The 71st International Conference of the Refrigeration Service Engineers Society Auxiliary appoints Denise Ziegelbien to the presidency. Denise Ziegelbien Sworn in as president at the RSES Conference held in Indianapolis, Indiana on September 19th 2008 at the breakfast banquet. Denise resides in Lohman, Missouri with her husband Keith. They have a daughter named Nikol and two sons, Adam and Sam. Traveling and camping are just two of the many things Denise enjoys.

Denise Ziegelbien and Keith Ziegelbien
Live well, Laugh Often, Love Much

“Make Life Worthwhile”
2008-2009 International RSESA
Officers and Board Of Directors

President:
Denise Ziegelbein
8216 E Lohman Rd
Lohman, MO 65053
573-782-6675 (H)
573-690-0881 ©

Vice President:
Lyn Sherman
2742 Kathleen Street
Riverside CA, 92506-4305
951-682-5358 (H)
951-315-7589 ©

Secretary:
Holly Friedman
28 Thelma Ct
Colonia, NJ 07067
735-499-7075 (H)
407-738-8314 ©

Treasurer:
Linda Townsend
9920 LaReina
Downey, CA 90240
562-927-8139 (H)

Sgt-At –Arms:
Diane Smith
1009 Cla-Ter-Ri Drive
Ballwin, Mo 63011-1516
636-230-5963 (H)
636-256-4901 (Fax)

Immediate Past President
Susan Eckstein
1999 SE RT EE
Weatherby, Mo 64497
816-632-0234 ©
402-289-6127 (W)

Membership:
Rhonda Hudson
2203 N Woodbine RD
St. Joseph, MO 64506
816-364-4644 (H)

Credentials:
Pat Long
1422 West High
Springfield, Mo 65803
417-865-2053 (H/Fax)

Publicity:
Bonnie Johnson
3303 S. Birch
Norfolk, NE 68701
402-649-9303(H)

Historian
Officers Activities:
Sandy Ralston
7019 Hadley
Overland Park, Kansas 66204
913-722-1328 (H/ fax)
913-438-0747 (W)

Chapter Supplies:
Irene Thompson
132 First Ave
Atlantic Highlands, NJ 07716
732-291-4702 (H)
732-491-4702 ©

Secret Pal Post Mistress:
Lyn Hoke
21 Laurel CT
South Elgin, IL 60177
847-742-4377 (H)

Parliamentarian:
Keith Ziegelbein
Front row left to right: Linda, Holly, Denise, Lyn, Diane
Back row left to right: Pat, Irene, Sandy, Bonnie, Susan

Email addresses:

Susan Eckstein                      susan.eckstein@spcorp.com
Holly Friedman                     hollyhaggard@gmail.com
Lynn Hoke                          LynnKh29@sbcglobal.net
Rhonda Hudson                      rddivers@msn.com
Bonnie Johnson                     bonniekjohn@cableone.net
Karen Krepcik                       krepcik@cox.net
Pat Long                           rsessspringfield@aol.com
Sandy Ralston                      sralston@vancepublishing.com
Lyn Sherman                        bobnlyn2@aol.com
Diane smith                        dsmith@tier-rack.com
Irene Thompson                     ithomp2926@comcast.net
Linda Townsend                    grammylindat@verizon.net
Denise Ziegelbein                  denisekeithz@wildblue.net

The Refrigeration Services Engineers Society
1666 Rand Road, Des Plaines, Illinois 60016-3552 www.rses.org

Sponsor and Supporter of the RSES AUXILIARY Sight Glass
# Table of Contents

*Cover story President*  
1

*International Officers and Board of Directors Addresses*  
2 / 3

*Sponsor and supporter RSES Headquarters*  
3

*Table of Contents*  
4

*Notes from the Editor / Ad Tidewater Chapter of Virginia*  
5

*Ads; Triad Chapter Region 4, Mid-West Auxiliary, Carman Frank*  
6

*Larry Lynn, CM, Takes the Pole Position / List Of Contributors*  
7

*RSESA General Business meeting*  
8 / 11

*Awards Bestowed*  
12 / 13

*Children’s Hospital Receives Books / Ad Keystone (Harlan Krepecik, CMS)*  
14 / 15

