



Republican Women Central Lane

Educating and informing the women
of Lane County on the political process

APRIL 22, 2013 - FASHION SHOW

Buckets of Sunshine A Fashion Show

Make reservations NOW!

April's Buckets of Sunshine fashion show is turning into a very exciting event! The fashions by Christopher & Banks will be modeled by members & friends of Republican Women of Central Lane, making it all the more special. The new fashions, the silent auction items that every woman would want, plus give-a-ways and a special lunch all add up to a great afternoon of fun! Come and bring a friend to share the moment.

*That is not all...*we will have the two most influential women in the state of Oregon attending and speaking: *Sally Macleod, President of the Oregon Federation of Republican Women (OFRW)* and *Suzanne Gallagher, Chair of Oregon's Republican Party (ORP)*. Come and meet these inspirational women who represent what we can accomplish as women of the Republican Party. We can make a difference! You won't want to miss this exciting event so please R.S.V.P. to Nina Rogers **541-485-4100** or e-mail her: **alnine17@comcast.net** by April 15th.

**Red Lion Inn
April 22**

\$20.00 per person
Doors Open 11:30
R.S.V.P.
as we need a head
count for lunch

Monday, May 20 —

Dinner at Valley River Inn

YES! We are back at *Valley River Inn (VRI) for a dinner meeting*. We all love VRI; it's convenience, its parking and the comfortable atmosphere.

Our Stay at Red Lion Inn has passed. They have had management changes and want to charge us \$16.00 for lunch.

That is NOT acceptable so your board is investigating our options, and for now, our next two meetings, (May 20th and June 24) will be at Vally River Inn.

RWCL Board is meeting May 6 at Hilton Garden Inn (3528 Gateway Street) to discuss the different sites and to have lunch there as a possible location for our club. You all are invited to come at 10:00, listen to the discussion and then stay for lunch.

Please call Gerry 541-484-0732 so I can give them a head count by May 3.

Dinner with Joe Tokatly, May 20, VRI

Our May Speaker is *Joe Tokatly*, who was born in Aleppo, Syria and immigrated to the United States in 1984.

Having a Bachelor of Science in Business Administration and Marketing, he has had a successful entrepreneurial career of 28 years in the glass industry.

Mr. Tokatly and his wife of 28 years, Marla, have three sons: Anthony, Ben and Chris...aka the ABCs. He will be speaking on the "Arab Spring" & looks forward to speaking to the RWCL.

Not only will this be highly informative and interesting for us, it



Call Nina for
reservations
541-485-4100
by May 17.
Bring your
husbands and
friends

should prove to keep your husband's interest as well. So make this a night to take your husbands to dinner at the Valley River Inn. *Remember the new venue: Valley River Inn*. So save the date: **Monday, May 20, 2013, 5:30p.m.** Moving ahead in 2013

Nancy Scalf, Vice President RWCL

"BITS AND PIECES"

Charities Recommended by Troy Givens

Here are two worthy charities that our last speaker, First Lieutenant Troy Givens recommended besides his "*American Hero Adventures*" group that is yet to be fully implemented: *Rivers of Recovery* (www.riversofrecovery.org) and "*Show of Support*" (www.showofsupport.org)

Book Club news

Our next book is "*Fall of Giants*" by Ken Follett. "*Fall of Giants*" is the first book in Follett's historical The Century Trilogy. It follows five interrelated families.. American.. German..Russian..English and Welsh as they move through the world shaking dramas of WW1, the Russian Revolution and women's suffrage. In future books of the Century Trilogy we will learn more of these families as we see the great events of the times unfolding.

Caring and Sharing

Our condolences to longtime RWCL member, *Nancy Savage* on the passing of her mother, Dorothy Savage who was also our member. Best wishes for the continuing recovery of our *President, June Conard* as she continues physical therapy fro her knee surgery.

Food For Lane County

To our Republican Ladies: Our last *Food For Lane County* donation that I delivered to the Receiving Center was only 7 pounds. Maybe if everyone just brings one can or box, we can do better?? Thank you and see you at the meeting. Submitted by *Jeanette Steele*.

