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# The AUXILIAN

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Published twice a year by The Auxiliary of NorthShore University HealthSystem at Highland Park Hospital

Volume XL • Fall 2009

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## Dear Auxiliary Members,

Our mission statement reads: The Auxiliary at Highland Park Hospital is a volunteer organization that raises funds for and provides services to Highland Park Hospital. The Auxiliary also promotes health awareness of the Hospital's programs within the community.

Recently I was thinking about what this really means, and how we are achieving the goals laid out in the statement.

To begin, let's recognize all the hard-working volunteers

of The Auxiliary who, through their efforts, have made such an impact on Highland Park Hospital. Because of our volunteers and their fund-raising efforts, we have opened the first Stroke Center in Lake County. This Center has saved lives and improved the quality of life of so many stroke patients in our community. Because of our volunteers, we also provide mobile meals to our community. Because of our volunteers, Highland Park Hospital has the finest women's services and programming at the Breast Center in the Ambulatory Care Center. And because of our volunteers, we operate the Hospital's beautiful Alcove Gift Shop, and we work with LifeSource on blood drives that greatly benefit our area.

Now our volunteers are taking on a new fundraising task that will serve our community well. The Auxiliary at Highland Park Hospital has committed \$1 million to NorthShore University HealthSystem's *Be Well - Lake County*, an innovative program established with the Lake County Health Department to support the prevention and treatment of diabetes in our community.

NorthShore and The Auxiliary at Highland Park Hospital are providing funds as well as specialty physicians and clinical caregivers who are critical in offering greater access to diabetes awareness, education and treatment.

As we raise funds for the *Be Well - Lake County* programs, we meet all the criteria of our mission statement. With the help of all our Auxiliary members, we will meet our goal of helping families in Lake County grow healthier!



Julie Stone  
President  
The Auxiliary at Highland Park Hospital

## Membership Reminder

Your membership is important to us. October is renewal time. Watch for your membership letter or use the form below to renew now for the 2009-2010 year. Your dues enable us to continue our important work. Our many programs include the Blood Drive, Alcove Gift Shop, Remembrance Fund, Mobile Meals, Scholarship and the Annual Fundraising Event.

Membership is valid from October 1, 2009, through September 30, 2010. Annual regular dues are \$30; a contributing membership is \$75. We encourage you to renew as a contributing member.

Name: \_\_\_\_\_

Spouse: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Please send your dues to:  
The Auxiliary at  
Highland Park Hospital  
777 Park Avenue West, #1264  
Highland Park, IL 60035

## Join the Fight Against Diabetes in Lake County

The Auxiliary at Highland Park Hospital has committed \$1 million to NorthShore University HealthSystem's *Be Well - Lake County* program. This program was established with the Lake County Health Department to support diabetes awareness, education, prevention and treatment in our community.

While the Lake County Health Department/Community Health Center has the necessary infrastructure in place, NorthShore, with help from The Auxiliary at Highland Park Hospital, is providing the funding, specialty physicians and clinical caregivers that are critical in providing greater access to information about diabetes, as well as to its treatment.

*Be Well - Lake County* will support:

- Education programs for family members of individuals with diabetes, who are at increased risk for developing the disease
- The creation of a Community Kitchen as well as a Guest Chef Program at the Lake County Health Department for use by county residents

- A Community Garden where healthy fruits and vegetables will be grown for area residents who are without easy access to grocery stores
- Increased availability to specialty care services for the medically underserved in Lake County

Please support The Auxiliary's efforts to raise funds for this critical program. With your help, we will continue to keep world-class health care close to home!

To donate, call (847) 926-5003 or donate online at [www.northshore.org/hphappeal](http://www.northshore.org/hphappeal)



(Featured left to right) Julie Stone, Rosie Burke, Nadine Woldenberg and Abbe Sparks review this year's invitation for The Auxiliary at Highland Park Hospital's annual appeal: a \$1 million pledge to support *Be Well-Lake County*, a diabetes awareness, education, prevention and treatment program in our community.

