The 77th Annual International RSES Conference
Oceans of Knowledge
Long Beach, California
October 15—18, 2014
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Annual Conference  
October 15-18, 2014  
Pittsburg, PA

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Mail this copy to the International Secretary:  
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**DELEGATE CREDENTIALS**

Annual Conference  
October 15-18, 2014  
Long Beach, CA

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October 15-18, 2014
Long Beach, CA

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IN MEMORY
Please let us know if anyone in your Chapter has lost a family member.

In August Skip & I with our son Kelly and one of his close friends from the fire station, traveled across country on our bikes, (just incase Skip reads this I was on my TRIKE, I have a Can-am, which is a three wheel motorcycle), to visit family and take in Sturgis. Okay, so I didn’t make it to Sturgis. I stayed in Nebraska to get some much need rest. Kelly and Skip road to Sturgis and from there into Whyaoming. According to Skip, I had trouble staying awake traveling in a 90 plus hot simmering sun in our face for four days to get to McCook, Nebraska for one of our granddaughter’s wedding. You can imagine how much makeup it took for me to cover my wonderful Rat-coon face I had from sun and wind burns. Skip felt that I should try to get rested up for the journey back to Virginia because I ran into the back of him on the way there. I only ran into the back of him once, in St Louis when we were at a traffic light, which I thought was great since I’m the one with the heavy foot and likes to go fast. We all a great time and I would love to do it again.

We are excited about coming to Long Beach, California. This year Skip will be sworn in as International RSES President at the 77th Annual Conference. Our immediate family, a few of the grandkids and even one of our great granddaughters will be joining us to celebrate and give him our support. I don’t think that they know that their Papa will not have as much time to spend with them as some of his duties will be to visit and support the different regions.

In January he will be in Chicago for the AHR Expo, co-sponsored by and held in conjunction with 2015 ASHRAE Winter Conference. He will be giving two presentations, the one on psychometrics will be from 9:30-11:30am Tuesday January 27. When he visits Texas for their SWRA regional conference in March, I plan to tag along! It will be fun to meet with friends over the next several months.

Karen Krepcik, Sight Glass Editor
Correction and apology to Member of the year, Stan Hollander, for misspelling his last name in the previous issue of the Sight Glass.

GREAT TRUTHS THAT LITTLE CHILDREN HAVE LEARNED:

1. No matter how hard you try, you can't baptize cats.

2. When your Mom is mad at your Dad, don't let her brush your hair.

3. If your sister hits you, don't hit her back. They always catch the second person.

SUCCESS:

At age 4 success is . . . . Not piddling in your pants.
At age 12 success is . . . . Having friends.
At age 17 success is . . . . Having a driver's license.
At age 35 success is . . . . Having money.
At age 50 success is . . . . Having money.
At age 70 success is . . . . Having a driver's license.
At age 75 success is . . . . Having friends.
At age 80 success is . . . . Not piddling in your pants.

We auxiliary members would like to thank those who have helped sponsor this edition with their ads. We are able to share the activities and news of the Regional and International Members do to your support. For those who may not of been able to attend the different Conferences we hope this newsletter will give you updated information.

Terry Hollander, Publicity Director

Special Thanks to Our Contributors

Cowtown Chapter Region 10
Dallas Chapter Region 10
FIRE ICE Mechanical Kurt and Lisa Eggert
Empire Keystone Association RSES Region 2
Garden State Chapter Region 3
Greater Pittsburgh Chapter Region 2
Harlan “Skip” Krepcik, CMS and Karen Krepcik Region 4
Joe & Anita Machese Region 2
Long Beach, CA Chapter Region 15
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Mid-Southeast Region 4
Mid-West Auxiliary Region 9
Niagara Frontier Chapter Region 2
RSES Region 9
RSES Headquarters
Robert “Bob” Sherman, CM RSES International President
St. Louis Gateway Region 9
Tidewater Chapter of VA Region 4
Triad Chapter NC Region 4
Virginia Chapter 1 Region 4

To place an ad please contact Sight Glass Editor, Karen Krepcik at krepcik@cox.net or call 757-588-1358
Hello everybody,

It's that time of the year already, as in, the International Educational Conference is just shy of 2 months from now. We appreciate all of the past support of the Hospitality Room at the past Conferences.

