

Luis OASIS Senior Center
P O Box 2637
Santa Maria, CA 93457
(805) 937 9750

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Orcutt Area Seniors in Service, Inc.

Tradewinds

LUIS OASIS SENIOR CENTER
420 Soares Avenue, Old Orcutt
Phone # 937-9750

March 2010

OASIS Spring Potluck

AT THE LUIS OASIS SENIOR CENTER, 420 SOARES AVE.

*Featuring guitar and singing ...
!CHAMPION MCCONNELL!*

MONDAY, MARCH 8TH 2010!

AT 5PM!

OASIS MEMBERS AND GUESTS WELCOME!



Please bring an appetizer,
main course, side dish,
or dessert, and your
place setting!

The Luis OASIS
Members Potluck
is always FREE!

50/50 DRAWING AND DOOR PRIZES!

"THE ONE ROAD"

MOVIE WITH POTLUCK LUNCH!

On March 6th, 11:30am to 1:00pm!

*Hosted by Dan Eames, and the Santa Maria A's,
your local Model A Ford Club!*

In August of 1957, Dan Eames began a trip around the world in the new 1958 Ford. He drove for 119 days, through 17 different countries. Mr. Eames, now retired, was a professional racecar driver for 26 years. Come to the Luis Oasis Senior Center on March 6th, from 11:30am to 1pm, to hear his amazing stories and share a delicious Potluck lunch! Bring a dish to share, and a sense of wonder! Call Moani at 937-9750 if you have any questions.

No
reservations
necessary.
Thank you!



FROM YOUR FEARLESS LEADERS

Virginia's Vibes



Are you enjoying our beautiful winter rains? In a place where nary a drop falls for about nine months out of the year, this years' ability to produce a shower or good soaker every time a few clouds form, is pretty unusual. In a month or so it will all be over so hang in those of you who are chiming "Enough already."

February's potluck was enjoyable with the "Silvertones" singing with a strength and vigor that belied their years. Is their secret that they love what they do so much?

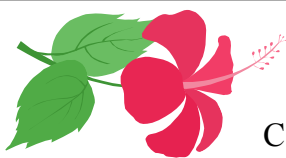
I hope that you all enjoyed the Valentine Dance. Let us know if that afternoon was your cup of tea and that you would like more of them.

Congrats to you sharp-eyed readers who caught the misplaced "g" in "plaque" in last month's column. Others probably wondered "What in the world is she talking about? A diseased wall covering?" To be honest, it started from my computer with a "q" but the gremlins that love playing havoc with such words, en-route to printing in the newsletter, couldn't resist, it seems. I was just glad that you are reading the column. It does give new meaning to the old adage of "Watch your "p"s and "q"s... Now "g"s can be added to the saying. And it was a word of advice for me for the month it seems. But I digress drearily.

I usually thank someone for volunteering, going the extra mile or something, each month. I just glanced at the February edition and what jumped out at me was a big "Thank you" for our advertisers, whose faithful support helps underwrite the cost of bringing this publication to you. Remember them when you need a plumber, electrician, a handyman, an investment, a dent fixed, car repairs, a pizza or a nice place to eat. We do appreciate every one whose ads appear monthly.

Good health to all.

Sincerely, Virginia Pelletier, President of the Board of Directors



Message From Moani

To all of our dear readers, thank you for continuing to support the Luis Oasis Senior Center! We are creeping onward towards our inevitable move to our new piece of land off Foster Road. The Relocation Committee, headed by Co-Chairs Pauline Herrmann and Brian Hall, are hard at work moving us through all the necessary hoops. If you would like to lend a hand with fundraising, or if you have the unstoppable urge to contribute to our campaign, please let us know!

The *St. Valentine's Senior Dance* was spectacular! We owe much gratitude to Michael Carty and Joyce Pratt for getting it all started, and to the kids from the Righetti High School Key Club and Associated Student Body for making it happen! Michael was also responsible for the beautiful new sign that was recently donated to us by Jim Glines, and Jerry and Delores Luis. We remain a strong organization because of the care and effort of each individual. Thank you!

