

MU PHI EPSILON NEWSLETTER

When Words Fail, Music Speaks

CALENDAR

Potluck

Sunday, September 16, 2018

@ 5:30 PM

Home of Anderson
Musical Program: Jazz Guitar duo
Tamer Maamoun &
Julio Sequeira

Board Meeting

Tuesday, September 18th, 2018
TBA

Founder's Day

Recognition of 30 - 50 year members

Sunday, October 14th, 2018
TBA

Board Meeting

Tuesday, October 16th, 2018
TBA

Newsletter Deadline

Wednesday, August 15th, 2018

President's Message

Having just returned from Maui where I had the distinct pleasure of really getting to know my newest grandson Logan (21 months) I would like to reflect on some observations made during my time with him that I noted might apply to the rest of my life as well as our work together.

Notice the smallest things. On our morning walks Logan would often halt when he saw something he was interested in. A flower petal, the smallest lizard I've ever seen (3" head to tail), a particular rock, seed pods to name a few. 1. Reminds me to **pay attention to details**, the small things. Also, **slow down**, no rush to get anywhere in particular and ... you miss the small details.

Be prepared: partly due to hyper-protective older parents and partly due to common sense, when Logan rode his little push trike outside he had to have on a soft helmet and sun glasses as well as a hat to protect his head from the strong rays of the sun. 2. Result: no spills, no scratches, no sunburns and loving approval of my grandmotherly skills from the parents. In my life **being prepared** keeps me sane (and safer and nicer to be around!).

Rejoice in newfound skills: Logan had just learned how to throw a ball. Every time it came his way he wiggled and squiggled in delight and could hardly wait for his turn to throw it back to me with all the gusto he could muster. 3. **Enjoy and don't be afraid to try new things.**

Sleep when you're tired. He needed the comfort of a bunny to sleep with, but any spot would do for a nap. Like most toddlers he liked it best when grandma laid down with him.

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Mu Phi Epsilon – Palos Verdes/South Bay

Sometimes he was down for twenty minutes and once his nap lasted three hours but when he woke up he was refreshed and ready to go. 4. Hmmm. **Take a nap if you need it** and then you'll be ready to go again.

Read lots of books. They teach you many things. And don't just read them once. If it's a good book it deserves a 2nd, 3rd, 4th, ...reading. 5. **Make more time to read** and read it again to savor its contents.

And lastly, enjoy your musical toys. For Logan these were the amazing toys put together with buttons, whistles, tunes, sound effects and lights flashing in seemingly endless variety. He laughed, bounced and danced with these toys for hours. 6. Enjoy music, it's a wonderful gift. Experience it with your whole body, not just your ears. **Dance, sing and laugh** to whatever you like.

So that's what I learned from Logan. I hope it will inspire us to look at our lives in a slightly different way too.

Loyally,
Lenita McCallum

June 2nd Memorial Concert Honoring the Lives of Ruth Cuccia and Helen Freeborn

We had a full house for the Memorial concert and raised about \$1500 for the Ruth Cuccia Scholarship and for music education in the South Bay. A huge thank you to those who performed, hosted, ushered, took pictures, moved chairs, told friends and donated in any way. Pictures from the concert can be viewed on our website: www.muphipvsouthbay.org

Changeover Board Meeting

Also in June your old and new officers and assistants met to review this past year's activities and to make a few plans for the coming year. Following the board meeting we had **Potluck luncheon for all members**. About 25 of us enjoyed having time to just talk and catch up with each others' lives. Gamma Sigma graduate Tamer Maamoun attended and began what we hope will be a long connection to this chapter. He is a jazz guitarist and interested in composition and film music.

August 2018

The **Violet Award** was not presented to Linnea Eades since she said she already had gotten it. Apparently our yearbook has not kept up with this award. Be thinking about who should get it at some point in the future.

2018-19 Interest Indicator and Directory Update Form

The form was useful as we began our work preparing for another year's worth of meetings and events. If you have any address changes be sure to let David Champion or Lenita know.

June 24

Several members attended the St. John Fisher Choral concert and met afterwards for conversation at the Red Onion. Reports of the concert were outstanding and the members thoroughly enjoyed supporting several Mu Phi's who are part of that choir.

♪ Thank You Note ♪

Thank you so much for your generous grant award of \$500 to Hermosa Beach Youth Music! The music stands we purchased with the grant money will help get Hermosa Valley's band program started and will be enjoyed for years as the music program expands.

We are so excited that our Hermosa Valley's 5th-8th grade students will have the option to learn to play an instrument in Mr. Harrison's new band program next year. Our players will reap so many additional benefits, such as working toward team and individual goals, increasing performance skills, boosting self-confidence, augmenting neural connections, and sharing in the fun and camaraderie.