Your support has enabled us to have the Hospitality Room stocked with snacks, beverages (family oriented, as well as adult), pastries, meal-type (soups, sandwiches, etc.), etc., so that everybody has a place to rest, relax, make new friends, and renew friendships as well. Most of us only get to see each other once a year, and the Hospitality Room is a good place to "catch up" with each other.

To make all of this happen, we're holding our usual fund raising Raffle again this year. As you've so generously done in the past, please bring some door prize items for the raffle. As most people will be flying in and out, please make the items easily packable, as they'll most likely be going into either carry-on or checked baggage. There will be some people driving in, as well as shipping services is a possibility, so somewhat larger items aren't totally out of the question, but smaller is preferred. Gift cards, CD's, DVD's, small electronics, etc. are always well received/regarded. Nothing (within reason; we don't take spouses, kids, in-laws etc.) will be turned down.

See you soon,

Ray Clary, CMS (on behalf of the Hospitality Room Staff)

Ray Clary, CMS
controlsdoc@juno.com

Mail your reservations as soon as possible for the Oceans of Knowledge RSES 77th Annual Conference located at Long Beach, CA.

RSES - Attn: Conference Coordinator
1911 Rohlwing Road, Suite A
Rolling Meadows, IL 60008-1397

Did you Know?...

Paul Gallico wrote The Poesidon Adventure inspired by a personal event and by a true incident which occurred aboard the Queen Mary during World War II. Packed with American troops bound for Europe, the ship was struck by a gargantuan freak wave in the North Atlantic. It was calculated that if the ship had rolled another five inches, she would have capsized. Gallico while traveling on the Queen Mary was hit by a smaller rogue wave, knocking everyone over, giving him the inspiration for a great story.

Gallico's 1969 book The Poseidon Adventure, is about a group of passengers attempting to escape from a capsized ocean liner. The motion picture adaptation of Gallico's book was instantly recognized as a great movie of its kind. The movie was enormously successful, spawned a whole decade of disaster films, and remains a cult classic.

Most of the external shots of the Poseidon were shot using a model built from the original blueprints of the Queen Mary. Some of the pre-capsize sequences were shot aboard the Queen Mary, including the opening storm sequence, the pre-disaster scenes in the staterooms and hallways, the scenes above decks, and an early scene in the engine room. Used in the filming of the Poseidon Adventure, the room's infamous "Door 13" crushed at least two men to death, at different points during the ship's history.

Did you know?...Some say the Queen Mary is one of the most haunted places in the world with as many as 150 known spirits lurking upon the ship. Captain Jones was the last captain to sail the Queen Mary and was at the helm when she made her final voyage on Halloween 1967 and into Long Beach harbor on December 9th 1967. The late psychic Peter James reported that Captain Jones loved to smoke a good cigar and that at times the smell of cigar smoke can still be detected. James also reported that a well dressed man in tails and wearing a top hat, with slicked backed hair enjoys the bar area. He usually will walk up behind people sitting at the bar, clears his throat until he is seen and then turns and vanishes through the wall into the men's restroom.

Take the Haunted Ghost tour if you dare!
History of the Queen Mary

Resting in Long Beach Harbor is the RMS Queen Mary, a colossal ship that was bigger, faster and more powerful than the Titanic. For three years the grand ocean liner hosted the world’s rich and famous across the Atlantic including the likes of the Duke and Duchess of Windsor, Greta Garbo, Clark Gable, David Niven, Mary Pickford, George and Ira Gershwin, and Sir Winston Churchill, just to name a few. Considered by the upper-class to be the only civilized way to travel, she held the record for the fastest-ever North Atlantic crossing.

