

Comfort Golden Age Center

JUNE 2023

CONTACT US TODAY!

Email: info@comfortgac.org Phone: (830) 995-3032 Location:

628 Front St.

Mailing Address:

P. O. Box 356 Comfort, Texas 78013

Office Hours:

Monday - Friday 8:00 AM to 1:00 PM Feel free to knock if you see lights on inside

New Website:

www.comfortgac.org

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GOLDEN AGE CENTER FOUNDATION BOARD

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VICE PRESIDENT

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BOARD MEMBERS

Schatzie Norris Jane Perilloux David Herbst Frank Martinez Ruth Zoeller Kelly Dizdar



Volunteer of the Month



NANCY

Our volunteer for **May** is **Nancy Mallow** She helps deliver Meals on Wheels. We appreciate all that she does for the center and our members.



Comfort Golden Age Center's Sponsor for May was Comfort Nursing & Rehabilitation. This sponsor helped with fuel and maintenance of the vans to deliver our Meals for the month of May. We appreciate our sponsors.

CELEBRATE

- 1 Carrie Ersch
- 1 Amber Pressler
- 2 Nancy J. Mallow
- 2 Sarah Hannay
- 3 Rick Young
- 4 Susan Bell
- 6 Regina Alexander
- 6 Vicki Weber
- 8 Lloyd Rust
- 9 Ruth Liddell
- 13 Alfredo Arizola
- 14 Juliana Wallace
- 15 Myra Lopez
- 16 Diana Zavala
- 20 Patricia Roberts
- 20 Katy Lammers
- 20 Catherine Zornek
- 21 Bill Collins
- 22 Betty LaVonne Miller
- 23 Carol Hagemeier
- 26 Hazel Wheeler
- 26 Maudi Bergmann
- 29 Liz Burge
- 29 Stewart Lambert
- 29 Jimmie Cook
- 29 Sylvia Elliott
- 30 Barbara Kilpper
- 30 Betty Morrison

JUNE ANNIVERSARIES

- 4 Bert and Jane Holdsworth
- 6 Sam and Kathy L'Huillier
- 7 Michael and Ana Garcia Stewart
- 14 Dusty and Norma Bruns
- 15 Emilio and Jodi Pereda

NOTE: If you are a member and we missed your birthday please let us know.

How's your balance? Leg strength? Energy level?

Need a little help? For all Seniors! Men/Women invited!

GOLDEN AGE CENTER FITNESS MOVEMENT AND MUSIC CLASSES

COME ENJOY SOME TONING AND TUNES JUST FOR YOU!

MONDAY AND THURSDAY AT 10AM-11AM
AT THE COMFORT VFW CENTER

CHAIRS, EQUIPMENT and WATER PROVIDED

Please wear your non-skid tennies!





Going with the Flow, Yo!

Easy Yoga

Tuesdays at 9:00 AM

with Rosie from Blue Heron Yoga!

at the VFW (next to the Comfort Golden Agenda Center)