*Making Life Worth While / Make Life Worth While Guidelines*  
16 / 17

*From The Heart Of Missouri By; Denise Ziegelbein President*  
18 / 19

*Ad St. Louise Gateway*  
19

*Happy New Year to All by; Susan Eckstein, Past President*  
20

*Welcome 2009 by; Diane Smith, SGT-AT-ARMS*  
21

*News From Region 15 by; Lyn Sherman, Vice President*  
22

*From Your Treasurer by; Linda Townsend, Treasurer*  
23

*Ad Virginia Chapter # 1 / Recipes by; Josephine Santos, Gail Paschal*  
24 / 25

*Reflections Of Our Past / Sit Back Reflect on The Day*  
26 / 27

*Holly Returns to School by; Holly Friedman, Secretary*  
28

*Classes At Indianapolis with photo ladies exercising*  
29

*Region 4 Engines Still Racing! (Victory Junction,) Region 4 photos*  
30 / 31

*Mid Atlantic Chapter Started / Memories*  
32 / 33

*Martha Ewer*  
34 / 35

*Ad: MSERA ~ Region 4*  
36
Editors Notes
Greetings from Norfolk Virginia! What a privilege it has been to work on the Sight Glass. With the help of some of the members aiding me I feel that we have put some great ideas together to spark your interest. I hope that you have fun reading it as much as I have had fun on bringing everything together for you to enjoy.

I have always looked forward to attending the International Conferences. It amazes me that we are able to rekindle a friendship with each other within a few short days as though we have always known each one. By taking advantage of the many activities that have been arranged for us gives us an opportunity to get to know each other as well as to form lasting bonds of friendship. So try to attend not only your local or regional conferences but make a special effort to support our International Conferences. Soon faces become so familiar that you are not only disappointed but also saddened when someone you look forward to seeing does not show.

Our 2009 RSES International Conference will be at the Hilton Minneapolis/St. Paul Mall of America Hotel, 3800 American Boulevard E, Bloomington, MN 55425. It will be the last week of October and there are a lot of fun things lined up for you to enjoy. I look forward to seeing you there.

Karen Krepcik, Sight Glass Editor

Compliments Of The
Tidewater Chapter of Virginia

RSESA - 5
TRIAD CHAPTER
GREENSBORO N.C.
CONTACT: TOMMY PASCHAL
336-375-8773
paschalthotmail.com

RSES Region 9
"The Great Midwest"

PRECISION PLUMBING & AIR INC.
P.O. BOX 180279
Richland, MS 39218

“No Decision, Call Precision”
(for all your plumbing, heating & cooling problems)

Licensed & Bonded
24 Hour Service

Carman Frank
601-373-2034
Larry Lynn, CM, Takes Pole Position

Without hesitation Larry Lynn, CM, speeds right to the head of the pack as he takes over for Al Smith. As International Vice President, Larry takes on the duties for International President Al Smith, CM, who was unable to attend our Conference in Indianapolis due to his health. If there were any speed bumps for Larry no one noticed as the conference seemed to run at full pace. There were over 400 in attendance and the venue was full of information. Thirty different classes were available from training and education to involvement in the HVACR industry issues.

Taking the lead and keeping up on all of the latest technology catches the attention of other HVACR Organizations. We set the stage in offering that knowledge to its members as well as others. There were a number of organizations in attendance that addressed the Board of Directors and we look forward to working with them.

Special Thanks to Our Contributors

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 due to your support. For those who may not have been able to attend the different Conferences we hope this newsletter will give you updated information. Recognitions go to the following who have contributed to this issue.

Keystone Business Resources (Harlan Krepcik, CMS)
Mid-Southeast Region 4
Mid-West Auxiliary
Precision Plumbing (Carmen Frank)
RSES Headquarters
RSES Region 9
St. Louis Gateway
Tidewater Chapter of VA
Triad Chapter NC
President Eckstein called the meeting to order at 9:30am

Sgt-at-arms Smith read RSESA prayer and led the pledge, after which both the Canadian and American national Anthems were played.

Sgt-at-arms Smith called roll- all were present with the exception of Dee Moeller, Historian, Jerry Najolia, Officers Activities, and Louann Larson, Secret Pal Postmistress who were excused.

President Eckstein announced that Keith Zeigelbein would serve as Parliamentarian.

Welcome by President Eckstein- recognition of first time attendees and Past Presidents.

President Eckstein asked for a silent prayer for those that had passed away during the past year and for those who could not be with us due to health reasons.

Secretary Friedman was asked to read the meeting minutes from the Annual Board meeting held last year in San Antonio, TX. Lyn Sherman moved to accept the minutes as written and published- 2nd by Ceel Hudleston, motion carried.

Treasurer Pat McCarthy gave the treasurers report and reported that $11,007.94 was the balance from 8/31/07. Total income for this past year was $2,656.35 and total expenses were $3,432.15. That brings the RSESA operating account total to $10,232.13. The balance of the CD is $3,003.82 which brings the total available funds to $19,235.95.

Pat Long- auditing committee- Motion to accept treasurers report and auditing report by Lyn Sherman, 2nd by Sandy Ralston, motion carried.

Lynn Hoke- Credentials reported that they had 6 chapters represented with 71 votes and 13 MAL, for a total of 84 votes.

Linda Sicht Glass- Has money left from last year and will continue to do the sight glass next year.

