TROPICS RESIDENTS' CLUB, INC. 33000 ALMADEN BLVD., UNION CITY, CA 94587

2012-2014 OFFICERS

PRESIDENT	Debbie Lependorf	431-3401	debbie@the-tropics.net
VICE PRESIDENT	Ken Mainville	471-4788	ken@the-tropics.net
SECRETARY	Victoria Massey	734-4815	vicky@the-tropics.net
TREASURER	Barry Lependorf	431-3401	barry@the-tropics.net

2012-2014 BOARD OF DIRECTORS

Ken Mainville 471-4788 *** Rick Henry 487-7817 *** Mona Jhaveri 487-4011 Ben Salsedo 489-5749 *** Gary Mendoza 477-0178

TROPICS OFFICE AT THE CLUBHOUSE

ONSITE MANAGERS: Gill Calvillo and Nancy Payne - thetropicsmhp@comcast.net
OFFICE PHONE: 471-8550 _ Monday / Friday *** 9:00 am - 12:00 pm and 1:00 pm - 4:30 pm
The answering service will respond to after hours problems.

ORION SECURITY PATROL

1-800-564-5105

POLICE, NON-EMERGENCY

510-471-1365 - M—F 9am-5pm 911 after 5pm

TROPICS RESIDENTS' CLUB, INC. 2012—2014 COMMITTEE CHAIRS AND COORDINATORS

Breakfast chair	Barry Lependorf	431-3401	
House Facilities	** Position needs Volunteers **		
Potluck	Irene Wolfe	489-7529	
Sunshine	Irene Wolfe	489-7529	
Library	Bea Bartz	489-6388	
Community Betterment Coordinator	Barry Lependorf	431-3401	
Disaster Committee / Neighborhood Alert	Carol Lowe	324-1985	
Tropic's Travelers	Lynn Montoya	471-6810	
Welcoming Committee	Loris Cook	489-7027	
Publicity Chair	Barry Lependorf	431-3401	
Bingo Chair	** Position needs Volunteers **		
Senior Citizens—City Hall	** Position needs Volunteers **		
Entertainment	Carol Orwig	471-8744	
Residents Activities & Entertainment	Board of Directors		

TROPICS BREEZE

BREEZE EDITOR: Pete Lowe, 324-1985 <u>eximage@yahoo.com</u>
ASSISTANT EDITOR: Sharon Hanna, 881-6801 <u>sharhanna@gmail.com</u>

Have you had an interesting trip. Perhaps you know someone interesting and would like to write a short bio to honor them. Or maybe you have some knowledge you would like to share with others. The Breeze welcomes the submission of articles by Tropics residents to be published as space allows. We do not expect submitters to be accomplished authors, we are not pro's here. We require only that the content of your article not be political or personal in nature.

All submissions must reach the editors by the 11th of the month.

NEW BEGINNINGS

From President Debbie

August was a slow month with the renovations in the dining hall going on. We did have one event that was our Gazebo Area Grand Opening Gala. The official name of the area is "The Playground." Carol Garcia was the winner of the \$25 Gift Card as her entry was picked as the new name. Everyone had fun eating Ben & Jerry's Ice Cream and participating in the Triathlon Games, playing Bocce Ball, Putting on the Golf green and Horseshoes. Some great prizes were won by all the participants.

I want all you residents to put on your thinking caps as the Board will be putting together next year's Wish List. If there is anything you think of to improve the park, I want to hear from you.

As of now, Bingo has officially stopped operating. We have not had any volunteers come forward yet. If you are interested in running Bingo, please contact me.

I am sure everyone is looking forward to the September Breakfast. Vicky and Mona are co-chairs. Please come out and support them and give them a round of applause.

Casino Night is September 28. Bring your luck and your money and have a good time. We have many prizes to give away and Ken is the chair of the event.

We have changed the hours of the Food Bank to 2:00 pm. We are now up to over 75 households with over 130 residents benefitting from this program. I am very happy with the way this program is working and helping our residents. If you haven't signed up yet, get the form from the clubhouse wall, fill out both sides and drop it in the Residents Club mailbox by Wednesday before the distribution.

Hope you all enjoyed the summer, Hello Fall!