Please let me know if there is anything that you feel should be changed, or if you have any new ideas or suggestions. There is still a suggestion box in the Main Hall of the Center, and I truly value your input! Thank you to all of you volunteers, who make up the heart of Oasis!

I remain faithfully yours...

Sincerely, Moani Goonetilleke, Director

CONNECT WITH YOUR COMMUNITY



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Ricky Velasco-Owner/Manager

Orcutt, CA 93455

BACK BY POPULAR DEMAND!

Featuring two-time Canadian National Fiddle Champion, April Verch, also a stepdancing champion and singer.

THE APRIL VERCH BAND!

Sunday, March 7th, at 7pm.
At the Unity Chapel of Light,
1165 Stubblefield Road in Orcutt.

\$15 advance tickets.
Kids 16 and under free with paid adult!
Call 805-546-2857.
Get more information at www.cambriahoot.com.



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Central Coast Computer Club

Knollwood Village Clubhouse.
4012 S. Bradley, Orcutt.

On March 16th, 2010.

Systems SIG starts at 5:45pm.

Non nerd SIG starts at 5:45pm.

Business meeting at 7:00pm,

followed by a presentation by Fred

Adams & Spence Stimler on "Webcam Communications."

There is coffee and cookies and visitors are welcome. For info call Spence at 938-0217 or try our website @ <http://sites.google.com/site/cccomputerclub1>



Todd Martin PT
Jared Bailey PT

Tom Meenzhuber PT

Samantha Stollberg PT GCS

John Hollinshead PT

John Hinds PT

Brittany Fridrich DPT

Karen Bailey PT

Adrian Asencio OTL/R CHT

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SENIOR HOME REPAIR PROGRAM

Community Action Partnership offers free minor home repairs for senior citizens aged 60 years or older, who need help in their homes, apartments or mobile homes. Call 541-4122 ext 10 or 12 for more info!

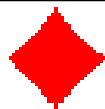


United Way's VITA program offers FREE tax preparation! Did your family earn less than \$49,000 in 2009? Call 2-1-1 to see if you qualify for FREE TAX AIDE! Refunds in 7-10 days with e-file. For more information, contact Sandy Soria at 922-0329 x105.

WHAT'S HAPPENING AT OASIS



BRIAN ALLISON 2218 S. Thornburg St., Santa Maria, CA 93455-1248
 President (805) 925-2011 FAX (805) 925-6539



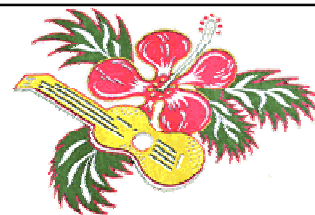
PINOCHLE!



To join the OASIS Pinochle group, please call Wally Wright at 614-4299! We will meet weekly, on Thursdays, from 12 to 2 pm, at the Luis OASIS Senior Center. Coffee & snacks will always be provided!

BEGINNING UKULELE CLASS

At the Luis Oasis Senior Center. 12pm, Wednesdays. Call 714-8848 to sign up!



SANTA BARBARA BRAILLE INSTITUTE

“Mobile Solutions” bus: Low Vision Consultations. At the Oasis, on Tuesday, March 30, 9am to 11am.

Our Mobile Solutions van brings information about our free programs and services directly to your community. Mobile Solutions provides the following:

- Magnification and lighting demonstrations and one-on-one consultation with our low vision professional
- Adaptive products for purchase, including talking watches, writing guides and large-print calendars
- Applications for borrowing books on tape and descriptive Videos

For more information, please call (805) 682-6222. Or visit our Web site at www.brailleinstitute.org



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LAUGHTER YOGA SESSIONS

Fridays at 10 am at the Luis Oasis Senior Center! Taught by Bill Alarid, a Certified Laughter Yoga Leader. Come experience the many scientifically proven benefits of laughter, including stress relief, improved respiration & digestion, and improved circulation. Appropriate for all ages!

PANCAKE BREAKFAST!

Saturday, March 13th, 8am to 10am
 At the Luis OASIS Senior Center,
 420 Soares Ave., Old Orcutt.



\$5 for Adults
 \$3 for Children
 Pancakes, eggs, sausage,
 juice, and coffee!