President Eckstein announced that no one entered the TOD this year. For the Make life Worthwhile awards there were two applications submitted and two more in progress for next
year. Application will be in the sight glass next year so that it is more accessible, it is also available on the web site. Next year they will be due 60 days prior to the conference. (August 29, 2009)

Deidra Bucher suggested that a record be created that lists the recipients of the Make Life Worthwhile award and with what they did so others could have an idea of what has been done in the past.

President Eckstein- Marilyn Smith was unable to attend for Archives. However, President Eckstein went to Chicago in February to review old materials.

Sandy Ralston- By Laws committee- Ellen Stevenson has worked hard on new by-law amendments- will be announced in old business.

President Eckstein recognized 25 year members:

Sharon Compton- Austin          Bonnie Morris- Greater Kansas City
Mary “May” Stewart- Mid Atlantic Chapter Maxine Shuck
Agnes "Jerry" Najolia- Greater Kansas City Sidney Kohlerbacher
Mildred Richardson              Dalton “Steve” Stephens- Austin

President Eckstein will hand out the 25 year certificates and the 50 Year Plaque (Winona Harris- Oil Capital) on Saturday at the Auxiliary Breakfast.

UNFINISHED BUSINESS

By Law committee chair person Sandy Ralston read the proposed changes to Article IV – Privileges of Members. This proposed change was published in the past three issues of the Sight Glass. The new proposed wording is as follows:

Section 1- A member must have reached the attained age of eighteen (18) years to:
    a. Begin membership tenure
    b. Vote at chapter member meetings, serve as a voting delegate, serve as an alternate delegate, serve as a proxy or vote as a member at large.
    c. Hold Office

Change the current – Section 1 to Section 2
Change the current – Section 2 to Section 3
Change the Current – Section 3 to Section 4
Pat McCarthy made a motion to accept as printed- 2nd by Lyn Sherman
Will do ballot vote- motion carried

Motion to destroy ballots- Lyn Sherman 2nd Diane Smith

Karen Krepecik- Operation Family Fund- would like to thank everyone who participated. Check for $10,000 was presented to them from RSES.

Denise Zeigelbein announced that cards for Martha Ewer, Dee, Louann Larson, Kathryn, Marilyn are available for those who want to sign at breakfast and in the hospitality suite.

Pat McCarthy mentioned that the magazine staff wanted to put a section in the Journal for RSESA and suggested that the Sight Glass editor be the “filter” for what is submitted.

NEW BUSINESS

Nominating Committee- Sandy Ralston-

President- Denise Zeigelbein
Vice President- Lyn Sherman
Secretary- Holly Friedman
Treasurer- Linda Townsend
Sgt-at-arms- Diane Smith
Historian- Sandy Ralston
Publicity- Bonnie Johnson
Chapter Supplies- Irene Thompson

Linda Townsend nominated Lyn Sherman for VP, Diane Smith nominated Pat Long- both accepted

Motion to close nominations- Gail Paschal 2nd by Sandy Ralston

Bonnie made stickers for the books- Karen helped – will take to hospital tomorrow afternoon.

Karen Kpreck asked if the hospital take used books, or only new books- Pat Long said most hospitals do not. This should be verified for the hospital in Minneapolis and published in the Sight Glass.

Chapter Supplies- Irene Thompson- Nomination by Denise Zeigelbein
Ceel Hudleson- move to accept slate as on board- 2nd by Sandy Ralston- Motion carries
Lyn Sherman made a motion to accept by acclimation- 2nd by Pat McCarty- motion carries
Lyn Sherman motion to destroy ballots- Diane Smith 2nd- motion carries
Sandy Ralston made a motion to donate $100 to local chapter for hospitality room- 2nd by Lyn Sherman- motion carries
Pat McCarthy mentioned Make Life Worthwhile recipient Cleta Newton and her Guatemala trip.
Keith Zeigelbein moved to donate $2000 to the Cleta Newton Guatemala trip- 2nd by Holly Friedman-
Denise moved to table this until we have further info- 2nd by Lyn Sherman
President Eckstein discharged her committees
Motion and 2nd to adjourn
Meeting was adjourned at 10:43am.

(Rhythm Axe & Kik) Sherri Wilkerson: Guitar, drums, and much more. She can switch off to a wide range of instruments. Her vocals add the feminine touch to the group. Sherri comes from the St. Louis and Western Illinois music scene and studied music at Southern Illinois University.

