



Katy makes Grossmont College Culinary Competition Team – Goes to Las Vegas as Assistant for contest

March 8, 2006

Hi Grandma and Grandpa,

How has your year been so far? Mine has been great. I am still waiting to hear from you as to when you would like me to cook for you and maybe some of your friends. School is going a lot better than expected; I was finally notified that I made the Grossmont College Culinary Competition Team. It has been very rewarding, learning right next to some of the best Chefs at the school. Right now I am just an apprentice and have to meet some criteria before I myself can compete, criteria such as assisting on two competitions, watching three competitions, and some other hands on items. The team and I have been practicing very hard the last two months and to our surprise our executive chef told us last Sunday that the competitors would be competing in a competition in Vegas over spring break. Each competitor was told that they could take one apprentice and that he would be taking two to assist him. Well all of my hard work has paid off and Chef Joe (Grossmonts Executive Chef) asked me to assist. I can not express how honored and excited I felt. The only catch is that all apprentices must pay their own way for all events. I am so excited to be taking the first step towards being able to compete myself. I do realize that this is coming with some very short notice and apologize for that. I will be in Vegas from April 10th to the 13th, and need to have room reservations before then so I am asking for a quick response. So I am writing this letter to ask you for support to help me get to Vegas and assist Chef Joe. I need enough money to pay for transportation, rooming, and food and any help you could give me would be greatly appreciated. Thank you again for all your support.

Love always,

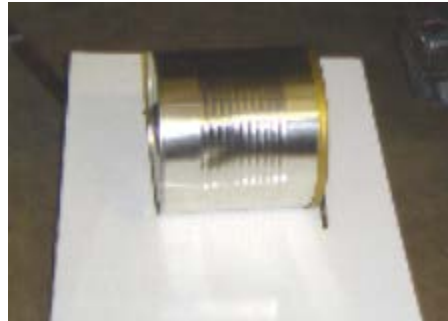
Congratulations, Katy, on the great progress you are making, and good luck at the contest in L.V. We look forward to a report on your trip.

Brian enters school science competition

Recently Brian called Grandpa to seek help with a science project. The challenge was to build a “car” using readily available materials: coffee cans rubber bands, plywood, fastening hardware, bottle caps, etc. The car could be any shape, small in size, and did not have to look like a car. The only requirement was that it be able to move on it’s own. The test track is a ramp, six feet long, with a three inch rise in the middle. In the contest, two players release their cars from opposite ends, and the objective is to travel across the ramp. If the cars collide, the one which goes the farthest is the winner

for that trial. Several trial runs were scheduled, and the final contest will take place in mid-April.

After some discussion, Grandpa suggested the use of a coffee can driven by rubber bands. For this concept, small holes are drilled in the center of the bottom and the cover, and a rubber band is stretched from bottom to top. One end of the rubber band is restrained by a nail held in place with duct tape so that it cannot rotate. The other end is restrained with a thin rod



which extends out past the radius of the coffee can. Slippery washers are used so the long rod can rotate freely. The rubber band is wound up tight and the car is placed on the floor. Since the

long rod is restrained by resting on the floor, the only way the rubber band can unwind is by rotating the coffee can, thus driving it forward.

Brian reports that his teacher was very impressed with the concept, one he had never seen. In addition, many of Brian’s classmates were intrigued with the car, and enjoyed trying it out for themselves. Brian plans on building a smaller model, which should go faster than the first one.

Annie in the snow at Gonzaga

This past winter when Annie was in Spokane, WA, and for the first time she experienced a real winter, with snow and ice.



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Here I am in the land of the kangaroos. How cute is he? They have a petting zoo for the kanga's just



like we have for goats and sheep but way more interesting. There were lots of Koala's and other very cute animals. This is my friend luisa who was there with me. She works as a marketing person for international, and below is of course my favorite missie. We have known each other for many years and she is the one responsible for hooking me up with the national design team for



ISO. We had a great time and as you can see in this picture there was some working time as well.

Now I am back home and getting ready to fly to NYC next Monday night

Thanks, Francie for this report on your first trip to the "Down Under" continent. It sounds like you had a great time.

The last time we heard from Francie she was in Jamaica, and while there she heard some Irish jokes, which she e-mailed for us to enjoy, as follows.

Paddy was driving down the street in a sweat because he had an important meeting and couldn't find a parking place .Looking up to heaven he said, "Lord, take pity on me. If you find me a parking place I will go to Mass every Sunday for the rest of me life and give up me Irish Whiskey". Miraculously, a parking place appeared. Paddy looked up again and said, "Never mind, I found one."

Father Murphy walks into a pub in Donegal, and says to the first man he meets, "Do you want to go to heaven?" The man said, "I do Father." The priests said, "Then stand over there against the wall." Then the priest asked the second man, "Do you want to go to heaven?" "Certainly, Father," was the man's reply. "Then stand over there against the wall," said the priest. Then Father Murphy walked up to O'Toole and said, "Do you want to go to heaven? O'Toole said, "No, I don't, Father." The priest said, "I don't believe this. You mean to tell me that when you die you don't want to go to heaven?" O'Toole said, "Oh, when I die,

yes. I thought you were getting a group together to go right now."

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Jessica works hard at Continental Flight Attendants school

We have the latest from Houston on Jessica's progress toward certification and the start of her new career.

