

# *The Trojan Trumpet* -

*Class of 1960*

**Quarterly Newsletter 11th Edition**

**July, 2013**

*Class of 1960 continues financial activities to support Auburn students advanced education through scholarship program.*



## **2013 Auburn Alumni Scholarship Winners**

We have completed the 2013 Alumni Scholarship Awards from the Class of 1960.

Lilith Brown presented two students at Auburn Riverside with scholarships, while Wendy Morgan presented one each at Auburn High School and Auburn Mountainview.

Many thanks goes to the Scholarship Selection Committee – Lilith Brown Rambur, Susan Mead Tibeau, Monica Miller Saalfeld and Wendy Morgan. We met in early May and chose our four recipients based on the following criteria:

- Plans for attendance at one of Washington's colleges or universities
- A grade point of 3.0 or over
- Demonstrated community service (volunteerism)
- A clear career path from their own personal plans, their chosen school subjects, any volunteer activities they may have been part of and any after school work that is related to what they want to do.

We generally, concentrate on finding students who know what they want, are ready to work for it, and who probably will not receive support from other scholarships. This year, as in the past, we had wonderful group of candidates. All of the students we selected are hard-workers, with financial needs and knew clearly what they wanted to do.

Former Superintendent Linda Cowan remarked that the AHS Class of 1960 is her gold standard for alumni.

So Class of 1960, give yourself a pat on the back, and we want to also thank the other classes that have contributed to our scholarship fund. Thanks again for making this possible.

Review the Scholarship section of this class website to learn more about our candidates.

## **Exercise for PEOPLE OVER 50**

Begin by standing on a comfortable surface, where you have plenty of room at each side. With a 5-lb potato bag in each hand, extend your arms straight out from your sides and hold them there as long as you can. Try to reach a full minute, and then relax. Each day you'll find that you can hold this position for just a bit longer. After a couple of weeks, move up to 10-lb potato bags. Then try 50-lb potato bags and then eventually try to get to where you can lift a 100-lb potato bag in each hand and hold your arms straight for more than a full minute. (I'm at this level.) After you feel confident at that level, put a potato in each bag

*"Life" is a gift to you.*

The way you live your life is your gift to those who come after. Make it a fantastic one.

LIVE IT WELL!

ENJOY TODAY!

DO SOMETHING FUN!

BE HAPPY !

HAVE A GREAT DAY

## **AHS Multi-Class reunion potluck picnic**

**We received information about the Multi-class reunion planned for this summer and thought some of you may be interested in attending. Here is the notice so you can mark your calendars:**

The Auburn High School Multi-class Reunion picnic will be held Saturday, August 3, 11 a.m. to 3:30 p.m. at Veterans Memorial Park on E Street NE, Auburn (behind the high school football stadium--the former Auburn City Park).

It's a potluck so please plan to bring something to share. Plates, utensils, and napkins will be furnished. We'll also have water and lemonade. Former teachers/coaches will be invited to attend. There will be no multi-class reunion dinner this year.

Hope to see you August 3. Please pass the word since notices will not be mailed out. I'm trying to reach everyone via e-mail, the Auburn Weekly Reporter, and/or word of mouth!

Audrey (Schulte) Cruickshank

253 833-3845 or 253 880-2500

## "Government run by idiots? "

Submitted by a classmate - this style of writing is attributed to Jeff Foxworthy, BUT this not written by him:

If you can get arrested for hunting or fishing without a license, but not for being in the country illegally — you might live in a nation founded by geniuses but run by idiots.

If you have to get your parents' permission to go on a field trip or take an aspirin in school, but not to get an abortion — you might live in a nation founded by geniuses but run by idiots.

If you have to show identification to board an airplane, cash a check, buy liquor, or check out a library book, but not to vote who runs the government — you might live in a nation founded by geniuses but run by idiots.

If the government wants to ban stable, law-abiding citizens from owning gun magazines with more than ten rounds, but gives twenty F-16 fighter jets to the crazy new leaders in Egypt — you might live in a nation founded by geniuses but run by idiots.

If, in the nation's largest city, you can buy two 16-ounce sodas, but not a 24-ounce soda because 24-ounces of a sugary drink might make you fat — you might live in a nation founded by geniuses but run by idiots.

If an 80-year-old woman or a three-year-old girl confined to a wheelchair can be strip-searched by the TSA, but a woman in a burka or hijab is only subject to having her neck and head searched — you might live in a nation founded by geniuses but run by idiots.

