The unamnous Declaration of the thirteen united States of America.

In Congress, July 4, 1776.

When in the Course of human events, it becomes necessary for one people to dissolve the political bands which have connected them with another, and to provide for themselves a new government, distinct from the one from which they have derived their rights, that people have a right to alter or to abolish it, and to institute new Government, giving to their new formed Societies such form of Government as their wisdom and experiment shall direct. And for the support of this Declaration, with a firm reliance on the protection of divine Providence, we mutually pledge to each other our Lives, our Fortunes, and our sacred Honor.

John Hancock, President.
Harry R. Gunther  
Palatine, IL  

Chicago (D)  

On February 19, 1945, I was in the fourth Marine division and we were off the coast of Iwo Jima. We had gotten off the big ship into am tracks (amphibious tractors), to go on shore and up the beach. After I retired from RRD, I learned that one of my coworkers had driven an antrak at Iwo Jima, taken Marines to a terrible place. We were signaled to go in; I took my squad in about 100 yards, made a right turn and went up the hill. We went about 30 more yards. Then orders came in to dig in for the night. I checked my squad and then went to my foxhole. I had the 12 to 1AM watch. A little after twelve I heard a noise. Just then one of our flares lit up and I could see two men coming towards me. I did not want to shoot Marines so I yelled “halt! give the password” the Jap must’ve taken a lesson from Bob Feller. The next thing I knew his grenade hit my helmet, lucky for me it bounced off my helmet and landed outside of my fox hole throwing dirt all over. So that was my first day and night on Iwo Jima. Thanks to Henry Fedrigon for bringing us safely to the beach. We went in with 250 Marines and came out with 33, a sad outcome. John, thank you so much for all the work you do in the newsletter we really appreciate it. Hope this letter is okay thanks again. PS, sorry no computer here. Harry

Amphibious Tractors Loading at Iwo Jima

Amphibious tractors loaded with Marines head for the beach at Iwo, churning the water into milky foam. These craft crawled up the steep beach to put the leathernecks ashore for their first toehold on the volcanic isle that is only 750 miles from Tokyo.

Sharon Howard  
Orland Park, IL  

Chicago (Corporate Offices)

Hi , Just thought I'd send a note and share photos (and @100 years of RRD service among our gleesome trio) enclosed... Sharon (Powell-Caballero) Howard, Margaret Goins and Sharon Kerr. We celebrated Sharon K's birthday along with honoring Marge's retirement...first from RRD and of recent with Huron Consulting. Congratulations to my mentor and friends, Margaret and Sharon!!
Joseph Wood Lombard, IL
Chicago (D)
Dear John, I am writing hoping you and yours are fine. Quite a snowy winter, we look to a lovely spring. Planned early on to attend the retirees Florida reunion, was disappointed Joe and Rita Barton found it necessary to postpone the affair! Last year's gathering was such a success, from every aspect. Enjoy the newsletter thoroughly, Mr. Kimmith and his Pat, became dear friends of Laverne and I when we “Marched” in Arizona. keep it going, the Chicago bunch are working hard here too! The crux of this writing concerns the passing of a Donnelley man, a man who was a person to know. His widow Margie entrusted me to write an article about Hank, which was a difficult task.

How close can one get to another?

Surely unforgettably close, to our mothers & fathers, sisters & brothers, grandmas & grandpas. Tender loving wives & husbands, also our grandchildren. Classmates, co-workers, countrymen, community persons, military comrades and social friends rank high.

I wish to fondly remember such closeness to Henry B. Stawarz: High school classmate, fellow RRD employee, U.S. Army buddy, each other's "Best Men". Henry (Hank) 4 days my elder, member of the same church parish, entered the armed service the very same day. We played our baseball, football, basketball, fished, vacationed, bowled often on the same teams. As veterans we joined a CWV Post together. We even congruently raised our families.
My dear friend, "Hank" was simply the beatitudes all rolled into one; a truly wonderful and Godly individual.

Joseph Wood

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Have you looked at the Lakeside Retiree Club website lately?
The URL is: http://www.rrd.com/wwwLakesideRetireeClub/home.asp
Look around and click on the tabs, you can see the Newsletters that have been archived in color, and current club events. There are several discount offers from Dell and Apple.
If you are having a problem getting to our web site, send me an e-mail and I will send you a link to the site.

Trivia

1. What type of trees yield the resin used to produce turpentine?
2. Alan Roberts’ special super glue was used to join what?
3. What crystalline salt is frequently used to enhance the flavor of TV dinners?
4. What musical instrument’s sales escalated from 228,000 in 1950 to 2.3 million in 1971?
5. What simple creature is employed to turn organic garbage into "vermicompost"?