Rubicon

Enjoy fruitful table discussions on *April 11, 2013*. No guest speaker on the 2nd Thursdays of the month, but opportunities for all to discuss issues close to our hearts and relevant to civic affairs. Please join us and bring a friend. Thursday *April 18*, we will have 2 speakers: *Mike Pungercar* - Honor Flights and *Bonny Bettman McCornack*. Coming in May, Eugene city service fee. Lesley Craig, President. 541-935-4567. Website: (<http://www.rubiconsociety.org>) Meeting at Kowloon Restaurant, 2222 Martin Luther King Jr. Blvd (close to Autzen Stadium) Noon to 1:00 p.m.

Military Donations

Many, many thanks to *Michael O'Rourke* (Helene's son) and his boot camp from *B Best Wellness* and *Janis Ross* for contributing 99 DVD's for the *DVDS4VETS* campaign. Please, any DVD's you'd like to contribute, please bring them to the RWCL meetings so we can send them on.

OFRW News

Save these dates for our special Capitol Events, *May 15 & 16*: Meet our Legislatures for wine and hor d'oeuvres, *5:00 to 7:00 p.m.* Then participate in *Mob dance event* by Republican Women and then spend the day at our Capital.

Let us know if you want to be a part of the action. *R.S.V.P. by April 25.*

More details coming soon. If you want to attend, carpooling is available, so call or e-mail Kaye at *541-688-7235* or *Ridleykb@hotmail.com*...Don't miss meeting your legislators and other Republican women.

Pictured here is *Sally MacLeod OFRW* state president, *Joyce Waggoner*, past president OFRW and *Laurie Cruz*, President of Hermiston RW, on training day with District VIII, Pendleton Republican Women on 6th of April.



PORTLAND ACTOR, STEVE HOLGATE PORTRAYS ABRAHAM LINCOLN FOR CHARITY.

SUBMITTED BY LUCY BARNETT

Seven of us from RWCL attended the Lincoln event that was featured on the front page of City Region (Monday, April 8) Register Guard. The event was Sunday, April 7 and it was sponsored by the Lion's Club and was a fund-raiser for them.

You can spot Candace Cottell and Anita Lewis on the far left! It was a wonderful time and the actor had such a uncanny resemblance to President Lincoln you felt us if you were back in history.

Wish you all could have been there.



State News Corner

Ways and Means Hearings Planned in Six Cities Across Oregon

"Please let everyone in our Party know about these six Ways and Means Hearings on PERS, and the Budget crisis. Democrats in Salem need to hear loud and clear that 'kicking the PERS can down the road' is not good enough!

Greg Leo, Executive Director, Oregon Republican Party, (503) 804-6391, Greg@orgop.org, www.oregonrepublicanparty.org"

SALEM – Senator Richard Devlin (D-Tualatin) and Representative Peter Buckley (D-Ashland), co-chairs of the Legislature's Joint Ways and Means Committee, announced today that the committee will hold six public hearings across the state to consider comments on the state budget.

The hearings will begin in **Eugene** and will include stops in **Ashland, Bend, Hermiston, Portland, and Tillamook** as well as a hearing at the State Capitol. Several of the meetings will offer live streaming of the meetings, and the Hermiston meeting will offer video conferencing so participants in other eastern Oregon locations can participate remotely.

The schedule is as follows:

Friday, April 12, Eugene, 3:00-4:30pm, Ed Ragozzino Performance Hall Lane Community College, 4000 East 30th Avenue,

Saturday, April 13, Ashland, 10:00-11:30am, Music Recital Hall Southern Oregon University, 1250 Siskiyou Blvd

Friday, April 19, Bend, 4:30-6pm, William Healy Armory, 875 SW Simpson Ave,

Saturday, April 20, Hermiston, 1:30-3:30, Hermiston High School Auditorium, 600 South First St.

Tuesday, April 23, Portland, 5:30-7:00pm, Moriarty Arts & Humanities Auditorium, Portland Community College, Cascades Campus, 705 N. Killingsworth St., Portland

Thursday, April 25, Tillamook, 5:30-7pm, Officers Mess, Port of Tillamook Bay 6825 Officers Row, Tillamook

RWCL Calendar of Events 2013 — Save These Dates

Please **R.S.V.P. Nina** at 541-485-4100 or alnine17@comcast.net for all meetings so we can have an accurate count for food.

