SIGHT GLASS

Reflecting the RSES Auxiliary Activities

Volume 60 issue 2
April 2011

Back Row: Darlene, Susan, Sandy, Lyn and Terry
Front Row: Denise, Pat, Holly, Gail, Bonnie and Barbara

“Make Life Worthwhile”
International RSESA Officers and Board of Directors

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RSESA-2
Did you know that
Thomas Jefferson, at the
age of 9, studied Latin,
Greek and French.
MAKE PLANS NOW TO ATTEND THE INTERNATIONAL CONFERENCE NORFOLK, VIRGINIA NOVEMBER 2-5-2011
Former Assistant Secretary of the Army, John Paul Woodley, Jr.  
Morning 2011 Keynote Speaker

Is a strong advocate for sustainable design as a leader at the State and National levels.

Noon: Special Guest Speaker  Hollywood Actor, Green Author and Environmentalist, Ed Begley, JR.

Engineering Unplugged

More than 250 professionals received continuing education credits by attending the Second Annual Engineering Unplugged Conference in Norfolk, Virginia on April 12, 2011. The conference was hosted by Old Dominion University and held in their Ted Constant Convocation Center. Make Plans now to attend Engineering Unplugged 2012.

Skip Krepcik, CMS, RSES International Director, Region 4 from the Tidewater Chapter of Virginia takes time for a photo during a break out session. Representing Carrier Enterprises Skip Krepcik, Commercial Sales Engineer, Blair Pressley, Inside Sales Rep., (Special Guest speaker Ed Begley JR.), and Don, O’Dey, Commercial Inside Sales Rep.

Engineering Unplugged

Today's climate for engineering and design is always changing so continuing education is critical for success in a technology driven field such as mechanical engineering. – Steve Lowe, Mechanical Engineering Dept. Head, AECOM
GEORGE S FRIEDMAN CM
WOULD LIKE TO THANK
RSESA PRESIDENT
HOLLY L FRIEDMAN
FOR ALL THE
THINGS SHE DOES.

George S Friedman CM
Would like to thank
RSESA president
Holly L Friedman
For all the things she does.

GEORGE S FRIEDMAN CM
WOULD LIKE TO THANK
RSESA PRESIDENT
HOLLY L FRIEDMAN
FOR ALL THE
THINGS SHE DOES.

RSESA-6
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 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. Recognitions go to the following who have contributed to this issue.

Dallas Chapter Region 10
FIRE ICE Mechanical Kurt and Lisa Eggert
Empire Keystone Association RSES Region 2
George Friedman, CM, Region 3
Harlan “Skip” Krepcik, CMS and Karen Krepcik Region 4
Metropolitan New York Chapter Region 2
Mid-Southeast Region 4
Mid-West Auxiliary Region 9
Middle Tennessee Chapter RSES Region 7
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
UMRA Region 11
Virginia Chapter 1 Region 4

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

If you would like to show your support by contributing an ad please contact:
“Sight Glass” Editor, Karen Krepcik at krepcik@cox.net or call 757-588-1358.
EMPIRE KEYSTONE ASSOCIATION

Proud to support the RSES Auxiliary
Compliments Of The
Tidewater Chapter of Virginia

Chesapeake . Norfolk . Portsmouth
Virginia Beach

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

Sponsor and Supporter of the RSES Auxiliary Sight Glass
Hi EVERYONE, from sunny (today) Fort Worth Texas!

Spring has sprung here in Texas and it is beautiful, well at least until another storm comes through. I love this time of year. Seemed as if winter was so long this year. Hope all of you are well and the weather is finally getting warmer in your corner of the world.

I really enjoyed seeing those of you that were able to attend the conference in Tucson. Mac and I worked the hospitality room a lot of the time so I was unable to go on the tours as I usually do but I did get to go to a casino in Phoenix thanks to Ray Clary. Had a great time (Gail and Tommy Paschal came along and no, none of us won a lot of money)

Thanks to all that attended our regional conference in March here in Fort Worth. I think everyone had a good time. We had a hotel this time that really was set up well for all our classes and especially the hospitality room. We had a great turn out for the classes and for the trade show this year. The vendors were very happy with the attendance and this makes all the hard work worthwhile. What a great group of friends Mac and I had to work with and I hope they had as much fun as I did. I've had some really nice feedback from the hotel (which is always a good sign) as well as some that attended. Conferences are fun but it is sure a lot of work.