(See bottom of page 19 for answers)
Jerry Zabo  Sparks, NV
Chicago/Reno (Corporate)

Another year has passed us by here in Sparks. We are planning another month long stay in Red Bluff, California this spring just as we had done last fall. Unfortunately this will be our first trip without our German Shepard, Monty, as he just “wore out” after 12 years of loyal companionship. We hope to plan a cruise in the near future which we had been putting off for RV trips with the dog. Winter has been good to us here and I have yet to break out the snow shovels. I have felt very fortunate not to have experienced this last season of snow, wind or floods that so much of the country went through. Health wise, my wife Karen had a total knee replacement in February and is doing well with it. I have managed to stay healthy but my weight crept back up so I am once again on a diet plan. I have always enjoyed getting the newsletter in printed form and now it is fantastic to see it all in living color on the web. As always I commend the people who devote their time to putting it all together.

Herschel Borchelt  Avon Park, FL
Willard  (Materials)

RRD Retirees, I made a major move early October last year. I'm now living full time in Florida. This was not an easy move but with the help of sons David and Tom along with their wives, I made the move and happy to be here. I lived 36 years in Indiana and 52 years in Willard Ohio. I have owned a double wide mfg. home for 17 years located between Avon Park and Sebring. We have an 18 hole par 61 golf course that can be played in three hours. My handicap has gone up with my age but I still enjoy the game. I play Monday, Tuesday and Friday each week. I play bridge on Tuesday and Thursday nights each week at the club house. I'm responsible for conducting Tuesday night Bridge. I truly cannot believe that I have been retired for 26 years as of March 1 this year and 88 years old. I would love to have anyone stop by here in Florida for a visit. My telephone number is in the Sebring directory. (863-386-0152)
Frank Wais Homosassa, FL
Chicago (PF-RP-RCM)

John, you said not to snail mail this (if you have e-mail) because you can't read writing. So I am printing these!! First in the past newsletter you had a picture of “offset man on the fifth floor”. You left out a name, the second per person in the back row starting on the left is Gunnard Stark long time dept. D employee. He was my brother in law and my wife's only brother. We will miss him! My wife Mary Ellen and I are still alive and living in Sugar Mill Woods (West coast). We drove back to visit our Crystal Lake family for Christmas last year. Snowed about 60 miles from Rockford Illinois! Winter is wonderful if you see it on TV. It is in the 70s and not a cloud in the sky today. We both have aches and pains; I guess they come with age? Somebody told me this -- but I don't remember who? Duane Conrad, Richard Hackl, I, also our wives had our yearly meeting at the “Pit Boss” in Spring Hill Florida. Richard lives down here and Duane stops here on his way back home from Crawfordsville, Indiana. We caught up on any news from RRD. Best wishes to one and all. P.S. My proofreader let me know about my mistakes! Frank
Retirees Florida Reunion
Twenty Ninth Anniversary
Date: 2/03/2012
For additional information
Joe Barton
9204 SE 172nd Santee Pl
The Villages, FL 32162
(352) 259-8531
Email: joebart@embarqmail.com

Retirees
Turn in Your News Items,
Wedding Anniversaries
Photos & News of Interest
Please E-mail notes & photos or
as a typed or
a hand written note by US mail
To:
John Carlson
1057 E. Imperial Hwy. #621
Placentia, CA 92870
(714) 588-5980
jdcarls@gmail.com

Retirement Breakfast
***************
Held the 1st Thursday
of each month at 8 AM
Thoms Restaurant
894 Burnham Ave.
Calumet City, IL 60409
(708) 868-2600
For Information Contact:
Jim Peters.........(219) 659-7361
Art Sobczak......(708) 474-9495

Warsaw
“Nifty Fifty Plus”
*************
3rd Tuesday of Each Month at:
Golden Corral
US 30 & end of E. Center St.
For Information Contact:
Gwen Snyder
(574) 267-8015
gsnyder@kconline.com

Lancaster Retiree Events
***************
Meetings are held at the
East Plant, Lancaster, PA
1st Tuesday of each month, 10am
For Information Contact:
Sam Girard (717) 392-2319
sgirardjr@gmail.com
George Mavros (717) 291-9889
mavros@g@aol.com
********
Breakfast Fellowship
The Apple Tree Restaurant
2nd Thursday of each month at
9:00am
*******
Bowling Social Event at
Leisure Lanes
2nd Wednesday of each month,
at 1:00PM
*******
Lancaster Home Page
www.rrdretirees.com