See you around the Park, Debbie

TROPICS RESIDENTS' CLUB MEETING

Next Residents' Club Meeting

<u>September 12 @ 7:00 pm</u>

Refreshments

Learn about happenings around your park

MILLENNIUM MEMO

So the suspense is over. The name chosen by Prince William and Princess Kate for the newly-born future king of England is...George! Hmmm...King George. Kinda has a nice ring to it, doesn't it?

The formal name of the Duke and Duchess of Cambridge's little newborn is George Alexander Louis, Prince of Cambridge. For now, however, he'll just be known as Boy George. With such a majestic name, I'm sure he'll be a great king. Nicely done, Kate!

Were You At the Grand Opening?

Because of publishing deadlines I'm typing this on Aug. 9, one day before the Grand Opening of the (name that was announced at the Grand Opening). While I can't disclose the new name here, I can assure you that you will be disappointed with the choice, perhaps to the point that you'll suggest a better one.

If you <u>did</u> attend, not only did you get a chance to boo the new name, you also got some breaking news regarding your Park. For instance:

- It's official: we have now signed our agreement with the City. We expect to receive \$1,600,000 in grant funds in January 2014, which will allow us to expedite infrastructure upgrades.
- We've started the next big Clubhouse project: removal of the Space Ship; installation of
 what is supposed to be the ultimate cure for excessive Clubhouse heat, i.e. a system of
 intake pipes around the perimeter of the ceiling, big circulating fans and a large
 exhaust device.
 - In addition, we're adding lighting all around the soffit and on the fans and replacing the flooring in the Lounge Area to match the new entryway floor. All this will cost around \$56,000.
- We've also started the final half of our half of the electrical system. As noted last month, this will cost \$400,000 or so.

Just more examples of Your Rent Dollars at Work!

Our Newest Office Addition...

...is Kathy Vincent. This is a considerable relief to Nancy, who badly needed an Assistant.

Kathy worked for Spectrum Community Services for two years and has been a Tropics resident for 5 years, so she is very familiar with the culture of The Tropics. Quoting Nancy: "Kathy has only been with us a short time and instantly took to her duties with enthusiasm. She is a welcome addition to our staff."

Please give a big welcome to Kathy...and have a fun Labor Day!

George Turk

Gazebo Grand Opening Celebration

On August 10, 2013, the Tropics had the official Grand Opening Gala and naming of the Gazebo area. After a speech by George and ribbon cutting ceremony by George and Nancy, we had coffee, cookies and Ben & Jerry's Ice Cream for all.

The new name is "The Playground."



George Wowing the crowd



Triathlon - Bocce Ball



George and Nancy cutting the ribbon



Triathlon - Putting Green



Ben & Jerry's Ice Cream



Triathlon - Horse Shoes



Welcome New Residents

41 Palm Drive ——- Gloria Garza

105 Palm Drive ——- Tuyet Nguyen and Venus Adams

211 Hawaii Circle — Roberto Urquiza and Christine Meiling Lee

276 Oahu Circle —-- Lory Dye

319 Kauai Circle — Arthur Filena, Daniel Filena and John Filena

348 Tahitian Circle - Jian Oin Sheng and Xiao Oin Xu

RESIDENTS WHO ARE UNDER THE WEATHER



Carolyn Gielow Carol Lowe David Thompson

Sympathy for the loss of a resident



EJ Johnson July 29, 2013

Manager's Corner for September 2013

It was quiet last month with no bingo or lunches in the dining hall. The spaceship structure is gone and it seems like the area is a lot bigger. We are looking forward to it being lots cooler in there as well on completion. The dedication of the new "Tropics Play Ground" was held on August 10 and it was fun to cut the ribbon with George and Debbie. The sun came out just in time and the ice cream was delicious. Thank you Residents' Club for hosting.

Please make out your rent checks for the exact amount billed and be sure your current address is on your check. Too many of our residents are using checks from their old address and it slows down the process of ensuring your rent is paid and not someone else's. You put Kathy to the test this month and she passed with flying colors. She figured out where you lived even though lots of names are the same.

Hoping your summer has been great – I missed out on a lot of swimming due to health issues, but looking forward to using the pool soon before the end of the season. The new fence behind the pool looks great and brightened up the area. Louise reports that many residents enjoyed the pool this year and we even managed to keep it warmer (well, most of the time anyway). The Bar-B-Q grills at pool side are available to residents on a first-come, first-serve basis. Groups are limited to no more than 10 per grill and the use of Bar-B-Q area to host swim parties is not permitted.