The International conference is going to be in Norfolk, VA this year. What a great town to visit. There is so much to see and do in the area. The weather should be very nice that time of year. Mac and I are going to drive and it should be a really nice drive. Sure would be great to see a really good turnout of members. It has been a while since we were on the East Coast. Plan on attending remember try it I think you'll like it!

I think some of you were surprised that I came back into the chairs of RSESA, I must admit so was I. I felt my time had been served but after being approached by several members, I finally agreed to do this one more time. Not there are not some of you just as eager to help I'm sure. RSES is working through some problems and there are a lot of changes going on which is a concern to us as members of RSESA. We all need to support our organization whether it be RSES or RSESA.
1743-1826, THOMAS JEFFERSON, the third President of the United States, was born in Shadwell, near Charlottesville, Va. His father was the Virginia magistrate and surveyor Peter Jefferson, and his mother, Jane Welsh Jefferson, belonged to one of the most prominent families in the colony. Jefferson was educated at the College of William and Mary and was admitted to the Virginia bar in 1776. In 1772 he married Martha Wayles Skelton, the daughter of a Virginia lawyer.

Jefferson was one of the most prominent American representatives of the period of intellectual activity known as the Enlightenment.
The snow in eastern Nebraska doesn’t seem to want to quit. We have a nice day of about 70 degrees and then the next day we wake up to several inches of snow. At least by the end of April we know that the snow won’t last long, and we are now seeing signs of Spring as the birds arrive on our lake.

Our life took a bit of a change the past few months. Mid-March I started working full time for a local contractor, handling Kitchen design and cabinetry sales in addition to continuing some home design on my own. Often I am very surprised as to how busy I continue to be.

We took a few days off in March to attend the joint Midwest/UMRA conference in Kansas City. I enjoyed the tours of the US Federal Reserve, the WWI Museum, tour of the Plaza area and the Antique Toys and Miniature Museum. I was able to grab a few minutes to sneak off and check out the Nelson Art Gallery and a little shopping in the Plaza district.

The hardest part of our weekend visit was that Mike’s back pain continued to increase. His visit to a local urgent care center helped very little. When we arrived home the doctors decided that Mike needed back surgery immediately. After several hours in surgery on March 29th and the rehab that followed, he is now on the road to recovery and is going into the office.

We are already looking forward to seeing everyone in Virginia this fall. Have a great summer!!

Bonnie Johnson
Sergeant-at-Arms
International RSESA

Make plans now to attend the 2011 RSES International Conference 777 Sheraton Waterside at Norfolk, Virginia. November 2 –5, 2011
Hi All,
Looks like spring has finally arrived. We are still having up and down temperatures, but more up than down which is good! I want to thank everyone who was able to come to the Mid-West/UMRA Regional Conference in Kansas City. I hope everyone had as good a time as I did. It was great to see everyone.

Sandy Ralston  
Director of Membership  
International RSESA
HI FOLKS,
Things are going well in our little world. Tommy is doing great since his colostomy reversal. Wendy and her family have moved into their new home. Goodbye apartment, hello wide open spaces. Vegas and Tyler love going outside to play and riding the tractor with “Gaga”, their name for Tommy. On February 15th, I had open heart surgery. They replaced my aortic valve. A few years ago, I developed a heart murmur and tests revealed that I had a birth defect. A normal valve has 3 flaps that open and close when the blood goes through it, mine only had 2. As I have gotten older, I like to say “after many years of having too much fun”, it finally gave out. I still have some soreness, but am getting better every day. I want to thank all of you for your prayers, get well cards, phone calls and emails. It surely brightens your day to know that someone is thinking of you. Hope you all have a fun filled spring and summer.

Gail Paschal,
International Secretary RSESA

Make sure you notify the Treasure, Denise Ziegelbien and Membership Director, Sandy Ralston if you have changed your mailing address.
CONGRATULATIONS…..
the following RSES members passed the CM exam in March 2011 and were awarded CM status:

CHARLES J. MORALES, CM, of the Cowtown Chapter, Fort Worth, Texas;
BURT WALLACE, CM, of the Rose City Chapter, Tyler, Texas.