ACTIVITY CALENDAR- JUNE 2023

MONDAY	TUESDAY	WEDNESDAY		THURSDAY	FRIDAY	SATURDAY	
				-1-	- 2 -	- 3 -	
				Bingo 9am	Bridge 9:30am		
				Blood Pressure Check 9:30am	Jame Cont		
				ovement & Music lass 10am—11am	1pm Senior Singles Luncheon		
- 5 -	- 6 -	- 7 -		- 8 -	- 9 -	- 10 -	
9am Bingo		10 am Craft Class		Loteria 9am	Bridge 9:30am		
Movement & Music Class 10am—11am	Easy Yoga 9am			Blood Pressure Check 9:30am			
Class Ivalii—Halli	42-Dominoes	Poker 2pm-5pm		ovement & Music lass 10am—11am			
		Bingo 5:30pm	1	11:30AM BRAIN HEALTH			
- 12-	- 13 -	- 14-		- 15 -	- 16 -	- 17 -	
9am Bingo	Easy Yoga 9am	11:30am-JUNE		Bingo 9am	Bridge 9:30am		
Movement & Music Class 10am—11am		Birthday & Anniversary Celebration		lood Pressure heck 9:30am			
		Poker 2pm-5pm					
		Bingo 5:30pm		ovement & Music lass 10am—11am	BUNCO 1pm		
- 19-	- 20-	- 21 -		- 22 -	- 23 -	- 24-	
9am Bingo with a Twist — by Tri County Home Health	Easy Yoga 9am	9AM- MEALS AND MEMORIES BREAKFAST CLUB		Bingo 9am lood Pressure heck 9:30am	Bridge 9:30am		
Movement & Music Class 10am—		Poker 2pm-5pm	100	ovement & Music lass 10am—11am			
11am		Bingo 5:30pm FIRST DAY OF SUMMER	1	1:30AM STROKE AWARENESS			
- 26-	- 27-	- 28 -		- 29-	- 30-		
9am Bingo	Easy Yoga 9am		Ві	ingo 9am	Bridge 9:30am	ı	
Movement & Music Class 10am— 11am	9:30am Price Is Right	Poker 2pm-5pm Bingo 5:30pm		ovement & Music lass 10am—11am			
	JUNE						
BIRTHDAY AND ANNIVERSARY CELEBRATION 11:30 AM ON WEDNESDAY, JUNE 14TH Lunch will be provided Ice Cream by Gaddis Methodist Outreach If you would like to have lunch with us, please				BLOOD PRESSURE CHECKS THURSDAYS AT 9:30AM PER PROVIDER AVAILABILITY. CHECK WITH THE CENTER TO CONFIRM.			
RSVP by June 12th				CHECK WITH THE CENTER TO CONFIRM.			

Call Dinah Johnson at 830-995-3032

FEATURED SENIOR OF THE QUARTER GARY L. LINDNER

Gary Lindner is a fourth generation descendent of 1853 Michael Lindner family that settled in Comfort. He was born to Robert and Marguerite Lindner on August 2, 1947 and grew up on the family ranch 5 miles southwest of Comfort. He learned how take care of livestock, hard work and honesty early in life. He hauled hay, cut cedar posts, built fences, plowed, fields etc. In summer he worked for the Comfort Wool & Mohair Company, Steves Lumber Yard. In winter he hunted and trapped. Gary attended Comfort Schools and graduated in 1965.

Gary received a Congressional appointment to the U.S. Air Force Academy (USAFA) in 1965 from Congressman O.C. Fisher. He excelled in academics, sports, and military training. He was frequently on the Deans, Commandants, and Superintendents Lists. He graduated in 1969 with a Bachelor of Science degree, commissioned as a 2nd Lieutenant and was selected to attend U.S. Air Force (USAF) Undergraduate Pilot Training at Randolph AFB near San Antonio.

It was during Pilot Training that he met the love of his life, Barbara Blaha. After Gary graduated from Pilot Training, they were married December 28, 1970, in Randolph AFB Chapel, and began an adventure that took them all over the U.S. and Europe for 29 years and 22 different addresses. They were blessed with three children Brett, Laura, and Todd (deceased).

Gary served in a series of operational flying assignments that included 872 hours of intense air combat 1971-1973 in Vietnam/Southeast Asia. He was promoted to Colonel and Command Pilot ahead of his peers, and selected for command that included a flying training squadron at Del Rio, TX; the largest Support Group in the U.S at Lackland AFB, and historic Tempelhof Air Base in Berlin Germany. He also had staff assignments at Omaha NE, Norfolk VA, Washington DC, Montgomery AL, and San Antonio TX. During his career he earned the Legion of Merit (3) Distinguished Flying Cross (1) Meritorious Service Medal (4) Air Medal (9) and numerous other awards and decorations. He earned a master's degree from Auburn University in 1979. Gary retired from USAF in 1998 and moved back to Comfort.