Thank you for doing your part in making the Tropics a great place to live.

Nancy Payne Resident Manager



FOR ALL RESIDENTS OF THE TROPICS

Sept.	9	Monday	Black Oak Casino Trip
Sept.	14	Saturday	Tropic's Breakfast
Sept.	21	Saturday	Tropic's Night Out
Sept.	28	Saturday	Casino Night & Dinner
Oct.	12	Saturday	Tropic's Breakfast
Oct.	19	Saturday	Tropic's Flea Market
Oct.	26	Saturday	Halloween Dinner
Nov.	9	Saturday	Tropics Breakfast
Dec.	7	Saturday	Holliday Dinner

WE ARE LOOKING FOR SOME NICE FOLKS LIKE YOU TO VOLUNTEER SOME TIME AND TALENT TO HELP US MAKE OUR EVENTS MORE FUN AND SUCCESSFUL!

NOTE: SOME EVENTS WILL INCLUDE 50-50 DRAWING & DOOR PRIZE. TICKETS, 2/\$1.00.

The Tropics Coffee Club meets M/F, 9 am-10 am in the conference room. Come and join us.

September 2013

Monthly Planner

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
T.O.P.S @ B-Bug 6 PM Tropics Pot Luck Dinner 5:30	Craft Class @B-Bug 3 PM Line Dance 5:30-7PM	Geramics Club 3PM Spectrum Lunch 12:00 Spring Chickens 8:30AM	4 Tai Chi 8:30-9:30	Res. Club Board Mtg 7PM Spectrum Lunch 12:00 Spring Chickens 8:30AM	6 Movie Nite @B-Bug 6:30 Tai Chi 8:30-9:30	7
8 T.O.P.S@ B-Bug 6 PM	9 Black Oak Casino Trip Craft Class @B-Bug 3 PM Line Dance 5:30-7PM	10 Spectrum Lunch 12:00 Spring Chickens 8:30AM	11 Tai Chí 8:30-9:30	Res. Club General Mtg 7PM Spectrum Lunch 12:00 Spring Chickens 8:30AM	13 Movie Nite @B-Bug 6:30 Tai Chi 8:30-9:30	Tropics Breakfast 8:30-9:30
15 T.O.P.S @ B-Bug 6 PM	Craft Class @B-Bug 3 PM Line Dance 5:30-7PM	17 Spectrum Lunch 12:00 Spring Chickens 8:30AM	18 Tai Chi 8:30-9:30	19 Spectrum Lunch 12:00 Spring Chickens 8:30AM	20 Movie Nite @8-Bug 6:30 Tai Chi 8:30-9:30	21 Trapics Neighborhood Nite Out 6PM
22 T.O.P.S.@ B-Bug 6 PM	23 Craft Class @B-Bug 3 PM Line Dance 5:30-7PM	24 Spectrum Lunch 12:00 Spring Chickens 8:30AM	25 Tai Chi 8:30-9:30	Disaster Meeting 6:30 Spectrum Lunch 12:00 Spring Chickens 8:30AM	27 Movie Nite @B-Bug 6:30 Tai Chi 8:30-9:30	28 Casino Nite Dinner 5PM
29 T.O.P.S @ B-Bug 6 PM	30 Craft Class @B-Bug 3 PM Line Dance 5:30-7PM		Aug 2013 SM T W T 1 4 5 6 7 8 11 12 13 14 15 18 19 20 21 22 25 26 27 28 29	F S S M. 2 3 9 10 6 7 16 17 13 14 23 24 20 21 30 31 27 28	Oct 2013 T. W. T. F. S. 1. 2. 3. 4. 5. 8. 9. 10. 11. 12. 15. 16. 17. 18. 19. 22. 23-24. 25. 26. 29. 30. 31.	



Tri-City Volunteers Food Bank

And

The Tropics Residents' Club

New Forms must be in the Tropics Residents Club mailbox by Wednesday morning,
the day before distribution.

