

# PSSO NEWS

June-July 2005

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Professional Support Staff Organization  
<http://www.wmich.edu/pss/>



*From the desk  
of the  
President*

## PSSO 2004-2005 Year in Review

I consider it an honor to have worked with this year's PSSO board. This year's board was professional, worked hard and kept me on my toes. Thank you so very much for all of your help this year. Without all of you, PSSO would not be a strong voice for the non-exempt employee group.

One of the hot topics for this year was/is the AL/SL Committee and the changes that are being proposed. All of you have received emails with dates for these meetings. I hope you were able to attend one of these meetings. It is important for all of us to know as much as possible about these changes. PSSO's goal is and always has been to keep our members knowledgeable about the happenings at WMU.

Thank you to all of our loyal members. We are here for you. Let us know your thoughts, comments and suggestions.

Thank you and I look forward to another year as your PSSO President.

*Michelle Hastings*

*"I don't know what your destiny will be, but one thing I do know: the only ones among you who will be really happy are those who have sought and found how to serve."  
Albert Schweitzer*

Congratulations!



## 2005-2006 PSSO Board Members

President - Michelle Hastings  
Vice President - Carrie Soule  
Secretary - Billie Blake  
Treasurer - Nancy Johnson

Member-at-Large  
Michelle Moriarty  
Sally Laws  
Nancy Arneson  
Dori LaChance  
Mary Grant

Congratulations!



## 2005 PSSO Service Award

It is with great pleasure that the Service Award Committee congratulates the winners of the 2005 PSSO Service Award.



Billie Blake, International Affairs



Nancy Johnson, Investments and Endowment

They have demonstrated outstanding service to the organization.

Congratulations!

Kerry Cochran,  
Chair PSSO Service Award Committee

Congratulations!



# THE YEAR IN REVIEW

## Nancy Johnson, PSSO Treasurer

I was elected to the Board this year as the Treasurer and will be serving in that capacity again next year. I feel our organization is making a difference for the hourly employees through our monthly meetings with the administration. This past year some very good items have been considered and through our discussions we've made several accomplishments. As a board member I would encourage all eligible employees to participate in our organization in some way; membership input and support is what makes the PSSO such a great group of people.

I also served as chairman of the Compensation Committee again this year. I, along with Kathy Wright, was appointed to the Sick and Annual Leave Committee in February. The committee has worked very diligently reviewing our current leave policy and developing possible options to be considered by the non-bargaining employee groups.

Again, I thank you for the privilege to serve on the board.

*"Do what you can, with what you have, where you are."  
Theodore Roosevelt*



## **Holiday Social 2004**

Submitted by Michelle Hastings

ALOHA – This years Hawaiian Holiday Social was a huge success. Thank you to everyone that attended. Thank you to our members and guests for your generosity for our community service project, Pretty Lake Vacation Camp.

Thank you to my great committee members: Lynn Abbate, Billie Blake, Jennifer Clements, Pearl Devries, Mary Escobedo, Kris Kenz, Delores Minshall, Michelle Moriarty, Carol Morris-Mier, and Carrie Soule.



## Carrie Soule, PSSO Secretary

Looking back on the past year there were certain issues that have caused panic. One example is the current leave plan. A committee has been formed and I have confidence that things will turn out better than we expect. I really enjoy working on the Board and keeping up with issues that concern our members. The more we hear from you, the members, the more we can have our concerns brought up to the Administration.

I know with budget crunches and the hiring freeze that we are all really busy and it's hard to stay involved with committees. This year, as an incentive for more members to get involved and to meet new people across campus, the PSSO Appreciation Award was begun. Also a first this year, was the PSSO Board inviting and making lunch for the Committee Chairs in appreciation for their hard work.

In my opinion, being on the board and being part of a committee is very rewarding. I love to meet new people and to learn different aspects of Western and the needs of others. I would encourage you to get involved and if you need anything I am always willing to help. Thank you for electing me to the PSSO Board!