From 1998- 2004 Gary was a Senior Vice President for San Antonio Southwest Business Corporation and in his first year he earned the prestigious million dollar round table status for over \$1 million in insurance sales. He transformed a major division to profitability for 5 consecutive years. From 2004-2015 Gary served in senior leadership positions in the non-profit organizations. From 2004-2010, he was Chief Operating Officer of ACCION Texas in San Antonio. With positive leadership he quadrupled the outstanding portfolio

and became the largest microlender in the U.S. In 2010 he was recruited to be President & CEO of PeopleFund in Austin and grew the organization from five county service area to statewide lender that achieved national prominence. He opened 8 new offices and quadrupled loan volume. During his tenure, both he and PeopleFund earned numerous exceptional performance awards.

Gary is fourth generation owner of the Lindner Four L Ranch which has been in continuous agricultural production since 1875. He has been involved in numerous community activities - Chairman Community Foundation of the Texas Hill Country, Chairman Comfort Boys and Girls Club, Commander VFW Post 8569, Co-Chair of highly successful Comfort 150-year Jubilee Celebration, Sacred Heart Catholic Church Pastoral Council President, Secretary/VP Comfort Area Foundation, Treasurer Comfort Cemetery Association, President Comfort Golden Age Center, and Board of numerous national, state, and regional non-profit organizations.

He is life member of the VFW, Red River Valley Fighter Pilots Association, Military Order of Daedalians, Air Force Academy Sabre Society, and Knights of Columbus.



COMFORT GOLDEN AGE CENTER

May Birthday and Anniversary celebration luncheon was sponsored by Kelly Dizdar. She made a delicious lunch of Chicken tetrazzini, tossed salad, garlic bread and iced tea. She made Almond cake for dessert. <u>Cindy Thomas</u> and several volunteers helped to set up for this event. Ladies from the <u>Gaddis United Methodist Church</u> Outreach Program served ice cream.

Our monthly drawing was won by <u>Barbara Zoeller</u>. Kelly brought 2 beautiful plants which were won by Kathy L'Huillier and <u>LeEllen Bohnert Herbst</u>. Thank you to everyone who helped with this celebration.



The Beginning of Father's Day

Like Mother's Day, Father's Day was preceded by an event in West Virginia: a special church service for 361 men, 250 of whom were fathers that died in the worst mining accident in U.S. history. It didn't lead to a recurring holiday, but it signaled a desire for such a celebration. Two years later, Sonora Smart Dodd, a woman from Spokane, Washington who was raised alongside her five siblings by her Civil War veteran single father, heard a Mother's Day Sermon and decided that her father was just as worthy of a day of celebration.

Dodd initially found success in promoting the holiday through local church organizations, and on June 19, 1910 — a Sunday — the first Father's Day was held in Spokane. Woodrow Wilson supported the holiday when he learned of it and even took part in the festivities remotely in 1916, but unlike with Mother's Day, Congress was not willing to endorse it. Two presidencies later, Calvin Coolidge fared no better in his efforts to make it into a national holiday.

The Struggle to Make Father's Day a Holiday

Opposition to Father's Day took many forms. Critics thought that it would lead to the commercialization of fatherhood or that it would take away from Mother's Day. Some men even thought it was too effeminate. Others simply didn't see the point.



"A national fishing day would be better," quipped one member of Congress.

During the Great Depression, there was also a movement against Father's Day and Mother's Day alike, with supporters instead calling for a joint Parents' Day. U.S. Senator <u>Margaret Chase Smith</u> of Maine was one such person. "Either we honor both our parents, mother and father," argued Smith, "or let us desist from honoring either one. But to single out just one of our two parents and omit the other is the most grievous insult imaginable."

Father's Day Becomes a Federal Holiday

So what changed and led to support for Father's Day? World War II. While money was tight during the Great Depression, once the United States entered the war, Americans wanted to honor their fathers fighting overseas.

Support continued to grow until Nixon made Father's Day a federal holiday in 1972. In the official proclamation, he wrote, "Let each American make this Father's Day an occasion for renewal of the love and gratitude we bear to our fathers, increasing and enduring through all the years." Sonora Smart Dodd, who passed away in 1978 at age 96, lived to see her dream become a national reality.

Note: Above Information obtained from History.com

LOCAL HISTORY

FOREIGN WARS-POST 8569 By Leland Lingle

This post was established (mustered in) on November 22, 1946. The post was named for the first two deaths from Comfort in WW II. Otto Eichholz is buried in Comfort Cemetery and Louis Strube is buried in Belgium.