But, when World War II broke out in 1939, luxury travel immediately ceased and the ship was transformed into a troopship that would become known as "The Grey Ghost." During this time her capacity was increased from 2,410 to 5,500. By the end of World War II, the ship had carried more than 800,000 troops, traveled more than 600,000 miles and played a significant role in virtually every major Allied campaign. She had also survived a collision at sea, set the record for carrying the most people ever on a floating vessel (16,683), and participated in the D-Day invasion.

Did you Know?... Winston Churchill traveled on the Queen Mary several times during WWII and considered it his headquarters at sea. In fact, he even signed the D-Day Declaration onboard. On May 5, 1943 Churchill departed from Gourock to New York, on the Queen Mary, to meet with President Roosevelt. There were 5,000 German prisoners of war on board. August 27, 1943 Winston Churchill returns to Gourock, Scotland, with 15,116 troops.

Today, the Queen Mary, listed on the National Register of Historic Places, provides not only a wide range of guest rooms for travelers, but also 14 Art Deco salons, tours, restaurants, shops, and exhibits.
Hello from Greensboro, North Carolina

I hope everyone is having a great summer. Some of us have had some extreme heat and powerful storms. I hope you survived them all with minimum damage. We have been very busy with various things this summer. My mom is having many health issues which require someone to be with her at all times. About 7 weeks ago, she hit a hole while mowing the grass on her riding mower and fractured a vertebra in her back. It was 3 week after the injury before they saw the fracture with an MRI. She has been in a lot of pain. My sister and I have been staying with her a lot, trying to keep the house clean, cook, yard work, laundry. She has been in the hospital this week and I have been taking the night shift and my sister the day shift staying with her. My violin recital was May 30th. That was lots of fun and yes I was the oldest student there. I’ve also been trying to practice playing the violin at Mama’s because she likes to hear it. We took Vegas and Tyler to the beach for a few days. They had never been to our mobile home there so that was a great experience for them. We visited the N.C. Aquarium and the Maritime Museum while there and took them to the ocean to swim. We also took them to a water slide park. All were new experiences for them and we had lots of fun. We had a birthday party for them at home at Airbound Trampoline Park. Wow! What fun! I jumped with them and Tommy took pictures. They had a pit with foam blocks in it and you jump your way across a trampoline and into the pit. Jumping in was a piece of cake, but I thought I would never get out. Once was enough in the pit. Last winter I crocheted a beanie for the first time and have continued making them and some simple hats which I plan to donate to the local cancer center. I hope everyone is planning to come to the conference in Long Beach. Look forward to seeing you there! I think that is all I have for now. I need to get a little sleep before I go back to the hospital tonight.

Love to all.

Gail Paschal, RSESA International Secretary, Immediate Past President

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Did you know?...The brick roads in many of the small communities were built by prisoners of war.
RSES CONFERENCE REGISTRATION PACKAGES

RSES has four special registration package options for the 77th Annual RSES Conference and HVACR Technology Expo which will be held on Oct. 15-18, 2014 at the Hyatt Regency Long Beach Hotel in Long Beach, Calif. The packages include: RSES Chapter/Association Officer; Contractor Special Educational; Retired Member; and Retired Member Family.

The RSES Chapter/Association Officer Package is a total educational package available at no charge to any RSES Chapter or Association Officer who is attending the conference for the first time or has not been to a conference in the past five years and has a guest room at the Hyatt Regency Long Beach Hotel. Meals are not included.

The Contractor Special Educational Package allows contractors to send two or more technicians from their company for the educational sessions Tuesday through Saturday for one low price. Meals are not included.

The Retired Member Package allows those RSES Members who have retired dues status and a guest room booked at the Hyatt Regency Long Beach Hotel a Member package at a discounted rate.

The Retired Member Family Package allows those RSES Members who have retired dues status and a guest room booked at the Hyatt Regency Long Beach Hotel a Member package and either one Auxiliary or one Spouse package at a discounted rate.

