

Redding  
Newcomers & Friends

# WELCOME MAT

AUGUST 2023 ◦ VOLUME 7 NUMBER 8



## Daytrip the Local Area

### Mount Shasta (Population: 3,275)

You'll see the mountain long before you see the town. As the second-tallest peak in the Cascade Range, 14,179-foot Mount Shasta towers over Northern California like a volcanic reminder Life is larger than us.

The small town at the base of the mountain, the city of Mount Shasta, has a spiritual, otherworldly vibe, too. The place has more crystal shops than grocery stores, is

home to a new kombucha brewery, and is a mecca for those seeking healing and transcendence. Visitors come from all over in search of the region's portal, or vortex, into another world. Yep, it's that kind of trippy.

The town, 60 miles south of the California-Oregon border, is also on the edge of a vast swathe of some of the finest wilderness

## Message From Our President

Greetings, Members:

The dog days of summer are upon us! While the outside oven is on, my inside one will not be lit this month.

Staying cool inside my sewing room, on the wall I have a list of suggestions gathered from the joint board meeting in June. Weekend bus trip, Mardi Gras party, cookbook, garden tea party, fall festival, walking group, change of venue for the monthly general meeting with a catered lunch included were submitted on index cards.

I am pondering this list. I invite you to do the same. Email any additional suggestions to add. If it's in your heart to orchestrate one of these, please contact me.

Adding members was also mentioned. This is something in which everyone can participate.

Invite your neighbors and new acquaintances to the September new member coffee and general meeting. Contact 1<sup>st</sup> VP Susan Sechrist and our new membership chair, Ruth Marks, with referrals.

I learned to make Kefir! You don't have to cook it! Google the process. It's good on the rocks with orange juice and a touch of honey. I will give you a starter.

What are you learning this summer? Stay cool, my friends!

*Lucinda Williams*

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in California. Shasta-Trinity National Forest covers 2.2 million acres, the largest national forest in the state, and is home to several Wild and Scenic-designated rivers, many alpine lakes, and 154 miles of the Pacific Crest Trail.

But you don't have to be a crampon-clad mountaineer set on summiting a 14er or a new-age believer on a vision quest to enjoy Mount Shasta. There's something here for everyone.

### Climb the Volcano

Summiting Mount Shasta is no easy feat, and it's not for the inexperienced. You'll ascend 7,000 rigorous vertical feet and cross technical, high-alpine terrain. Opt for the scenic drive up the Everitt Memorial Highway, toward the base of Mount Shasta. The road ends at 7,000 feet at Bunny Flat, the popular trailhead for alpinists climbing the peak.

Native Americans from this area believe Mount Shasta is the center of creation, the home of a great spirit who came down from the heavens and stepped off the peak.

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## the *Welcome Mat*

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### Roster Updates

Please remember to notify  
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## SMILES

“The best thing about  
the ‘good old days’  
was I wasn’t good  
and I wasn’t old!”

**2** *Carol Whitney*

# Birthdays

Hall	Wendy	3
Podwinski	Bev	4
Holden	Corky	6
Ruff	Sherry	7
Silver	Diane	10
Stai	Mary Ann	11
Moje	Jeanne	12
Borgwat	Annette	13
Bethea	Leah	13
Partridge	Anna Lee	14
Behrens	Sandie	17
Jensen	Barbara	17
McCarthy	Patricia	17
Burroughs	Vicki	17
Potts	Diane	18
Schmidt	Carmen	21
Madsen	Beverly	23
Schroeder	Lynn	23
Kafel	Joni	26
Droesch	Merian	29



### Send a Little Sunshine

Sunshine Lady Sharon Chesnut  
530.949.7545/sgc1040@gmail.com

Sunshine Lady Co-Chair  
Ame Dodge  
530.229.0829/gerrs57@aol.com

## July

### Thinking of You

In June while on a trip to Nevada, Diane Silver suffered a stroke. She was airlifted to a hospital in Reno, followed by a short stay in a rehab facility. She is now at home and making progress. She is hoping to return to Newcomers this fall.

### Sympathy

Long-time member Joyce Payment passed away in early July. She was an active member since 2000 and will be missed by her many Newcomer friends. She will be remembered for her many beautiful quilts. A memorial donation will be made to the scholarship fund in her memory.

Sarah Arnold's husband Ray passed away in June. A donation will be made in his memory to our scholarship fund.

