

Deering High School Class of 1956

Number 6

June 1, 2009

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Spring 2009 Newsletter *Editor Skip Doyle*

ALUMNI PRESIDENT'S COLUMN

CLASS PRESIDENT'S CORNER

Dear Classmates,

We are living in the aftermath of a financial crisis so desperate that one would think that Chaos and Old Night had descended upon us. We have been buffeted, having suffered mightily, and we have been innocent sheep tricked by financial wolves. We have lost, and those who deserved to lose have gained. Three Horsemen have visited us -Avarice, Larceny, and Rapacity - and as a consequence of that visit all of us are bleeding.

But, that said, there is, in fact, an antidote to the corrosiveness that pervades the land. It is the intense will to adapt, to adjust, and to survive that all species possess. These three qualities are, for me, best expressed by Nature. My friends have survived and returned: the robins, the cowbirds, the purple grackles, the chickadees, and the stunning red-winged blackbirds to mention some of the regulars who are back at our feeder whose singing complement the overhead honking of the newly-revisiting geese.

They returned after we were all buffeted by a killer winter, as did the precious baby rabbits chasing one another and the hungry shoots thrusting everywhere through the ground, and the buds on the lilac bushes hinting of purple and white aromas.

I eagerly look forward to this time of year. Here in the North Country of upstate New York, the odors, sounds and sights are reminiscent of those I experienced growing up in Portland. The same odors, sounds, and sights return every year, and now they have returned to me, again.

It is Spring - a time for growth, regeneration, and renewal.

Affectionate greetings to my classmates.

Eliot Rich... Class President

---Quote---

"It's not that I'm so smart; it's just that I stay with problems longer." -- *Albert Einstein*

MEMORIAL FUND

If any of our classmates have suffered the loss of a loved one, or have endured hospitalization or prolonged illness, he or she comes to appreciate the comfort of receiving a thoughtful expression of caring from friends. The DHS Class of 1956 Memorial Fund Committee is attempting to do just that. With everybody's help, by contacting a committee member (reference list) through the DHS 1956 Website, we will continue to offer support to those to whom it would be appropriate. You may contact me directly at (207) 883-5687, or email cmartin1@maine.rr.com.

A special thank you to all who support the DHS Class of 1956 Memorial Fund which makes it possible to recognize and bring comfort to those who deal with challenges. Stay well, everybody!!!

Connie (Atherton) Martin
Memorial Fund Coordinator

----- MEMORIAL FUND CONTRIBUTIONS

Participation in the DHS Class of 1956 Memorial Fund is voluntary. Amount of Contribution is anonymous. No amount is considered too small. It is not necessary to contribute to the Memorial Fund for you and your family to receive the comfort of thoughtful compassions.

----- MEMORIAL FUND COMMITTEE

(Those Watching Over Our Class)

Atherton, Connie Martin – Coordinator
McAfee, Kenneth, Treasurer
Burke, Lorraine "Rainy" Richards
Ladow, Barbara Adlard
Packard, Bette Lee
Troubh, Barbara Epstein
Walker, Diane Dussault

----- Contributions May Be Mailed To

Kenneth McAfee, Treasurer
DHS Class of 1956 Alumni Association
48 Hawthorne Court
Cumberland, Maine 04021
Tel: (207) 829-3251

Have You Paid Your Dues?

July 2008, the Class of 1956 celebrated everyone's 70th birthday at a campground in Saco Maine. There were about 60 people attending who traveled from many states to include California, Texas, Illinois, Georgia, and various New England states. Connie Atherton Martin did a fabulous job decorating for the event. The setting was situated under pine trees looking onto a tranquil lake. The catered barbecue was excellent. Brian Richards attended with his Monster Bus with its terrific sound system, and famous root beer floats that we all remembered from the 50's were served. It was wonderfully entertaining to watch 70-year-olds trying to hit a piñata while blindfolded! Lots of laughs were enjoyed!

Sunday, Chairlady Lorraine and Hubby Buddy hosted a brunch for about 35 people. Buddy and daughter, Deena, did the cooking, which was enjoyed by all following mimosas and bloody marys! Everybody enjoyed visiting with each other. Skip Doyle dropped in, which was a pleasant surprise as he was not able to attend the Birthday Party due to a prior family commitment. Everyone was happy to see him. Hopefully, we will get together again when we reach 75 years young or for a 55th Reunion.

See you all then...

Rainy (Burke) Richards
Alumni Association President

----- Many Big Thanks

To those who donate your energy and resources to ensure the DHS Class of 1956 Alumni Association will live on.