WHAT'S HAPPENING AT OASIS

FACETING AND SILVERSMITHING



Mr. Marshall Brandon passed away recently at 86 years old. He was loved by many, especially by the members of the Faceting & Silversmithing class that he taught here at the Luis Oasis Senior Center. He was a retired Physicist who devoted his time to Model Making and teaching his delighted students. If there is a retired jeweler or silversmith out there who is willing to donate some time, our Faceting and Silversmithing class would love some guidance and advice, on Mondays and Fridays, from 1pm to 3pm. We have the equipment!

OASIS COMPUTER WORKSHOP

Mr. Rick Velasco will be volunteering his time to teach a Computer Workshop, at the Luis Oasis Senior Center starting March 4th, 2010.

Workshops will be help on the following Thursdays in March, from 4pm to 4:30pm; March 4th, March 11th, and March 25th.

The first session will be on Microsoft Outlook, and further curriculum will be decided on that day. Call 937-9750 to sign up for the Workshops, or just show up for the first session, on March 4th at 4pm!



Thank you!

alzheimer's association™

Have you or a loved one been diagnosed with Alzheimer's? Are you concerned that you or a loved one may have Alzheimer's? Are you a caretaker for someone who has Alzheimer's? Please let us help! Roy Allen, the Area Coordinator for the Alzheimer's Association, California Central Coast Chapter, will be offering FREE informational presentations on the last Wednesday of each month in Rostien Room. Come join us on March 31st, at 10 am, in Rostien Room of the Luis Oasis Senior Center. He will answer your questions, give you referrals, and be the support that you need! No reservations necessary!



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OASIS MARCH 2010 CALENDAR OF EVENTS