To obtain CMS status, a SM or RSES member must first pass the CM examination. CMS status is earned by passing one or more of the eight Specialist examinations available. Specialist exam categories include: Commercial Refrigeration; Commercial Air Conditioning; Heating; Controls; Domestic Service; HVACR Electrical; Heat Pumps; and Dynamic Compression.

The following RSES member passed a CMS exam in January 2011 and was awarded CMS status:

PAT A. CASSIDY, CMS, of the Antelope Valley Chapter, Lancaster, Calif., passed the CMS exam in Heating.

The following RSES members passed a CMS exam in March 2011 and were awarded CMS status:

MAURICE W. YOUNG, CMS, of the Permian Basin Chapter, Odessa, Texas, passed the CMS exam in Heat Pumps;
GARY L. REECHER, CMS, of the Mississippi Valley Chapter, Davenport, Iowa, passed the CMS exam in HVACR Electrical;
ROGER W. RAFFAELO, CMS, of the Central Florida Chapter, Orlando, Fla.

The CM/CMS exam series originated in 1935 and the SM classification was introduced in September 2008. For additional information, please contact the Educational Branch of RSES by calling 800-297-5660.
Now is the time to submit nominations for “Make Life Worthwhile” Awards

Chapter Category Winner
MARA
Lyn Sherman and Darlene Baker

Regional Category
CARSES
Barbara Lukanuski and Lyn Sherman

Didn’t we do this already?
I know but let’s do it
I think I Blinked.
Holly? Help!

Didn’t we do this already?
I know but let’s do it
I think I Blinked.
Holly? Help!

Didn’t we do this already?
I know but let’s do it
I think I Blinked.
Holly? Help!
AWARDS…..
Just a reminder that all nominations for the “Make Life Worthwhile” Awards need to be sent to the RSESA International President Holly Friedman as soon as possible. Although, the conference is not until the first week in November Please have them in by July first.

Two awards were presented at the International Conference held at Tucson, Arizona.
“Make Life Worthwhile Award”
Chapter Category: MARA (Mid-Atlantic Regional Association)
For the Regional Category: CARSES (California Arizona Refrigeration Engineers Society)

Great Work CARSES!
Way to go MARA

SENIOR CITIZENS ARE THE NATION'S LEADING CARRIERS OF AIDS!
HEARING AIDS
ROLL AIDS
WALKING AIDS
MEDICAL AIDS
GOVERNMENT AIDS
MOST OF ALL, MONETARY AID TO THEIR KIDS!
Taking time for a photo opt. At the RSES International conference held at Tucson Arizona

(Sitting from left to right)
Roger Hensley, CMS, Educational and Examining Board Chairman
Robert Sherman, CM, International President
Larry Donalson, International Vice President
Mike Eckstein, CM, International Sergeant at Arms

(Standing left to right)
George Friedman, CM Region 3, Larry Brewer, CM Region 10,
Earl Kripas, CMS Region 6, Rich Hoke, CMS, Region 8 and 11 and
Joe Marchese, CMS, Region 2 (NY, PA)

AT 33, THOMAS JEFFERSON WROTE THE DECLARATION OF INDEPENDENCE.
Thank you for your donations to the RSES Auxiliary. Your contributions will help make The Sight Glass an on-going success.

On behalf of the RSES Auxiliary, I sincerely thank you, again.

_Terry Hollander_
*RSES Auxiliary Publicity Director*

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**CREDENTIALS…..**
Forms, for Members at Large, ARE INCLUDED in this issue of the *SIGHT GLASS* along with the credential forms for chapter members. PLEASE take the time to fill them out if you wish to have another member carry your votes in your absence. Be sure to send in your credentials by the 15th of September to our International RSESA Secretary at the following address:

_GAIL PASCHAL_
5412 Milford RD
GREENSBORO, NC  27405

_Darlene Baker_
*RSES International Credentials, BOD*
Hi to all from the Mid-West. I am a few days late in writing this article but it was the first time in a month I have been able to sit down and concentrate on what I want to share with my Auxiliary friends. In fact I am in the car traveling with Keith to visit our granddaughter and her parents. It is a 15 hour car trip from Lohman (Jefferson City), Missouri to Rapid City, South Dakota. We are very thankful for our RSES friends, Bonnie & Mike Johnson who welcome us to stop for the night as we cut across the northeast corner of Nebraska.