Harrisonburg
Retiree Events
***************
(Shenandoah Valley)
Meetings are held at the
Valley Inn Restaurant
South of Harrisonburg
on Route 11
the 2nd Tuesday of every
other month at 9am.
For Information Contact:
“Mo” Philon
164 Cross Keys Court
Massanutten, VA 22840
philon@comcast.net

Notice
Anyone interested in helping out in running the
Chicago Retirees Club
Please Contact:
Ed Grudowski
(773) 847-4049
EMGrudo@aol.com

2011 Chicago Retiree Events
30th Annual Meeting & Picnic
September 14, 2011
Election of Officers

Chicago
Donnelley Club Events
RRD Retirees Florida Reunion  
Twenty Ninth Anniversary  
Date: 2/03/2012  
Location: Lake Buena Vista Resort Hotel  
2000 Hotel Plaza Blvd, Lake Buena Vista, FL 32830

Directions
From the west: Take I-4 East to Exit #68. Make a left off of the exit Go to the second stop light and turn left onto Hotel Plaza Boulevard. We are the first hotel on the right.
From the East: Take I-4 West to Exit #68. Make a right off of the exit. Got to the next light and turn left onto Hotel Plaza Boulevard. We are the first hotel on the right.
From Orlando International Airport: Take the Beachline Expressway (Rt. 528) West to I-4. Take I-4 West to Exit #68. Make a right off of the exit. Got to the next light and turn left onto Hotel Plaza Boulevard. We are the first hotel on the right.

Time: Meet & Greet 1:00 to 3:00pm
Happy Hour (cash Bar) 5:00 to 6:30pm
Dinner 6:30pm

Price: $38.00/person
Rooms: $85.00/night including Tax (Two Queen Beds)

Please respond by 10/1/2011

Rooms will be available for Thursday 2/2, Friday 2/3, Saturday 2/4 and Sunday 2/5
Please indicate which night or nights you want to reserve in your name

---------------------------------------------------------------------------------------------------------------------------

Your Name____________________________________________PhoneNo.___________________
Address___________________________________________________________________________
City_______________________State_____Zip______Email________________________________
Spouse or guest’s Full Name__________________________________________________________
Room(s) 2/2_______2/3_______2/4_______2/5_______

Make checks for Banquet and Rooms payable and mail Reservations Form to:

   Joe Barton
   9204 SE 172nd Santee Pl
   The Villages, FL 32162
   (352) 259-8531
In Remembrance

James W. Carter Arlington Heights, IL
Chicago (RO)
Passed at age 91 on Wed., Dec. 15, 2010, surrounded by his loving family at the Lutheran Home-Hearthstone in Arlington Heights, IL. He was born April 20, 1919 in Rock Island, IL, the son of the late Clarence D. and Mary Belle, nee Rowley Carter. Jim served his country honorably during World War II as a pilot in the Army Air Corps. He was a longtime member of the Army Air Corps 437th Troop Carrier Group Association attending many annual reunions around the USA and Europe. He was employed as a printer his entire life until his retirement in 1982 from the RR Donnelley & Sons aka Lakeside Press, in Chicago, IL. Jim was a lifelong member of St. Michael and All Angel's Episcopal Church of Berwyn, IL and the St. Andrew's Cross of the Episcopal Church. He was a member of Berwyn American Legion Post #422 and recently transferred to the Merle Guild American Legion Post #208. Jim is survived by his wife of 68 years, Doris L., nee Olson; three children: a son, James W., (Janet) Carter; Susan (Frank) Svatek and Jane (Robert) Cikanek; eight grandchildren; 10 great-grandchildren; two brothers, Ralph Carter, Everett (Fr. Roman) Carter; and several nieces and nephews. He was preceded in death by his twin grandsons, Eric and Jeremy Svatek; three brothers, Robert S., Lee and Phillip V. Carter.

Henry Bernard Stawarz Rushville, IL
Chicago (BE)
Henry B. Stawarz 81, at rest Dec. 31., native of Chicago; veteran US Army Korean War; beloved husband of 50 years to Margie Joan, nee Moore; dearest father of Vivian, David (Linda) and Kenneth (Cheri); devoted son of the late Stanley and Agatha; loving grandfather of David, Melissa, Valerie, Elliott, Hilary, Paul, and Krista; great-grandfather of Dana and Gabriella; fond brother of Stanley (Henrietta), the late Casey, Cecelia, Laura, Helen, Anastasia, and Virginia. Retired employee of over forty years with RR Donnelley.

