2014 Conference
Mid October
Hyatt Regency Long Beach Hotel
200 S Pine Avenue
Long Beach, CA 90802

RSES Auxiliary
“Making Life Worthwhile”
International RSESA Officers and Board of Directors

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Look forward to seeing everyone in Long Beach, California!
Welcome to the City of Champions!

For the year 2014

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RSESA-26
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Please pay your dues and update your records and send them to both Denise and to Karen.
Hello from the Shermans,
We are home for a few days at last as we get ready for more swim meets. Lyndsey continues to do well and competes on the regional level and hopefully on the state level over the next several months. When not at a swim meets we try to attend 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 Ceel. 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

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.

Jerry 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
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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
Greetings from Pittsburgh,

Art and I are still enjoying pictures and memories from the 76th Annual RSES International Conference here in Pittsburgh. We so enjoyed seeing everyone. So much planning and hard work went into this conference. It is fun to mix business, education and pleasure together. Thanks to all for the planning and for those who joined us.

I was telling a group of ladies at the hospitality room about my son making 'Slow Cooker Chicken & Dumplings'. I was asked to put the recipe in the Sight Glass so here you are folks.

**Slow Cooker Chicken & Dumplings**

4 skinless, boneless chicken breast haves *(season with salt, pepper, onion powder, paprika, and garlic powder both sides)*  
2 T. butter  
2 (10.75 ounce) cans condensed cream of chicken soup  
1 onion finely diced  
2 (10 ounce) packages refrigerated biscuit dough, flattened and cut into strips.  
1 1/4 c. chicken broth *(We have added 1/4th. c. white wine and frozen peas for added flavor and color)*

Coat slow cooker with cooking spray.  
Place the chicken, butter, soup and onion in a slow cooker, add chicken broth and mix well.  
Cover and cook for 5-6 hours on high.  
About 90 minutes before serving, place the biscuit dough in the slow cooker. Cook until the dough is no longer raw.

Again, while in the hospitality room Sandy Ralston was telling me about a spray you put on clothing for insect repellent. The product is Permethrin by Sawyer. It was a bad year for ticks in western PA.

Looking forward to Long Beach.  
*Karla Miller, SGT-AT-ARMS*
RSESA Recipes for the Sight Glass

Each edition, I’ll try to include at least one recipe from the RSESA Cookbook that was published in 1991. The Cookbook Committee put a considerable amount of work into this, so I wanted to honor them (as well as help Karen to get some more content into the Sight Glass).

If anyone has a favorite recipe that you’d like to share with the group, please feel free to do so. If it’s from this cookbook, send me the page number and title, and I’ll be glad to type it up for you, and submit it to Karen. Otherwise, please send it to Karen & I and we’ll take care of it for you.

Our first recipe is in memory of Past International President Maxine Shuck, who I was honored and privileged to call my friend. It’s from page 32, for anyone who has this cookbook.

Coleslaw and Dressing

1 medium head green cabbage 1 bunch celery
1 small head red cabbage 1 bunch broccoli
1 small head cauliflower 3 bell peppers

Chop red and green cabbage into course pieces. Chop and dice the cauliflower, celery, broccoli, and bell peppers, and add to cabbage. Make coleslaw dressing, pour over cabbage, and mix well.

Dressing:

3 or 4 Tbsp. Red wine vinegar 2 cups Kraft mayonnaise
(adjust vinegar to your own taste) ¼ cup milk

Mix mayonnaise, milk, and vinegar until smooth. Depending on the size of the heads of cabbage, the amount of dressing used may need to be adjusted accordingly.

Ray Clary, CMS
controlsdocc@juno.com

Make plans now to attend the 2014 Annual RSES International Conference which will be held at Long Beach California Mid October!
I am writing this as Florida is bracing for there coldest days of the New Year. Lows are gonna be in the 30's. That's really cold to me since I have lived in Florida and Hawaii most of my life.