*"You must be the change you wish to see in the world."  
Mahatma Gandhi*

## **Bronco Bash 2004**

Submitted by Michelle Hastings

Another successful year protecting and serving the WMU community. Thank you to my volunteers for helping with this project: Shannon Rauner; Kathy Wright; Kerry Cochran; Nancy Johnson; Candy List; Nancy Arneson; Sheryl Todd; Vonceal Phillips; Michelle Moriarty; Billie Blake; Kristie Sturmoski; Vicky Meinema; Susan Coker; Joyce Lew; Jennifer Messana; Barb and Dennis Shouse.

Look for information coming soon for Bronco Bash 2005.

## Pearl DeVries, PSSO Member-at Large

This past year has been a very busy year for the PSSO Board. As a member-at-large, I have attended the meetings, met with Mr. Beam and Lauren, and with President Bailey. We each do our best to serve on committees and do fun things for our members. I have served for the past several years on the Holiday Social, Spring Luncheon, as well as Bronco Bash, and Finals Finish. This is a lot of fun and the best way of getting to know other members of our organization.

In the difficult times that we have been undergoing this past year, with budget cuts, layoffs, future budgetary issues, and a cut in staff to accomplish our task, I believe our members and non-members as well have done a remarkable job. This makes it more important than ever to work as a team. We must all work together, for no one person can do this job alone.

Working with other great people who have a wide variety of ideas, makes serving on the board an enjoyable experience. If you are nominated, please consider running for the board next year. Work on committees and get to know your fellow members. We always need new ideas and new eyes to shed light on issues that may arise. We are truly a family who like each other. Thanks for the past year to serve you.

*"We cannot do everything at once, but we can do something at once."  
Calvin Coolidge*

*"It's the action, not the fruit of the action, that's important. You have to do the right thing. It may not be in your power, may not be in your time, that there'll be any fruit. But that doesn't mean you stop doing the right thing. You may never know what results come from your action. But if you do nothing, there will be no result."  
Mahatma Gandhi*

**PSSO General Meeting**



At the General meeting on May 25, 2005 our speakers were John Beacon, Vice Provost Enrollment Management and Mark Delorey, Director Student Financial Aid.

**3<sup>rd</sup> Annual Poker Walk**

By Peggy Miller & Carrie Soule



The 3<sup>rd</sup> Annual Poker Walk was held Tuesday, May 24, 2005. It was sponsored by Zest for Life. There were 175 employees who participated in the one-mile walk. The weather was perfect for walking. We started the walk at the Student Rec Center, followed the arrows around campus, picking up sealed envelopes with "poker cards" at various stations along the way. It was great fun. At the end of the walk we were offered wraps from Rolly Polly, popcorn and Gatorade. Thank you to the coordinators at Student Recreation Center. Below are the lucky top winners of the Poker Walk:

- 1<sup>st</sup> Place - Nancy Arneson,  
4 of a kind-Kings (a dozen roses from Schafer's, \$30 to Damon's, & \$50 to Miller Auditorium)
- 2<sup>nd</sup> Place - Pat Northrop, 4 of a kind-3's (\$50 to Miller Auditorium & a dozen roses from Schafer's)
- 3<sup>rd</sup> Place - Catherine Burhans, Flush (\$20 to Finley's & a dozen roses from Schafer's)

**Escape from Boredom**

By Shannon M. Rauner



July is anti-boredom month and just knowing that should make you want to get out and do stuff! Fun stuff! Maybe something a little more lively and a little less "same ol' same ol'". Unfortunately, we all need to make a living somehow, so we can't get out and do fun and exciting things every day. We have to pick and choose our moments. Here are some fresh pick-me-up ideas for inside and outside the office.

1 - If you're one of the lucky few that has a window in their office, open it! It's summer! Breathe in some fresh air, rejuvenate! If you're not lucky enough to have a window, go outside for a few minutes. Walk around the building. Whatever you can do to freshen and enliven your spirit!