The above packages ARE NOT AVAILABLE for online registration. For additional details, pricing and to register for one of the special packages, please review, complete and return the conference registration form.

For additional information or questions contact RSES phone number: 1-800-297-5660, or by fax at 1-847-297-5038, or by e-mail at conference@rses.org.

Ronald McDonald House

I was asked to have a Pampered Chef fundraiser again this year at the Conference. We have changed it up a bit. We are hoping to help the Ronald McDonald House of Long Beach add Pampered Chef cooking tools to their cabinets of their four kitchens.

Remembering how wonderful our Usborne Book fundraisers have worked when we can place an order for ourselves as well as donate books to the hospital, we thought this would be a wonderful way to put the Pampered Chef cooking tools to work. So, if you don’t need anything or if you aren’t able to attend the conference but would like to donate, please email or call me and I will be sure that they receive your gift.

The staff at the House created a “Wish List” and I hope to have the list readily available on my website. I will also have a “Wish List” board available to see at the Conference. Please check it out – and/or in between time, check out my website. The following link takes you right to our fundraiser page. http://new.pamperedchef.com/pws/mszigyskitchen/guest-landing/8873217244315.

The local Host is Grace Wellander, who will be assisting us in getting the items delivered to the House. Thank you, Grace. Orders can be placed online as early as October 1st. However, you are welcome to email or call me any time and tell me how you want to help.

Denise Ziegelbein
8216 E Lohman Rd
Lohman, MO 65053-9829
Consultant #650485
573-690-0881
Email: mszigy@gmail.com
www.pamperedchef.biz/mszigyskitchen
Welcome to Long Beach, the "Aquatic Capital of America".

This year's convention will be at the Hyatt Regency in the heart of downtown Long Beach. Conveniently located in the middle of the waterfront on the Pacific Ocean. It is a great location for strolling the beach, food, music, and shops.

We have many exciting activities planned for the week. **Tuesday** we will go across the street from our hotel and have lunch at a selected restaurant. After lunch we will go to The Aquarium of the Pacific to see the ocean creators. The Aquarium of the Pacific is the fourth-most-visited Aquarium in the nation. Featuring 11,000 animals in more than 50 exhibits. In addition to our animal exhibits, they have a variety of multimedia presentations on ocean science and important environment effects.

www.aquariumofpacific.org/visit/adults

**Wednesday** we will be going to The Getty Center Museum [http://www.getty.edu](http://www.getty.edu) to see World Class Art produced by famous artists. The Getty Center, a dramatic hilltop campus designed by Richard Meier, opened in 1997 and celebrated its tenth anniversary in 2007. We will have lunch at the Getty restaurant. After the visit to the Getty Center, if time allows, we will go to one of Los Angeles' premier shopping areas for a fun filled day.

**Thursday** from 2:00 to 4:00 pm, Denise Ziegelbein will host a Pampered Chef show in the hotel. Again Denise will bring her fabulous collection of Pampered Chef cookware for the demonstration. The proceeds from any item purchased will go to the Ronald McDonald House in Long Beach. There will be a wish list of items that the Ronald McDonald House needs for their facility. You can purchase the items from the Wish List for the House. If you are unable to attend your can place your order through Denise's website [www.pamperedchef.biz/mszigyskitchen](http://www.pamperedchef.biz/mszigyskitchen). If you have any questions please contact Denise at 573-690-0881.

Be sure to make arrangements ASAP to attend the 77th RSES Annual International Conference!

We Look forward to seeing everyone in Long Beach, California!
On Friday afternoon we will have a Jewelry demonstration given by Judy Kinee from Usbourne books. The proceeds from your purchases will go to the Long Beach Women's Shelter. Since 1977, Women Shelter of Long Beach has helped thousands of families overcome the trauma caused by domestic abuse. WSLB assists victims and their children by providing safe shelter and supportive services including 30-45 days of emergency shelter, 24-hour crisis hotline, counseling, social services support, legal and health advocacy, and much more.