ALUMNI ASSOCIATION BOARD

Burke, Lorraine Richards – President
Learson, John – Vice President
Doyle, Merton "Skip" - Secretary
McAfee, Kenneth "Ken" – Treasurer
Atherton, Constance "Connie" Martin
Bradley, Judy Romano
Goldberg, Jerome "Jerry"
Goldfarb, Matthew "Bunny"
Ladow, Barbara Adlard
Packard, Bette Lee
Troubh, Barbara Epstein
Walker, Diane Dussault

MONTHLY LUNCHEONS

Since the 50th Reunion, many gals in the Portland area, and beyond, meet once monthly for lunch. The original meeting place was a pizza place in Portland. Since then, we sometimes meet at various homes. Meeting within the quiet environment a private home offers more time to talk! We have been to Dottie Kruger Sessions' and Nancy Tozier Knox's camps, Connie Atherton Martin's, Betty Packard Lee's, Hilda Santoro Emerson's, and my home. Others who attend include Barbara Troubh Epstein, Barbara Henry Foley, Helen Clonan Morse, Janice Stevenson Crocket, Sandra Smith Rouse, and Rose Pizzo Favreau. Some months, we may have only 6 ladies, whereas at other times we may have as many as 15. Some gals also make it up from New Hampshire. It is always great to see them. Email notification is usually sent out to those who desire to be notified of lunch dates. Last August, Judy Clark was in town visiting her mother, so the monthly lunch was planned when she was in Portland. It was great seeing Judy as she was not able to make the 50th Reunion. Monthly lunches have been a good way to keep in touch with each other and hear about other classmates that different gals keep in touch with. If anyone reading this would like to be put on the email list, please let me know and monthly reminders will be sent to you. We have a seriously great time. Please join us. Contact me at 207-766-6968 or Judy Romano at (603) 929-0184. Email hayjude13@yahoo.com or richards3234@myfairpoint.net.

Until we meet again...

Lorraine "Rainy" Burke Richards
Activities Coordinator

Editor's Note

How about you Guys having Luncheons?

ACTIVITIES COMMITTEE

Burke, Lorraine Richards – Chairlady
Atherton, Constance "Connie" Martin
Doyle, M. Skip
Packard, Bette Lee
Troubh, Barbara Epstein

If Interested to join this active team
Contact Chairlady Rainy at
207-766-6968

NEWSLETTERS

The DHS Class of 1956 newsletter is to offer all classmates opportunity to stay in touch with our classmates, and to share stories and news of interest. Please let us hear from you regarding whatever. While it is great for many of us to visit with classmates at reunions and gatherings, there are many who for one reason or another cannot attend. So, it is hopeful that more might share their experiences to be published in this newsletter for all to enjoy. Please email or snail mail your input and interesting stories to us. Whether a current affair, interesting story, or a "remember when", share it with your classmates through the DHS Class of 1956 Newsletter. Write to me, Judy Bradley Romano, 463 Winnacunnet Rd. #102, Hampton, NH 03842, or Email hayjude13@yahoo.com

I am waiting to hear from you...

Judy "Bradley" Romano
Newsletter Coordinator

MORE ABOUT NEWSLETTERS

It seems desirable to publish (2) DHS Class of 1956 Newsletters annually. Spring – May 1st and Fall November 1st. Please share your thoughts with Newsletter Editor classmate Skip Doyle.

Should you desire to have newsletters and notices emailed to you (saves printing and postage costs) send your email address or corrections to webmaster@doyleintl.org.

Those desiring for newsletters to be snail mailed, please check the classmate roster to be certain we have your current address with zip +4 zip code.

Those who utilize email receive interim notices to keep you up to date, and earlier delivery of newsletters.

ADVERTISING SPONSORSHIPS

Please share your thoughts with regard to soliciting business cards ads to assist with expense to produce newsletters

---Quote---

"Life is short. Be swift to love! Make haste to be kind!-- Henri Frederic Amiel, philosopher and writer (1821-1881)

MISSING CLASSMATES

Through classmate John Learson's relentless efforts to locate still missing classmates, two more were located within the past month. They are Bonnie Robinson, and Dorothy Grant. Should you have information about missing classmates that might assist John in his pursuits, please contact John at (978) 251-8419. Email jaguare64@comcast.net.

A Note from Bonnie

To My Classmates: Glad I am not among the missing anymore! The DHS Class of 1956 web site is just beautiful! I have so much to catch up with! I am sure that all the work that goes into every aspect of this is appreciated by everyone as well as me. Thank you to all involved.