2 - If you're going to be sitting at a computer all day long, change it up a bit! Change the background! Don't stare at that serene wooded landscape day after day. Yes, it's beautiful, but does it awaken your energy? Probably not. You could even turn your screensaver into a slide show of your favorite photos.

3 - When someone walks up to you, push your chair back away from your computer and listen. Taking a break from what you're doing can be extremely helpful. And it only takes a minute or two to give someone your full attention. Chances are if



you're only half listening, while continuously typing away at that keyboard, you're going to be working at half the speed also. So taking a minute to relax won't hurt.

4 - In the evening, why not treat your family or a group of friends to a picnic dinner or barbeque. Pack up a few of your favorite goodies and take a stroll (or short drive) to the park. FYI -

Maple Isle in Paw Paw is a great place for this!



5 - Most of us have our weekends free, right? In commemoration of the nation's oldest zoo, the Philadelphia Zoo, opening its doors to the public on July 1, 1874, why not visit one. Zoos are great places to just observe the natural world and to see exotic animals that you may otherwise never see. Plus, they're the ultimate kid-friendly place! You could even consider an overnight stay. From experience I can tell you that these are the best!

6 - Whatever you've been considering doing for so long and yet haven't quite found the perfect moment... Remember that there may never be a perfect moment, so just do it!

Go out and experience life to its fullest! Write a list of everything you've ever dreamed of doing and then, one by one, go do them. You have nothing to lose and everything to gain from these experiences. Life's too short. Don't waste a single moment.

**Natural Highs**

Submitted by Nanci Aalsburg

- Laughing so hard your face hurts.
- No lines at the supermarket.
- Lying in bed listening to rain outside.
- A good conversation.
- Taking a drive on a pretty country road.
- Ice cream on a hot day.
- Finding \$20 in last winter's coat pocket.
- Watching sunrises and sunsets
- Being told that you're looking good.
- Running through sprinklers.
- Making new friends.
- Spending time with old friends.
- Playing with puppies and kittens.
- Puppy-breath.
- Fireworks on the Fourth of July.
- Making chocolate chip cookies.
- To have a whole day all to yourself.
- Holding hands with someone you care about.
- A good book.
- Laughing at yourself.
- The beach.



### APA/PSSO Spring Awards Luncheon

By Cheryl Peters



*Together, we can save a life*



Nearly 200 staff members and friends attended this year's APA/PSSO Spring Awards Luncheon, and if you were one of them, you already know how much fun we had. It was great to see so many of you get dressed in 50's fashion for the luncheon. Thanks to those who competed in our costume and hoola hoop contests!!!

The awards luncheon is in recognition and celebration of the wonderful things people do throughout the year at WMU to make our committees and our University better. Congratulations to this year's PSSO award winners; Billie Blake and Nancy Johnson.

The American Red Cross was selected as our community service project this year. Anyone who hasn't yet made a contribution, but would like to, there is a link to their website on ours at [www.wmich.edu/pssso](http://www.wmich.edu/pssso).

We would like to extend special thanks to MEEMIC Insurance who sponsored our entertainment and to President Bailey for her generous contribution. We also wish to thank our many sponsors for their door prize and game booth contributions.

We were entertained by Chris T. Young, a local Elvis impersonator. Elvis came prepared with plenty of sweaty scarves that he placed around the necks of those in the audience who were trying the hardest to avoid his attention!!!

There is one other group I personally wish to thank, and that is the Spring Luncheon committee members. I am so fortunate to be able to plan and work on this event with such a wonderful group of talented, creative and thoughtful ladies!!!! So a special thanks to the entire committee for all of your hard work to pull off yet another great luncheon!

From our entire committee, a heartfelt thanks for sharing your afternoon with us.

Photos from the luncheon are posted on the website, follow the link for PSSO Photo Albums.