If Sherri was not excepting an award or preparing to entertain us at the Banquet, with her musical group KIKAXE she was LEADING us through a sock factory in Brown county. There was plenty of shopping and great food. The next day we were off to visit museums, an aquarium, a trip to the zoo and much more. Of course a pit stop was necessary and what a better place than the Indy 500!
Awards Presented

During the award ceremony, many individuals and organizations were awarded for their outstanding achievements and at the top of that list was J.R. “Dick” Burke, CM, of Austin, Texas. Dick was awarded THE RSES MEMBER Of THE YEAR AWARD. There were two recipients for the MSAC Member of the Year Award. Sherri Wilkerson, CM, Carrier Corp., Co Chairman and Jamey Hale, CM, Icor International accept the awards from MSAC Chairman William Barranger, CM.
Congratulations on a job well done!

There were numerous awards presented and you can find them along with the recipients at www.rses.org/08awards.
Children’s Hospital Receive Books

Books collected by the RSES Auxiliary are delivered to The Riley Hospital for Children in Indianapolis, Indiana. With the help from Ray Clary and Bonnie Johnson, labels were inserted into the books donated by the members of the auxiliary and were ready for delivery following the end of the conference. Newly installed International RSES Auxiliary President, Denise Ziegelbein, delivered books along with the help of Irene Thompson and Darlene Baker from the Mid Atlantic Region.
To help in becoming more visible to the community Ray Clary, CMS, quickly goes to work to print off labels to be inserted into the books donated by members of the RSES Auxiliary. Bonnie Johnson helps with making sure that all of the books have labels.

With their wagon full these ladies are ready to deliver books.
“Making Life Worthwhile”

(Butch are you sure you have never moonlighted as an auctioneer? Great job!)

Butch McGuire, CM, gets everyone racing with the auction held in Texas to raise money for “Operation Family Fund”. Cheques were presented to Dr. Laura Schlessinger and to the President of Operation Family Fund in Norfolk, Virginia at the Talk Fest October 20th, 2007. Harlan “Skip” Krepcik, CMS, challenged local Trane Comfort Assured Dealers to match the amount donated by RSES. Pictured above next to Skip is Ben Atkinson Marketing Manager for The Trane corporation. $10,000 was presented from RSES with the help of Mark Lowry EVP from Headquarters and Skip Krepcik. There was a silent auction the night before followed by a Bike Ride to raise money as well. Our donation helped to reach their goal to over one million dollars. For the families that have sacrificed so much we say Thank You.
AWARD NAME: To Make Life Worthwhile

AWARD CATEGORIES: THREE:
1. Member
2. Chapter
3. Regional

AWARD GUIDELINES:
The awards will be given for community service that is non-sectarian and free from any political affiliations as specified by our Constitution and Bylaws.

The community service could include volunteer hours, donated items, fund raising or other like qualified services.

An Auxiliary member may have their community project judged in only one category. Examples:
Individual members who are a member of a Region have two options.
1. They may apply as an individual member.
2. They may include their community project in their Regional Auxiliary application.

Chapter members who are members of a Region have three options:
1. They may apply as an individual member.
2. They may apply as a Chapter.
3. They may include their community project in their Regional Auxiliary application.

The judging for the awards will be the responsibility of three International Auxiliary Officers: preferably the President, Vice President and Secretary. If one of these Officers is unable to serve, another Officer will be asked to serve as an alternate.

The applications for the various awards should be sent to the three judges no later than forty-five (45) days prior to the International Conference. This time is needed for proper judging and preparation of the award plaques for presentation at the annual Conference.

These award guidelines are to be considered policy, and are not a part of the Bylaws. These guidelines may be added to or deleted from with a majority vote of members present at the Auxiliary business meeting.

Respectfully Submitted, Maxine Shuck, Past Auxiliary President.
Adopted by Delegates at Annual Business meeting, Friday, October 21, 1994.
Revised by Delegates at Annual Business meeting, Friday, November, 1, 1996.
Greetings from the heart of Missouri and the Ziegelbein household!! Keith and I hope that all are having a good start to the New Year. We had a wonderful time in Indianapolis. As usual the renewal of friendships and making new friends is always the highlight for me. I wasn’t too sure about a tour to a “sock factory” before we went; however, I left having had a wonderful experience and thoroughly enjoyed “For Bare Feet”. My family reaped the benefits and enjoyed the socks they received for Christmas. My husband has always been an Indy fan and so going to the Race Track and Museum were big on our list. The only disappointment we had was that we didn’t get a chance to go out on the Track. It gives us a reason to have a “next time” in Indy.

Several members of the Board have been very busy since our conference in Indianapolis and they have kept me on my toes. I have to admit that I learn something new about RSES and its Auxiliary on a regular basis. At the Annual Meeting it was discussed that we need to update and revise our Constitution and Bylaws. Paul Winberry volunteered to retype and update the Auxiliary Constitution and Bylaws. He has sent a copy to all of the Board members for review. We will be looking these over during the next few months and getting them ready to be published and possibly vote on at the Minneapolis/St. Paul Conference. If you have questions or would like to see a set of the retyped Bylaws, please contact Paul or me and we will send a set to you.