I hope every body had a Happy Thanksgiving and a Merry Christmas. I know we had a very quiet one and didn't do much at all. I did have 15 people for Thanksgiving and didn't have anyone for Christmas. I guess that's how it is when you only have a grandson. Maybe someday I will have some more grandkids but not looking good for anytime soon.

I want to take this time to Thank the Pittsburg chapter for a job well done on the convention that we attended in October. The city was very nice and the Hotel was good even though they didn't have any dresser drawers in the rooms. The Dinner theater was very good and it was nice that they had audience participation.

I am looking forward to attending the Cowtown meeting in March and I am gonna start looking for my ticket now so I can maybe get a good deal and won't have to play the airline wars of ticket pricing.

Hope this finds everybody well and staying warm. If there is anything that you need from me please let me know.

Barbara J Frase
International President

Mid Southeast Regional Association

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

Region 9
Mid-West Association
RSES Auxiliary

Cordially invites you to participate in our Educational Conference held annually on a rotating basis throughout the three states of the Mid-Southeast Region.

FOR INFORMATION ON TRAINING PROGRAMS CONTACT:
REGION 4 DIRECTOR--SKIP KREPCIK, CMS at Krepcik@cox.net
NORTH CAROLINA--TOMMY PASCHAL at paschaltw@hotmail.com
SOUTH CAROLINA--ROBERT FOUST, CMS at robert.foust@navy.mil
VIRGINIA--RAY CLARY, CMS at controlsdoc@juno.com

We look forward to seeing everyone At the 2014 International Conference October 12-19 Long Beach CA  90802.

For further information or to find a local chapter in your area visit www.rses.org
Brief History of the R.S.E.S.A.

Inside of the front of the “1991 R.S.E.S.A. Cookbook,” is a brief history of how the R.S.E.S.A. came to be. As I’m sure that a lot of our “longer tenured” members most likely already know it, I’m sure that some of our newer members might not. I, for one, wasn’t aware of it. Please bear in mind, that this was originally written in 1991, so the numbers have changed in the past 22+ years.

“At the third annual convention of the R.S.E.S., a suggestion was made that an Auxiliary be formed since there were so many ladies attending the conventions with their husbands, whereby the ladies could become acquainted & be entertained while their husbands attended their meetings. So, on November 11, 1936, the prospect of a national R.S.E.S. Auxiliary was being planned. In 1937, the plans were somewhat curtailed, but at the fifth annual convention held at Buffalo, New York, the Auxiliary actually came into being. Our very first President was Mrs. June Brunton. She announced during the year of 1939, that our first Constitution and set of By-laws were completed. An adoption of our official membership application form and Charter was prepared. Since that time, we have had 46 Past Presidents, with some of the ladies serving multiple terms. There have been numerous ladies awarded 25 year pins and certificates for their continuous membership year after year. We also have three 50 year plus members — Mae Black, Lozelle Hoover, & Edna Visger, who have made the Auxiliary a major part of their lives.”

“In the beginning, the R.S.E.S.A was a national organization, but in 1948, a resolution was adopted to insert the word International in place of National. This came about with the addition of Chapters and Members-At-Large from our neighbor, Canada. In 1990, we had our first Australian Member-At-Large.”

“This year, our International President is Helen Petry. Many have served before her, and much good has come from their services to the Auxiliary. It is an honor to dedicate this book to our members, past & present, who have done so much good for humanity and through our friendships, have made Life Worthwhile.”

“To all the members of the Refrigeration Service Engineers Society Auxiliary, past & present, who have helped fulfill our motto, “To Make Life Worthwhile.”

Ray Clary, CMS

Happy New Year Everyone,

It was great to see all who could attend the conference in Philadelphia and missed seeing those who were unable to attend. It was a great conference, as always; a big thank you to the RSES staff and the local chapter. I want to give a special “thank you” to Anita for chauffeuring Gail and me to the local quilt shop. We had a great time – it is a wonderful shop.