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
1	2	3	4	5	6
8AM SENIOR EX 830 HAM RADIO 945 ARTHRITIS EX 1115 CAC LUNCH 1200 BRIDGE 1PM FACETING & SILVERSMITHING 630 LINE DANCE 8PM NARCOTICS ANONYMOUS	9AM PILATES/YOGA 9AM CARD MAKING 1115 CAC LUNCH 1PM OIL PAINTING 4PM TOLE PAINTING 7PM TOLE PAINTING 8PM ALANON FAMILY GROUP	8AM SENIOR EX 930 KNITTING 945 ARTHRITIS EX 1115 CAC LUNCH 12PM UKULELE CLASS 1PM UKULELE BAND 2PM NEW GRIEF SUPPORT GRP 6PM FLORAL DESIGN	9AM PILATES/YOGA 1115 CAC LUNCH 12PM PINOCHLE 1PM UKRAINIAN EGG ART 1PM BEREAVEMENT PHASE II 6PM WEIGHT WT 630 LINE DANCE	8AM SENIOR EX 9AM CERAMICS 9AM PAINTERS 10AM LAUGHTER YOGA 1115 CAC LUNCH 1230 HAND & FOOT 1PM FAC & SILVER 630 LINE DANCE	11:30AM TO 1:00PM "THE ONE ROAD" MOVIE & POTLUCK HOSTED BY DAN EAMES & THE SANTA MARIA A'S EVERYONE WELCOME!
8	9	10	11	12	13
8AM SENIOR EX 830 HAM RADIO 945 ARTHRITIS EX 1115 CAC LUNCH 1200 BRIDGE 1PM FACETING & SILVERSMITHING 5PM OASIS POTLUCK 8PM NARCOTICS ANONYMOUS	9AM PILATES/YOGA 9AM CARD MAKING 11AM REFLEXOLOGY 1115 CAC LUNCH 1PM OIL PAINTING 4PM TOLE PAINTING 7PM TOLE PAINTING 8PM ALANON FAMILY GROUP	8AM SENIOR EX 930 KNITTING 945 ARTHRITIS EX 11AM KIN CARES 1115 CAC LUNCH 12PM UKULELE CLASS 1PM UKULELE BAND 2PM NEW GRIEF SUPPORT GRP 6PM FLORAL DESIGN	9AM PILATES/YOGA 9AM OASIS BOARD 1115 CAC LUNCH 12PM PINOCHLE 1PM UKRAINIAN EGG ART 1PM BEREAVEMENT PHASE II 6PM WEIGHT WT 630 LINE DANCE	8AM SENIOR EX 9AM CERAMICS 9AM PAINTERS 10AM LAUGHTER YOGA 1115 CAC LUNCH 1230 HAND & FOOT 1PM FAC & SILVER 630 LOS PADRES ARTIST GUILD	8AM TO 10AM OASIS PANCAKE BREAKFAST! \$5 / ADULT \$3 / CHILD
15	16	17	18	19	20
8AM SENIOR EX 830 HAM RADIO 945 ARTHRITIS EX 1145 CAC LUNCH 1200 BRIDGE 1PM FACETING & SILVERSMITHING 630 LINE DANCE 8PM NARCOTICS ANONYMOUS	9AM PILATES/YOGA 9AM CARD MAKING 1100 REFLEXOLOGY 1115 CAC LUNCH 1PM OIL PAINTING 4PM TOLE PAINTING 7PM ORCUTT GARDEN CLUB 8PM ALANON FAMILY GROUP	8AM SENIOR EX 930 KNITTING 930 BLOOD PRESURE CLINIC 945 ARTHRITIS EX 1115 CAC LUNCH 12PM UKULELE CLASS 1PM UKULELE BAND 2PM NEW GRIEF SUPPORT GRP 6PM FLORAL DESIGN	9AM PILATES/YOGA 930 COMMODITIES 1115 CAC LUNCH 12PM PINOCHLE 1PM UKRAINIAN EGG ART 1PM BEREAVEMENT PHASE II 6PM WEIGHT WT 630 LINE DANCE	8AM SENIOR EX 9AM CERAMICS 9AM PAINTERS 10AM LAUGHTER YOGA 1115 CAC LUNCH 1230 HAND & FOOT 1PM FAC & SILVER	10AM TO 12PM ORCUTT HISTORICAL PRESENTATION!
22	23	24	25	26	27
8AM SENIOR EX 830 HAM RADIO 9-11 HEEL SCREEINGS 945 ARTHRITIS EX 1115 CAC LUNCH 1200 BRIDGE 1PM FACETING & SILVERSMITHING 630 LINE DANCE 8PM NARCOTICS ANONYMOUS	9AM PILATES/YOGA 9AM CARD MAKING 1115 CAC LUNCH 1PM OIL PAINTING 4PM TOLE PAINTING 7PM TOLE PAINTING 8PM ALANON FAMILY GROUP	8AM SENIOR EX 930 KNITTING 945 ARTHRITIS EX 1115 CAC LUNCH 12PM UKULELE CLASS 1PM UKULELE BAND 2PM NEW GRIEF SUPPORT GRP 6PM FLORAL DESIGN	9AM PILATES/YOGA 1115 CAC LUNCH 12PM PINOCHLE 1PM BEREAVEMENT PHASE II 6PM WEIGHT WT 630 LINE DANCE	8AM SENIOR EX 9AM CERAMICS 9AM PAINTERS 10AM LAUGHTER YOGA 1115 CAC LUNCH 1230 HAND & FOOT 1PM FAC & SILVER	10AM TO 4PM LOS PADRES ARTIST GUILD SPRING ART SHOW OPEN TO THE COMMUNITY!
29	30	31			
830 HAM RADIO 945 ARTHRITIS EX 1115 CAC LUNCH 1200 BRIDGE 1PM FACETING & SILVERSMITHING 8PM NARCOTICS ANONYMOUS	9AM CARD MAKING 9-11 SB BRAILE INSTITUTE LOW VISION CONSULTATIONS 1115 CAC LUNCH 8PM ALANON FAMILY GROUP	945 ARTHRITIS EX 10 ALZHEIMER'S PRESENTATION 1115 CAC LUNCH 12PM UKULELE CLASS 1PM UKULELE BAND 2PM NEW GRIEF SUPPORT GRP			

Community Action Commission Nutrition Services Program

Senior Lunch Menu

March 2010



Call 937-9750, Monday to Friday, 10:30 to 12:30, to reserve a seat for lunch.