# ACTIVITIES

- 1 Mexican Train DARK
- 2 Prospective Member Coffee DARK
- 3 Round Robin (P) 1230PM
- 4 Out-to-Lunch Bunch DARK
- 8 Kitchen Kapers DARK
- 8 Double Deck Pass (P) 1230PM
- 9 Charmers (Party Bridge) 1230PM
- 9 Ladies-Only Dine Out 5PM o Peter Chu's, 6751 Woodrun Circle (at the airport). Please RSVP to Leslie Teryniak 530.722. 9705 or Carol Gilliland 231.510.3882
- 10 Redd Thumb DARK
- 10 September *Welcome Mat* submissions due
- 11 Quilt N Friends DARK
- 14 Bunco 1030AM Country Kitchen o 1099 Hilltop Drive o \$3 to play o RSVP to Leah Bethea 209.914.9823 or Mickey Martin at 503.953.4653
- 15 Board Meeting 10AM o Home of Lucinda Williams o 2135 Karen Place o Please RSVP to 530.410.1822
- 15 Ladies Open Pinochle DARK
- 16 Needle Nuts DARK
- 16 Hand & Foot DARK
- 16 Pick of the Vine DARK
- 17 Creative You DARK
- 17 Lucky Ladies DARK
- 17 Why Cook Tonight? DARK
- 18 Outdoor Adventures DARK
- 21 Writers Group DARK
- 22 Luncheon Party DARK
- 23 Charmers (Party Bridge) 1230PM
- 24 General Meeting DARK
- 28 Bunco 1030AM Country Kitchen o 1099 Hilltop Drive o \$3 to play o RSVP to Leah Bethea 209.914.9823 or Mickey Martin at 503.953.4653

### Welcome New Members

Charolette Gesner o 539.515.8106 o char.fischer65@gmail.com o 9935 Oriole Lane Palo Cedro o Birthday: July o Reading, orchids, & knitting

Deborah Arias o 530.949.0890 o dchocolate505@gmail.com o 2571 Dalene Avenue Shasta Lake o Birthday: October 28 o Gardening & cooking

# AUGUST

MON

TUE

WED

THU

FRI

	1 DARK Mexican Train	2 DARK Prospective Member Coffee	3 DARK Round Robin (P)	4 DARK Out-to-Lunch Bunch
7	8 DARK Kitchen Kapers 1230PM Double Deck Pass (P)	9 1230PM Charmers (B) 5PM Ladies-Only Dine Out	10 DARK Redd Thumb Garden Group  <i>September Welcome Mat Submissions</i>	11 DARK Quilt N Friends
14 1030AM Bunco	15 10AM Board Mtg DARK Ladies Open Pinochle	16 DARK Needle Nuts DARK Hand & Foot DARK Pick of the Vine	17 DARK Creative You DARK Lucky Ladies (P) DARK Why Cook Tonight?	18 DARK Outdoor Adventures
21 DARK Writers Group	22 DARK Luncheon Party	23 1230PM Charmers (B)	24 DARK General Mtg	25
28 1030AM Bunco	29	30	31	

# REDDING NEWCOMERS & FRIENDS

PO Box 494204

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## August 2023

### 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 & 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 enter will be either your email address OR your username, & the password you 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.

### Mount Shasta. Continued Path to Enlightenment

Today, people flock to Mount Shasta for its spiritual guidance, magic crystals, and mystic energy. For a taste of that enlightenment, sign up for an outing with outdoor guide Robin Kohn, who leads vortex and energy tours to sacred sites around Mount Shasta. You'll spend the day hiking to waterfalls and creeks known as sources of healing, then spend time at those sites doing silent meditation and absorbing the energy. Kohn is full of knowledge on the history, geology, and spirituality of the area.

### Look to the Clouds

Due to its unusual geography, Mount Shasta gets its own type of clouds. Unique lenticular clouds swirl off the top of the mountain and appear as a UFO-shaped hat hovering above the peak. Add that to its mystical aura.

The Mount Shasta Sisson Museum, which reopened June 24<sup>th</sup> after a long Covid closure, has an exhibit on why these clouds form, as well as an extensive history of the area. Little kids will enjoy the museum's dress-up area and train set to honor the region's railroad history. The fish hatchery next door is the oldest hatchery west of the Mississippi.