Henry (Hank) O. Fedrigon Kingman, AZ
Chicago (C – D - Y)
Henry passed away on March 22, 2011. Hank served his country honorably during World War II, in the Navy. He left his wife Juanita, and a son, he was preceded in death by a daughter. Hank had over 40 years with RRD until retiring in 1982. Hank was a friend to all he met. He always had time to help people. He was a great auto mechanic and used his talent to help his friends. Everyone in Kingman AZ. knew him as the person to call when help was needed. He flew with the search and rescue team in Kingman.

Our thoughts and prayers go out to their family and friends

Gunnard E. Stark Jr. Rotonda West, FL
Chicago (D)
Gunnard Eugene (Gun Gun) Stark, 74, passed away on February 26, 2011 in his beautiful home surrounded and cherished by his loving family. Born on June 10, 1936 in Lake Forest, Illinois; Gunnard was a devoted Eagle Scout, an outgoing, young man, a Marine reservist and life-long Chicago sports fan as well as any team that his children and grandchildren played on. Gunnard started his prosperous career as a printer at RR Donnelley in Chicago, Illinois, before acting on his ambitions in starting his own business Stark Printing in Lake Bluff, Illinois all the while being an avid boater, fisherman, and family man. He lived happily and whole heartedly for his loving wife, children and grandchildren. Gunnard lives through his darling and dearest love, his wife Rosemary; their 50th anniversary would have been celebrated on May 6th of this spring. He is survived by two sons Lawrence (Marie) and Dale (Brenda); grandchildren Kyle, Kevin, Kayla, Zachary and Sara; a sister Mary Ellen (Frank) Wais and preceded in death by his parents, Gunnard and Alice.
**In the News**

CHICAGO, April 7, 2011 (GLOBE NEWSWIRE) -- R.R. Donnelley & Sons Company (Nasdaq:RRD) today announced a regular quarterly dividend of 26 cents per common share. The dividend is payable June 1, 2011 to stockholders of record as of the close of business on April 22, 2011.

RR Donnelley's Crawfordsville, Indiana Facility Recommended for OSHA's VPP Star Status Certification

Recognizes Best Safety Practices and Exceptional Safety Record

CHICAGO, April 25, 2011 (GLOBE NEWSWIRE) -- R. R. Donnelley & Sons Company (Nasdaq:RRD) today announced that its facility in Crawfordsville, IN has been recommended for certification to OSHA's Voluntary Protection Program (VPP) Star Status, which reflects excellence in occupational safety and health as well as a commitment to continuous improvement.

"Safety is the first and most important measure of operational excellence," said John Paloian, RR Donnelley's Chief Operating Officer. "This kind of performance requires exceptional teamwork, innovation and attention to detail. We are proud of our employees' safety record worldwide and especially pleased that our team in Crawfordsville has been recognized with this important distinction."

According to OSHA, the typical VPP worksite, such as RR Donnelley's Crawfordsville operation, has a lost workday incidence rate of 50 percent below the average of its industry. RR Donnelley measures its operations' safety metrics worldwide according to OSHA standards and its facilities perform nearly at the VPP level with a lost workday rate of approximately 47 percent below the average of our industry.

Michael Manzella, RR Donnelley's Senior Vice President of EHS & Quality commented, "Written safety programs serve as a foundation for a safe work place, but it is exceptional management commitment and leadership, strong employee engagement, and the individual ownership of safety as a core value that allows a safety culture to come to life and produce such outstanding results."

"Our Crawfordsville facility was the first RR Donnelley established outside of Chicago and it continues a nearly 90 year tradition of innovation and continuous improvement," added Paloian.
Preventing Falls Among Seniors

Tips

Falls are not just the result of getting older. Many falls can be prevented. Falls are usually caused by a number of things. By changing some of these things, you can lower your chances of falling.

You can reduce your chances of falling by doing these things:

1. **Begin a regular exercise program.**

   Exercise is one of the most important ways to reduce your chances of falling. It makes you stronger and helps you feel better. Exercises that improve balance and coordination (like Tai Chi) are the most helpful.

   Lack of exercise leads to weakness and increases your chances of falling. Ask your doctor or health care worker about the best type of exercise program for you.

2. **Make your home safer.**

   About half of all falls happen at home. To make your home safer:

   - Remove things you can trip over (such as papers, books, clothes, and shoes) from stairs and places where you walk. Remove small throw rugs or use double-sided tape to keep the rugs from slipping.
   - Keep items you use often in cabinets you can reach easily without using a step stool. Have grab bars put in next to your toilet and in the tub or shower. Use non-slip mats in the bathtub and on shower floors.
   - Improve the lighting in your home. As you get older, you need brighter lights to see well. Lamp shades or frosted bulbs can reduce glare.
   - Have handrails and lights put in on all staircases. Wear shoes that give good support and have thin non-slip soles. Avoid wearing slippers and athletic shoes with deep treads.