NEW DISTRIBUTION TIME 2:00 PM

Next Food Distribution
Thursday, Sept. 12
2:00 pm

Thursday, Sept. 26 2:00 pm

==== BRING YOUR OWN BAG =====



FOR ALL TROPICS RESIDENTS & THEIR GUESTS

SATURDAY, SEPTEMBER 14

DOORS OPEN - 8:10 AM

BREAKFAST SERVED - 8:30 AM



SCRAMBLED EGGS

HASH BROWN

PANCAKE

HEALTHY OATMEAL

BISCUITS & GRAVY







AT THE DOOR

= = = = MENU SUBJECT TO CHANGE = = = =

Breakfast by Vicky & Mona





Presents exclusively for...

The Tropics Travelers
Black Oak Casino
Monday, September 9, 2013
\$25.00 per person

7:30 am	Depart th	e Tropics	Club House	for Tuolumne.
/. JV WIII	Depuit in	e riopius	CIRC HORSE	joi i autamine.

30 Minute rest stop at Mc Donald's in Oakdale

10:30 am Arrive at the Black Oak Indian Casino

Receive: \$10.00 Cash

\$ 5.00 Match Play \$ 5.00 food

2:45 pm Depart Tuolumne for home

5:30 pm Approximate arrival time home in Union City.

Price includes: Casino package, and motorcoach transportation

Casino package subject to change

All passengers must have a Valid Government Photo I.D.

Reservation Form		
Name (s):		
Address:	City:	Zip:
Phone:		72

Release of Liability: I/We the undersigned, agree to take full responsibility and hold harmless the Tropics Travelers, or American Stage Tours from any loss or liability which may result from my participation in this event. I / We understand the description and comprehend all risks involved by participating in this activity. I / We hereby absolve the Tropics Travelers, and American Stage Tours from any Liability

Signature:	Signature:	Date:
Stynuth/c.	Stynutare.	Duit.

Please send completed signed form, with your payment to: The Tropics Travelers, Attn: Lynn Montoya 33000 Abnaden Blvd, Union City, CA 94587 Telephone 510-471-6810 **Residents can place reservation and payment form in the mailbox in the lobby

DEADLINE TO SIGN-UP, SUNDAY, SEPTEMBER 1, 2013

THE TROPICS RESIDENTS' CLUB

CASINO NIGHT

Saturday, September 28







JOIN US FOR LOTS OF FUN AND EXCITEMENT

PRIZES FOR TOP WINNERS!

Doors Open @ 5:00 - Dinner @ 5:30 - Games 6:30 - 8:30

DINNER & \$50 Chips \$ \Box





PER PERSON





YOU MUST BUY A TICKET IN ADVANCE

(FREE EVENT TICKETS MUST BE EXCHANGED FOR CASINO TICKETS)
=== NO TICKETS AT THE DOOR ===

TICKETS AVAILABLE BEGINNING SEPTEMBER 1 AT

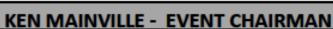




(NEXT DOOR TO B-BUG COMPUTER)

Tuesday - Saturday 10am - 5:00pm

BARBARA GARCIA 510-364-4580



DISASTER COMMITTEE NEWS

The Disaster Team is looking for additional members. Besides needing a few more Block Captains, we could use help with clerical tasks such as: phoning, checking on files to see if they are complete, duplicating materials, and such.

We have a Team of people now who are devoted and know how to work well together. We welcome new members!

The last Tuesday of the month is our radio check and the last Thursday of the month is our Team meeting at the Bee Bug Club at 6:30 pm.

Submitted by Carol Lowe, 324-1985

Attention Tropics Homeowners

There are still openings in the Tropics Financial Assistance Program for qualified applicants. Must be Extremely Low or Very Low Income. Please see thr Tropics Office Staff if you are Interested in appling.



Tips for a Healthy Brain-By Tina Maria

Eat colorfully. Richly colored foods provide powerful antioxidants. Think: sweet potato orange, broccoli green, blueberry blue. Focus on nourishing your brain by choosing a healthy diet.

Sleep. When we lose sleep, don't get enough sleep, or don't sleep at regular times, hormones become imbalanced and our brains don't work as well. Poor sleep or sleep loss leads to fatigue, immune suppression, and memory, concentration. Sleep debt makes us inefficient, more easily agitated, tired, crabby and stressed because we're not at our best. Try to go to bed and wake up at the same time every day. Get at least seven to eight hours of sleep a night.