Since I mentioned the Minneapolis/St. Paul, MN Conference I want to share with those that missed the information on page 40 of the January RSES Journal what a wonderful time is being planned. The Pre-Conference Tours will be a day of seeing “The Best of St. Paul” and the next day will be seeing “The Best of Minneapolis”. The Conference is located very near the Mall of America and the Hotel provides regular shuttles to and from the Mall. In the next Sight Glass I hope to share with you what organization will be our “Making Life Worthwhile” project in 2009.

The Auxiliary has a webpage on the RSES Website. I have found that the best way to currently locate our Webpage go to:

- www.rses.org
- Governance
- About RSES
- RSES Auxiliary

International and I are working to make access easier. Check out your 2009 Board and the Sight Glass will be updated with each issue.
Karen, Sight Glass Editor has been working with Bonnie, Publicity
Chairman to encourage a variety of ads and asking for new information to be submitted. The Sight Glass is your publication and we would like to hear from all of you. What is happening in your Chapters and Regions? I am excited to share that we have a new Chapter in the making. It is an Auxiliary Regional Chapter with officers and members from the Region 4 area.

One of the perks of being the International President is being invited to various Regional Conferences and Meetings across the Country. Keith and I hope to attend as many conferences/meetings that we are invited to and our full-time jobs will allow. Ideally we’d love to visit all 17 Regions but we know that may be an impossible dream. Enjoy the year and Live Well, Laugh Often, Love Much in all you do and help “Make Life Worthwhile” for someone.

Denise Ziegelbein,
2009 International President
Happy New Year to all!

The International conference in Indianapolis was great, the conference team did a fantastic job. I would like to say a special Thank You to Sherri Wilkerson for the great job she did in setting up the Auxiliary programs. I would also like to thank everyone for their participation and for the great help that I had with so many things that made the conference and meetings go well. THANK YOU!

I am on the nominating committee this year and would like to ask that if there is anyone interested in serving on the board this coming year or if you know someone who is interested please let me know. You can reach me by email susan.eckstein@sp.intervet.com or my cell phone number is 816-632-0234.

Wishing you all the very best in 2009.

Susan Eckstein
RSESA
Immediate Past President

Award Guideline Member Example:
Everyone would have to agree that Cleta Newton’s dedication and willingness to give of her time and help in caring for those in Guatemala would make her a deserving candidate of the “Make Life Worth While Award”. Cleta won the Individual Member Award in 2005 at the International Conference in Atlanta Georgia. We not only honor you but we praise you, for the hard work and self motivation that it takes to be able to work without all the modern conveyances and comforts that we have and so often take for granite. It takes a great deal of love that you have provided and shared with those needing help. We thank you Cleta.
Welcome to 2009

Hello Everyone

Wow how the time flies!

Every year Bob & I are fortunate to be able to attend the RSES International Conference. Every year the host committee does a fantastic job and Indianapolis did not let us down. The Conference was super in every detail, to the hotel, the tours, the educational talks, the people, it was just a wonderful time but seeing all the friends one makes each year is the highlight of the event. So again a big thank you to everyone especially Sherri Wilkerson. So plan ahead and know we are looking forward to going to Minnesota in October. Plan ahead and get those submissions in for “Make Life Worthwhile” also. Everyone stay healthy and I wish all the best in 2009!

Diane Smith
RSESA
Sgt-At Arms

Award Guideline Region Example:
A good example for a Regional award would be that of Region 4. Although they were unable to volunteer their time to The Victory Junction Gang Camp, they did donate $900.00 to them. This contribution helps to enable Victory Junction to continue its work and to provide special children the unforgettable Camp experience from the states of North Carolina, South Carolina and Virginia, but also welcomes children and families from all across the United States. The mission of the Victory Junction Gang Camp is to enrich the lives of children with chronic medical conditions or serious illnesses by providing life changing experiences that are fun in a safe and medically sound environment.
News From Region 15

As I write this, I hope that all of you had a great holiday season. We had a great Christmas, with Robyn, Greg and our 2 grandchildren Lyndsey and Paul visiting.

In Indianapolis we installed new officers and I know they are interested in your input. We have in progress a review of our bylaws. We are looking at updating them for the first time since 1984, when this is complete they will be reprinted for distribution. As always we are looking for new members and to have the ones we have to become more involved. If you would like to serve on the board, be a committee member or even have a suggestion or idea you would like to relate, we would like to hear from you. The list in the front of this issue has contact information for all of the Officers and Board Members.

We have a new treasurer this year. If you have not paid your dues please send them to Linda Townsend. Since the August issue, RSESA past President Martha Ewer passed away on September 2, 2008. Also this month, Bill Langley, husband of past RSESA president Barbara Langley passed away. Please remember their families in your prayers.