Suggested donation is \$2.75, for those 60 and over. Please call at least one day in advance. SMAT provides free rides to and from the Luis OASIS Senior Center for the lunch program. Call 928-5624 for a ride. Served 11:15am, Mon to Fri!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MEAT LOAF MASHED POTATOES GRAVY BROCCOLI, ORANGE DINNER ROLL MILK <i>MARCH 1</i>	CHILI CON CARNE W/CHEESE MIXED VEGETABLE DINNER ROLL APPLESAUCE MILK <i>MARCH 2</i>	LASAGNA ITALIAN VEGETABLES GREEN SALAD DINNER ROLL BANANA MILK <i>MARCH 3</i>	POT ROAST LIMA BEANS DINNER ROLL MANDARIN ORANGES MILK <i>MARCH 4</i>	FISH FILET RICE PILAF MIXED VEGGIES DINNER ROLL ORANGE MILK <i>MARCH 5</i>
PIZZA BREAD GREEN BEANS YOGURT ORANGE MILK <i>MARCH 8</i>	BIRRIA PINTO BEANS GREEN SALAD APPLESAUCE MILK <i>MARCH 9</i>	CHEESE RAVOLI ITALIAN VEGETABLE GREEN SALAD DINNER ROLL BANANA MILK <i>MARCH 10</i>	STUFFED PEPPER MIXED VEGETABLES GREEN SALAD DINNER ROLL GRAPES <i>MARCH 11</i>	CHICKEN CORDON BLEU RICE PILAF MIXED VEGGIES DINNER ROLL FRUIT MIX MILK <i>MARCH 12</i>
TURKEY / GRAVY MASHED POTATOES MIXED VEGGIES DINNER ROLL CRANBERRY SAUKCE MILK <i>MARCH 15</i>	BEEF TACOS PINTO BEANS GREEN SALAD ORANGE MILK <i>MARCH 16</i>	CORNEB BEEF CABBAGE/POTATOES DINNER ROLL AMBROSIA SALAD PUDDING MILK <i>MARCH 17</i>	BEEF STEW BROCCOLI GREEN SALAD DINNER ROLL FRUIT MIX MILK <i>MARCH 18</i>	CHICKEN TETRAZZINI MIXED VEGGIES GREEN SALAD FRUIT MIX MILK <i>MARCH 19</i>
BAKED CHICKEN CREAM STYLE CORN SWEET POTATOES DINNER ROLL APPLESAUCE MILK <i>MARCH 22</i>	SALISBURY STEAK POTATOES W/GRAVY PEAS AND CARROTS GREEN SALAD DINNER ROLL FRUIT MIX MILK <i>MARCH 23</i>	HAWAIIAN CHICKEN RICE PILAF MIXED VEGGIES FRUIT MIX MILK <i>MARCH 24</i>	SHEPHERDS PIE GREEN BEANS DINNER ROLL ORANGE MILK <i>MARCH 25</i>	MACARONI AND BEEF MIXED VEGGIES DINNER ROLL FRUIT MILK MILK <i>MARCH 26</i>
BBQ CHICKEN MAC & CHEESE MIXED VEGGIES FRUIT MIX MILK <i>MARCH 29</i>	SPAGHETTI/MEATBALLS BROCCOLI GREEN SALAD DINNER ROLL APPLESAUCE MILK <i>MARCH 30</i>	PORK LOIN RICE PILAF MIXED VEGGIES DINNER ROLL ORANGE MILK <i>MARCH 31</i>		

These Meals are made primarily from scratch. Fresh and frozen fruits and vegetables are served to ensure that we influence good eating habits and provide the best nutrition possible. The only canned fruits and vegetable used are pineapple, mandarin oranges, and tomato sauce. The breads and pastas are whole grain and the rice we use is brown rice. We are dedicated to providing healthy and good tasting foods to our clients. We have quarterly menu conferences at which we take comments from our clients and use them to make improvements to the seasonal cycles. If you have any input, comments, compliments or suggestions, please give them to your staff contact so that they can bring the information to us at the next menu conference. Thank you! Enjoy!

FUN AND NUTRITIOUS CAC SENIOR LUNCHESES!