**The Auxiliary at Highland Park Hospital**

*Raising Funds for an Innovative  
Diabetes Program*

The Auxiliary at Highland Park Hospital has pledged \$1 million to support *Be Well-Lake County*, a diabetes awareness, education, prevention and treatment program in our community

**BE Well**  
LAKE COUNTY

The logo for BE Well Lake County features the text 'BE Well' in a large, elegant font, with 'LAKE COUNTY' in a smaller, bold font below it. To the right of the text is a silhouette of a family (two adults and two children) standing under a tree.

## A Personal Reflection on the History of Key to the Cure

By **Barbara Paget**

On the eve of this year's Key to the Cure, which will be held on October 15, it is interesting to consider the origins of the event.

The seeds were planted when high-end retailer Saks Fifth Avenue opened a store in Highland Park in the spring of 2000. To show the company's support of the community, Saks' management asked Highland Park Hospital to send a representative to the store's ribbon-cutting ceremony. As a volunteer in Highland Park Hospital's Breast Center, I represented the Hospital.

Before the ribbon-cutting event, John Cruz, then manager of the store, asked me and three other representatives to lunch. John and I immediately bonded, and he invited me to chair the local level of Saks' nationwide annual event, Fashion Targets Breast Cancer. The money raised at the Highland Park Saks' event went to the Highland Park Hospital Breast Center.

The event was a success. Largely because of John's efforts, there were beautiful flowers, outstanding auction items, music and lots of food. Over the years, each succeeding event was more successful than the previous one. Eventually the name was changed to Key to the Cure. Soon after, John was transferred to Couture in Saks' New York store.

After John headed east, I continued to chair Key to the Cure, which was quite a struggle for me. Gone were the flowers, the abundance of food, and the other niceties John arranged for, and it became my responsibility to supply the auction items.

During this period, I became a member of The Auxiliary Board at Highland Park Hospital. My colleagues on the Board were women who were totally focused on making a major difference in fund-raising for the Hospital.

Watching this committed and tireless Auxiliary team at work, I knew it was time to "give" them Key to the Cure. Each year, the event reached new heights. In fact, the 2008 event brought the store its biggest increase in weekend revenue that year. Not bad for a struggling economy. And it was fabulous for me to see all ages at the event, from grandparents to young professionals to parents with their children.

It is my hope that by giving you this insight into the history of Key to the Cure and, most importantly, an awareness of the dedication and hard work of the Board, that you will make every effort to attend the event this year. Certainly the shopping will be fun, and Saks continues to be an elegant venue. But what I would really like is for you to come meet the Board and understand that the success of Key to the Cure helps support cancer treatment in our community.

## Key to the Cure Event Complimentary Cocktail Reception

This year's Key to the Cure event kicks off Thursday evening, October 15, with shopping events running through the weekend at Saks Fifth Avenue in Highland Park. Key to the Cure is a women's cancer initiative.

The Highland Park Saks Fifth Avenue and the Auxiliary at Highland Park Hospital work together to support women's cancer programs and services at Kellogg Cancer Care Center at Highland Park Hospital. Saks donates a percentage of sales made during the Key to the Cure weekend to programs specifically dedicated to finding new detection methods, treatments and cures for women's cancers.

The Key to the Cure cocktail reception is complimentary to attendees and includes hors d'oeuvres, shopping and a silent auction. Aramark generously donates the food and beverage for this event.



*Aramark will once again provide food and drink for the event.*

*Save the Date*

**Key to the Cure 2009**

Thursday, October 15  
5:00 - 8:00 p.m.

Saks Fifth Avenue – Highland Park  
Complimentary Cocktail Reception  
Silent Auction

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## Coming Soon: Auxiliary Annual Luncheon

Save the date for the next Auxiliary Annual Luncheon, which will be held Wednesday, November 11, 2009. Barbara Rinella will return as the featured guest speaker following a delicious meal at Northmoor Country Club, 20 Edgewood Road in Highland Park.

Rinella, a former teacher, defines herself as an “academic entertainer.” At The Auxiliary lunch, she will dramatize two autobiographies: Katharine Graham’s *Personal History* and Margaret Thatcher’s *The Downing Street Years*. Graham was publisher of *The Washington Post* during the Watergate years, and Thatcher is a former Prime Minister of the United Kingdom.