If your government believes that the best way to eradicate trillions of dollars of debt is to spend trillions more — you might live in a nation founded by geniuses but run by idiots.

If a seven-year-old boy can be thrown out of school for saying his teacher is "cute," but hosting a sexual exploration or diversity class in grade school is perfectly acceptable — you might live in a nation founded by geniuses but run by idiots.

If children are forcibly removed from parents who discipline them with spankings, while children of addicts are left in filth- and drug-infested "homes" — you might live in a nation founded by geniuses but run by idiots.

If hard work and success are met with higher taxes and more government intrusion, while not working is rewarded with EBT cards, WIC checks, Medicaid, subsidized housing, and free cell phones — you might live in a nation founded by geniuses but run by idiots.

If the government's plan for getting people back to work is to provide incentives for not working through 99 weeks of unemployment checks, without any requirement to prove they sought, but couldn't find, work — you might live in a nation founded by geniuses but run by idiots.

If you pay your mortgage faithfully, denying yourself the newest big screen TV, while your neighbor buys iPhones, wall-sized plasma do-it-all TV's and new cars, and the government forgives his debt when he defaults on his mortgage — you might live in a nation founded by geniuses but run by idiots.

If being stripped of the ability to defend yourself makes you more "safe" according to the government — you might live in a nation founded by geniuses but run by idiots.



***Family Secret Recepte;*** *Ok all you cooks, this ones for you.*

*Years ago when I was young there was an early family recepte that was always served in our family at least twice a month and was a family favorite. As the years passed, I had forgotten about it till I ordered it in Hawaii, at a locals resturant. It just shook my taste buds to the core, so I asked for the rceipe and was told it was an old Hawaiian traditional staple, and no-one owned the recepte. So here it is, I share it with you with a guarantee that you will enjoy it, especially the next day as left overs. Please try it and let me know how you liked it.*

## ***Ultimate Island Stew, The Best Stew, serves 6 big (Hawaiians)***

By, Sam Choy

### **Ingredients;**

- 4 lbs Chuch roast, cut up in cubes
- ½ cup salad oil
- 3 cloves garlic, crushed
- 1 small onion, minched
- ½ cup celery leaves
- 5 cups beef stock, or broth
- 2 cups chicken broth
- 1 ½ cups tomato paste
- 4 large carrots, chunked
- 3 potatoes, chunked
- 1 large onion, chunked
- 4 stalks celery, chunked

Enough flour in a bag to dust the meat (about 1 cup)

Cube up the chuck roast, add salt and pepper to the flour in a bag, and dust meat. Brown the meat with oil, in deep pan, with crushed garlic, minced onions, and celery leaves about ten minutes on medium heat until browned. Keep stirring to avoid burning.

Drain the oil off by changing pans. Add the beef and chicken broth and tomato paste, and bring to a slow boil, then reduce to simmer. Cover and let cook about one hour or until the beef is tender. Smells good eah!

Add the big chunked carrots and potatoes and cook 10 minutes. Add onion chunks, celery chunks and cook 10 minutes more. Adjust seasoning with salt and pepper. Bring the stew to a boil on low heat and add the mochiko flour / water mixture a little at a time, continually stirring until you get the right consistency. Salt and pepper to taste, add enough mochiko and water to thicken. This stew is way better, served the next day, after all the flavors have had a chance to blend. You can adjust the vegetables up or down to your liking. Adding tomatoes (sundried, or whole, canned) is really good. Play with the flavors you like by adding more. Feel free to add other vegetables to your liking.

Islanders really like it served with sticky rice on the side.

*Famious Island Chef, Sam Choy, says "I think the thing that makes this recipe so good is the simplicity of it, and the fact that very little seasoning is used, letting the natural flavors of the food shine through.*

## Here's A Thought; - Classmates

### Golf and Lunch Outing

Is anyone (male or female) interested in a friendly informal golf and lunch outing (no competition), let's say in August, during a weekday, like **Hi-Cedars**, in **Orting**.

"No host" golf then lunch after, to relive the exciting moments.  
If this is something you would do send me an email to [<tnpnbuck@comcast.net>](mailto:tnpnbuck@comcast.net), if I can get three or more great - we'll do it. Cost would probably be \$34.00 for golf w/cart, (\$15.00 for lunch).