As some of you may know, Mike and I are building a new house. Hopefully it will be finished and we can move in the spring or by early summer. Mike is doing a lot of the inside work himself – HVAC (of course) and most of the electrical. I’m looking forward to having my own sewing room and not having to use the dining table when I want to use my sewing machine.

Hoping everyone has a safe winter – stay warm.

Sandy Ralston,
International Vice President
As 2013 drew to a close and 2014 begins, we look back and see the many blessings that we received during the year. We find that we were blessed with good health; jobs that we enjoy; a wonderful family and good friends across the U.S. As most of the country is in a bitter cold snap I have to add another item to my blessings. That is a home that is warm and comfortable (thanks to my HVAC savvy husband). This picture is a view from my front window.

Thanksgiving and Christmas at our home was the same weekend. Our daughter and family arrived on Wednesday. We had 32 for Thanksgiving dinner and after we celebrated Christmas on Saturday they headed back to SD. It was a whirlwind weekend but we had fun cooking together, eating and opening gifts.

Keith and I enjoyed our trip to the city of Pittsburgh, PA for the annual RSES International Conference in October. As usual the pre-conference tours were fabulous and a good way to visit with friends or make new ones. We found the city and its history very interesting. I had never toured a Frank Lloyd Wright home and must say that I was very much in awe. Especially when I think of when he designed this home and how the styles and thinking was so much like the 1960’s and again today in the 2010’s. Thank you to the Pittsburgh chapter for making this possible.

As a Pampered Chef Consultant I want to thank everyone that was able to attend our Cooking Show Fundraiser at the Conference. I hope that everyone who was able to attend enjoyed themselves and those that purchased items are enjoying their new kitchen tools. We raised several hundred dollars for the Women’s Shelter.

Be sure to submit your nominations for the Awards “Make Life Worthwhile”
Hi Folks,

Hope everyone had a happy and healthy holiday season. We have been busy in our little corner of North Carolina. November we celebrated my Mom’s 89th birthday at the farm. We all gathered there once again to celebrate Thanksgiving. Our families do most of the cooking and take it in. Mama still cooks, but that crowd is too much for her to feed. Vegas is still in gymnastics and loves it. Tyler is in Karate. What a 4 year old tough guy. We took them to see Disney on Ice in December. We rode around town to look at Christmas lights with them a couple of nights. There’s an area of town that goes all out as a community event to help stock the Urban Ministry food bank. We got a bag of canned goods to take and let them put it in the wagon. We celebrated Christmas at my Mom’s on Christmas eve. Then we had a Paschal celebration at our house on Christmas Day. Some of Tommy’s family came over for dinner. It was a nice holiday. We entertained for a few senior gatherings. Some with my sisters, some were just Tommy & me. I always enjoy doing those. Vegas and Tyler really like to help me cook. We made meatloaf last Sunday and they loved getting their hands in to smash it up.

Of course, that was after a good Memaw assisted hand washing. I crocheted them a beanie for the cold weather and am working on one for Tommy. We started Suzuki violin lessons this week. They seem really interested, I hope they stick to it.

That’s all for now, Stay warm!

Gail Paschal, RSESA International Secretary

During our Board meeting we were brainstorming on how we could save money regarding the mailing of the Sight Glass. Since postage is continuing to rise and many of us have computers and receive other newsletters via our Email, we want to suggest this as an option for as many members as possible. So - If you have an Email address and are interested in receiving the Sight Glass by Email, please send your Email address to both myself and Karen Krepcik.

Postcards will also be going out to members asking their preference in receiving the Sight Glass. We look forward to hearing your opinion.

Keith & I wish all a safe and blessed 2014.

Denise Ziegelbein
International RSESA Treasurer
Email: keithdenisez@gmail.com
Cell: 573-690-0881

Mid-West Region would like to invite any and all to join us in Jefferson City, Missouri for our 2014 Annual Meeting. It is scheduled for Friday, April 4th & Saturday, April 5th at the Truman Hotel. www.trumanjeffersoncity.com (Special Conference Room Rates “Mid-West RSES”) Educational sessions for RSES members are scheduled for both days. Various events in the Capital City of Missouri are planned for the Auxiliary members and other guests.