With Thanks!  
Cheryl Ann Peters



# Humor at Work

## Office tricks:

#1. Print a neat little label and glue it onto a piece of metal or cardboard large enough to cover the button panel on the photocopier. Attach it with double-sided tape.

On the label print:

"This copier is now VOICE activated.  
Please speak loudly and clearly."

#2. Go through the wastebasket at the printer or copier and collect all papers that are not kinked or crumpled. Neatly stack them and cut them in half. Then put them into the paper tray of the copier or printer.

Stick around, because the results are hilarious!



## Exercise The Brain!!

Exercise of the brain is as important as exercise of the muscles. As we grow older, it's important that we keep mentally alert. The saying, "If you don't use it, you will lose it" also applies to the brain, so...

Below is a very private way to gauge your loss or non-loss of intelligence. So take the following test presented here and determine if you are losing it or are still "with it."

OK, relax, clear your mind and.... begin.

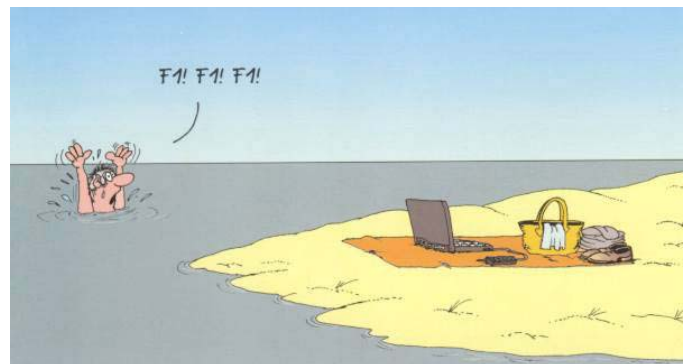
1. What do you put in a toaster?
2. Say "silk" five times. Now spell "silk," What do cows drink?
3. If a red house is made from red bricks and a blue house is made from blue bricks and a pink house is made from pink bricks and a black house is made from black bricks, what is a greenhouse made from?
4. If the hour hand on a clock moves 1/60 of a degree every minute then how many degrees will the hour hand move in one hour?
5. Without using a calculator - you are driving a bus from London to Milford Haven in Wales. In London, 17 people get on the bus. In Reading, six people get off the bus and nine people get on. In Swenson, two people get off and four get on. In Cardiff, 11 people get off and 16 people get in. In Carpathian, six people get off and three get on. You then arrive at Milford Haven. What was the name of the bus driver?

## Brain Quiz Answers:

1. The answer is bread. If you said "toast," then give up now and go do something else.
2. Cows drink water. If you said "milk," please do not attempt the next question. Your brain is obviously over stressed and may even overheat.
3. Greenhouses are made from glass. If you said "green bricks," what the devil are you still doing here reading these questions?
4. One degree. If you said "360 degrees" or anything other than "one degree," you are to be congratulated on getting this far, but you are obviously out of your league.
5. Oh for goodness sake! It was you! Read the first line!!!

## AMAZING RESULTS OF STATISTICS

1. Ten percent of all car thieves are left-handed
2. All polar bears are left-handed
3. If your car is stolen, there's a 10 percent chance it was taken by a Polar bear
1. 39 percent of unemployed men wear spectacles
2. 80 percent of employed men wear spectacles
3. Work stuffs up your eyesight
1. All dogs are animals
2. All cats are animals
3. Therefore, all dogs are cats
1. A total of 4000 cans are opened around the world every second
2. Ten babies are conceived around the world every second
3. Each time you open a can, you stand a 1 in 400 chance of becoming pregnant



### Picnic Safety Tips

Submitted by Peggy Miller



It's that time of year when most of us like to enjoy the outdoors.