The CAC Lunch Bunch plays Bingo every Wednesday before lunch, from 10:30am to 11:30am! Come join us for an upbeat game, followed by a hot delicious meal and great company! There is a suggested donation amount of \$2.75 for those 60 years of age and older. Call the Center at 937-9750 at least one day in advance, from 10:30am to 12:30am, to make reservations for lunch! We hope to see you here soon! The food is always piping hot, always delicious, and always a price that you can afford! Thank you!

Scarlet Ladies of OASIS

Red Hat Society Chapter

We will meet for lunch at

SUNSET RIDGE GOLF CENTER!

1424 Fairway Drive,
Santa Maria, CA 93455

Tuesday, March 2nd, 11:30am

Please RSVP to Molly Miller at 934-4869!



SUNSHINE CORNER

MARY LU GOUZE, VI TEMPEL, PATTY SLAGLE, MARY ELLEN O'KEEFE, BARBARA WESTBROOK, EDITH MODERN, SHEILA CRAFT, MICHAEL RIOLA, DORTHY STEVENS, EDITH SPEH, LOIS DAVIS,

and anyone else not feeling up to par, would love a visit or a call from friends!

If you know anyone who's having surgery, or is recovering from an accident or illness, please let us know. Call 937-9750, and leave a message for Moani. Thank you!



STEVE MCBRIDE'S PAIN RELIEF CLINIC

Sign up for your free half-hour massage today! Steve McBride, a licensed massage therapist, would like to lend his talents to you, every Tuesday afternoon from 1pm to 3:30pm.

His massages focus on relieving pain from arthritis, and new or old injuries. Please call the Oasis office at 937-9750 to sign up for your FREE half-hour massage!



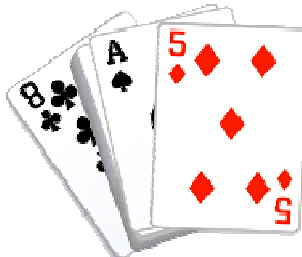
Bridge Winners

12/21/2009 thru 02/08/2010

Wanda Dibble, Vic McLaughlin, Merle Sutherlin, Michael Riola, Sue Litzenberg, Lois Peters, Illa Mae Lohr, Myrle Pfeiffer, Gabi Alexandru, Jean Calhoun, & Betty Wheatley!

Slam Winners

Gabi Alexandru, Jean Calhoun, Vic McLaughlin, and Illa Mae Lohr!



In Memoriam

Eva Allen
Phila Black
Charlotte Wright
you will be missed!



TREASURE TABLE

For those of you who contribute to the OASIS Treasure Table, thank you for your generosity! Please do not put any clothing on the Treasure Table. We appreciate your contributions, and we hope that you will continue sharing your treasures with the other Members of OASIS!

Orcutt
HISTORICAL SOCIETY

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Thelma Capitani
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THE OASIS PEOPLE PAGES

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Welcome New Members!

Hugh & Arlene Rafferty
John & Faye Kessler
Virginia Hitch
Marion Sell
Mary Fuller
Kathryn Towles
Pat Lathrop
D'allen Nedervelt
Marcella Griep
Anita DiNapoli
Susan Beck
Carol McLaren



A SPECIAL THANK YOU TO DENISE ABLES,
FOR DONATING BAKED GOODS AND POTTED
PLANTS FOR FUNDRAISING SALES AT THE
LUIS OASIS SENIOR CENTER. ALL PRO-
CEEDS GO TOWARDS THE BUILDING FUND.

Winner of the February
BOO-BOO CONTEST
is **ESTELLE MORELAND!**

Make sure to look for mistakes
in the March Tradewinds!



Donations!

Thank you for supporting the Luis Oasis Senior Center!

Donated the new sign!

JIM GLINES, JERRY & DELORES LUIS

Building Fund!

DENISE ABLES

In Memory of Phila Black

PHIL & DONNA BLUHME, CORKY GETTMAN

In Memory of Eva Allen

PHIL & DONNA BLUHME

Christmas Donation

MARY LU GOUZE

March Happy Birthdays!