Bonnie Robinson

DECEASED CLASSMATES

Our prayers rest with those who have departed our presence. Those who have passed on since the 2006 50th Reunion:

| | |
|-----------------------------|----------|
| Conlogue , Robert | 04-23-07 |
| Davis , Nancy Jo | 11-01-08 |
| Dolley , Norise | 04-04-08 |
| Ford , Gerald | 01-23-07 |
| Loomis , Marietta | 04-22-09 |
| Rogers , Edward | 10-12-06 |
| Smith , Richard | 10-16-08 |
| Thombs , Raymond Sr. | 08-09-08 |

DECEASED TEACHER

English teacher and friend Inez L. Howe passed away May 6, 2009. Mrs. Howe's obituary may still be available at website <http://westonchandler.com/index.cfm>

THE BEST OF MARK TWAIN

"The only way to keep your health is to eat what you don't want, drink what you don't like, and do what you'd rather not."

"The person who doesn't read good books has no advantage over the person who can't read them."

"Courage is not the lack of fear. It is acting in spite of it."

"If you tell the truth you don't have to remember anything "

"Sacred cows make the best hamburger."

DHS CLASS OF 1956 WEBSITE

Visit your DHS Class of 1956 Alumni Website at <http://www.dhs1956.org>. ID **dhsalumni** Password **1956** Thoughts and materials solicited. Email : webmaster@www.dhs1956.org

CLASSMATE ROSTER

Take a moment to peruse the attached Classmate Roster. Is information to include your address, telephone numbers, email address, spouses or significant other's name correct? Those having access to the internet are encouraged to visit the on-line classmate roster to determine if the number of years married, children, grand children, great grant children, current status and interests are current.

Did you know, at last count, 270 Class of 1956 Classmates increased the population by 1,416 offspring!

There is the thought to recognize those classmates who pass the 50 year marriage milestone. Roster information needs to be current. A Classmate update form is attached to assist you to return input.

EMAIL ADDRESSES

Check your Email Address within the Classmate Roster. Advise webmaster Skip Doyle at webmaster@dhs1956.org if not illustrated, or incorrect.

ASSOCIATION DUES

The Class of 1956 Alumni Association is dependent upon those classmates who pay annual Dues to allow for the opportunity to create and mail Newsletters, and maintain the http://dhs1956.org_website. Labor and many resources are contributed by classmates who accept these tasks. As well, the Memorial Fund is dependent upon classmate's contributions.

DHS ALUMNI WEBSITE

If interested to learn about what other DHS classes are doing, and upcoming Reunion dates, Explore your Deering High School Alumni Association Website Visit <http://deeringhighalumni.com>.

---Quote---

"Life is short. Be swift to love! Make haste to be kind!-- Henri Frederic Amiel, philosopher and writer (1821-1881)

FINANCIAL SUMMARY REPORTS

Enclosed within the Spring 2009 Newsletter are Financial Summary Reports for 2007 – 2008 and 2009 YTD. You will determine the Class of 1956 Alumni Association is viable and solvent. Should a classmate have questions, or suggestions, with regard to financial issues, please communicate your thoughts to Treasurer Ken McAfee.

SPONSORSHIP THOUGHTS

What might be your thoughts to explore opportunity for the DHS Class of 1956 to sponsor an event at Deering High School? Within the DHS Alumni Association website there is a solicitation for sponsors for School Plays. Sponsorships cost \$100 & Up. Wouldn't it be fun to bring the Class of 1956 to the forefront now and then in a manner that is for the purpose of assisting a current class to produce a play for all to enjoy? Please send your thoughts to Webmaster Skip Doyle at webmaster@dhs1956.org, Call (941)-355-3189, or mail to P. O. Box 2699, Sarasota FL 34230-2699. Your thoughts will be presented to the Class of 1956 Alumni Association Board. Advise if you are interested to serve on a Sponsorship Evaluation Committee.

FINANCE COMMITTEE

If you might be interested to participate in a DHS Class of 1956 Finance Committee please contact Treasurer Ken McAfee. Read the summarized three year financial report attached to this newsletter. One of Ken's thoughts is to invest reserve funds in CD's to generate income. Any ideas?

---Quote---

Progress always involves risks. You can't steal second base and keep your foot on first." -- *Frederick B. Wilcox*

MORE MARK TWAIN

"The secret of getting ahead is getting started. The secret of getting started is breaking your complex overwhelming tasks into small manageable tasks, and then starting on the first one. "

"I didn't have time to write a short letter, so I wrote a long one instead."

MEMORIAL FUND SUPPORT PROGRAM

Please review the enclosed Memorial Fund Support Program document if you have not already. While the current Memorial Fund balance might be considered substantial, please consider, since the Memorial Fund Support Program was introduced classmates have remained relatively healthy continuing to take nourishment. Hopefully this trend will continue for several years into the future. To accommodate long term future needs the Memorial Fund balance must continue to grow. Continuing contributions from those who are able to participate, without placing burdens upon themselves, will be greatly appreciated.

