Day Center Closed</p>	<p>Craft: Chigiri-e 9 am Rm 202</p> 
6	7	8	9	10	11	12
	<p>Massage Therapy 9 am Rm 202</p> <p>Seminar: De-Clutter Hawaii 9:15 am Rm 105</p>	<p>Massage Therapy 9 am Rm 202</p>	<p>Haircuts 9 am Rm 209</p>	<p>Craft Workshop: Kumihimo - Beg 9 am Rm 209</p>	<p>Classic Movie: "They Died With Their Boots On" 11:15 am Rm 207</p>	19
13	14	15	16	17	18	
<p>Seminar: Make No Mistakes: How Seniors Make the Best Decisions the First Time 9:30 am Rm 202</p>	<p>Massage Therapy 9 am Rm 202</p>	<p>Seminar: Safe Harbor Home Care, Inc. 9:30 am Rm 202</p>	<p>Hike: Koolaupoko 8:30 am</p> <p>Craft Workshop: Beading 9 am Rm 209</p> 	<p>Seminar: Skin Care 9 am Rm 105</p>	<p>Movie: "The Monuments Men" 11:15 am Rm 207</p>	26
20	21	22	23	24	25	
<p>Golden Age Variety Show Ala Moana Hotel 10 am - 2 pm 27</p>	28	<p>Massage Therapy 9 am Rm 202</p>	<p>Excursion: Therapeutic Horsemanship of Hawaii 8:35 am</p>	31		
29	30	31				



Moiliili Senior Center Class Schedule July 2014



Monday	Tuesday	Wednesday	Thursday	Friday
7:30-1:00 Mah-Jongg (Room 207-8)	7:30-10:30 Seedcraft (Room 209)	8:00-9:00 Fall Prevention (Room 105)	7:30-1:00 Mah-Jongg (Room 207-8)	8:00-9:00 Ki-Coord. (Room 305)
8:00-9:00 Beg. Tai Chi (Room 305)	8:00-9:00 Ki-Coord. (Room 305)	8:00-9:30 Minyo Singing (Room 207)	7:30-8:30 Yoga (Studio)	8:30-10:30 Hanafuda (Room 209)
8:30-11:00 *Conv. Eng. (Beg/Int)/(Rm 202 9/2014	8:00-9:00 Blood Pressure (Room 102)	8:30-11:00 *Conv. Eng. (Beg/Int)/(Rm 202 9/2014	8:00-9:00 Ukulele (Beg) (Room 105)	9:00-11:00 Painting (Room 207-8)
9:00-12:00 Haw'n Quilt. Bee (Rm 209)	8:00 - 9:30 Beginner's Line Dancing I (Weinberg)	9:00-11:00 Shodo (Room 104)	9:00-11:00 Conversational Japanese (Room 202)	9:00-10:00 Tai Chi for Arthritis (Weinberg)
9:00-10:00 Tai Chi (108) (Room 305)	FULL (Weinberg)	9:00-10:00 Tai Chi(108) (Room 305)	9:00-10:30 Rhythm & Life (Room 202)	9:30-12:00 +Ribbon/Croch. (Weinberg)
9:00-10:00 Tai Chi for Arthritis (Weinberg)	8:30-10:30 Crochet (Room 207-8)	9:15-10:00 Group Singing (Weinberg)	9:00-10:30 Rhythm & Life (Int. III) (Room 305)	Starts 7/25 Lei Making (Room 102)
10:00-10:30 R&L Chair Exer. (Room 105)	9:30-11:00 Closed (Room 305)	9:15-10:30 Minyo Danc(Beg) (Room 105)	9:00-10:30 Ukulele Prac. (Room 105)	10:00-10:30 R&L Chair Exer (Room 105)
10:30-11:30 Qi Gong/ Self Massage (Weinberg)	10:45-11:45 Soroban (Room 209)	9:30-11:30 *Sumie (Room 209)	10:30-11:30 Qi Gong/ Self Massage (Weinberg)	10:00-11:00 Solo Ukulele I (Room 202)
Starts 7/7 (Weinberg)	12:00 - 2:30 *Citizenship (Room 202)	10:15-11:45 Beginner's Line Dancing II (Weinberg)	Starts 7/7 (Weinberg)	Starts 7/18 Dahn Yoga (Weinberg)
1:00-3:00 Buyo & Enka (Weinberg)	12:00-2:30 Karaoke (Room 209)	10:00-12:30 +Jpns/Okmwn Doll Making & Oshie (Room 207-8)	12:00 - 2:30 *Citizenship (Room 202)	11:15-12:15 Solo Ukulele II (Room 202)
5:30 - 6:30 +Spec. Aerobics Starts 6/16 (Room 305)	12:00-1:30 Kenbu Senbu Shigin (Room 207)	11:00-12:30 Rhythm & Life (Beg.) (Room 305)	1:00-2:30 Line Dancing (Room 105)	12:00-1:30 Rhythm & Life (Beg. I) (Room 305)
+ Tuition based classes. Walk-in fee \$5.		Starts 7/23 (Room 207-8)	Reminder: No class the last Thur. of the month.	Closed
*DOE classes are provided by McKinley Community School for Adults. Citizenship & English classes - \$20 enrollment fee. Additional fees applied to new English class students. Sumie - \$60.	   	Began 4/2 (Room 305) Roy Otake Karaoke Ohana (Room 209) Kitsuke (Weinberg)		Saturday 9:30 - 11:00 +Adur Hula Auana (Room 105) Starts 7/19 (Room 105) 9:30 - 12:00 +Jpns/Okmwn Doll Making & Oshie (Room 207-8) Starts 7/19 (Room 207-8)

"Kaleidoscope" is published monthly, written/edited by the senior staff. Director: Paula Regdor, Program Staff - Paula Asari, Raena Akase & Henry Asari.

REAL PROPERTY TAX CREDIT FOR HOMEOWNERS. The City & County of Honolulu offers a real property tax credit to property owners who meet certain eligibility requirements. If you qualify, the maximum real property tax owed would not exceed 3% of income (75 and older) or 4% (under age 75). Eligibility Requirements: Homeowners must have a home exemption in effect at the time of application and for the subsequent tax year; Any of the titleholders do not own any other property anywhere; and the combined income of all titleholders cannot exceed \$50,000. To apply, complete an application which is available at

the following locations: Satellite City Halls, Treasury Division at Honolulu Hale, Tax Relief Section at the Standard Financial Bldg, or on line @http://www.honolulu.gov/budget/Treasury_division.htm. Deadline to submit application is September 30. You must file annually for this credit. For more information contact the Real Property Tax Relief Office at 768-3205.

Attention: If you find your name in bold print, in this newsletter, come to the senior office.