### *Lesson From My Parents*

When I was a young kid, my Mom liked to make breakfast food for dinner every now and then. I remember one night in particular when she had made breakfast after a long, hard day at work. On that evening so long ago, my Mom placed a plate of eggs, sausage and extremely burned biscuits in front of my dad. I remember waiting to see if anyone noticed!

All my dad did was reach for his biscuit, smile at my Mom and ask me how my day was at school. I don't remember what I told him that night, but I do remember watching him smear butter and jelly on that ugly burned biscuit. He ate every bite of that thing...never made a face nor uttered a word about it!

That evening, I remember hearing my Mom apologize to my dad for burning the biscuits. And I'll never forget what he said,

"Honey, I love burned biscuits every now and then." Later that night, I went to kiss Daddy good night and I asked him if he really liked his biscuits burned. He wrapped me in his arms and said, "Your Mom put in a hard day at work today and she's real tired. And besides--a little burned biscuit never hurt anyone!"

As I've grown older, I've thought about that many times. Life is full of imperfect things and imperfect people. I'm not the best at hardly anything, and I forget birthdays and anniversaries just like everyone else. But what I've learned over the years is that learning to accept each other's faults and choosing to celebrate each other's differences is one of the most important keys to creating a healthy, growing, and lasting relationship.

And that's my prayer for you today...that you will learn to take the good, the bad, and the ugly parts of your life and lay them at the feet of God. Because in the end, He's the only One who will be able to give you a relationship where a burnt biscuit isn't a deal-breaker!

We could extend this to any relationship. In fact, understanding is the base of any relationship, be it a husband-wife or parent-child or friendship!

"Don't put the key to your happiness in someone else's pocket--keep it in your own." So, please pass me a biscuit, and yes, the burned one will do just fine.



## **For Our Enlisted Troops - Is Sex Work?**

A U.S. Marine Colonel was about to start the morning briefing to his staff. While waiting for the coffee machine to finish its brewing, the colonel decided to pose a question to all assembled.

He explained that his wife had been a bit frisky the night before and he failed to get his usual amount of sound sleep.

He posed the question of just how much of sex was "work" and how much of it was "pleasure?"

A Major quickly chimed in with 75-25% in favor of work. A Captain said it was 50-50%. A lieutenant responded with 25-75% in favor of pleasure, depending upon his state of inebriation at the time.

There being no consensus, the colonel turned to the PFC who was in charge of making the coffee. What was HIS opinion?

Without any hesitation, the young PFC responded, "Sir, it has to be 100% pleasure."

The colonel was surprised and, as you might guess, asked why?

"Well, sir, if there was any work involved, the officers would have me doing it for them."

The room fell silent.

God Bless the enlisted soldier, male & female.

## **The Prostrate Exam;**

After experiencing the discomfort and embarrassment of a prostate exam with the Canadian National Health Service, I decided to have my next test done while I was visiting San Francisco where I was told the beautiful nurses are way more gentle and understanding.

As I laid naked on my side, on the examining table, the nurse began the examination.

"Don't worry, at this stage of the procedure it is quite normal to get an erection", said the nurse.

My response was, "I haven't got an erection".

"I know, but I have", replied the nurse.

I wonder if they concluded, why I was running outta there

Don't have this procedure done in Frisco.

## **Walking For Pregnant Women**

Picture a room full of pregnant women with their husbands. A nurse says, "Ladies, remember that exercise is good for you. Walking is especially beneficial. It strengthens the pelvic muscles and will make delivery that much easier. Just pace yourself, make plenty of stops and try to stay on a soft surface like grass or a path."

"Gentlemen, remember -- you're both in this together. It wouldn't hurt you to go walking with her. In fact, that shared experience would be good for you both."

The room becomes very quiet as the men absorb this information. After a few moments a man, at the back of the room slowly raises his hand. "Yes?" says the Nurse.

"I was just wondering if it would be all right if she carries a golf bag while we walk."

This really brings tears to your eye, doesn't it?

You just can't teach that kind of sensitivity !!

## **PASTORS FALSE TEETH**

A Pastor goes to the dentist for a set of false teeth. The first Sunday

after heets his new teeth, he talks for only eight minutes.

The second Sunday, he talks for only ten minutes. The following Sunday, he

talks for 2 hours and 48 minutes.

The congregation had to mob him to get him down from the pulpit and they

asked him what happened.

The Pastor explains the first Sunday his gums hurt so bad he couldn't talk

for more than 8 minutes. The second Sunday his gums hurt too much to talk

for more than 10 minutes. But, the third Sunday, he put his

wife's teeth in by mistake and he couldn't shut up...