The original charter was 34 members of WWII. The building was purchased by the VFW and American Legion (Steves-Blaschke).

In the mid 1970's the Legion needed money and sold their half to the VFW.

The Golden Age Center has rented part of our building since 1987. Other rentals are for aerobics, yoga, movement and music exercise and AA Meetings. Other rentals are for birthday, showers and other celebrations.

The building has been certified by F.E.M.A. as a temporary stop in the event of an emergency.

EDITOR NOTES

The present day VFW members are continuing with the following activities:

- Putting out the U.S. Flags throughout Comfort on Flag Day holidays
- Hand out Buddy Poppies
- ♦ VFW Raffle held in November
- FISH FRY
- They participate in an essay writing contest with the Comfort Schools. There are two categories for the students.

The first is **Patriot's Pen** which is open to 6th,7th and 8th grade students.

The second is **Voice of Democracy** which is open to the 9th thru 12th grade students.

They have one for the Teachers—Citizen Education Teacher of the Year.

The Comfort VFW meets on the 3rd Friday of each month.



THE FOLLOWING IS A LIST OF THE 34 MEMBERS OF WWII IN THE ORIGINAL VFW CHARTER

John W. Belsey
Joe G. Castro
Rudolph A. Doerffler, Jr.
Paul M. Dreiss, Jr
Marvin R. Flach
McRae W. Hill
Winston C. Lindner
Milton F. Reeh
Bruno Spenrath
Willie Sabban
Helmuth Barth

Arthur A. Burow Edwin Burow Gerhard M. Eichholz Erno Eicholz Alfred E. Flach Melvin H. Flach Jacob C. Gass Otto Haufler, Jr James C. Holekamp Erwin C. Klemstein Werner W. Klemstein James C. Krauter John L. Krauter August Pankratz, Jr Arnold C. Pfeiffer LeRoy Rusch Alfred Schmidt Edgar Schmidt Dan Spenrath, Jr Henry Wetz Rudie C. Bartel LeRoy A. Krauter Raymond C. Raute



)UPCOMING EVENTS

Come get

CRAFTY WITH CORKS



On June 7th at 10am

Please RSVP at

Comfort Golden Age Center

Or Via Email info@comfortgac.org

ALL SUPPLIES WILL BE PROVIDED!!





Brain Health

June 8th 11:30AM

RSVP online



Stacy Buck



RSVP with Rosie at the Golden Age Center (830) 995-3032 or email

info@comfortgac.org 628 Front Street (HWY27)

Membership gives you access to all programs, activities, and events at the Golden Age Center! Join us as a new member for only \$25/year



You can join at anytime, any age!!



Meals and Memories

Breakfast Club

June 21st at 9am



Join us for fun and easy cooking recipes and sharing recipes and memories from your childhood table!

> Please BYOM! Bring Your Own (big-ish!) Mug!

Sponsored by:





Stroke Awareness

June 22nd 11:30

Jennifer Kramer



RSVP Online



RSVP with Rosie at the Golden Age Center (830) 995-3032 or email info@comfortgac.org 628 Front Street (HWY27)



Membership gives you access to all programs, activities, and events at the Golden Age Center! Join us as a new member for only \$25/year You can join at anytime, any age!!