Most of these outdoor outings have something to do with food. There is nothing more American than the picnic. Picnics can take on many forms, such as the community picnic, friends and neighbors, tailgate parties, or ball games. One thing for sure, no matter what kind of picnic you are having there's bound to be lots of good eats. The most important thing to remember when choosing what to have on your picnic, is to choose safe and healthy food, not food that can cause food-borne illness. Always prepare and store food properly.

Wash hands and work areas before preparing food.

Plan your menu with an eye to safe food handling. Cook foods in plenty of time to thoroughly chill them in shallow containers in the refrigerator. Then have enough coolers with ice or frozen gel packs in which to store the perishable foods like meat, poultry, fish, eggs and salads. You want to keep the food at 40 degrees F.

Carry the cooler inside an air-conditioned car. At picnics, keep the cooler in the shade and keep the lid closed. Replenish the ice if it melts.



Use a separate cooler for drinks so the one containing the food won't constantly be opened and closed.

Pack raw meats, poultry, or seafood on the bottom of the cooler. This will reduce the risk of them dripping on other foods. A full cooler will stay cold longer than one that is partially full.

If you plan on getting takeout foods such as fried chicken, eat them within an hour of pick up.

Chances are picnic leftovers have been sitting out for more than an hour or two. Discard these leftovers. Cold foods that were kept in a cooler that still has ice may be safe. If the ice has melted, the food should be discarded.

<http://whatscookingamerica.net/picnic.htm>



HelpNet Employee Assistance Program (EAP) offers free and confidential assessment, brief counseling, and referral services to employees and their household members who are concerned about marital and family issues, addictions, emotional problems, relationships, and other significant personal problems.



HelpNet EAP can also assist you with career-related and personal situations that may be affecting your work performance or you feel might begin to affect your work performance. HelpNet Employee Assistance Program's crisis line is available 24 hours a day, every day, at (800) 523-0591.

You can reach HelpNet Employee Assistance Program at (269) 372-4500 or 1-800-523-0591 (statewide).

<http://helpneteap.com/>



2004-2005



#### EXECUTIVE BOARD

- President** – Michelle Hastings, International Affairs, 7-3950  
[michelle.hastings@wmich.edu](mailto:michelle.hastings@wmich.edu)
- Vice-President** Rena Lynema, Haenicke Inst for Intl Studies, 7-3985  
[rena.lynema@wmich.edu](mailto:rena.lynema@wmich.edu)
- Secretary** – Carrie Soule, Student Financial Aid & Scholarships, 7-6005  
[carrie.soule@wmich.edu](mailto:carrie.soule@wmich.edu)
- Treasurer** – Nancy Johnson, Investments, 7-4134  
[nancy.johnson@wmich.edu](mailto:nancy.johnson@wmich.edu)
- Past President** – Kathy Wright, Geosciences, 7-5486  
[Katheryn.wright@wmich.edu](mailto:Katheryn.wright@wmich.edu)

#### MEMBERS-AT-LARGE

- Nancy Arneson, Environmental Studies, 7-2716  
[nancy.arneson@wmich.edu](mailto:nancy.arneson@wmich.edu)
- Billie Blake, International Affairs, 7-3660  
[billie.blake@wmich.edu](mailto:billie.blake@wmich.edu)
- Pearl DeVries, CEAS Advising Office, 7-3260  
[pearl.devries@wmich.edu](mailto:pearl.devries@wmich.edu)
- Mary Grant, Political Science, 7-5681  
[mary.grant@wmich.edu](mailto:mary.grant@wmich.edu)
- Carole Lint, Human Resources, 7-3622  
[carole.lint@wmich.edu](mailto:carole.lint@wmich.edu)

### Executive Board Meetings:

**Bernhard Center Faculty Dining Room**

**June 16, 2005**

Also held monthly are meetings between the Executive Board of PSSO, Vice President of Human Resources and Bob Beam, Vice President of Business and Finance. Contact a board member if you have questions or concerns you would like answered.

