

# the WELCOME MAT

## FROM THE PRESIDENT

Hello, Members:

As I write this message on January 20<sup>th</sup> some of our members have been fortunate enough to get their first dose of the COVID-19 vaccine, and by now, they have received their second dose. I am hoping that within the next few months whether you get the vaccine or not, we will be at a place where we can open up some of our activities again.

Valentine's Day is all about love, and my heart has been missing all of you and our fun times together. Zoom meetings help a lot, but it isn't quite the same as being together enjoying each other's company.

This isn't forever. Sending you virtual hugs, My Sweethearts.

President Freddie Martin

Begin each day with a grateful heart.

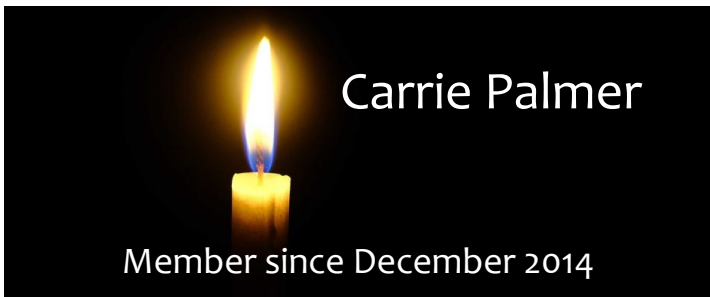
	<b>OUR MAIN NEWS</b>
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### FEBRUARY COLOR IS SHEER LILAC

Inspirational, imaginative, uplifting. Helps you detach from overwhelmingly emotional situations; also encourages compassion and love for the human family.

## IN MEMORIAM



“ Hope is important because it can make the present moment less difficult to bear. If we believe that tomorrow will be better, we can bear a hardship today.  
*Thich Nhat Hanh* ”





## FEBRUARY'S GENERAL MEETING PROGRAM WE ARE REDDING CHAMBER

Join us on Zoom, February 24<sup>th</sup> at 10AM to hear President & CEO Jake Mangas give us the who, what, and why Redding Chamber of Commerce is the "Go To" resource, advocate, and partner for Redding's business community, and see the best of what Redding has to offer. Zoom program presentations run about 20 minutes, followed by a five-minute Q&A. Newcomer President and Zoom Host Freddie Martin will email the Zoom code a few days prior. Need help in connecting? Contact Freddie Martin at 355.5806, Peggy Niswander at 222.1315, or Johnni Hansen at 605.4765. See you there!  
Vicki Burroughs

## SOMETHING DIFFERENT FOR VALENTINE'S DAY



### SLOW-COOKER CHOCOLATE LAVA CAKE

1 package devil's food cake mix (regular size)  
1-2/3 cups water  
3 large eggs, room temperature  
1/3 cup canola oil  
2 cups cold 2% milk  
1 package (3.9 ounces) instant chocolate pudding mix  
2 cups semisweet chocolate chips  
Whipped cream, optional

In a large bowl, combine the cake mix, water, eggs, and oil; beat on low speed for 30 seconds.

Beat on medium for 2 minutes. Transfer to a greased 4-quart slow cooker.

In another bowl, whisk milk and pudding mix for 2 minutes. Let stand until soft-set, about 2 minutes. Spoon over cake batter; sprinkle with chocolate chips. Cover and cook on high for 3-4 hours or until a toothpick inserted in cake portion comes out with moist crumbs. Serve warm.

**Nutrition Facts:** 3/4 cup: 215 calories, 10g fat (4g saturated fat), 28mg cholesterol, 254mg sodium, 32g carbohydrate (22g sugars, 2g fiber), 3g protein.

# Smiles

By Carol Whitney

“ If 2020 was a drink,  
what would it be called?  
A colonoscopy prep. ”

“ “Could be worse.  
Not sure how,  
but it could be.”  
Winnie the Pooh ”