JUNE 2023 MENU

Comfort Golden Age Center



Please have your meal request in by 8:15am on day of delivery. 830-995-3032



		"		
AACOG Alema Area Council Of Governments	Area Agency on Aging		Baked Ham Sweet Potatoes Green Peas/Red Peppers Jamón Horneado Patatas Dulces Guisantes y Pimientos Rojos	2 Beef Stroganoff Bowtie Pasta California Vegetables Carne Stroganoff Pasta de Corbata Verduras Mezclada
Chicken & Pasta Salad Green Pea Salad Cucumber Tomato Salad Ensalada Pollo y Pasta Ensalada de Guisantes Ensalada Tomate y Pepino	BBQ Pulled Pork Potato Salad Black Eyed Peas Puerco Tirado Ensalada de Papa Guisantes de Ojos Negros	7 Grilled Herb Chicken Fluffy Rice Peppered Green Beans Pollo a la Parrilla Arroz Ejotes	Pork Roast w/ Gravy Mashed Potatoes Roasted Broccoli Puerco Asado con Salsa Pure de Papa Brócoli Asada	Meatballs/Tomato Sauce Egg Noodles Vegetable Medley Alböndigas y Salsa To- mate Fideos de Huevo Verduras Mezclada
12 Chicken Fajitas Spanish Rice Pinto Beans Fajitas de Pollo Arroz Español Frijoles Pintos	Lemon Pepper Fish Whipped Cauliflower Peas Pescado Limon y Pimenta Coliflor Batido Guisantes	Beef with Broccoli Fluffy Rice Roasted Squash Carne de Brôcoli Arroz Calabaza	King Ranch Chicken Whipped Sweet Potato Lima Beans Cazuela de Pollo Pure de Papa Dulce Habas	Salisbury Steak Roasted Potatoes Sumac Carrots Filete Salisbury Papas Asadas Zanahorias Zumque
Chicken Tikka Masala Steamed Rice Creamed Spinach Pollo Tikki Masala Arroz Espinaca con Crema	Turkey & Rice Casserole Sliced Beets Green Peas Cazuela de Pavo y Arroz Remolachas Guisantes	21 BBQ Riblet Corn O'Brien Cornbread Dressing Carne BBQ Maiz Cazuela de Maiz	Monterey Chicken Black Beans Squash Medley Pollo Monterey Frijoles Negros Mezcla de Calabaza	Pork Carnitas Spanish Rice Refried Beans Carnitas de Puerco Arroz Rojo Frijoles Refritos
26 Hamburger Roasted Potatoes Sweet Corn Hamburguesa Papas Asadas Maiz	27 880 Chicken Breast Cheese Grits Okra Pollo con Salsa BBO Gritos de Queso Okra	28 Sweet and Sour Pork Fried Rice Broccoli Puerco Dulce y Agrio Arroz Frito Brocoli	Spaghetti w/ Meat Sauce Mixed Vegetable Warm Spiced Fruit Espaguetis y Carne Salsa Verduras Mezcladas Fruta Picada Calentado	30 Chicken Fried Steak Mashed Potatoes Green Beans Fillete de Pollo Frito Pure de Papas Ejotes

LUNCH * ALMUERZO-12:00 PM-1:00 PM

Lunch is based on a voluntary contribution of \$5.00 for members, \$7.00 for non-members and \$3.00 for Meals on Wheels.

All reservations will be accepted until 8:15 AM. Services will not be denied if a contribution is not made.

Hay una contribucion voluntaria de \$5.00 para miembros, \$7.00 para no miembros y \$3.00 para Meals on Wheels (servicio de comidas a domicilio). Todas las reservaciones seran aceptadas hasta las 9:00 AM. No se negaran los servicios si no se hace una contribucion.

CENTER INFORMATION

COMFORT GOLDEN AGE CENTER MISSION STATEMENT

Enriching life for older adults to enhance their well-being and social interaction.

VISION STATEMENT
The "Go To" place for older adults in our community...

CONTACT

Email: info@comfortgac.org
Phone: (830) 995-3032
Executive Director: Dinah Johnson
Location: 628 Front St.
Mailing Address: P. O. Box 356
Comfort. Texas 78013

Newsletter Editor: Evelyn Rolfe

Email: jerolfe@hctc.net



SUPPORT OUR

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Check out our new website! www.comfortgac.org

New sign-up option for Events & Activities!
As an active member, you can now sign up/
RSVP for classes and programs via

MyActiveCenter:

www.myactivecenter.com

Note: You will need the 4 digits on the back of your scan tag to create an account and sign up!





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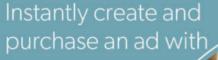
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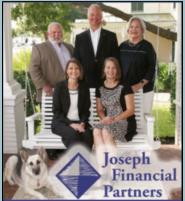
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