The upcoming luncheon is an opportunity for The Auxiliary to celebrate the achievements of the past year and to recognize the Board members as they assume new positions for the coming year. The event is also when Highland Park Hospital will be presented with the Board’s annual donation, made possible only with the support of Auxiliary members.



*The elegant setting for our luncheon will once again be Northmoor Country Club.*

### *Save the Date*

#### **Auxiliary Annual Luncheon**

Wednesday, November 11, 2009

Northmoor Country Club

Entertainment by Barbara Rinella

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## Giving Blood Brightens Lives

The Auxiliary at Highland Park Hospital continues to partner with LifeSource - Chicagoland’s Blood Center to sponsor Blood Drives at the Hospital. Blood donors participating in this program begin a cycle of care for neighbors, family and friends who rely on blood transfusions to overcome disease, illness or accidents. Giving blood is certainly wonderful for recipients, but like other good deeds, it also can brighten a donor’s day.

Since blood cannot be manufactured, it truly is a gift one person gives another. Donors must be at least 17 years old and weigh more than 110 pounds. They should eat a good meal and drink plenty of liquid before donating blood. Donors are required to show identification that displays either a social security number, driver’s license or state identification number.

Blood drives are scheduled in the lower level meeting room at Highland Park Hospital from 1:00 p.m. to 8:00 p.m. Walk-ins are welcome, but you can also schedule an appointment by calling (847) 803-7943. Dates of the upcoming blood drives follow:

November 12, 2009

January 21, 2010

March 18, 2010

April 20, 2010

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## Auxiliary Takes to the Grade Schools with NorthShore Kids’ Corner Program

This fall, The Auxiliary will offer second grade classrooms in our community a program called “NorthShore Kids’ Corner.” The purpose of the program is to reduce anxiety and apprehension that children might have about being treated at a hospital through a classroom presentation about the variety of services and activities hospitals offer.

Auxiliary Board members will visit classrooms with a Power Point presentation about our Hospital. The children will have the opportunity to ask questions, examine some medical equipment and have small casts placed on their fingers. At the end of the program, each child will receive an Activity Book and a Parents Packet with information to take home.

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## Alcove Staff Fills Shop with Trendy and Classic Merchandise

The Auxiliary's Alcove Gift Shop at Highland Park Hospital offers a wide variety of beautiful items purchased by a dedicated volunteer team of buyers.

Apparel buyer Gloria Levine has selected jackets and sweaters that look extra lush in autumnal red and gold jewel tones. Classic *Vera Bradley* handbags and accessories in seasonal colors and fabrics are the perfect complement to the Alcove's outerwear selection.

Lois Senescu, who buys the jewelry sold at the shop, said the new collection of offerings is exceptionally strong. The selection includes trendy gold and silver chains, as well as pieces that feature an heirloom look.

Joan Adler, the Alcove's accessory buyer, has picked a wonderful collection of items ranging from socks and slippers to hats. Wool and silk scarves, offered in many different colors and lengths, are also sold at the shop.

New giftware items featured at the Alcove include colorful Venetian style glass bowls, vases, picture frames and figurines at prices that are budget-friendly. Giftware buyer Jill Gordon has assembled a collection of metallic serving pieces as well as ceramic plates and bowls that are perfect for hostess gifts and holiday presents.



*The Alcove features a new selection of toys and clothes for children.*

Stationery is a practical gift for friends, and the Alcove has a wide selection of notepapers and memo pads. Diaries with locks, "birthday books" and address books can be found at the Alcove, too. Buyer Betty Wolff has copies of the popular *Social Capers Week-at-Glance* calendar for purchase.

Alcove offerings for babies include clothing, plush toys and books. Gift buyer Sue Larson has assembled a selection of items, such as wooden puzzles, for a new baby's big brother or sister.

The friendly volunteers who service the Alcove welcome shoppers Monday through Friday from 9 a.m. to 4 p.m. and Saturday from 9 a.m. to 3 p.m. The complimentary valet service adds to a pleasurable shopping experience.

Proceeds from the Alcove support the fund-raising efforts of The Auxiliary at Highland Park Hospital.