The last month has had us on the go as usual. The last weekend in March we attended the Midwest/UMRA combined conference in Kansas City. We attended a day early so we could catch the tours. We toured the US Federal Reserve (Branch 10 in KC). I, being a history buff, really enjoyed learning how our U.S. currency has evolved, how money is moved from one area to another. The security used in handling the currency is quite awesome.

We spent the afternoon at the WWI museum. I must admit I did not realize or remember all of the actions that occurred in Europe before the United States entered the War. You would think the world would learn lessons from the past, but we continue to war and much of it is in the same areas as before.

Other events for the Auxiliary were a bus tour of Old Town Kansas City and the Plaza. We took a few minutes to check out Union Station and a tour of the Antique Toy and Miniature Museum.

Here are two pictures from the Midwest/UMRA conference. One is of the WWI museum and the other is looking at Union Station from the WWI tower.
As usual the food was good and the hotel did a great job accommodating us. It is a shame that more RSES and Auxiliary members were unable to join us. Special kudos to Sandy & Mike Ralston and the Greater Kansas City chapter for putting the conference on, thanks guys!!

As Treasurer, I should get some work news into this newsletter. If you have sent yours or your chapter’s dues to me within the past month or so, thank you. By the time this newsletter arrives all should have received their 2011 membership cards. If yours has not arrived please either give me a call or send me a quick email. My email is keith-denisez@gmail.com and my cell phone number is 573-690-0881. If you are one of those, like me where time seems to just slip away and before I know it another mouth has gone by, please check whether or not you paid your 2011 dues. If not, please send them within the next few weeks. Our youngest son is getting married July 2nd and our third grandchild is expected mid-July. We know summer will be very busy and I want to be able to pull the membership information together to get into the August newsletter as early as possible. I hope to send out reminders to members that I haven’t heard from, but the saying “Great plans of Mice and Men” seems to fit me more often than not.

Have a wonderfully Spring and Summer,

Denise

RSESA International Treasurer
Denise Ziegelbein

my granddaughter - Elliana, age 8 mos
My grandson - Brice - age 19 mos
In 1973 scientists discovered the intact wreck of the **Monitor**, and the site was subsequently protected by the Monitor National Marine Sanctuary. The steam engine and turret of the **Monitor** were recovered in 2002 for display with other artifacts at the Mariner's Museum, Newport News, Va.

On May 9, 1862, following the Confederate evacuation of Norfolk, the **Virginia** was destroyed by its crew. The **Monitor**—with 16 crewmen—was lost during a gale off Cape Hatteras, NC on December 31, 1862. The wreck of the **Monitor** was located in 1973, and in 2002 marine salvagers raised the ship’s gun turret and other artifacts from the wreckage.

In 1973 scientists discovered the intact wreck of the **Monitor**, and the site was subsequently protected by the Monitor National Marine Sanctuary. The steam engine and turret of the **Monitor** were recovered in 2002 for display with other artifacts at the Mariner's Museum, Newport News, Va.

* Destruction of the rebel monster Merrimac off Craney Island, 11 May 1862 by Currier and Ives

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**USS Monitor** became the prototype for the monitor warship type. Many more were built, including river monitors, and they played key roles in Civil War battles on the Mississippi and James rivers. However, while the design proved exceptionally well-suited for river combat, the low-profile and heavy turret caused poor seaworthiness in rough waters. In December of 1862 the Monitor was ordered to Beaufort, North Carolina to assist in the Union blockade of the Carolinas. While in tow by the **USS Rhode Island** the ships encountered a heavy gale. The Monitor took on water and sank on New Year's Eve, December, 1862, in the Atlantic Ocean off Cape Hatteras, North Carolina in an area known as the Graveyard of the Atlantic. In 1973, the wreck was located.
After the Battle of Hampton Roads, neither ship played much of a subsequent part in the war, and neither survived 1862.

