

### 2016-2017 Officers

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## Mark Your Calendar

Wed, Oct 12	9:30 Levy work day
Mon, Oct 17	6:00 Pilot business meeting at Panera's
Mon, Oct 24	6:30 Bingo at Presbyterian Manor
Sat, Oct 29	Halloween Party at Wichita Children's Home
Nov 2	Set up for Holiday House
Nov 3-5	Holiday House
Nov 7	6:00 Social at Panera's
Dec 7	6:00 Christmas Dinner at DeFazio's



### October Birthdays

Brooke Stucky...Oct 6  
Lily Hill.....Oct 27

## Oct 17 Meeting

Don't forget that our Oct 17 meeting is all business at the Civitan. There will be lots to discuss with Holiday House coming at us at a high rate of speed! Bring the things you have ready and priced to garage on the 17th.

## Share Pilot!

Thanks to everyone who invited a guest to Share Pilot! We had 7 visitors, including Mona Lingafelter, who attended Share Pilot in March and decided it was time for her to join! Hopefully others will follow suit....it might help for you to call your guest....it couldn't hurt! Lynne will be mailing follow-up letters to all who attended.

## Halloween Party

The annual Halloween Party for the teens at the Wichita Children's Home will be held on Sat, Oct 29. This party is a lot of fun so put on your craziest costume and come join us.

Decorating will tentatively start at 4. The kids arrive at 6, with music around 6:30. At 8 the party is over and a very short clean up rounds out the evening! Special thanks to Sharon Comstock for finding our DJ this year! If you have costumes, wigs, makeup, etc to donate, bring them to the Oct 17 meeting.



*Welcome to our newest member, Mona!!  
She is on the far left.*



*Do your friends and relatives a favor and sell them the winning 50/50 ticket! Drawing on Dec 5!*



### Watermelon Fire & Ice Salsa

- 3 T. freshly squeezed lime juice
- 3 T. chopped fresh cilantro
- 2 T. chopped green onion
- 1 1/2 T. chopped fresh jalapeno
- 1/4 tsp salt
- 1/2 cup 1/4 inch diced green bell pepper
- 3 cups 1/2 inch diced seedless watermelon

#### Directions

Combine lime juice, cilantro, green onion, jalapenos and salt in a small glass bowl and stir to mix. Add bell pepper and watermelon and stir gently. Cover and refrigerate until ready to serve.

#### Nutritional Information

- Calories: 30
  - Carbs: 7 grams
  - Total Fat: 0.4 grams
  - Cholesterol: 0 mg
  - Sat. Fat: 0 grams
  - Fiber: 0.25 grams
  - Sodium: 98 mg
  - Protein: 0.6 grams
- Fun to serve in a scooped out watermelon half.



Sure looks yummy!! And oh so healthy!!



Mon, Oct 17 will be business meeting at Civitan!

### Early signs of Alzheimer's

This info from KS/MO District Fall Council speaker from the Alzheimer's Association.

- ◆ Memory loss that disrupts daily life
- ◆ Challenges in planning or solving problems
- ◆ Difficulty completing familiar tasks
- ◆ Confusion with time or place
- ◆ Trouble understanding visual images and spatial relationships
- ◆ New problems with words in speaking or writing
- ◆ Misplacing things and losing the ability to retrace steps
- ◆ Decreased or poor judgement
- ◆ Withdrawal from work or social activities
- ◆ Changes in mood and personality

More information available at 800-272-3900.

### Food for Thought!

Up coming International Convention Sites:

Las Vegas July ?, 2017

Opry Land June 27-July 1, 2018

Chicago July 3-7, 2019

Atlantic City June 24-28, 2020

Atlanta July 7-11, 2021...100th birthday of PI!!