3. **Have your health care provider review your medicines.**

   Have your doctor or pharmacist look at all the medicines you take (including ones that don’t need prescriptions such as cold medicines). As you get older, the way some medicines work in your body can change. Some medicines, or combinations of medicines, can make you drowsy or light-headed which can lead to a fall.

4. **Have your vision checked.**

   Have your eyes checked by an eye doctor. You may be wearing the wrong glasses or have a condition such as glaucoma or cataracts that limits your vision. Poor vision can increase your chances of falling.
What to do When a Senior Falls (Call 911)

By Maria M. Meyer and Paula Derr, Contributing Writers, Caring.com

A good way to tell if a part of the body has been injured in a fall is to compare it with an uninjured part. For example, compare the injured leg with the uninjured leg. Do they look and feel the same? Do they move the same way?

1. If the person cannot move or use the injured limb, keep it from moving. Do not straighten a deformed arm or leg.
2. Splint an injury in the position you find it.
3. Support the injured part above and below the site of the injury by using folded towels, blankets, pillows, or magazines.
4. If the person is face down, roll him over with the “log rolling” technique. If you have no one to help you and the victim is breathing adequately, leave the person in the same position.
5. If the person does not complain of neck pain but is feeling sick to the stomach, turn the person on one side.
6. If the person complains of neck pain, keep his neck steady by putting a few pillows on either side of his head.
7. Keep the head flat.
8. Place a piece of cloth on the injury site and apply ice over the cloth.
9. Keep the person warm with a blanket and make the person as comfortable as possible.
10. Make a splint with cardboard or rolled-up newspaper.

NOTE: If an arm or shoulder is splinted, you might consider transporting the person by car. For neck, hip, thigh, back, and pelvic injuries, use an ambulance because the person needs to lie flat.

Pay attention to these seven preventive measures to minimize the chance of falling:

1. Staying in when it is rainy or icy outside.
2. Having regular vision screening check-ups for correct eyeglasses.
3. Using separate reading glasses and other regular glasses if bifocals make it difficult to see the floor being cautious when walking on wet floors.
4. Wearing good foot support when walking.
5. Being aware that new shoes are slippery and crepe-soled shoes can cause the toe to catch.
6. Having foot pain problems corrected.
Hurry up and wait!!

By Frances M. Carlson (Editors wife)

I find these days that I feel too old to spend any time (wasted), waiting for any reason!!

My husband & I hurried up and got our tomato plants and bean seeds in the ground. I get impatient waiting for those first buds, and then hopefully, some ripe veggies....... (What do you mean, 90 days??)

Does anyone know what brand coffee pot would brew coffee is less than 5 minutes? Seems I'm always waiting for it to finish, no matter how many cups I make. (Don't even suggest instant! You still have to boil water)

I find checkout lines are too long and too slow moving.. (Don't give me that 3's a crowd scenario, I want to be first)

Why are the stoplights set to make you stop at each one? You can't speed up to beat it past the next one, you'll get a ticket... and you can't slow down because everyone behind you wants to try and beat that next red light too.. (A hopeless dilemma)

I hurry to the doctor's office to be on time (even early) only to wait 45 minutes for him to give me 5 minutes of his time. (This is the biggest frustration of wasted time)

I find that gas pumps are even too slow, especially if you are filling a 20 gallon tank. I now have a fear of being robbed at the gas stations these days; thieves must think you have plenty of money in your pocket during this time.

My poor husband hears me constantly yelling at my computer for being too slow, then complaining about all the junk email I have to delete. I'm so glad I don't waste time tweeting, twittering, text messaging. (This sounds like a health condition doesn't it?)

Do you go to “early bird” dinners? You wait with the crowd, finally they seat you and there's the long wait for the server, a longer wait for your food, and then it's almost bedtime when you finally get that waiter to bring you the check. (By the time we get home from this ordeal, I'm hungry again)

I think there comes a special time in your life (retirement) when every minute is so much more precious to you, that you become impatient to let any tiny bit of it be wasted. Someone has written that “patience is a virtue”. I don't think they had retired yet!
Wrigley Field Chicago-Style Grill Cart Hot Dog
Recipe courtesy ARAMARK

Serves:
As many as you’d like

Ingredients
Hot dogs and Buns:
- All beef hot dogs, as needed
- Poppy seed buns, as needed

Wrigley-Style Toppings:
- Grilled sliced onions, as needed
- Diced tomatoes, as needed
- Mild banana peppers, needed
- Sweet relish, as needed
- Catsup, as needed
- Mustard, as needed
- Celery salt, as needed

Directions
Grill the hot dogs until well browned and hot. Transfer the hot dogs to buns and top with the toppings of your choice.