Events on land surrounding Hampton Roads forced the Confederates to abandon the Norfolk area. As the evacuation of Norfolk and Portsmouth got under way on May 10, 1862, the officers and crew of Virginia were left with few options. Commander Josiah Tattnall realized that his ship had too much draft to make it up the James River to Richmond, and there was little chance of successfully escaping out of Hampton Roads past the waiting fleet of Union warships off Fort Monroe that were surely anticipating just such a move.

To keep her from being captured, early on the morning of May 11, 1862, Tattnall ordered Virginia run aground at Craney Island and set afire. After burning fiercely for about an hour, the flames reached her magazine, and the ship was destroyed by a great explosion.

More than 10 years after the end of hostilities, on May 30, 1876, the wreck of the Virginia was raised and transported back to the ship yard at Portsmouth where it was broken up.

Portions of the Virginia, including her armor, anchor, and guns, have been displayed for many years at the Norfolk Naval Shipyards in Portsmouth and the Mariners' Museum in Newport News. The anchor of the Virginia sits on the lawn in front of the Museum of the Confederacy, established in Richmond in 1890.

**BE SURE TO SEND IN YOUR CREDENTIALS BY THE 15TH OF SEPTEMBER!**
Delegate: Bring this copy to the annual Conference.
DELEGATE CREDENTIALS
Annual Conference
November 2-5 –2011
Norfolk, Virginia

MEMBER AT LARGE: ________________________________

DATE: ___________________________________________

DELEGATE: _______________________________________

PROXY: __________________________________________

ALTERNATE DELEGATE: _____________________________

(MAL) CITY AND STATE: ___________________________

SIGNED BY
MEMBER AT LARGE: ______________________________

Mail this copy to the International Secretary:
GAIL PASCHAL, 5412 Milford RD, GREENSBORO, NC 27405

_________________________________________________________

DELEGATE CREDENTIALS
Annual Conference
November 2-5-2011
Norfolk, Virginia

MEMBER AT LARGE: ________________________________

DATE: ___________________________________________

DELEGATE: _______________________________________

PROXY: __________________________________________

ALTERNATE DELEGATE: _____________________________

(MAL) CITY AND STATE: ___________________________

SIGNED BY
MEMBER AT LARGE: ______________________________

Delegate: Bring this copy to the annual Conference.
Support the RSES Auxiliary and the Sight Glass

Contacts for UMRA
Gary - hchr@rrv.net
Judy - 3angles3@rrv.net
Middle Tennessee Chapter
Meeting on the second Thursday
of every month
www.midtennrses.com
Contact:
Jayson Goff CM
jayson.goff@gmail.com
Regional Director
Keith Hill CM
keithhillcm@bellsouth.net
Conference Dates and Daily Themes

Sunday, October 23
Set the Course - Welcome Activities

Monday, October 24
Realizing 2006 Profitability with a 2012 Mind-Set

Tuesday, October 25
The Future is Your Decision

Wednesday, October 26
Know the Road...Set the Course

Thursday, October 27
Play the Course - Golf Outing

Price List
Executive Registration: $695.00
Spouse Registration: $350.00
Press: $425.00

RSES CANADA ANNUAL EDUCATIONAL CONFERENCE 2011
May 6th, 2011 - May 7th, 2011

NB & PEI RSES 2011 SPRING EDUCATIONAL SEMINAR
May 6th, 2011 - May 7th, 2011
March 23-25, 2011  Lansdowne, VA

Who Should Attend:
Professionals at:
- Mechanical design firms
- Architectural firms
- Mechanical consulting firms
- Facility management departments
- Sales engineering firms
- Utility companies

When: May 18-20, 2011
Where: Atlanta, GA
ASHRAE Foundation Learning Center,
Cost: $1,239
(ASHRAE Member: $989)

ASHRAE
HVAC Design Essential Workshop
Workshop Topics:
Day 1
Fundamentals
Heating/Cooling Load Calculation
System Selections
Day 2
Common System and Components
Cooling System
Basic Design of Hydronic Systems
Basic Design of Air Systems
Day 3
Control/BAS Commissioning
Sustainable Design
Project Management and Other Soft Skills
Introduction to Technical Sales