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## The 2009 Auxiliary Board

President	Julie Stone
President Elect	Abbe SilverbergSparks
Recording Secretary	Bonnie Haber
Corresponding Secretary	Judy Tarschis
Treasurer	Helen Wilcox
Past President	Nadine Woldenberg
Membership	Marjorie Barron
Alcove	Alice Strauss
Mobile Meals	Julie Hanley
Public Relations	Karen Braun
The Auxilian	Maureen Liebenson
Program	Jill Goldman
LifeSource	Peg Koukos
Social Co-Chair	Bobbie Hinden
Social Co-Chair	Jill Hurwitz
Remembrance Fund	Marilyn Winter
Scholarship Co-Chair	Joanna Brofman
Scholarship Co-Chair	Hortense Coplan
Archivist	Carolyn Singer
Members-at-Large	Sarah Adess
	Jana Brok
	Julia Danecker
	Colette Frederick
	Diane Golin
	Debbie Hulick
	Barbara Paget

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## Breakfast Club Meetings Offer More than Just Breakfast

The Auxiliary's Breakfast Club meeting in April enjoyed a strong turnout and featured a thought-provoking discussion of *The Guernsey Literary and Potato Peel Society*, written by Mary Ann Shaffer and Annie Barrows.

The meeting, hosted by Whole Foods in Deerfield, began with a delicious spread of fresh scones, fruit, pastries and yogurt. Following breakfast, Judy Broderick led a discussion of Shaffer and Barrows' book. Broderick is a book moderator at the Highwood Public Library and a member of the Library's Board of Trustees.

*The Guernsey Literary and Potato Peel Society* has been called "part Jane Austen, part history lesson." Broderick's knowledge, enthusiasm and dramatic interpretations of this delightful, poignant book contributed to making a most memorable and entertaining morning.

In September, Deerfield's Whole Foods hosted another Breakfast Club meeting. That program featured a cooking demonstration of special harvest dishes.



Book moderator Judy Broderick entertains and educates Auxiliary members.

## Call for New Members!

Do you know someone you would like to join The Auxiliary? Perhaps a friend, neighbor or business associate? We welcome new members! Please call The Auxiliary office at (847) 926-5003 to provide us with the suggested new member's name and address, and we will be happy to send membership information.

## NorthShore University HealthSystem's Connection Council

NorthShore University HealthSystem's Connection Council was formed in January 2009 to serve as a resource for ideas for the volunteer groups that support NorthShore's Hospitals. Two representatives from each volunteer group attend the Council's bi-monthly meetings. The Connection Council's mission is "to promote integration, communication and connections among our volunteer fund-raising groups."

The first Connection Council event was held in May at Skokie Hospital. This initial program gave the many volunteer groups of NorthShore the opportunity to share the history of their groups as well as highlight activities and fundraisers. The program was also an introduction to the Women's Board of Skokie Hospital and to Kristen Murtos, new President of Skokie Hospital.



Erika Erdbeer, Nadine Woldenberg, Julie Stone and Bonnie Haber enjoy the Connection Council event.

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## From the Archives

*"Quarantine Regulations which have been in force during the recent epidemic are hereby raised so far as schools and churches are affected."*

Was this information written about the recent H1N1 flu outbreak? It might sound like it was, but the announcement was actually an October 19, 1918, headline from the City of Highland Park Health Bulletin.

The article from the Bulletin illustrates that even with more than 90 years between them, the flu epidemic of 1918 and the outbreak of 2009 were managed with very similar approaches. For example, infected students were asked to stay home from school for one week. Also, social gatherings were limited, and people were vigilant about checking for symptoms.

These similarities demonstrate that in spite of the many advances in treatment, some "old time" approaches remain the best way to limit the spread of disease.

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## Mobile Meals Program Offers Meals and Peace of Mind

Mobile Meals is a not-for-profit program of The Auxiliary at Highland Park Hospital. Since 1980, the program has offered delivery of nutritious meals every weekday to an average of 55 individuals in Highland Park, Deerfield, Glencoe and Highwood.

While no physician's order is required, there are some basic criteria to qualify as a Mobile Meals client. Participants must be homebound, unable to cook or shop for themselves, at nutritional risk, or in need of help on a short-term basis after hospitalization or illness. Meals are made in the kitchen at Highland Park Hospital, and menus are based on the United States Department of Agriculture (USDA) nutrition guidelines. Meals tend to be low in sodium and fat, and every effort is made to accommodate special dietary needs, such as diabetes and lactose intolerance.