- 1st Wayne Evenson
- 2nd Monte Vernon
- 3rd Ted Studer
- 4th Donald Calhoun, Lorraine Calhoun
- 5th Elizabeth Goggins, Jean Calhoun
- 8th Claude Chouinard
- 9th Pat Brown
- 10th Chong Yee
- 11th Ernie Sloan, Jean Mackenzie
- 12th Mary Louise Given
- 13th Dale Schumacher
- 14th Ken Giles, Keith Carlson, Don Feragen
- 15th Wanda Dibble, Ellie Gustafson,
Jim Long, Fran Hutchinson
- 16th Frances Merewether, Becky Wilcox,
Arlene Page, John Ransome, Dan Schwab
- 17th Barbara Frickelton
- 18th William Corning
- 19th Anna Trotter, Frances Trigueiro
- 20th Virginia Cox, Tove Graham, Darlene Quealy
- 21st Abel Rios, Sue Taira, Baba Sadeghinnej
- 23rd Clara Wyche
- 24th Anna Owens
- 25th Eda Atkins, Ann Camacho
- 27th Edith Tomlin, Oletha Brownfield
- 28th Vel Bernauer
- 29th Helen Drom, Syble Payne
- 30th B Wehnau, Margaret Carlson
- 31st Evelyn Trefts



HUMOR ETC.!

A SPRING CLEANING CHEAT SHEET...FOR MEN

Broom - a long handled brush used for sweeping.

Vacuum - much like the leaf blower except it sucks in, instead of blowing out. Don't let this alarm you. It isn't broken and doesn't need more torque, speed, RAM or whatever it is you did to the dishwasher.

Dust pan - Contrary to popular belief, this is where you sweep the dirt, not under the hallway area rug.

Dust Cloth - A cloth designated for removing tiny particles of dirt from every flat surface of the house. Hint: look for your old "lucky shirt".

Bucket - Cylindrical container used for holding soapy water when mopping the floor. Also known as your mid-evil knight helmet when you're playing with our seven-year-old.

Mop - A bundle of coarse yarn, rags or cloth fastened at the end of a stick. You'll remember this as your dance partner at the New Year's Eve party last year.

Toilet Brush - Used for scrubbing the inside of the toilet bowl. I don't care what this looks like, you may NOT use my shower luffa again!

Oven Cleaner - No, not the teenager. This is an actually product that you buy, spray in the oven and wipe out two hours later. You won't need your welder's mask for this task, but if it makes you feel more dangerous, go ahead.

Sponge - used to gently wash away food particles from dinnerware. It won't be necessary to use your 300psi Power wash set. That was given to you in hopes of cleaning the EXTERIOR of the house (hint hint).

Squeegee - Same principle as washing the car windshield, and yes, real men DO squeegee!

THE PASSING OF THE TORCH

Doug McKell had the following bits of wisdom to pass on...

1. The less time I have to work with, the more things I get done.
2. No one is listening until you make a mistake.
3. Your sole purpose in life may be to serve as a warning to others.
4. If you think nobody cares that you're alive, try missing some scheduled reports.
5. Never underestimate the power of stupid people in large groups.
6. Never miss a good chance to shut up.
7. Generally speaking, you aren't learning much when your mouth is moving.
8. Anything worth taking seriously is worth making fun of.
9. Diplomacy is the art of saying "good doggie" while looking for a bigger stick.
10. Everyone you meet deserves to be greeted with a smile.

-The smallest act of kindness is worth more than the grandest intention.

-There never was any heart truly great and generous that was not also tender and compassionate.

-We always have time for the things we put first.

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POETRY & INFORMATION!



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SPRING

A sense of warmth is tapping at the door -
And hope: a feeling out from distant lore -
Or so it seems - clears the deep refrain!



Emerging youth: a dormant lea awakes.
The raging color, ringing loud, partakes
In annual birth - spring is born again!

A zest anew for nascent life
Begins in floral train:

Carriage one: a snowdrop thrill;
Carriage two, the crocus;
Number three, a daffodil - dancing,
Drawing focus - as she would,
Attention seeker!



How I love our spring -
The bold and sleeker feel I get,
An inner glow, a ring!
I've paid the winter's chilly debt, so
Let's upon the wing!