Who Should Attend:
Professionals at:
- Plumbing and HVAC instructors, administrators, and counselors of secondary, postsecondary, and proprietary programs
- Instructors and administrators of HVACR and plumbing apprentice programs
- Apprentice program advisory committee members
- Council of Air-Conditioning and Refrigeration Educators (CARE)
- ACCA, PHCC, and RSES Chapter leaders
- Managers of company training programs
- Training instructors affiliated with ACCA, AHRI,HARDI, NATE, PAHRA, RSES, PHCC and Skills USA

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- Instructors and administrators of HVACR and plumbing apprentice programs
- Apprentice program advisory committee members
- Council of Air-Conditioning and Refrigeration Educators (CARE)
- ACCA, PHCC, and RSES Chapter leaders
- Managers of company training programs
- Training instructors affiliated with ACCA, AHRI,HARDI, NATE, PAHRA, RSES, PHCC and Skills USA

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Cooling System
Basic Design of Hydronic Systems
Basic Design of Air Systems
Day 3
Control/BAS Commissioning
Sustainable Design
Project Management and Other Soft Skills
Introduction to Technical Sales
Mid - West and UMRA take time for a quick photo while on the tour at the Kauffman Memorial Gardens in Kansas City.

*(pictured left to right)*  **Mid-West Auxiliary Officers**
President: Susan Eckstein      Vice President: Elinor Fink-Clark
Treasure, Diane Smith         Secretary / Historian: Sandy Ralston
SGT-at-Arms: Bonnie Morris
Even the men couldn’t resist the tour of the Kansas City Federal Reserve Bank.

And the visit to the WWI National Museum was well worth the wait. We look forward to our next conference.
DALLAS CHAPTER
CONTRIBUTOR AND SUPPORTER OF THE
“SIGHT GLASS”

CONTACT: HARRISON TRAVIS III, CM
hot3rdcm @hotmail.com
Meets 1st Wednesday each month
Contact: Ray Clary, CMS
RSES/RSESA
va1_rses@comcast.net
IN MEMORY
We send our thoughts and prayers for those who have suffered a loss, of a family member or the loss of a loved one.

JACK CASSLEBERRY: From Mechanicsburg, PA Central Pennsylvania Chapter

CHARLES W. COFFEE, passed away last summer. Chuck was RSES Executive Vice President from 1993-1997, Chuck’s tenure, though short, had a lasting impact in a number of ways – with regard to the board, he began the practice of “topic papers” which evolved into the “blue book” preparation materials. He also was the catalyst behind formation of the RSES JOURNAL, bringing our official journal to an internal publication. Upon his early retirement for health reasons, the Society awarded Chuck with a lifetime membership, and he had joined the Middle Tennessee Chapter at that time.

CHAS N. GENESIO, CM: From Du Quoin, IL, the Little Egypt Chapter

VERN JONES, CMS: RSES 1997 International President, of Meridianville, Alabama passed away in February 2011. He was both RSES and RSES Auxiliary Member. Survivors include his wife, Phronsie Jones; his children, Scott Jones, Shirley Anderson and William Rydbom; his grandchildren, April, Amy, Mary Charlotte, Elizabeth Anne, Logan and Sarah; and one great-grandson, Sutton. Vern was a member of the Tennessee Valley Chapter.

FRANK LAMBERT: From Winnipeg, MB, Winnipeg Chapter

JEROME A. LEACH: From Cleveland Ohio, Cleveland Chapter

IRV MOELLER: 2002 RSES International President
Irv was preceded by his wife, Dee December 9, 2010. Member of the Red River CHAPTER Fargo, North Dakota Chapter

We send our heart felt sympathy to Judy Nyvseen and her family for the loss of her Mother.
JAMES RZEPKA, CM: From the River Grove IL., the Greater Chicago Chapter

MICHAEL SOLLITTO: From East Providence Rhode Island. The Ocean State Chapter

BERRY TKACHUK: From ST. Albert, AB, Gateway Chapter.