Move and do. Don't be a couch potato—or a computer potato. Exercise is a natural antioxidant, anti-inflammatory, and stress buster. It will help you sleep better and lower your cholesterol and blood sugar. Regular exercise improves the blood supply to the brain, reduces depression, and it puts a spring in your step.

Use your head. Challenge your brain. Many studies have shown that using your head—whether by reading, doing crossword puzzles, enjoying games. Participating in these can cause synapse growth, which allows nerves in the brain to communicate with each other more efficiently.

Stay socially connected. Cultivate friends and relationships. Get involved in activities with friends, family, and community groups. Leisure activities can have an effect on the health of our hearts and brains, and socializing may protect your brain.

Pursue new experiences. Stop getting in your own way. Stop yourself from thinking of reasons why you shouldn't or can't do things. Try things you don't already do.

Let go of things that are out of your control and maintain a positive attitude. While you're at it, work at maintaining a pleasant facial expression as well. As the old saying goes, "If you see someone without a smile, give him one of yours." Even if you don't receive a smile in return, assure yourself that you've just given someone a special gift of human-to-human contact that might have made their whole day.



This article comes from one of our learning programs. To be part of more learning programs

and confidential support come join us. We meet every Sunday at 6:00pm in the Tropics Mobile Home Park, 102 Palm Dr., more commonly known as the BHive (BBug) building. **The first visit is free.** Have any questions feel free to call Leader—Tina Maria at 510 489-5749.



Learn what to do in an emergency at our Annual

Neighborhood NIGHT OUT Saturday, September 21 6 to 8 PM at the Tropics Clubhouse

This event is FREE for all Residents! Fun & Games! Root Beer Floats! S'mores! Ping Pong!

Meet with the Union City Police, Fire, and Community Emergency Response Team (CERT) to learn how you can prepare today!

Brought to you by the
Tropics Residents' Club and the Disaster/N eighborhood Watch Committee For
more information call:
Barbara Kowall- 510-477-9872



THE TROPICS MOBILE HOME PARK

33000 ALMADEN BLVD., UNION CITY, CA 94587

ONE DAY ONLY

SATURDAY

OCTOBER 19, 2013





SNACK BAR WILL BE OPEN FOR BREAKFAST & LUNCH

FOR MORE INFORMATION OR TO RESERVE A TABLE:

BARRY LEPENDORF @ 510-431-3401

Tropics Residents' CLUB GENERAL MEETING July 18, 2013 General Meeting Minutes

- Meeting opened at 7:00 PM by Presi dent Debbie Lependorf. A quorum of the generalmembership was determined present (24 residents). All Board members were present, except for Rick Henry.
- Pledge of Allegiance was recited.
- MINUTES for the July 11, 2013 Board Meeting were read and approved as read with two corrections (typos).
- TREASURER'S Report for June 2013 was read and accepted as read by Barry.
- CORRESPONDENCE: Incoming: Return letter from Post Office, Fei Wang email (4th of July tickets), unsigned letter from Disaster Committee, and Thank you note from Betty Mayer.
- OLD/UNFINISHED BUSINESS:
- o Board Candidates: Three permanent Board members (Mona Jhaveri, Gary Mendoza, and Ben Salsedo) were added for the next year. We are back to seven Board members. We are still looking for one more. Ken is now our Vice-President.

7. NEW BUSINESS:

- o Event Ticket Distribution: Barbara Garcia volunteered to distribute tickets to all our events. We will test drive this method for a couple of months, due to controversy about residents having to come down to Clubhouse for tickets. The central ticket location will be at the Beauty Shop near the B-Bug.
- O National Night Out: This event takes place on Aug 6th at Town Estates Park. Barbara Kowell will be there along with Debbie and Barry. The Board also decided that the Residents' Club will purchase the buns, hot dogs, and the condiments. The Club will be reimbursed.
- Neighborhood Night Out: This event takes place on Sept. 21th in the dining hall. The Board approved \$150.00 for Barbara Kowall to put on this event.
- O Dining Hall Renovation: We are taking down the starship and try to get more circulated air. The contract company will come in on the month of August. The events, Spectrum lunches, and breakfasts are cancelled this month. The Food Bank will be held outside. The Gazebo Grand Opening will still go on. Western Night will probably take place in November.