Rhubarb Lemonade
From Country Living
Yields: 6 drinks

Ingredients
- 2 stalk(s) (or 3) rhubarb, chopped
- 1 1/2 cup(s) sugar
- 5 cup(s) water
- 1 1/2 pound(s) strawberries, stemmed and crushed
- 1 cup(s) freshly squeezed lemon juice, about 5 large lemons

Directions
1. Bring rhubarb, sugar, and water to a boil. Remove from heat and stir in strawberries. Let steep and cool for 30 minutes.
2. Strain mixture through a fine sieve, discarding solids, and refrigerate to chill. Stir in lemon juice. Serve rhubarb lemonade over ice.
Fruit Flag 4th of July Dessert
For ultimate freshness, prepare this treat right before serving. Present it with toothpicks for spearing the fruit and a bowl of your favorite dip, if desired.

Ingredients

29 large strawberries
30 large blackberries
7 or so large bananas
Lemon juice

Instructions

Hull and halve 29 large strawberries and set them aside.

Arrange 30 large blackberries, as shown, in the upper left corner of a serving tray or cutting board (it should be at least 8 by 13 inches).

Cut 58 banana slices, 3/4-inch-thick, into a bowl. Sprinkle on lemon juice and toss the slices gently with a rubber spatula to keep them from browning.

Fruit Flag - Step 4 Assemble the banana slices in rows as shown and top each slice with a strawberry half.

*****************************************************************

Honey-Baked Beans From Country Living

Overnight soaking? Hours of simmering? Forget it. Let these ready-to-eat wonders trim time off your meal prep.

Serves: 16

Ingredients:
- 6 slice(s) thickly cut bacon, chopped
- 1 large onion, chopped
- 2 clove(s) (large) garlic, chopped
- 1/4 cup(s) tomato paste
- 2 cup(s) chicken broth
- 2/3 cup(s) brown sugar
- 1/3 cup(s) honey
- 1/4 cup(s) sherry vinegar
- 3 tablespoon(s) Dijon mustard
- 1 teaspoon(s) paprika
- 1 teaspoon(s) salt
- ½ teaspoon(s) freshly ground pepper
- 4 can(s) (15-ounce) pinto beans

Directions

1. Preheat oven to 350°F. Heat a large Dutch oven over medium heat. Add bacon and cook until crisp, about 5 minutes.

2. Add onion and garlic cloves and cook until soft, about 6 minutes. Add tomato paste, chicken broth, brown sugar, honey, sherry vinegar, Dijon mustard, paprika, salt, and freshly ground pepper and stir to mix.

3. Stir in pinto beans, increase heat to high, and bring mixture to a boil. Transfer to oven and bake, uncovered, until beans are tender and mixture is thickened, 40 to 45 minutes.
Now this is interesting

If you are right handed, you will tend to chew your food on the right side of your mouth. If you are left handed, you will tend to chew your food on the left side of your mouth.

To make half a kilo of honey, bees must collect nectar from over 2 million individual flowers.

Heroin is the brand name of morphine once marketed by 'Bayer'.

Tourists visiting Iceland should know that tipping at a restaurant is considered an insult!

People in nudist colonies play volleyball more than any other sport.

Albert Einstein was offered the presidency of Israel in 1952, but he declined.

Astronauts can't belch - there is no gravity to separate liquid from gas in their stomachs.

Ancient Roman, Chinese and German societies often used urine as mouthwash.

The Mona Lisa has no eyebrows. In the Renaissance era, it was fashion to shave them off!

Because of the speed at which Earth moves around the Sun, it is impossible for a solar eclipse to last more than 7 minutes and 58 seconds.

The night of January 20 is "Saint Agnes's Eve", which is regarded as a time when a young woman dreams of her future husband.

Google is actually the common name for a number with a million zeros.

It takes glass one million years to decompose, which means it never wears out and can be recycled an infinite amount of times!

Gold is the only metal that doesn't rust, even if it's buried in the ground for thousands of years.

Your tongue is the only muscle in your body that is attached at only one end.

If you stop getting thirsty, you need to drink more water. When a human body is dehydrated, its thirst mechanism shuts off.