Saturday afternoon Judy for Usborne will be selling children's books. This will be benefiting The Miller Children's Hospital in Long Beach. Miller Children’s Hospital Long Beach provides specialized pediatric care for children and young adults, with conditions ranging from common to complex—as well as maternity care for expectant mothers—all under one roof. Only five percent of all hospitals are children’s hospitals, making them unique not only to children’s health care needs in the community, but across the region. Miller Children’s is one of only eight free-standing children’s hospitals in California. Books that are purchased will be boxed and delivered to the hospital after the event.

Looking forward to seeing you at the Convention. There are many things that you can do or see in downtown Long Beach on your own or in a group.

Hope that you enjoy your stay in sunny California. If you have any questions about attractions or places to visit please see Ken Robinson, myself or any other member of the Long Beach RSES Chapter at the Conference.

Grace Wellander, Host
DALLAS CHAPTER
CONTRIBUTOR AND SUPPORTER OF THE
“SIGHT GLASS”

REFRIGERATION SERVICE ENGINEERS SOCIETY

CONTACT: HARRISON TRAVIS III, CM
hot3rdcm@hotmail.com

EMPIRE KEYSTONE ASSOCIATION
RSES REGION 2

Proud to support the RSES Auxiliary

ROBERT “BOB” SHERMAN, CM
RSES INTERNATIONAL
PAST PRESIDENT
RIVERSIDE, CALIFORNIA
Hello from the Shermans,
We are home for a few days at least as we get ready for more swim meets. Lyndsey continues to do well and will competing on the regional level and hopefully on the state level over the next several months.

When not at a swim meets we try to attends as many of Paul’s games in Little League and now Soccer.

We took and extended road trip on the way home from Pittsburgh. We made stops in Philadelphia, Delaware and New Jersey on the way to Williamsburg and Norfolk to visit Rachel and Skip and Karen. Then it was off to Ashland City and Nashville to visit Cel. Along the way to Daytona Beach to visit Larry & Marsha Donaldson & Barbara Frase, we made stops in North Carolina to visit the NASCAR race shops & Richard Childress Winery for lunch and wine tasting. It’s took me well over a year but I did manage to score Brad Keslowski’s championship die cast car for Paul. Then it was off down the Florida east coast to Kew West for a few days and back up the west coast of Florida and along the gulf coast to New Orleans where we spent 4 days visiting our favorite places as well as having lunch at Dooky Chase’s (first African-american restaurant in New Orleans opened in 1942). Amazing art work & delicious food. Thanks for sending us there Streeter. Then it was off to Galveston, TX for a long weekend. We returned to California the week before Thanksgiving to watch Lyndsey swim in Palm Springs. Then it was off to Windsor CA for Thanksgiving. Robyn and I went wine tasting on Friday and on Saturday the whole gang went to San Francisco sightseeing. Bob & I love retirement and traveling.

Pittsburgh was a great conference. It was fun to see everyone again. We conducted our business, raised some money for our charities, learned new things and had a great time. Guess we can’t ask for anything better. Another month and we will begin the Regional RSES conferences. As the Director for Officer’s Activities it is my job to put together our President Barbara Frase’s memory book. If she attends your conference please take lots of pictures & send them to me for her book.

Bob is serving as Historian for RSESA this year. His article will appear in the next issue. Maybe I can even get him to write a letter to go with it. Anyway we look forward to seeing you in our travels. We hope to visit a few other regions conferences.

Be sure to send in your articles for the Sight Glass as early as possible. You do not have to be an Officer or Director to contribute.

Lyn and Bob Sherman

Proud to be members of RSES and the Auxiliary in Region 10. We are proud to help sponsor The Sight Glass.
Visit the Queen Mary!