Thank you, Mu Phi Epsilon, for all that you do to support local music programs. Our musicians, families and communities benefit from your efforts to sustain music in the South Bay!

From all of us at HBYM, we thank you.

Sincerely,
Hermosa Beach Youth Music
Ken Harrison, Band Director

Member News

Wedding Bells are about to ring out for **Jennifer Holly** who will wed **Joshua Cannon** on August 7th. It would be lovely if you could send them good wishes with a card. Or if you are inclined.... they are registered on Amazon.com

Leslie Sharp's new website
<https://blazinleslie.wordpress.com/>

Patron News

Gordon Goldberg (husband of Jan Bunker) is on the slow mend following two major surgeries last year and healing very nicely we're happy to report.

Shirley's Ho's concert, which was presented by the South Bay Evergreen Seniors Association, "Singing for Health and Life II" took place at Mount Olive Lutheran Church on Sunday, October 22, 2017. The benefit vocal recital featuring Shirley Ho aims at promoting vocal practice as an exercise to strengthen physical and mental health while supporting the hospital's fundraising goals. Shirley has partnered with Torrance Memorial to lead the Chinese Community Healthcare & Outreach programs since 1994. She is a huge asset to Torrance Memorial and the South Bay, building bridges between the Chinese community and its surrounding cultures.

Over the span of 20 years, she has made signification contributions to local communities by founding and leading charitable organizations and health care seminars. Through her fundraising concerts, the local Chinese community was able to express their gratitude towards Torrance Memorial for its high-quality care by donating all proceeds from the benefit to Torrance Memorial. The donations raised from the recital amounted to over \$20,000 and will be used towards the transformation to the North Patient Tower.

In the photo (next column) following she is pictured with several persons from Torrance Memorial Hospital.



The Treasurer Speaks!!! Dues are due in August!

The deadline for Alumni Dues to the chapter is September 1st. Respond promptly to the invoice sent to you by our treasurer David Champion so your name can be included in the chapter yearbook.

Included in your dues are member dues forwarded to the international Mu Phi Epsilon office in early September. Late payment of dues creates extra paper work for both the local chapter and the international office, so please don't be late!

Make your check to Mu Phi Epsilon and send it to our treasurer as soon as possible.

His address is:

David Champion

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It's traditional to make a donation to the International Fraternity of a penny for every year since it's founding.

A Founders Day donation of \$1.15 is included in your dues.

Regular Chapter Dues are \$86.15
Emeritus dues are \$26.15 (age 80 and above) (you must apply to the International Office for Emeritus status)

Dues may be tax-deductible as a business expense if they can be justified as important to your business activities. Check with your accountant.

Patron Contributions are also due. Patrons are also listed in the chapter yearbook September printing. Pay with a separate check and write “donation” in the memo portion of your check so your contribution can be tax-deductible. Make your patron check to Mu Phi Epsilon. Donations of \$50.00 or more will receive a tax letter in early January. Patron contribution levels are Friend (\$25-\$49), Silver (\$50-\$99) Gold (\$100-149) Platinum (\$150+) Patrons should receive an appeal in the mail from Patron Chair, Ann Terrill.

Calendar for August, September, October and November

This is what we have so far.

August 21 @10 AM

Board Meeting at Ramona Gifford’s. All members are welcome.

September 16th

Potluck Gathering at Emily Anderson’s Home
Tamer Maamoun and Julio Sequeira, jazz guitarists performing.

September 18 @10 AM

Board Meeting – location TBD. All members are welcome.

October 14th @ 3 PM

Regular Meeting – location TBD
Celebration of Founder’s Day and Honoring 30-50 year members

November 17th all day

District Conference at the University of LaVerne

Request from Our Steward

We still need a couple of homes, particularly for the October meeting. If this is something you could do, please contact Teddy Greenwald at teddy@greenwald.com.

Program News

We have chosen as our theme, *When Words Fail, Music Speaks*, Hans Christian Andersen and Laverne McCoy is in need of a few more volunteers to do a program. Call or email her with your suggestions.

Update to Directory

Any updates submitted to David Champion or Lenita will appear in our next yearbook.

WEBSITE

Our website continues to grow and updated. Check it out at www.muphipvsouthbay.org. We have a lot to be proud of !!!

Tired of Being Bored at Home

It’s never too early to start racking up service hours for this new year. There are still plenty of volunteer opportunities. Perhaps your schedule is opening up or need an excuse to be out of the house, consider signing up for hosting a meeting, leading a committee, or volunteering for the 2018-2019 year. If interested any of the above contact Teddy Greenwald at teddy@greenwald.com.

♪ Editor’s Note ♪

Thank you to those of you that have submitted items for the newsletter. Keep them coming so that we all keep inform of what’s going on with you!

For next month’s newsletters please send submissions to teddy@greenwald.com. Deadline for submissions is Wednesday, August 15th.