The cost is \$17.50 for five hot meals, each of which consists of a hot entrée, hot side dish, green salad, whole fruit, dessert and a beverage. The cost is \$25.00 for five hot meals plus five cold meals. Cold meals include a sandwich and beverage. Cold meals can only be ordered along with the hot meals. A task force of approximately 36 dedicated volunteers delivers meals. Along with the regular drivers, there is a pool of 25 substitute drivers who help cover vacations and emergencies.

In addition to delivering the meals, the volunteers provide the invaluable service of checking on the clients at each delivery to ensure their well-being and safety. Any concerns are forwarded to the Hospital for follow-up, providing added peace of mind for families of clients.

For information on receiving meals, call the Mobile Meals Coordinator, DeAnne Besetzney, at (847) 480-2727. For information on volunteering as a Mobile Meals driver, call Julie Hanley at (847) 374-0023, or phone the volunteer office of Highland Park Hospital at (847) 480-3919.

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## Green Is the New Black

Now more than ever, businesses and other groups are turning to environmentally friendly practices. The Auxiliary would like to do its part by putting *The Auxilian* online. If you would like to receive The Auxiliary's newsletter electronically, thereby saving both trees and mailing costs, please email your request to The Auxiliary at [hpaux@northshore.org](mailto:hpaux@northshore.org).

## Scholarship Awarded to Patient Care Employee

The Scholarship Committee selected Virica Kirov as recipient of The Auxiliary's \$1500 scholarship.



*Scholarship winner Virica Kirov.*

Kirov came to the United States from Macedonia in 2006 and has worked as a patient care technician at the Hospital for a year and a half. Kirov has a law degree from her native country, but she's been unable to practice law in the United States.

Since coming to America, Kirov has learned English, gotten married, and has become a healthcare worker. She also now has a child, who is two years old.

Kirov is pursuing her nursing degree at Oakton Community College. Once she is a registered nurse, she hopes to continue working at NorthShore University HealthSystem. Her ultimate goal is to combine her law degree and her healthcare experience to become a legal nurse consultant.

Each year, The Auxiliary scholarship applications are distributed throughout Highland Park Hospital in the spring, and selection of a winner is announced in August.

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## New Student Board at Highland Park High School

The Auxiliary of NorthShore University HealthSystem at Highland Park Hospital and Highland Park High School are teaming up to form a new student board at the school. The board will focus on educating students about a healthy lifestyle, career opportunities in the healthcare field, and community service and volunteerism opportunities relating to health and wellness. Two student volunteers, Junior Elana Woldenberg and Sophomore Stefanie Stone, will coordinate the group with a staff sponsor from the high school.

RETURN SERVICE REQUESTED

777 Park Avenue West, Room 1264  
Highland Park, IL 60035

The Auxiliary  
at Highland Park Hospital



## Tributes and Memorials

### The Auxiliary of NorthShore University HealthSystem at Highland Park Hospital Remembrance Fund Report From October 27, 2008 through July 7, 2009

#### DONOR

Caryl Anspach  
Margie and Margie Barron  
Ruth and Martin Block  
Ruth and Martin Block  
Ruth and Martin Block  
Joanna and David Brofman  
Joanna and David Brofman  
Joanna and David Brofman  
  
Joanna and David Brofman  
Hortense and Lewis Coplan  
Hortense and Lewis Coplan  
Nancy Eisenstaedt  
Nancy Eisenstaedt  
Nancy Eisenstaedt  
June Friedlich  
Beverly and Larry Jaffe  
Mr. and Mrs. Louis Kahnweiler  
Caryl and Burt Lasko  
Carolyn Levy  
Mr. and Mrs. Andrew Livingston  
Sancy and Ray Markman  
  
Sancy and Ray Markman  
Sancy and Ray Markman  
Sandy Marks  
Janet and Jim Rosenbaum  
Janet and Jim Rosenbaum  
Janet and Jim Rosenbaum  
Jerry Schuster  
Jerry Schuster  
Pauline and Paul Staman  
Alice and John Strauss  
Alice and John Strauss  
Alice and John Strauss  
  