HEALTH & FITNESS

Salt In Our Diets

Following decades of warnings about salt, how much do we understand about that white grainy mineral that seems poised to become the grocery's next boogeyman?

Nobody knows how much salt they consume, nor do they have easy control of it. Putting down the shaker might be a good start, but most salt consumed is added during food processing or in restaurant preparation. The Center for Science in the Public Interest, a consumer group, says restaurant and processed foods deliver more than three-fourths of the salt people consume! It is pointed out, "gourmet" salt, and "natural" sea salt, is still salt. Salt is the new bad guy and deserves to be according to the Center. Salt is said to be the single most harmful thing in the food supply regardless that the human body requires a certain level. An underlying problem is Americans are used to the taste, and salt is used in food production and preservation. Suggestions include: Read food labels; choose fresh, frozen or canned food without added salt; substitute salt with spices containing less sodium; select unsalted soups and broths, nuts, beans and peas; Limit salty snacks. Pay attention to eating high salt sources, such as meat pizza, white bread, processed cheese, hot dogs, spaghetti sauce, ham, ketchup, cooked rice, flour tortillas, whole milk. Keep in mind, if not controlled, too much salt is our enemy

ZIPPER CLUB

A few classmates are members of the open heart surgery Zipper Club. Who they are at the moment is unknown. However, input from one classmate stimulated the thought to add this column. The following talks about support experienced by classmate Everett "Sid" Dunn, and what Sid and his wife Carol are doing to help others.

"After my bypass surgery (about 15 months ago), I was very impressed with two guys from Mended Hearts (National Organization) who visited me in the hospital and told me when they had had their bypasses. I think when you're lying at the bottom of the barrel it's good to know that some people make it out of the barrel. Anyway, Carol and I joined Mended Hearts and now go to Fairfax Hospital every other week and visit with people who have just had this operation. We give them a heart-shaped chest pillow that volunteers make and an information packet about Mended Hearts and what they can expect in the next few months. We also tell them about a forum we hold on the 1st Saturday of each month on the ground floor of the hospital for people who have been through this surgery. It's a good opportunity for them to meet others in similar shoes and talk about what happened and ask about special problems they are having."

How many other classmates belong to the Zipper Club? Do you have experiences to share? If yes, send your story, and encouragements, to this Newsletter Editor who is also a member.



---Quote--- "If you don't like something, change it. If you can't change it, Change the way you think about it."
 -- Source Unknown

2009 FUN IN THE SUN GATHERING

The "'FIS" gathering that almost didn't happen turned out to be a success in spite of a few untimely delays. Skip's attempts to organize a gathering were interrupted by medical situations. Had Sterling begged off from gathering at his place due to inconveniences that slowed him down. Then, Rainy joined the heart disorder clan and was admitted to the hospital with some kind of fibrillation. Are we getting old, or what? Regardless, a spur of the moment date was set and a lively group congregated on a Sunday in March at O'Leary's Tiki Bar on the docks in Sarasota (the same place we took over in '07 following a circus train breakfast brunch and a cruise that wrapped up a spectacular "FIS" blow-out weekend at Skip and Cherie's). This year, the excuse was to celebrate Nancy McClellan's birthday. I ask, how come Nancy is still 50 when the rest of us are 70+?

This year's "FIS" gathering was blessed with gorgeous weather and a good turnout. A great time was enjoyed by all. It was a wonderful opportunity to soak up suds and get caught up with each other. When departing, we all went over to the docks to encourag Skip to buy a 50 foot trawler he seemed to be drooling over. Skip wasn't moved!

This year's gathering lasted only about 4 hours, but it was so cool to get together with people we spent great years with back in the 50's. They were the best of times. We were so fortunate to go to Deering, and to live in Portland. It was "Happy Days" in real life. Whether you were "The Fonz", Ralph, Joanie, or Pinky Tuscadero, it's always interesting to visit the future which is kind of what it boils down to when you meet people you haven't spent time with for 50+ years.

Classmate Greg Vogel

FUTURE GATHERINGS

Ladies Luncheons – Portland – Monthly
Fun In The Sun – Florida – Annual
55th Class Reunion – July 2011

---Quote---

"Don't cry because it's over. Smile because it happened." - Dr. Seuss



Rainy Burke, Hadley Sterling, Tom Payson



Skip Doyle and friend Cherie



Greg Vogel, Bob Blair, Buddy Richards



Nancy, friend Conrad, Anne Blair, Roni Vogel



Diane Sturgis Payson

*Fun In The Sun Gathering Photo
 Contributed by Diane Payson*