STOPPING IDENTITY THEFT BEFORE IT STOPS YOU!

1. **Protect Your Personal Information:** Protect your social security number. Don't provide it unless required and never write in on checks. Photocopy the front and back of all credit cards you carry in your wallet and store the copy in a safe place. Do not routinely carry your social security card, passport, or birth certificate with you.
2. **Protect Your Documents:** Shred your confidential trash. Don't leave outgoing mail with personal information in your mailbox for pick-up. Retrieve mail as soon as possible after delivery and avoid leaving it in your mailbox overnight.
3. **Watch Out For Tricks:** Never provide personal information to anyone in response to an unsolicited request. Never reply to unsolicited e-mails from unknown senders.
4. **Protect Your Communications:** Ensure your computer is protected against viruses and spyware and set to update often. If you have wireless internet, make sure it is password protected. Make sure your cordless phone is digital and has a frequency of at least 900MHz.
5. **Check Your Credit Report:** Order your credit reports at least three times per year (free). Check financial accounts often and investigate any unusual activity.

CREDIT REPORTS

You are allowed 3 free reports each year. To order one call
1-877-322-8228 or go to www.annualcreditreport.com

CREDIT MONITORING AND IDENTITY THEFT PROTECTION

www.identityguard.com or www.zanderins.com/idtheft

IF YOU ARE A VICTIM OF IDENTITY THEFT...

1. Contact anyone of the three credit reporting agencies and place a **fraud alert** on your account.
2. Contact affected financial institutions.
3. Contact affected creditors.



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FOR SALE & OASIS INFORMATION

FOR SALE!
Queen bed spread, imported from Italy. \$20. Call Vickey in the evenings, at 349-8986.

ENTERTAINERS!
We need entertainers who are willing to donate their time and talents at Oasis special events, such as the potluck. Please call Moani at 937-9750 if you are interested in sharing your talents with us!

HELP NEEDED!
Please help us keep the Oasis beautiful! Call 937-9750 to join the Oasis Garden Club! Help us plant new flowers and plants, weed the garden, and trim the trees and bushes! Thank You!

SPECIAL THANK YOU!
Special thanks to our wonderful receptionists, for keeping the phones manned, our members happy, and everyone well fed coffeed!

Get connected to the information you need for free through ***Senior Connection!*** Call 928-8552, 8-5 Mon-Fri.

A number of Oasis Members are unable to attend the events and activities we have because they do not drive. If you would be willing to drive Members who cannot drive themselves to and from events, please call Moani at the Oasis, 937-9750.

Got something for sale? Want to find an item? Only Oasis Members may place ads in the Tradewinds. ***\$1 per line.***

To place an ad, call the office or drop by Mon to Fri, 8am to 4pm, or mail your ad in to P.O. Box 2637 Santa Maria, CA 93457
Thank you!

We would love your input! Please bring or send in stories, recipes, jokes, ads and articles to the OASIS Office. We are also very open to suggestions about how we can make the Tradewinds better. We look forward to receiving your input. Deadline is March 15th, for inclusion in the April edition.

Tradewinds is the monthly newsletter for Members of the Luis OASIS Senior Center. The Center invites all seniors over 50 years to become members. Dues are \$12.00 per year, payable the first day of January. Membership includes a monthly subscription to the Tradewinds.

TRADEWINDS

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NOTICE

Luis OASIS members and employees strive for accuracy in the production of this newsletter, but cannot be held liable for claims, errors, or omissions that may result from publication or advertisements. Thank you!

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~~~~~
The Board meets on the 2nd Thursday of each month at 9am.

What, Who and Why We Are . . .

The Luis OASIS Senior Center began in 1984 with a membership of 97, promoted by Alice Shaw. OASIS stands for Orcutt Area Seniors in Service. The facility was named after the Luis family of Orcutt, who have made significant financial contributions to the Center over the years, and have also donated their time and energy endlessly.

The Center's capital and operating funds are raised from grants, public donations, and fundraisers by OASIS members. The buildings are owned by the Center and sit on Orcutt Union School District land, leased at \$1.00 per year.