In closing, I challenge each of you to become more involved in RSESA. Bring a friend with you to a meeting or contribute time for a chapter project. Remember to “Make Life Worthwhile”.

Lyn Sherman
RSESA Vice-President

“Live Well, Laugh Often, Love Much”
From your Treasurer:

Happy New Year! 2009 is here and I am taking on a new job with RSESA, Treasurer. Karen will be doing a great job with the 'Sight Glass', I will miss it, but life moves on. Pat McCarthy will be a hard act to follow, but I'll give it a try.

2009 started better than 2008 for the Townsend family, first I was not in the hospital having had emergency surgery and I was able to view the "Rose Parade" cuddled up in my own den with our two cats. The weather in Southern California was great as you could see on the television. It has been cold here since, down in the 40's at night and 60's in the day. Yesterday it was clear and 70. But remember, we have traffic and earthquakes, ha hah.

On your label you will find a year date after your name. This is the year your dues have been paid through, if it says 2008, your 2009 dues are now to be paid. We run a standard calendar year for dues, and the January issue of the 'Sight Glass' will be a reminder that you should send in you $10.00 dues, where else can you get so much information for so little. I will be updating the year as each of you pay, and so the next label will show updates. I also know that I am not perfect, if a mistake is made, let me know and we can correct it. Make your check out to RSESA for $10.00 per year and mail it to me. My address follows. Also you can email me as well. Feel free to pay for more than one year if that suits you better.

Have a good year,

Linda Townsend
RSESA Treasurer
9920 La Reina Avenue
Downey, CA  90240

“ Make Life Worthwhile”
Meets 1st Wednesday each month
Contact: Ray Clary, CMS
RSES/RSESA
val rses@comcast.net
Recipes

Brown Sugar and Lemon Scrub
(Recipe submitted by Josephine Santos)

A touch of Lemon makes this scrub so refreshing!

1/2 cup brown sugar
1/2 cup salt
1 tablespoon of kalamansi or lemon juice
1 tablespoon of virgin coconut oil (vco)

Mix brown sugar and salt, then add kalamansi or lemon juice, virgin coconut oil and honey, mix well.

Kalamansi is a small citrus fruit crossed between a lemon and a lime. It is also referred to as Calamondin. This small fruit can be used for baking, health care such as a sore throat or cold and even as a facial scrub!

Peanut Butter Fudge
(Recipe submitted by Gail Paschal)

Here's a really quick Peanut Butter Fudge Recipe someone gave me.

18 oz. jar of peanut butter
tub of Duncan Hines creamy vanilla frosting (I think it is 16 oz.)

Mix together and press in a non stick pan and refrigerate overnight to set up.

I made it and it has a good taste but it is not as firm as we usually like fudge.
As reported by; Louise Blair  2003

RSES was formed in 1933. it took just three years for the members to realize they needed their wives to be a part of the organization. In 1936 RSESA became a reality. The third annual conference was held in Memphis, TN at the Guyoso Hotel, November 11, 12, & 13, 1936. At that meeting, the ladies suggested an auxiliary be formed and the men passed a resolution making way for the International Ladies Auxiliary (RSESA).

In 1949, it was noted that several children had lost their lives when playing in old abandoned refrigerators when the door shut on them trapping them inside. A campaign called “Take Off The Door” was started in St. Louis that same year. It was a success and became our motto for years. Many RSESA chapters set up contact people and phone numbers to call if an abandoned refrigerator with a door intact was spotted. Numerous service projects have been assisted because of an Award program; “Make Life Worthwhile” has been given at the convention chapter, region or individual for their service projects. There have been many auxiliary chapters organized throughout the USA and Canada, or you can be a member at large if there is no chapter in your area. At our Region 4 2008 Convention held at Greensboro, NC we started a regional chapter. Today both men and women serve as members in the auxiliary.

The “Sight Glass” is a publication that keeps RSESA Auxiliary members up to date on officers and chapter activities. With the support of our advertisers we are able to publish three issues a year and offer them to our members for $10.00 a year. There are three sizes offered now; a business card size for $100; a 2-business size for $200; and a full-page ad for $300. For this amount of money the ads are run in all three issues for the year 2009. Checks are to be made out to RSESA along with your three original copies of the ad and mailed to my home address at: 3308 Dominion Ave, Norfolk, Virginia 23518.
Sit Back Reflect On The Day

Left to right: Ray Clary, CMS, Deputy Director Region 4, Harrison Travis III, CM, International Treasurer Director Region 10, Butch McGuire, CM, International President 2007, Harlan “Skip” Krepcik, CMS, Director Region 4 with wife Karen Krepcik Sight Glass Editor, and Vice President Bruce Kampschoer, CM, International Vice President from Region 11. (photo from Atlanta Conference)

In the year 1911 the very first Indianapolis 500. In the early days Most drivers were Accompanied by a Riding mechanic.