Contact Keith and Denise Ziegelbein for further information. Email: keithdenisez@gmail.com
Keith Phone: 573-690-1967
Denise Phone: 573-690-0881
REFRIGERATION SERVICE ENGINEERS SOCIETY

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

DALLAS CHAPTER
CONTRIBUTOR AND SUPPORTER OF THE
“SIGHT GLASS”

December 5, 2013
Anita Marchese
Refrigeration Service Engineers Society Ladies’ Auxiliary
33 Vassar Ave.
Pittsburgh, PA 15229

Dear Ms. Marchese,

Many thanks to you and the Refrigeration Service Engineers Society Ladies’ Auxiliary for your recent donation of $120.00 to Women’s Center & Shelter of Greater Pittsburgh through the 2013 RSES international Conference in October, and for raising an additional $190.43 through the Pamppered Chef Show. We are so grateful for your partnership in achieving our vision of ending intimate partner violence in the lives of women and their children.

Our life-saving, life-changing services are a direct extension of your support. What does your help actually mean to the women we serve? Here is one woman’s story:

S. was connected to the Hotline through the police late one evening. The abuse happened when her husband came home from work. The police called the Hotline requesting emergency shelter. A Hotline Advocate spoke with her about her experiences and safety planned with her, to help her decide on her best course of action. She decided the safest thing for her and her family to do was come into Shelter until more permanent housing could be found. Not only had S. just come from a traumatic and abusive environment, but she had also spent a chaotic night surrounded by strangers. It was necessary that she have a space of healing and calm for both herself and her children. Once here, S. was connected with a variety of services. She worked with shelter advocates on goal planning, and utilized the counseling and children’s programs available for residents. She was able to transition to a safe home, away from her abuser.

Your contributions provide almost 7,000 clients access to the specific programs and resources they need, so that they can heal from trauma and move on to safe, productive lives. On behalf of all the women and families we serve, thank you.

Sincerely,

Shirl Regan
President/CEO

Cc: Gail Regan

In compliance with IRS regulations, this letter serves as an official receipt for your contribution. Unless stated above, no goods or services were provided as consideration for your donation. Please consult your tax professional regarding your contribution’s deductibility.
Charity Activities …

No Conference goes without some form of entertainment for the auxiliary members and the attendees. At the 2013 Annual RSES International Conference held at Pittsburg, PA, there were two programs that were not only fun and entertaining, but they also “Make Life Worthwhile.”

On Thursday afternoon a Pampered Chef show was hosted by Denise Ziegelbein. Proceeds from the show will benefit the Women’s Center and Shelter of Greater Pittsburgh. If you were unable to attend the conference you can still place an order through Denise’s website: www.pamperedchef.biz/ mszigyskitchen. If you have any questions about this contact Denise at 573-690-0881 or mszigy@gmail.com.

Saturday we attended the Usborne Book Fair benefitting Children’s Hospital of Pittsburgh. Like the Pampered Chief, the book fair was held at the Hotel. The Books that were purchased were delivered to the Children’s Hospital of Pittsburgh for the young patients. To see the eyes of a child light up when something as simple as a book is presented truly “Makes Life Worthwhile.”

A thank you letter, on the following page, was received from the Women’s Center & Shelter. The Children’s Hospital also sent a thank you letter and is located on page 27.
A proud Member of Region 9
The Great Midwest

ST. LOUIS GATEWAY CHAPTER
SINCE 1934
IN SUPPORT OF RSESA

HARLAN “SKIP” KREPCIK, CMS
RSES INTERNATIONAL VICE PRESIDENT
SUPPORT BOTH RSES AND RSESA

NIAGARA FRONTIER CHAPTER, RSES
Region 2

Proudly Supports The
RSES AUXILIARY

We appreciate all the support they give to RSES

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“Better Service Through Knowledge"