Dear Grandpa and Grandma,



Greetings from Houston! Well, I am three weeks through my training to become a flight attendant and only one word comes to mind to describe it - hard. Imagine living 24 hours a day with 32 other people, only eating

airline food, and having to pass physical, mental and emotional challenges every day of the week. It really should be called Flight Attendant Boot Camp. We have class Monday through Saturday from 7am until 5pm and at least 2 hours of homework and reading a night. We learn a weeks worth of information each day and are expected to memorize it that night. We have a big test every Monday so our days off on Sundays are spent primarily studying. We have to pass every test with 80% or better and we have to adhere to a strict dress code as well as other very strict regulations while we are in training. If you break a rule (even by accident), you get one warning. After that you are sent home. The instructors make it very clear that this is a five week interview process. We have already lost 3 people in our class, so you can imagine how much stress everyone is under. Despite the difficulty and the challenges, however, I am doing well. The tests are extremely hard but I enjoy studying with classmates and learning about the aircrafts we fly. And every day I look forward to the job more and more.

Continental flies more international routes every year so I will be flying all over the world. This summer they are starting three new routes to Barcelona, Copenhagen and Cologne. I have heard that a lot of people get put on the flight to Delhi, India right out of training so that would be very exciting. The people in my class are all amazing. In age, we range from 21 to 56 and come from all over the country and world. No two of us are alike and everyone has a fascinating story to tell. I think flight attendants today are largely underestimated. Did you know that so far this year Continental has looked at over 100,000 applications. They interviewed 400 people just for my class of 33

people. So I feel privileged to be here and am also very aware of how talented an individual it takes to become a flight attendant. Some of the things I have learned in the past 3 weeks are: the passenger and emergency configurations of over 10 models of Boeing aircraft, how to operate and use 36 pieces of emergency equipment, how to give CPR, deliver a baby, evacuate a full plane in under 3 minutes onto land or water, put out a fire, how to placate a customer after a 3 hour weather delay, and how to serve a full 4 course first class meal out of a 4'x4 galley in turbulence without spilling wine on the passenger while wearing heels, and of course, all of this is always done with a smile. I graduate on April 13 and I can't wait to get my wings so I can start flying. I'll be home for Easter so I can tell you more about it then. I love you and will see you soon.

Love,

Jessica

Grandma falls, injures wrist

Monday, April 3rd was a bad day for Grandma. Shortly after noon Grandpa, who was in his downstairs office, heard a call for help from the kitchen. He rushed upstairs and found Grandma flat on her back on the floor beside the stove. She was bleeding from the mouth and had a welt over the left eye. Grandpa called 911 at once, and within a few minutes the emergency vehicle arrived. After a brief examination Grandma was placed in an ambulance and taken to the Sharp Memorial Hospital emergency room. After several examinations, an x-ray, and a CT scan the conclusion was that there were no broken bones. She did have some cuts inside the mouth, and the beginning of what became a very black eye. A metal brace was applied to her wrist, and she was released to go home. She felt somewhat better for a day or so, but on Thursday she began to experience lots of tenderness and very sharp pains in the area between the thumb and first finger. We checked in at the urgent care facility, where her wrist was x-rayed again. The results were negative again, but the attendant said that sometimes a break in that area might not show up. It also was determined that she had a urinary infection, and an antibiotic was prescribed. She was fitted with a different brace, which seemed to be more helpful. The next day (Friday) she had a one year checkup with the surgeon who operated on her back last March. He became interested in the wrist problem, and took additional x-rays. He assured us that there was no break, but perhaps a strained or torn ligament. In the afternoon she saw her primary care physician, who examined her wrist. His opinion was that there was no serious damage, and that the wrist will heal soon. She does have an extensive black eye. All in all, it was not a very pleasant week, and we are looking forward to some better times soon. We will keep you posted. (see page 4 for a picture of the patient)

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Edith one day after the accident

Margaret's birthday party celebration

On March 11th Margaret celebrated her 50th+ birthday with a party given by Bud. There were many family and friends present, and we all enjoyed drinks, snacks, and a buffet of delicious Chinese entrees. Afterward we all gathered in the living room to tell stories about Margaret's past. Grandpa related the family famous barber shop story. Back in 1953, in Frederick, MD, older brothers Richard and Ed decided to play barber shop, with little three year old Margaret as the customer. The results were a disaster! Many other family and friends recalled other incidents in Margaret's life. It was a great party, with all wishing Margaret many happy returns.



Some Family news items

Carol and Jeff are on the go now, with two short trips. Over the 8-9 weekend they are in Phoenix to watch **Dustin's UCSB Lacrosse** team play Arizona and Arizona State. On April 13 they will fly to Houston (courtesy of Continental Airlines) to see Jessica graduate. From there she goes on her first assignment, an international one, probably to Mexico. She will be located in New Jersey, but of course, will be on the go most of the time. **Tim Riel** is now officially signed up with the Habitat for Humanity program, and will be leaving for his summer bike trip across the country. We suggest and hope that he will keep a daily diary of his experiences, and have a camera for pictures. **Francie** is in Jamaica for a business/vacation visit. **Listy and Bob** had some bad luck recently, when a sprinkler system leak in their Palomar cottage caused extensive water damage. **Grandma and Grandpa** will have to vacate their condo or two nights, for termite fumigation. Fortunately, all is not bad. When asked where we should spend the nights, **Grandma** immediately suggested that we visit a casino, so we would be able to pass the time in an enjoyable way. Sycuan here we come!!