REPORTS:

Past Events:

- Saturday Night Fever: We had a lot of fun and good food. Brenda
 Stout will be brought the Disco Ball she won at the auction.
- Hearing Expo: 44 people signed up. 28 showed up.

9. UPCOMING EVENTS:

Gazebo Grand Opening: This event will take place on Aug 10th.

10. STANDING COMMITTEE & CLUB REPORTS:

- Bingo: Betty reported that in the month of June, the Tropics Residents' Club donated \$300 to USO, \$200 to Covenant House, \$500 to American Red Cross for the Oklahoma Disaster. We deposited \$1107 in the charity account and \$150 in the regular account. The CD remains in effect.
- Tropics Travelers: Debbie reported that the next trip is on Sept 9th to Black Oak.
- TOPS: Tina Marie reported a new way of living regarding vegetables and hydrating oneself.
- Ceramics Club: Irene Wolfe reported that they are in hiatus. They will have 2 tables at the Flea Market in November.
- Coffee Club: Jackie Hill reported to just show up and have a good time.
- B Bug Club: Barbara Kowall reported there will be a movie on Friday at 7:00 pm.
- Welcoming Committee: Loris Cook reported that everything is going fine.
- Disaster Committee: Barbara Kowall reported dates for National Night Out and Neighborhood Night Out.
- 11. OTHER BUSINESS: Carol Orwig reported that the Compassion Network is still alive. The office is in Fremont on Liberty Street. They are not working through Millennium. They will come as a group on July 27th, Aug 3rd, or Aug 10th. Residents must pre sign up with all information of what they need on a form. Residents can also call the Community Resource Center instead of going to the office for information. Ray Scott suggested a flyer on the bulletin board. Carol Orwig will gather the information and give it to Barry for the flyer.

12 ADIQUEN

 It was moved (Gary Mendoza) and seconded (Ken Mainville) to adjourn. Meeting adjourned at 7:34 PM.

Submitted, Victoria Massey, Secretary

THE TROPICS MOBILE HOME PARK

THE TROPICS RESIDENTS' CLUB



Meet 2nd Thursday of every month 7:00 pm In the Clubhouse Debbie Lependorf @ 431-3401

THE TROPICS BREAKFAST



2nd Saturday of the Month 8:30 am - 9:30 am In the Clubhouse Barry Lependorf @ 431-3401

THE TROPICS TRAVELERS

MONTHLY CASINO TRIPS

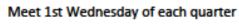


THE TROPICS DINNER



4th Saturday of the Month 5:30 pm In the Clubhouse The Tropics Board

TROPICS LADIES CLUB



No further official monthly meetings. Watch the Breeze for Social Events Occurring during the year.

THE TROPICS COFFEE CLUB



Meet Monday - Friday 8:30 am In the Conference Room Jackie Hill @ 489-4388

THE TROPICS SPRING CHICKENS



Meet Tuesdays & Thursdays

8:30 am In the Clubhouse for exercise Carolyn Hoppes @ 489-6894

THE TROPICS POT LUCK



Meet 1st Sunday of each Month 5:30 pm In the Clubhouse Irene Wolfe @ 489-7529

THE TROPICS CERĂMIC CLUB



Meet 1st Tuesday of the Month 3:00 pm - 4:00 pm In the Conference room Melody Peterson @ 487-7578

MOBILE FOOD PANTRY

Tropics Recreation Center Every 2nd & 4th Thursday @2:00 pm

Please bring a box or bag.

THE B-BUG COMPUTER CLUB



Open Monday - Friday 9:30 am - 12:30 pm In the B-Bug Building Larry Cornell @ 510-397-4782

THE TROPICS DISASTER TEAM



Meet Last Thursday of the Month 6:30 P.M.

@ the B-Bug Club Carol Lowe 510-324-1985

B BUG CLUB NEWS SEPTEMBER 2013



LAST CHANCE TO SIGN UP

AARP will offer a driver Safety Course

Hosted by Millennium Housing and Conducted by AARP Given at the B Bug Club at 102 Palm Dr. Union City, Ca
The course will be 2–4 hour sessions for a total of 8 hours
1pm – 5pm on TUESDAY SEPTEMER 17, 2013 01:00 PM
1pm - 5pm on TUESDAY SEPTEMER 24, 2013 01:00 PM
You must attend both classes to get a certificate for your insurance co.