As we all know the past year has been one of the worst years for natural disasters. No matter where we live we have friends and loved ones who are having to deal with some of the weather's most devastating catastrophes. Most recently, The United States have been undergoing recovery from the deadly tornados. We have members from Texas who have been affected by the wild fires that have burned over 2 million acres. Once again, there are countless homes destroyed by the flooding in the upper mid-west where friends are having to deal with the flooding of the Mississippi and Red River. The North East had her share of problems this past winter with all the huge amounts of snow fall. Nearly a year ago, Air Traffic came to a stand still, from the eruption of a Volcano from Italy. In March Japan was struck with one of the largest earthquakes ever recorded and Shortly afterwards a tsunami causing the melt down of one of their nuclear reactors. Because we have become reliant of a global society, our lives can’t help but be effected when disasters strike. We send our prayers to the families and their loved ones who have been affected by the resent events.

To those you may be giving care and support for loved ones who are ill we wish you Strength and endurance to help you with your tasks. We have a number of members who have been ill and some who have recently had to have surgery. We wish you well and pray for a speedy recovery.
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 throughout the three states of the Mid-Southeast Region.

FOR INFORMATION ON TRAINING PROGRAMS CONTACT:

DEPUTY DIRECTOR--SKIP KREPCIK, CMS at Krepcik@cox.net

SOUTH CAROLINA: ROBERT FOUST, CMS at robert.foust@navy.mil

VIRGINIA: RAY CLARY, CMS at controlsdoc@juno.com

NORTH CAROLINA: TOMMY PASCHAL at paschaltw@hotmail.com

2011 Conference

Norfolk, Virginia
November 2-5, 2011
Held in conjunction with the RSES International Conference

For further information or to find a local chapter in your area visit www.rses.org
AT THE AGE OF 80, JEFFERSON HELPED PRESIDENT MONROE SHAPE THE MONROE DOCTRINE.

AT 81, ALMOST SINGLE-HANDEDLY CREATED THE UNIVERSITY OF VIRGINIA AND SERVED AS ITS FIRST PRESIDENT.

 Holly’s Recipe

OVERNIGHT OATMEAL
Submitted by Holly

1st, find a bowl (glass) that will fit into your crockpot and will hold 4 cups or more.

Next, put about an inch or two of water in your crockpot. (I put the empty bowl in and push it down to make sure the water doesn't come over the top of the bowl)

Inside the glass bowl put in 1 cup of Steel Cut oats (nope the regular kind just won't do...they'll be mush) I get my from Trader Joes or the natural/organic section of Wegmans (grocery store). Next add 4 cups of liquid. I usually do 2 cups milk and 2 cups water, but you can add any liquid you'd like. You can stop here or you can add some yummy flavors. I've tried dicing up a whole apple and adding that and a tsp of cinnamon...yum.

Tried frozen blueberries too (yuck!!!). My (ok, Sean and George's) new favorite is 3/4 cup diced dried apricots and 3/4 cup unsweetened coconut. Even I like this one a little bit...oh and I did add about a 1/4 cup of brown sugar or agave to sweeten it up a bit.

Ok when you've added all the goodness to the glass bowl, put it in the crockpot and put on the cover. Turn crockpot on Low and let it go until morning. Wake up, stir and spoon into individual serving bowls and add just a bit of milk. Yummy!

*If you don't have a glass bowl that fits into your crockpot you can also just put the ingredients right into the crockpot, they will just be a bit stuck to the sides and a little bit drier, but still yummy!

*adapted from mommyskitchen.net
ELINOR’S RECIPE

ALMOND JOY CAKE
Submitted by Elinor Fink-Clark
Greater KC Chapter

1 Butter Recipe Cake Mix - chocolate or yellow (must be butter recipe)
1 Small box instant chocolate pudding mix

Mix cake as directed and lastly beat in the pudding mix.
Bake in prepared sheet cake pan or large cookie sheet with sides.
Bake at 350 for approximately 20 minutes.

First topping: 24 marshmallows melted in 1 cup milk and 1 pkg. coconut.
Second topping: 1 stick butter melted with 1 12 oz. Pkg. semi-sweet choc chips and 1 1/2 cups chopped nuts.

Cool between layers works best. Enjoy!

“Delores, We know you will want to share a recipe of the dessert you are eating! They must be delicious.”

“Really, I only ate one!”

“Let’s eat, drink and be merry!
We can always rest when we get home.” (But this group from UMRA looks as though they are do for some much needed rest now.)
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