### Let It Go Day

By Peggy Miller

Have things got you down this spring? Is there something bugging you that saps your energy and just makes you grouchy??? We are sometimes our own worst enemy when we don't know how to let go of things we don't have any control over anyway. Whatever it is that is bugging you, drop it.



Join me in celebrating "Let It Go Day" on June 23<sup>rd</sup>. Let whatever it is go and use that energy to accomplish something productive. Or you may want to think of an activity or outing that will help you "Let It Go". It doesn't have to be anything earth shaking, just something to get yourself into a positive frame of mind. Let It Go Day was created by Thomas and Ruth Roy of Pennsylvania.



# RECIPES



## Coca-Cola Burgers

- 1 egg
- 1/2 c. Coca-Cola, divided
- 1/2 c. crushed saltine crackers
- 1/4 c. finely chopped onion
- 6 T. creamy French salad dressing, divided
- 2 T. grated Parmesan cheese
- 1/4 t. salt
- 1 1/2 lbs. ground beef
- 6 hamburger buns, split



In a mixing bowl, combine the egg, 1/4 cup of Coca-Cola, cracker crumbs, onion, 2

tablespoons of the dressing, cheese and salt. Add the meat and mix well. Form into six 3/4-inch thick patties. For the sauce: Mix the remaining Coca-Cola and dressing. Grill the meat over medium coals until desired doneness. Turn once, basting occasionally with sauce. Serve on buns. Remaining sauce may be used as a topping. Serves 6.



## Whiskey Creek Salad

- Dressing:
- |                    |                         |
|--------------------|-------------------------|
| 1 very ripe banana | 1 c. (8 oz.) sour cream |
| 1/4 c. sugar       | 1 T. poppy seeds        |
| 1 T. lemon juice   | 1 t. dry mustard        |
| 3/4 t. salt        |                         |
- Mash banana, Add remaining ingredients. Chill 30 minutes.

- Salad:
- |                    |                |
|--------------------|----------------|
| Romaine            | Butter Lettuce |
| Dried Banana Chips | Coconut Flakes |
| Mandarin Oranges   | Chopped Pecans |
| Diced Green Onions |                |
- Mix together these ingredients. Top with banana dressing.

## Texas Wiener Sauce



- 1 lb. lean ground beef
- 1 6 oz. can tomato paste
- 6 beef bouillon cubes which have been dissolved in 3 C. hot water
- 1 fresh onion, chopped (or 1 tablespoon dehydrated onion)
- 1/2 T. black pepper
- 1 T. chili powder
- 1 T. paprika
- 1 T. dried oregano
- 1/2 T. dried thyme
- 1/2 T. dried marjoram
- 1 clove garlic, minced
- 2 T. Worcestershire sauce

Brown beef in large skillet. Stir in tomato paste and water-bouillon mixture. Add remaining ingredients; cover and simmer for one hour. Serve on hot dogs with mustard and chopped onion. Sauce may be frozen

## Henri's Zucchini Brownies

- |                        |                  |
|------------------------|------------------|
| 4 c. shredded zucchini | 1 c. oil         |
| 2 c. sugar             | 3 c. flour       |
| 1 t. Salt              | 2 t. baking soda |
| 1/2 c. cocoa           | 2 t. vanilla     |
| nuts if desired        |                  |



Beat together zucchini, oil and sugar. Add flour, salt, baking soda and cocoa, which have been sifted together. Add vanilla and nuts if desired. Pour into

large jellyroll pan. Bake at 350\* for 30 min. or until done. Sprinkle with powdered sugar or frost.

**Comments? Criticism?  
Story ideas? Talk to us!**  
By Carrie Soule, Editor

I feel privileged to work on the Newsletter, Holiday committee and being on the PSSO Board and I wish other people could experience the joy and fun that we have. Please be a part of a committee this year! You may contact either Michelle Hastings or myself if interested. This is our last issue for the year and I will stay on the committee once again. I am very happy to serve :) If you have any questions, concerns or things you would like to see in the newsletter please contact me at [carrie.soule@wmich.edu](mailto:carrie.soule@wmich.edu) or 7-6005. Thank you and enjoy your summer!