You may be eligible for a discounted premium from your insurance co. Please consult them for details.

The cost includes both days
AARP members \$12.00 Non - AARP Members \$14.00
For a reservation Call Larry Cornell at 510 589 6548
Space is limited to 30 max

WE HAVE 7 HIGH SPEED DSL COMPUTERS ON LINE FOR THE USE OF OUR RESIDENTS AND ITS FREE

WE HAVE A LARGE INVETORY OF DVD MOVIES TO LOAN TO OR RESIDENTS = AT NO COST

WE HAVE A COPY MACHINE FOR THE USE OF RESIDENTS

WE CAN TEACH YOU HOW TO PUT YOUR PICTURES ON A CD

MOVIES EVERY FRIDAY NIGHT A 7PM

DISTRIBUTION OF THE TROPICS BREEZE

Distributor #1 --- If any problem, please call **Roger Taylor 489-6747**

RTE	MAGS	DELIVERY VOLUNTEER	PH No.	STREET
01	24	134 Hana, Morris Carmichael	471-7770	Acapulco, Polynesia, Palm Dr 149-150
02	14	119 Madrone Way, Tom Chitwood	489-2103	Madrone
	12	131 Hana Way, Roger Taylor	489-6747	Hana Way
3	15	477 Hoya, Eleanor Wilson	489-5254	Hoya Way
4	21	489 Seema Circle, Ray Miller	475-1950	Seema & Kawella
20	18	373 Tropicana, Carl Hughes	471-5020	387-403 Tropicana & 33001 Almaden
	19	373 Tropicana, Allison Hughes	471-5020	368-386 Tropicana
5	13	515 Lanai, Laura King	471-7571	Lanai
6	14	528 Trinidad Circle, Virgil Lewis	324-1773	Trinidad
	20	179 Kona, John/Charlotte O'Donnell	324-0833	Kona

Distributor #2 --- If any problem, please call Michael O'Quin at 265-4091

RTE	MAGS	DELIVERY VOLUNTEER	PH No.	STREET
08	31	193 Hawaii, Rose McGee	475-6963	Hawaii
12	18	223 Hula, Irlanda Perez	475-8812	Hula
13	18	243 Jamaica, Mary Leon	487-4481	Jamaica
14	18	284 Oahu, Nick Bueno	675-0677	Oahu
15	21	51 Palm, Irv Mayer	487-0235	Palm Drive 40-60
16	18	265 Molokai, Steve Evans	471-3024	Molokai
10	20	70 Palm Drive, Michael O'Quin	265-4091	Palm Drive 61-85
17	18	297 Maui, Joyce York	487-6234	Maui
18	18	313 Kauai, J.J. Libbon	366-4270	Kauai

Distributor #3 --- If any problem, please call Pete or Carol Lowe at 324-1985

RTE	MAGS	DELIVERY VOLUNTEER	PH No.	STREET
19	19	12 Palm, Carol Lowe	324-1985	Palm 1-19
	20	26 Palm, Diane Steele	471-1750	Palm 20-39
21	16	321 Waikiki, Ron Silva	487-2193	Palm Drive 86-109
22	25	336 Waikiki, Christina Van Remoortel	675-9021	Waikiki
23	22	363 Tahitian, Hazel Carr	489-9416	Tahitian
24	16	412 Fiji, Loris Cook	489-7027	Fiji
25	16	429 Honolulu, Rocky Sampson	471-7332	Honolulu
26	21	169 Kona, Ruby Barker	489-3947	Panama, Makaha
27	30	443 Samoa, Rick Henry	487-7817	Samoa, Cumana

THANKS TO ALL THE ABOVE PEOPLE FOR VOLUNTEERING THEIR TIME AND FEET! WANT TO HELP? JUST GIVE US A CALL.

DELIVERY VOLUNTEERS PLEASE NOTE

If you are going to be away during your normal delivery time Please find a substitute and notify the editors. Thank you.

VISIT OUR WEBSITE: the-tropics.net

Wanna Know a Secret?—

You can get to read the Breeze about 2 weeks before it arrives at your door.

If you have access to a computer, go to the above web address and click on the Breeze box.