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Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>1</b>  <b>DARK</b> Bunco  <b>DARK</b> Mah Jongg</p>	<p><b>2</b>  <b>DARK</b> Mexican Train</p>	<p><b>3</b>  <b>DARK</b> Prospective Member Coffee</p>	<p><b>4</b>  <b>DARK</b> Matinee &amp; Critique  <b>DARK</b> Round Robin (P)</p>	<p><b>5</b>  <b>DARK</b> Coloring Craze</p>
<p><b>8</b>  <b>DARK</b> Bunco  <b>DARK</b> Ladies Bridge</p>	<p><b>9</b>  <b>DARK</b> Kitchen Kapers  <b>DARK</b> Double Deck Pass (P)</p>	<p><b>10</b>  <b>DARK</b> Redd Thumb  <b>DARK</b> Charmers (B)  <b>DARK</b> Ladies- Only Dine Out</p>	<p><b>11</b>  <b>Welcome Mat Submissions for February</b>  <b>DARK</b> Open Bridge  <b>DARK</b> Hand &amp; Foot  <b>DARK</b> Why Cook Tonight?</p>	<p><b>12</b>  <b>DARK</b> Quilt 'n' Friends</p>
<p><b>15</b>  <b>DARK</b> Bunco  <b>DARK</b> Mah Jongg  <b>DARK</b> Writers Group</p>	<p><b>16</b>  <b>10AM VIRTUAL</b> Board Meeting  <b>DARK</b> Ladies Open Pinochle</p>	<p><b>17</b>  <b>DARK</b> Hand &amp; Foot  <b>DARK</b> Needlenuts</p>	<p><b>18</b>  <b>DARK</b> Creative You</p>	<p><b>19</b>  <b>DARK</b> Trumpettes (P)  <b>DARK</b> Outdoor Adventures</p>
<p><b>22</b>  <b>DARK</b> Bunco  <b>DARK</b> Ladies Bridge</p>	<p><b>23</b>  <b>DARK</b> Luncheon Party</p>	<p><b>24</b>  <b>10AM VIRTUAL</b> General Mtg  <b>DARK</b> Charmers (B)</p>	<p><b>25</b>  <b>DARK</b> Book Review  <b>DARK</b> Pick of the Vine  <b>DARK</b> Open Bridge  <b>DARK</b> Lucky Ladies (P)</p>	<p><b>26</b>  <b>DARK</b> Out-to-Lunch Bunch</p>

# february



## SEND A LITTLE SUNSHINE

Sunshine Lady Sharon Chesnut  
949.7545/sgc1040@gmail.com

Sunshine Lady Co-Chairs  
Ame Dodge  
229.0829/gerrs57@aol.com  
Pam Baugh  
226.9990/honeythosana@gmail.com

The following cards  
were sent in January

### GET WELL

Lynn Regan had back surgery and is at home and doing well.

Mabel Lythgoe is recovering from a recent hip injury and looking forward to starting physical therapy soon.

### SYMPATHY

Janet Duell's brother-in-law passed away recently.

Sharon Roberts's mother, Carrie Palmer, passed away in December. Carrie was a long-time member of Newcomers & Friends.

If you know a member who could use a little sunshine, please let us know.

We appreciate your referrals.

## ROSTER UPDATES

Please remember to notify  
Membership Chair Ruth Plato

246.2473

ruth.plato@yahoo.com  
with any changes to your info

### ROSTER CHANGE

Carol Schultz  
805.320.3659

Marjorie Perry  
2234 Dartmouth Drive  
Not 2233

## BIRTHDAYS

Kathleen	Findley	1
Evelyn	Laking	2
Betsy	Fleming	11
Carol	Giese	11
Jan	Arbogast	12
Sandy	Moore	13
Maggie	Smith	13
Kathy	Jensen	14
Linda	Gow	16
Ruth	Freel	17
Pat	Deem	18
Diane	Burke	21
Marian	Chandler	21
Penny	Colbert	23
Jeannine	Martin	23
Deborah	Stokes	24
Marge	Floyd	26
Cheryl	Zeh	26
Linda	Cottengim	27

### GETTING A LITTLE STIR-CRAZY?

A safe way to get out is to take a road trip. The Redding area boasts some of the most premier outdoor opportunities of any city. There is so much to do and see in every direction.

A favorite day trip is a *Waterfall Tour* visiting Burney Falls, the three McCloud River Falls, and Hedge Creek Falls. It makes for a fun day and takes you through some of the most iconic landscapes and vistas in Northern California.

Bring a camera to snap a few shots, but before heading to the next spot take a few minutes to enjoy the beauty before you. Look at the intricacies of each of the falls and the landscape around it. Listen to the sounds of the water and the birds singing. Notice the fragrance of the coniferous forests surrounding you. People travel all over the world hoping to encounter something as beautiful as what you will see at every stop on this incredible trip.



“ Hope smiles from the threshold of the year to come, whispering ‘it will be happier.’

Alfred Lord Tennyson

”

# MEMBERS SHARING

**What is the first thing people notice about you?** I've been told it's my smile.

**What is something that you just recently realized that you are embarrassed you didn't realize earlier?** I'm not certain that it's embarrassing, but the aging process has certainly surprised me.

**What movie would be greatly improved if it was made into a musical?** *White Christmas*.

**What was the most unique or interesting summer job you ever had?** I worked on a Fish & Wildlife project making fish tags.

**If you were arrested with no explanation, what would your friends and family assume you had done?** Been mistaken for someone else.