Looks like more Classes and maybe some Reflecting or should I say Refreshments!
Holly Goes Back To School

“On yet another cold rainy day in New Jersey I can't help but reflect on the warm sunny days of the past and of those to come, although not soon enough for this Floridian.

The months since the conference have been both busy and challenging for us. The week after the conference I was laid off from my job and after the shock wore off I embraced being a housewife. George swears he gained ten pounds because I wouldn't quit cooking and baking! Then after many interviews and many hours of indecision I decided to go back to college full time and finish my degree in Elementary Education.

The past month has been especially busy, with Hanukkah, Christmas and both of our birthdays it seems like we were never home. But we are lucky to be blessed with wonderful friends to spend time with who keep us hopping! I also welcomed my first nephew to the family and got to spend some time with him and my sisters and friends in Florida which I enjoyed immensely.

Now we wait for spring, looking forward to warmer days and more time spent outside enjoying them. I hope the holidays were good to all of you and this new year is especially joyous."
Classes Held At Indianapolis

The ladies take advantage of classes at the international conference. Some of us received manicures, and massages. We were given recipes on bath bombs, facial scrubs, soothing hand creams, and oh yes even classes on exercising!

(Preparing to be LEAN and Green for 2009, in case you can’t tell these ladies are actually exercising!)

The next time you get ready to make an afghan and you are unable to find your crochet hooks or a very large knitting needle not to worry. Use a broomstick! We had a demonstration an samples on broomstick lace.

A check list for creating a bird friendly backyard was provided along with information on what variety of plants and flowers are needed. Did you know that Lady Bird Johnson Wildflower Center has lists of recommended native plants by region and state to attract butterflies? Just go to www.wildflower.org/collections.

I have only mentioned a portion of what was offered to us by attending the International Conference at Indianapolis. Make plans now to take advantage of all the information that will be provided by the host at our next International Conference.
The Mid-Southeast RSES Region 4 held their annual Educational Conference in Greensboro, NC, October 2-5, 2008. Our attendance was lower than expected, we think due to the sharp increase in the price of gasoline and the availability of it as well. In spite of economical barriers, the atmosphere of the conference was great. The food was excellent and the spirit of friendship was present. During the conference, we made plans to form a regional auxiliary. A group toured the Victory Junction Gang Camp in Randleman, NC. This is a camp for severely handicapped or terminally ill children started by Kyle & Patti Petty in memory of their son, Adam, and has a racing theme. Paul Newman worked with them to plan the camp along the same lines as his Hole In The Wall Camps for children. The camp set up a table in the Conference trade show so information could be available to those who could not take the tour. Region 4 raised $900.00 for the camp was presented when we took the tour.

Submitted by, Gail Paschal, Greensboro, NC
Gail and Tommy’s daughter Wendy gives Vegas a swing just before we take our tour of the camp.

Pictured below from left to right Ray Clary, CMS, Robert Sherman, CM, International Secretary, Skip Krepcik, CMS, Jerry Richey, CMS, Tommy Paschal holding his granddaughter, Vegas, John Forsythe and Tracy Currie at the table displayed by Victory Junction Gang.
Charter presentation makes new Auxiliary Chapter official

Historian Jeanne Casey; Secretary Holly Haggard; International Auxiliary President Susan Eckstein; Sergeant at Arms Darlene Baker; Chapter President May Stewart; and Treasurer Dorothy Winberry proudly display their Chapter’s newly presented Charter.

On Dec. 15, 2007, the newly formed Mid Atlantic Chapter of the RSES Auxiliary was presented with their Charter by the International Auxiliary President Susan Eckstein. This chapter is made up of members from New Jersey and Maryland and has 19 charter members. The presentation of this charter marks this as the first new Auxiliary Chapter to have been formed since the Jefferson City Chapter in 2003. The Chapter is currently in the planning stages of a service project for 2008 so they too can “Make Life Worthwhile.” The Chapter would like to thank President Eckstein for joining them, and they welcome her back anytime.

44 RSES Journal ~ February 2008
In Memory

May there be comfort in knowing Friends are there and they share in your sorrow. Our condolences go to friends and the families of the following members.