Everyone is excited about going to Long Beach, California for the 77th International Annual Conference. The weather should be great for taking in all of the activities. Perhaps a leisurely stroll to visit the legendary Queen Mary. Once the grandest ocean liner in the world, the Queen Mary is now a full-service Long Beach hotel, historical landmark, and entertainment venue. The Queen Mary gives visitors a unique glimpse into a bygone era when steamships were the most regal way to travel.

There are several events to visit. Take the Audio Tour - Tour (1.5-2 hours) the Queen Mary at your own pace with their comprehensive Audio Tour. Learn the history of the Queen Mary while strolling the decks with an exclusive Queen Mary headset.

Diana: Legacy of a Princess Exhibit - A priceless collection associated with Princess Diana and the Royal Family. Princess Diana continues to be an icon of inspiration to millions of people worldwide. "Diana: Legacy of a Princess" showcases a priceless collection of evening gowns, dresses, personal accessories, photographs, heirlooms and other cherished memorabilia associated with Princess Diana and the Royal Family.

I’m looking forward to taking in the Bob Hope–An American Treasure Exhibit aboard the Queen Mary. Did you know that Bob Hope rewrote the lyrics to Thanks For the Memories, while returning from Europe 75 years ago, on the Queen Mary? It was 75 years ago this September, in 1939, that Hope performed his first wartime routine on the Queen Mary. Hope and his wife Dolores were returning from Europe when war was declared. German U-boats were on the prowl, so the Queen Mary’s captain ordered all portholes painted, windows covered and running lights shut off. Finally to calm the nerves of frightened passengers the Captain leaned on Hope to perform and lighten the mood. Hope obliged, performing his first wartime show in the First Class Lounge singing “Thanks for the Memory,” with the line: “Some folks slept on the floor, some in the corridor, but I was more exclusive, my room had GENTLEMEN above the door”, and everyone on the ship was handed a copy of the lyrics when they arrived in New York.
Hello to All

The summer is almost over. I really don’t know where it went. It is still very hot and we have had a little rain off and on. We need rain terribly as most of the Texas is in drought conditions. Hope all of you had a great summer and are thinking of the upcoming conference in Long Beach, CA in October. It will be here before you know it. I think the Long beach area will host the hospitality room during the daytime (hope, hope) and then the Ray, Bob and Mac gang will come on duty in the evening. We may have to meet in someone’s room around bed but we still have a great time. Hey don’t laugh we have done that before. It’s a little cozy but fun. Look for the number of the hospitality room when you check in at the hotel. The nighttime crew will have chip and dip and such and drinks for all. Oh, yes we also need door prizes to help with the cost of the hospitality room. Come by during the evenings to say hello to the current Auxiliary President, Barbara Frase. Bring your door prize to donate to Bob, Mac or Ray (yes Lyn and myself also) then you then you can say “hello” to Barbara, have a drink or two (Mac says “name your pleasure”) and then buy some tickets for the door prizes and we will all have a great time! Remember we will also have sodas, coffee and even water if you want. Friday night (probably) we will see who takes home all the wonderful prizes. As always look for Mac, Bob, and Ray for what is going on. Course Lyn and I can let you know which room. Sometime the guys even let Lyn and I help clean up at night! Mac and I will be driving to the conference and of course I get to spend a night or two at a Casino on the way. That always makes a great trip. We plan on leaving on about the 9th. I think we have 10 hours one day and about 10 hours on the 2nd and about 5 hours on the 3rd. We are not coming in until Monday for a change so look for us when you arrive and we will let you know what is planned. I again want to thank all of you that attended the hospitality room in Pittsburg to visit with us. I think all that came had a good time. Mac and I really enjoyed our visit to Pittsburg. Ladies, if you did not go to the little mall up from the hotel, you missed some fun. Lots of shops and a great place to eat! Mac and I are looking forward to see everyone again. The conferences mean a lot to us and we really enjoy being with our RSES and RSESA friends.

Pat McCarthy, International Past President
Greetings to all!!!
I cannot believe summer is gone, school has started and it is time to start planning our trip to Long Beach, CA for the annual International RSES/RSESA meeting. Keith and I will be driving out, hoping to catch some of Route 66 and then family and friends on the way home.