[carrie.soule@wmich.edu](mailto:carrie.soule@wmich.edu).

**Publicity/Newsletter  
Committee:**

Shannon Rauner, chair, 7-2967  
[shannon.rauner@wmich.edu](mailto:shannon.rauner@wmich.edu)  
Janet Liebendorfer, web master,  
6-3142  
[janet.liebendorfer@wmich.edu](mailto:janet.liebendorfer@wmich.edu)  
Carrie Soule, editor, 7-6005  
[carrie.soule@wmich.edu](mailto:carrie.soule@wmich.edu)  
Nanci Aalsburg, publisher,  
[nanci.aalsburg@wmich.edu](mailto:nanci.aalsburg@wmich.edu)  
Sarah Rasnake, contributor, 7-6290  
[sarah.rasnake@wmich.edu](mailto:sarah.rasnake@wmich.edu)  
Peggy Miller, contributor, 7-3652  
[peggy.miller@wmich.edu](mailto:peggy.miller@wmich.edu)



# Seniority List

Jane Ferguson	29 yrs
Rita Franks	27 yrs
Linda Goldner	26 yrs
Cheryl Siwik	26 yrs
Buff Armstrong	22 yrs
Billie Blake	21 yrs
Angela Miller	19 yrs
Sara Wick	19 yrs
Amy Kizziee	18 yrs
Teryll Lavender	17 yrs
Delores Minshall	17 yrs
Dori LaChance	16 yrs
Beth Steele	12 yrs
Ed Holloway	11 yrs
Felicia Cox	9 yrs
Mary Choker	8 yrs
Cecelia Moore	7 yrs
Tracie Sams	6 yrs
Darshana Shah	6 yrs
Cindy Stineback	6 yrs
Kerry Cochran	5 yrs
Sally Laws	5 yrs
Jamie Pion-Ritter	5 yrs



**WALKERS, JOGGERS, SKATERS,  
RUNNERS WANTED**

**AMERICAN CANCER SOCIETY  
RELAY FOR LIFE 24-HOUR RELAY  
June 24 -June 25, 2005  
3 PM TO 3 PM**

If you can't walk, jog, skate, or run, snack, juice, or water is welcome. You can also make money donations or buy a luminary bag in memory of or in honor of a loved one.

Any questions, please contact Nancy Johnson at 387-3134 or Rose Ella P. Lyke at 387-0347

**COME AND JOIN THE TEAM**

**Happy, Happy  
Birthday  
To You !!**



Barbara Cline	01-Jun
Johanna Wells	01-Jun
Suzanne Moorian	04-Jun
Anne Wagner	13-Jun
Ron Wortley	13-Jun
Jennifer Lawson-Steeves	15-Jun
Amy Kizziee	17-Jun
Jennifer Clements	19-Jun
Barb Alexander	24-Jun
Pearl DeVries	26-Jun
Patricia Emelander	27-Jun
Sally Laws	28-Jun
Daryl Buczkowski	29-Jun
Felicia Cox	30-Jun
Kris Kenz	02-Jul
Gaylene Ludman	04-Jul
Nancy Johnson	05-Jul
Turea Jordan	05-Jul
Carrie Soule	05-Jul
Carolyn Parker	06-Jul
Cindy Clegg	08-Jul
Pat Weber	08-Jul
Connie Volenski	09-Jul
Judy King	14-Jul
Lunny Green	16-Jul
Michelle Moriarty	16-Jul
Carol Norg	16-Jul
Judy Medendorp	17-Jul
Jackie VantZelfde	18-Jul
Linda Poquette	20-Jul
Paula Armstrong	25-Jul
Cindy Stineback	27-Jul
Janet Liebendorfer	31-Jul