Each year 2,000,000 smokers either quit smoking or die of tobacco-related diseases.

Zero is the only number that cannot be represented by Roman numerals.

Kites were used in the American Civil War to deliver letters and newspapers.

Due to earth's gravity it is impossible for mountains to be higher than 15,000 meters.

Soldiers do not march in step when going across bridges because they could set up a vibration which could be sufficient to knock the bridge down.

Everything weighs one percent less at the equator.

For every extra kilogram carried on a space flight, 530 kg of excess fuel are needed at lift-off.
The song, Auld Lang Syne, is sung at the stroke of midnight in almost every English-speaking country in the world to bring in the new year.

Drinking water after eating reduces the acid in your mouth by 61 percent

Peanut oil is used for cooking in submarines because it doesn't smoke unless it's heated above 450°F

The roar that we hear when we place a seashell next to our ear is not the ocean, but rather the sound of blood surging through the veins in the ear.

Nine out of every 10 living things live in the ocean

The banana cannot reproduce itself. It can be propagated only by the hand of man

Airports at higher altitudes require a longer airstrip due to lower air density

The University of Alaska spans four time zones

The tooth is the only part of the human body that cannot heal itself.

In ancient Greece, tossing an apple to a girl was a traditional proposal of marriage. Catching it meant she accepted.

Warner Communications paid $28 million for the copyright to the song Happy Birthday.

Intelligent people have more zinc and copper in their hair.

A comet's tail always points away from the sun

The Swine Flu vaccine in 1976 caused more death and illness than the disease it was intended to prevent

Caffeine increases the power of aspirin and other painkillers, that is why it is found in some medicines.

The military salute is a motion that evolved from medieval times, when knights in armor raised their visors to reveal their identity.

If you get into the bottom of a well or a tall chimney and look up, you can see stars, even in the middle of the day.

When a person dies, hearing is the last sense to go. The first sense lost is sight

In ancient times strangers shook hands to show that they were unarmed

Strawberries are the only fruits whose seeds grow on the outside

Avocados have the highest calories of any fruit at 167 calories per hundred grams

The moon moves about two inches away from the Earth each year

The Earth gets 100 tons heavier every day due to falling space dust
The **Nifty Fifty Plus Club** met on March 15th at the **Golden Corral** for our luncheon with 43 retirees attending. It was in the mid 30s with rain in the air on this late winter day.

**Mark Swinger**, the Club's Vice-President, opened the meeting by thanking all the retirees for coming. He was glad for the retirees that showed up on this cold and rainy day but said it could be worse with snow instead of rain.

**Mark** said that there were several things of interest to the group coming up.

**Blood Profile** - It will be on Wednesday, April 20th. Charge will be $20.34 but that does not include the PSA cost. Spouses are welcome and you can make an appointment after April 1st by calling the Nurse's office - 574-267-9342.

**Chicago Cubs** - Plans are to attend a game on July 17th. More info later.

**Golf Outing** - It will be at Rozella Ford Golf Course on July 30th. More info later.

**Medieval Jousting** and such are being considered. Let HR know if you are interested.

We only had two attendees this month celebrating their birthdays - **Margaret Weakly** and **Anne Reuter**. Here's hoping they have many more!

**Mary Rock**, our Treasurer, gave us her report as follows: Beginning balance $2523.19; receipts $567.50; expenses $359.01; ending balance $2731.68. **Mary still asks the retirees planning on attending next month's luncheon to send in their money early.**

**Mark Swinger** then entertained us with some funny stories.

**Mark** then led us in prayer.

**Norma Bodkin** had move into assisted living at Miller's Senior Living in February 2009. Since that time she got acquainted with Bob Hinshaw that also had just moved in. They are now a couple there, pushing each other around in their wheel chairs. Sometime in June they have planned a "Commitment Ceremony" with family and friends invited. **Norma** is 87 years young.

**James & Diane Bitting** wrote: "I don't know where 2010 went - guess it just shows we are getting old. Jim is still active playing tennis three days per week. Happy New Year to all."

We are saddened to report that **Flora Nichols**, wife of **A. Miller Nichols**, passed away on February 28th. Our thoughts and prayers go out to her family and friends.

The family of **Dean Hoover** would like to thank friends and family who sent flowers, condolences, food, and prayers and those who came to the visitation and services. May God bless each and every one of you.
The Nifty Fifty Plus Club met on April 19th at the **Golden Corral** for our luncheon with 47 retirees attending. It was in the mid 40s with rain in the air.