Alice and John Strauss  
Alice and John Strauss  
Alice and John Strauss  
  
Jan and Joe Weil

#### IN HONOR OF

Morton Schloss's special birthday  
Sancy and Ray Markman's 60th anniversary  
Caryl Anspach's 90th birthday  
Jean Fisher's 85th birthday  
Morton Schloss's 90th birthday  
Sancy and Ray Markman's 60th anniversary  
Hugo Melvoin's 80th birthday  
Janet and Jimmy Rosenbaum's 60th anniversary  
  
Jane and Bob Zimmerman's 60th anniversary  
Sancy and Ray Markman's 60th anniversary  
Jane and Bob Zimmerman's 60th anniversary  
David Brofman's birthday  
Elaine Peter's birthday  
Rachel's marriage  
Val's marriage  
Nancy Lipsky  
Birth of Jaylen Reuler  
Caryl Anspach's special birthday  
Caryl Anspach's 90th birthday  
Caryl Anspach's 90th birthday  
Julie Baer's 90th birthday  
Janet and Jimmy Rosenbaum's 60th anniversary  
  
Ruthy Katz's 90th birthday  
Nancy Eisenstaedt 80th birthday  
Caryl Anspach's 90th birthday  
Buck Ullmann's special birthday  
Sancy and Ray Markman's 60th anniversary  
Betty and Jay Wolff's special anniversary  
Caryl Anspach's 90th birthday  
Lora Hart's birthday  
Betty Wolff  
Muriel Lederer's special birthday  
Sancy and Ray Markman's 60th anniversary  
Janet and Jimmy Rosenbaum's 60th anniversary  
  
Steve Sickle's big birthday  
Buck Ullmann's important birthday  
Jane and Bob Zimmerman's 60th anniversary  
Julie Baer's 90th birthday

#### DONOR

Marilyn and Bob Winter  
  
Marilyn and Bob Winter  
Marilyn and Bob Winter  
Marilyn and Bob Winter  
Betty and Jay Wolff  
  
Maxine and Harvey Yellen  
Maxine and Harvey Yellen  
  
**DONOR**  
Caryl Anspach  
Marjorie and Howard Barron  
Jackie and Ralph Berman  
Jackie and Ralph Berman  
Joanna and David Brofman  
Joanna and David Brofman  
Mr. and Mrs. Harry Canmann  
Mr. and Mrs. Harry Canmann  
Hortense Coplan  
Hortense and Lewis Coplan  
Hortense and Lewis Coplan  
Nancy Eisenstaedt  
Colette Frederick  
Bonnie and Joel Haber  
Bonnie and Joel Haber  
Joel Haber  
Muriel Lederer  
Gloria and Leonard Levine  
Patti and Mark Nahin  
Patti and Mark Nahin  
Alice and John Strauss  
Alice and John Strauss  
Alice and John Strauss  
Alice and John Strauss  
Alice and John Strauss  
Alice and John Strauss  
Julie and Loren Stone  
Gloria Davis Weil  
Marilyn and Bob Winter  
Marilyn and Bob Winter  
Betty and Jay Wolff

#### IN HONOR OF

Janet and Jimmy Rosenbaum's 60th anniversary  
Lora Hart's birthday  
Sancy and Ray Markman's 60th anniversary  
Jane and Bob Zimmerman's 60th anniversary  
Janet and Jimmy Rosenbaum's 60th anniversary  
Andi Frishman  
Alice Strauss

#### IN MEMORY OF

Jack Schuster  
Sherri Schmidt's father  
Jerry Feldman  
Jack Lipson  
Bob Greenebaum  
Jane Margolis  
Bob Dean  
Betty Dean Olson  
Relle Aboav  
Mary Ann Brantman  
Buck Ullmann  
Buck Ullmann  
Carl Johnson  
Louis Levy  
Mary Wilma Marshall  
Sylvia Lavin  
Mac Canmann  
Regina Borde  
Sidney C. Linick  
Helen Feldman  
Jimmy Bernard  
Bob Greenebaum  
Glenn Schwartz  
"Hush" Segil  
Harvey Walken  
David Wolff  
Alice Ekstrom  
Lou Levy  
Sunny Lasko  
Buck Ullmann  
Sue Becker