I need to apologize for not following through with my plans to send postcards to all members to see how you want to receive the newsletters in the future. I will do my best to assist the new treasurer in accomplishing this goal.

All officers should bring their receipts to conference so that they can be reimbursed for their allotted expenses.

My family has celebrated two wonderful milestones this summer. In mid-July we surprised my parents’ with a 60th wedding anniversary celebration. All of my sisters were able to join us and most of the grandchildren and three great-grandchildren. Since their actual anniversary will occur while we are traveling back from Conference and my sisters’ sons are busy with high school and college out of state, July seemed to be the best choice. Much of May and June were spent getting things organized for the surprise.

Keith and I celebrated our 40th wedding anniversary on Sept 1st, Labor Day this year. Our sons’ decided that Aug 31 was a good day to have about 80 people join us at our home for the evening. It was GREAT but it took more to prepare than I had anticipated.

Now it is time to prepare for October’s trip. Looking forward to connecting with friends in California!! Safe Travels to all!

Denise Ziegelbein
RSESA Int’l Treasurer

CinniMinni Recipe

Ingredients

60 vanilla wafers (*I like Nilla Wafers*)  
1 1/3 cup seedless raisins  
3 tsp. firmly packed brown sugar  
3 tsp. ground cinnamon  
1/2 cup milk chocolate chopped into quarter-size pieces (or Wilton Candy Melts)

Directions

1. Line a cookie sheet with wax paper and set aside.
2. In a food processor, process the cookies until fine crumbs form, about 1 minute.
3. Add the raisins, brown sugar and 1 1/2 teaspoons of the cinnamon and process for another 30 seconds.
4. Whisk together the sweetened condensed milk, softened butter, vanilla and milk in a small bowl until smooth.
5. Pour evenly over the vanilla wafer mixture and mix until a dough begins to form, about 30 seconds.
6. Transfer the dough to a clean bowl.
7. Roll the dough into 1-inch balls and place on the prepared pan.
8. Prepare the chocolate for drizzling. Drizzle each truffle with milk chocolate and sprinkle with the remaining 1 teaspoon cinnamon.
9. Refrigerate for 30 minutes or until solid and serve.

The recipe came from Marilyn Roth’s granddaughter in Pittsburgh with the goodies that were in the hospitality room.

Sandy Ralston, International Vice President
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The City of Champions Supports RSES 77th Annual Conference

Joe and Anita Marchese
Cheesecake Popsicles

Ingredients

(8) 5-ounce Dixie Cups
popsicle sticks
8 sheets graham crackers, crushed
2 tablespoons butter, melted
2 (small) packages cheesecake instant pudding mix
4 cups milk
sliced strawberries and blueberries

Instructions

Crush your graham crackers into small pieces, using a food processor, blender, rolling pin--whatever you've got!
Stir in melted butter to combine.
Combine pudding mix and milk, whisking together until smooth.
Add a small layer (a spoonful or so) of pudding mix to the bottom of your cups.
Next, add a layer of your graham cracker "crust" (again, about a spoonful).
On top of your graham cracker crumbs, layer in a few sliced berries.
Fill cups up the rest of the way with the remaining pudding mix.
Insert popsicle sticks and freeze until set.

Did you know?... Adolph Hitler offered $250,000 and the Iron Cross to any U-boat Captain that could sink the Queen Mary.

Great ideas are usually something very simple to achieve!
Mid Southeast Regional Association

Consisting of Participating Chapters from North Carolina * South Carolina * Virginia

FOR INFORMATION ON TRAINING PROGRAMS CONTACT:
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We look forward to seeing everyone At the 2014 International Conference in

For further information or to find a local chapter in your area visit www.rses.org

Did you know?... that During WWII The Queen Mary, unescorted, carried 16,082 American troops from New York to Great Britain, a standing record for the most passengers ever transported on one vessel.