Betty Bond from the Mid West Region,
Marilyn Chafe: December 5, 2008 from Clarke’s Beach Newfoundland, Canada the Cabot Chapter. Her husband David Chafe, CM, is the current Canadian RSES President.
W.D. Compton: Kerrville, Texas member 2008 from the Southwest Regional Chapter,
David Fearnnow, CM, from Dorr, MI Southwest Michigan Chapter,
James M Freidrich, CMS, from Massilion, OH, Cleveland Chapter,
Martha Ewer, Past International President of RSESA from, South Arizona Chapter and CARSES,
Lawrence Holtzlander, JR., of Richmond, VA, Virginia Chapter
Willie Hull, from Baton Rouge, LA, Red Stick Chapter,
Bill Langley Sr., from Region 10 with the Cowtown Chapter. His Wife Barbara Is a Past International President of the RSESA. Bill dedicated his life to further his knowledge by writing numerous books on the trades.
Donald Trost, CM, from Eliabeth, PA, Cleveland Chapter.

Our condolences also go out to Bonnie Morris whose Father passed away on December 23, 2008 and to Skip Krepcik whose Mother passed away on the 21st of December.

Remembering A Friend

It is with regret that I inform you of the passing of
W. D. Compton on Friday January 16th at the age of 88. He was an RSES member of the Kerrville, Texas chapter and also an Auxiliary member. He and wife Sharon were very active at all levels of RSES for many years. They served many positions in the Southwestern Regional Association and W. D. served as the 45th president of SWRA in 1995. He was a respected business owner and friend to many.
In Memory Of Martha Ewer

Contributed by; Lyn Sherman

When I was asked to write this article I knew I didn’t want to do the usual obituary, but to write something more like a tribute to my friend. Martha passed away on September 2, 2008.

For those of you who may not know, Martha and Walt were married for more than fifty years. They had 8 children, 24 grandchildren and 13 great-grandchildren as well as numerous nieces and nephews. Walt and Martha became involved in RSES and RSESA in the early 1960’s and were charter members of the Southern Arizona Chapters of both as well as the CARSES Regional Auxiliary. Martha served in the chairs of the Southern Arizona Auxiliary as well as CARSES and RSESA International and was the President in 1997. Throughout her life she had a strong faith and was active in her church. For the past 16 years she was employed as the Kitchen Supervisor at Whitmore Elementary School in Tucson. Martha often relayed stories about the kids and I know she touched their lives in a positive way. Walt & Martha believed faith in God, family first then RSES.

In the 20+ years we have known Martha & Walt we have remained friends and have many great memories. I would like to relate a few, some are family related and most involve RSES.

Through the years at RSES conferences, (I can’t remember them missing one), I can recall many great times. When they hosted a conference in Tucson, all the Ewer family as well as the Southern Arizona RSES chapter was involved and you felt like you were part of that extended family. Creative table décor is the norm and there have been candles and flowers as well as some more unusual items. To name just a few, Fighting fish swimming in a vase under peace lilies, Cactus gardens auctioned off to benefit the local RSESA, a singing fish that wouldn’t be quiet and hand painted wind chimes all made appearances. I’m sure that Martha had a hand in the planning of all of them.

At CARSES, there are even more memories, when Walt was installed as President, daughter Debbie, granddaughter and great grandson traveled for 15 hours to be there to surprise Walt and Martha.

On their 50th wedding anniversary, Walt surprised Martha with a hotel room full of rose petals, candles and champagne. CARSES surprised them with a party and again several of their kids and their families drove long hours to be present for the surprise.
When we visited each others homes we usually had the normal good time but not a lot of excitement. The first time they spent the weekend with us, Bob and Walt spent the day driving and attending a CARSES meeting returning in late evening. We promised they could sleep late the next morning, but God had other plans. At 4:30 am the 7.0 Big Bear earthquake served as their alarm. After the shock wore off and we determined we all were fine, Martha accused Bob of submitting a special request for their wake-up call. It became the standard reply, when we issued the invitation to visit, could they skip the wake-up call.

International conferences have also contributed many memories. In Hawaii a knock on the balcony of our room (near the top of a high hotel tower) was answered to reveal Walt standing there and Martha several balconies over waving. In St Louis a grandchild not exiting the elevator with the older kids resulted in a floor to floor search by CARSES members. Luckily Christine was located safely in a short time. When they hosted the RSES International conference in Tucson, they were dressed appropriately as the Riverboat gambler and his belle at the Halloween costume dinner.

Many RSES functions have been hosted in Tucson, Walt and Martha were supported by their family, Southern Arizona Chapter and CARSES. I’m sure that all who have attended one of them has benefited from their experience. It won’t be the same without Martha, but she left behind the people she influenced to carry on.

Martha, I miss you and know there are many others who miss you. We all are better off because we met and got to know you.
Mid-Southeast Regional Association
Consisting of Participating Chapters From
North Carolina . South Carolina . Virginia

Cordially invites you to participate in our educational conference held annually on a rotating basis through the three states of the Mid-Southeast Region

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

2009 Conference
Sheraton North Charleston Convention Center
4770 Gore Drive, Charleston, S.C. 29406
September 17-20, 2009
Contact- - - Robert Foust, CMS

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