**What would be the coolest animal to scale up to the size of a horse?** A butterfly.

**Where is your favorite all-time vacation spot? How many times have you been there?** Yosemite National Park where I have hiked more than 50 times.

**How much was your allowance when you were a kid and how did you choose to spend it?** Gosh, I'm not sure I remember; maybe 25 cents a week? I recall saving allowance and babysitting money to buy 45rpm records.

**What is the first thing people notice about you?** Personality.

**What is something that you just recently realized that you are embarrassed you didn't realize earlier?** I tend to control.

**What movie would be greatly improved if it was made into a musical?** *Under the Tuscan Sun*.

**What was the most unique or interesting summer job you ever had?** Working the thrift shop with my mom.

**If you were arrested with no explanation, what would your friends and family assume you had done?** Nothing.

**What would be the coolest animal to scale up to the size of a horse?** Cat.

**Where is your favorite all-time vacation spot? How many times have you been there?** Florence Italy three times and Croatia twice.

**How much was your allowance when you were a kid and how did you choose to spend it?** 50 cents. Candy and sodas.

**What is the first thing people notice about you?** People who have known me for a long time but haven't seen me would notice I have lost weight. Thanks to WW, I have gone from a size 18 to a size 12 and plan to keep it where it is, and it took only 20 years!

**What is something you just recently realized that you are embarrassed you didn't realize earlier?** I'm losing my desire to have a nightcap. For years I enjoyed having a cocktail before dinner and something before bed, but I don't miss either one. I still have wine and brandy available, and when I want some, I don't worry about it, but I want it much less often.

**What movie would be greatly improved if it was made into a musical?** I would love to see *The Incredible Journey* as a cartoon ballet. I remember watching the tu-tu clad Hippos in *Fantasia*! I don't go to movies often because the volume is either too loud or too soft. If I watch a movie at home, I can control the sound.

**What was the most unique or interesting summer job you ever had?** I worked as a stockboy at JJ Newberry five-and-dime store and eventually was promoted to salesclerk. Then I found work as a carhop, realized what kind of future I faced with no real skills, so I joined the Army, went to college, married, and became an elementary school teacher.

**If you were arrested with no explanation, what would your friends and family assume you had done?** If I ever got arrested those who know me now would be amazed, but many years ago it would probably have been assumed I had too much to drink.

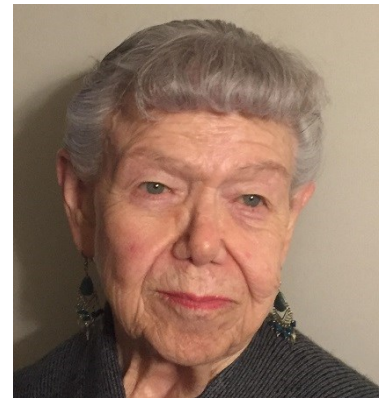
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DIANE BURKE



Corky Holden



ANNA PETERSON

# REDDING NEWCOMERS & FRIENDS

PO Box 494204

Redding California 96049.4204

## February 2021

### HOW TO ACCESS & REGISTER ON OUR WEBSITE

1. Go to [reddingnewcomers.com](http://reddingnewcomers.com).
2. Click on User Login, which is located at the top of the page.
3. Click on Register. A new page will appear.
4. Enter the password **RNC2018** and click on Enter. A new page will appear.
5. Complete all the following information:

First Name	Birthdate
Phone Number	User Name
Mobile Number	Password
Last Name	Confirm Password (Be sure to remember your password. We will not have a record of what it is.)
Email Address	
6. Your registration will then need to be authorized. This may take a day to accomplish. Either Sharon Roberts or Carol Skill checks the website daily to activate new registrations.
7. When you sign in, the user name you will enter will be either your email address OR your username, and the password you will enter will be whatever you have selected.
8. If you have trouble, contact Carol Skill ([fskill@shasta.com](mailto:fskill@shasta.com)) or Sharon Roberts ([jimandsharon@charter.net](mailto:jimandsharon@charter.net)) for help.

Anna, Continued

**What would be the coolest animal to scale up to the size of a horse?** My favorite animal smaller than a horse would be an English Bull Terrier. They are short-haired, love people, and are very protective of their families. You may have seen them as the dog with the black circle around his eye in the Target commercials.

**Where is your favorite all-time vacation spot? How many times have you been there?** The place I have spent many days enjoying is cruising to Alaska. Cruising is comfortable, the scenery is beautiful, the food is good, and the price is reasonable. I have done this cruise and others on Holland America to earn my 4-Star status.

**How much was your allowance when you were a kid and how did you choose to spend it?** I don't remember getting an allowance as a child. When I wanted to see a movie, I could always go to the doctor's house and sweep the sidewalks for a dime. That got me into the theater for a double feature, and I still had a penny for candy.