April 22, At Red Lion Inn Lunch meeting, See front page. Fashion show with Christopher & Banks, prizes silent auction, lots and lots of fun. **PLEASE** call Nina. \$20.00

May 16, OFRW sponsored **Legislation Day** in Salem. Possible "mob dance" at Capital. OFRW will have new T-shirt "ROCK OREGON" to bring back the red to Oregon. If interested in carpooling call Kaye (541-688-7235).

May 20, Dinner meeting; This will be at Valley River Inn with Speaker Joe Tokalty who will talk about the Arab Spring. See page one

June 24, Lunch meeting at Valley River Inn. Nominating committee to be elected and speaker to be determined.

October 11-13th is coming soon. Plan on attending the OFRW Convention, held at the Holiday Inn, Wilsonville.

Our 2013 Officers

President

June Conard
awolcon@aol.com

Vice President

Nancy Scalf
horseflynan58@yahoo.com

Secretary

Helene O'Rourke
cookieor@msn.com

Treasurer

Barbara Lundberg
barbandal@q.com

Chaplain

Anita Lewis

Ex-Officio Member

Gerry Briggs
gerrybriggs@gmail.com

Parliamentarian

Nina Rogers
alnine17@comcast.net

Trustees

Lucy Barnett, Norma Cable
Gladys Hasse, Dee McManus
Janis Ross, Threse Stallings

Appointed Chairs

100% Club—OPEN

Americanism — Norma Cable

Annual Audit—Gladys Hasse

Awards — Helene O'Rourke

Armed ForcesNanct Scalf & Helene O'Rourke

Book club — Lucy Barnett

Caring for America — Jeanette Steele

Communication/Website—Janis Ross

Corresponding Secretary—
Lucy Barnett

Dictionary program—Doris McKee

Events Chair—OPEN (Kaye Ridley would like to pass this on to an interested lady)

Historian—OPEN (Helene O'Rourke would like to pass this on to an interested lady.)

Hospitality/Phoning—
Dee McManus, Nina Rogers

Leadership?Legislation— Terri Moffett

Literacy/Mamie Eisenhower— OPEN

Membership Chair— Norma Cable, Terri Moffett, & Therese Stallings

Merchandise Sales— Gladys Hasse, Janis Ross

Newsletter— Gerry Briggs

Outreach/recruiting—OPEN

Programs—Nancy Scalf

If you wish to volunteer, contact Gerry, 541-484-0732



FAMILY LOSES 72 POUNDS AND SLASHES FOOD BUDGET IN HALF

Former RWCL President, Ina McElroy & Family Succeed!

Jackie, 40, and Kenny Reese, 48, of Windsor, Calif., have lost a significant amount of weight several times in the past, but like many dieters, they gained most of it back. In early December, Jackie described her family, which includes son Landon, 9, and her mother, Ina McElroy, 69, as a three-generation household of people who “all struggle with our weight. I would like to break this cycle so that my son does not follow in our footsteps.”

So the Reeses volunteered to participate in this year’s Family Fitness Challenge, an initiative to help families across the country get more active — and lose weight. The ongoing project is being produced in partnership with USA WEEKEND Magazine and the TV series The Doctors.

More than 400 families applied to take part in the challenge. Six families were chosen and each was paired with a fitness expert with the American College of Sports Medicine and a registered dietitian with the Academy of Nutrition and Dietetics.

Since the beginning of the year, the Reeses have been wearing Fitbit activity trackers and trying to walk at least 10,000 steps a day, which is the amount recommended by health experts. They’ve also started tracking their calories online and on their smart phones. They have cut way back on fast food and dining out and are cooking healthier meals at home.

Collectively, the four family members have lost 72 pounds over the past two months, and they slashed their food budget by more than half. Before they started the challenge, they were spending about \$500 a week on food including groceries, dining out and takeout, Jackie says. Now that they’re preparing most of their meals at home, they’re spending less than \$200 a week.

If you want to read more of this article and see Ina’s daughter and son-in-law, Jackie and Kenny Reese, talk about their experience, then go to USA Today on line, put in their name in the search area and then select the story “family losses 72 lbs. Submitted by Helene O’Rourke.

Republican

Central Lane

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