**Sam Brown**, the Club's President, opened the meeting by thanking all the retirees for coming. He was glad for the retirees that showed up on this cold and rainy day. We welcomed **Bob** and **Belinda Smith** to our luncheon. We hope that they enjoyed themselves and will return soon.

**Mark** said that there were several things of interest through the RRD Club coming up:

- **Medieval Times Dinner Bus Trip** - June 18th
- **Chicago Cubs Bus Trip** - July 17th
- **Golf Outing at Rozella Ford Golf Course** - July 30th
- **Shedd Aquarium/Navy Pier bus trip** (Family Outing) - August 6th or 13th
- **Shopping Trip** - Location (to be determined) - November 12th
- **Christmas Party** - Amish Acres - December 4th
- **Summer Outing** - May – September

If interested in any of the above, activities contact HR (267-9945) to get your reservations in as some of these trips will fill up quickly.

We had five attendees this month celebrating their birthdays - **Jim Winger**, **Betty Pritchard**, **Lena Coplen**, **Mark Swinger**, and **Gary L. Harmon**. May they have many more!!

**Mary Rock**, our Treasurer, sent us her report as follows: Beginning balance $2731.68; receipts $375.00; expenses $311.04; ending balance $2795.64. (Mary was not with us this month because of a back problem. Hopefully she will be better so she can be with us next month. **Karen Swinger** filled in for **Mary** in her absence and done an outstanding job).

**Mark Swinger** then entertained us with some funny stories. Sam then led us in prayer.

**Milo Reichard** has had a stroke this past week. He is in Catherine Kasper Home, P. O. Box 1, Donaldson, IN 46513 for rehab. I'm sure he would love to here from his many friends.

We are sad to announce that **Lena Shepard** passed away on April 7th, 2011 at Ft Wayne, IN. She was a secretary at RRD for over 30 years, retiring in 1991. Our thoughts and prayers go out to her friends and family.

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**New & changed E-mail addresses **

*If you* have a new address or a change **please e-mail me** at *jdcarls@gmail.com* and I will add it to the list. *(Please do not snail mail it, I cannot read your writing)*
1960 hits Renamed

Some of the artists of the 60’s are revising their hits with new lyrics to accommodate aging baby boomers who can remember doing the "Limbo" as if it were yesterday.

They include:

Bobby Darin ---
Splish, Splash, I Was Havin’ A Flash

Herman’s Hermits ---
Mrs. Brown, You’ve Got a Lovely Walker

Ringo Starr —
I Get By With A Little Help From Depends

The Bee Gees ---
How Can You Mend A Broken Hip?

Roberta Flack---
The First Time Ever I Forgot Your Face

Johnny Nash ---
I Can’t See Clearly Now

Paul Simon---
Fifty Ways To Lose Your Liver

The Commodores —
Once, Twice, Three Times To The Bathroom

Procol Harem---
A Whiter Shade Of Hair

Leo Sayer ---
You Make Me Feel Like Napping

The Temptations ---
Papa’s Got A Kidney Stone

Abba---
"You haven’t seen my teeth, have you, Wilma?"

Tony Orlando ---
Knock 3 Times On The Ceiling If You Hear Me Fall

Helen Reddy ---
I Am Woman; Hear Me Snore

Leslie Gore---
It’s My Procedure, and I’ll Cry If I Want To

And Last, but NOT least:

Willie Nelson ---
On the Commode Again

Answers

(from p. 3)

3. Monosodium Glutamate.
4. The guitar. 5. Earthworms.
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By doing this, your story will be published sooner, and your e-mail address will
be correct.
(It will also save me a lot of time)
Thanks,
John Carlson Editor

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jdcarls@gmail.com (Do not snail mail it, I cannot read your writing) and
I will add it to the list.

The address to ask for the electronic
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rrdonnelleyretirees@rrd.com
MEMBERSHIP APPLICATION
2011 Dues - (January - December 2011) $5.00
MAKE CHECK PAYABLE TO: LAKESIDE PRESS RETIRED EMPLOYEES CLUB

MAIL CHECK AND THIS APPLICATION TO Our Treasurer
Gene Benes
P. O. BOX 652
HINSDALE, IL 60522-0652

PLEASE FILL IN THE BLANKS ABOUT THE AREAS AND DEPARTMENTS REPRESENTED IN OUR CLUB

Your Name: __________________________________________ Spouse’s Name:_______________________
(Please Print)
Address: ______________________________________________ Phone No. _________________________
City and State: ________________________________________ Zip Code:___________________________
RRD Division: ___________________________________ RRD Department /(s):_______________________
Year and Month You Retired: _____________Date of Birth________________
(Note): Surviving spouse is eligible for membership.