I love it when I make you smile...and I KNOW you are smiling

## **BARTENDER JOKE**

An old married couple no sooner hit the pillows when the old man passes gas and says, 'Seven Points.'

His wife rolls over and says, 'What in the world was that?' The old man replied, 'its fart football.'

A few minutes later his wife lets one go and says, 'Touchdown, tie score...'

After about five minutes the old man lets another one go and says, 'Aha. I'm ahead 14 to 7.'

Not to be outdone the wife rips out another one and says, 'Touchdown, tie score.'

Five seconds go by and she lets out a little squeaker and says, 'Field goal, I lead 17 to 14.' Now the pressure is on for the old man.

He refuses to get beaten by a woman, so he strains real hard.

Since defeat is totally unacceptable, he gives it everything he's got, and accidentally poops in the bed.

The wife says, 'What the hell was that?'

The old man says, 'Half time, switch sides

### ***"Happy Hour Southern Style"***

***Bubba was driving down a back road in SouthCarolina ..***

***A sign in front of a restaurant reads:***

**"HAPPY HOUR SPECIAL"**

**Lobster Tail and Beer**

***"Lordy mercy!" he says to himself,***

***"Them's my three favorites".***

## ***Best Dentures***

A couple of old guys were golfing when one mentioned he was going to go to Dr. Smith for a new set of dentures in the morning.

His elderly buddy remarked that he, too, had gone to the very same dentist two years before. "Is that so?" asked the first old guy. "Did he do a good job?"

The second oldster replied, "Well, I was on the golf course yesterday when a guy on the next fairway hooked a shot. The ball must have been going at least 200 mph when it smacked me right in the testicles."

The first old guy was confused and asked, "What the hell does that have to do with your dentures?"

"It was the first time in two years my teeth didn't hurt any longer....."

## ***Seniors Golf Terminology***

Four old men went into the pro shop after playing 18 holes of golf.

The pro asked, "Did you guys have a good game today?"

"The first old guy said, "Yes, I had three riders today.

"The second old guy said, "I had the most riders ever. I had five.

"The third old guy said, "I had 7 riders, the same as last time.

"The last old man said, "I beat my old record. I had 12 riders today."

After they went into the locker room, another golfer who had heard the old guys talking about their game went to the pro and said, "I've been playing golf for a long time and thought I knew all the terminology of the game, but what's a rider?"

"The pro said,"A rider is when you hit the ball far enough to actually get in the golf cart and ride to it."



*A Bad Day For The Pharmacist--*

Upon arriving home, a husband was met at the door by his sobbing wife. Tearfully she explained, "It's the druggist. He insulted me terribly this morning on the phone. I had to call multiple times before he would even answer the phone."

Immediately, the husband drove downtown to confront the druggist and demand an apology.

Before he could say more than a word or two, the druggist told him, "Now, just a minute, listen to my side of it. This morning the alarm failed to go off, so I was late getting up. I went without breakfast and hurried out to the car, just to realize that I'd locked the house with both house and car keys inside and had to break a window to get my keys."

"Then, driving a little too fast, I got a speeding ticket. Later, when I was about three blocks from the store, I had a flat tire."

"When I finally got to the store a bunch of people were waiting for me to open up. I got the store opened and started waiting on these people, all the time the darn phone was ringing off the hook."

He continued, "Then I had to break a roll of nickels against the cash register drawer to make change, and they spilled all over the floor. I had to get down on my hands and knees to pick up the nickels and the phone was still ringing. When I came up I cracked my head on the open cash drawer, which made me stagger back against a showcase with a bunch of perfume bottles on it. Half of them hit the floor and broke."

"Meanwhile, the phone is still ringing with no let up, and I finally got back to answer it. It was your wife. She wanted to know how to use a rectal thermometer."

And believe me, mister, as God is my witness, all I did was tell her."

*The Attorney;*

Today I represented an elderly woman on a shop lifting charge in court for her plea of guilty and sentencing. When she first came into see me she brought in her elderly husband as well and the two of them fought and bickered the whole time I met with them.

When she plead guilty before the judge, he asked her what she stole from the supermarket. She told him a can of peaches because she was hungry. The judge asked her how many peaches in the can and she said six and the judge said that's how many days in jail he was going to sentence her.

But before the Judge actually pronounced sentence, the elderly husband stood up in court and pronounced, "She also stole a can of peas", your honor.