



NEWSLETTER

MAY 2015

950 Main Street
Cambria, CA 93428

805.927.3364

joslyncenter@joslynrec.org

<http://www.joslynrec.org>

FIRE!

FIRE!

FIRE!



See page 8

MAY 14

4PM

with

Mark Miller

Chief, CFD

PRESIDENT'S MESSAGE

May 2015

Dear Joslyn Members,

Please join me in welcoming Yvonne Wagner as our new 2nd VP in charge of maintenance. We are very fortunate to have her energy and commitment. Thank you Yvonne for stepping up and lending a hand to the Joslyn community.

THANK YOU to Roberta and Jim Major for their donation of a piano to the Joslyn Center.

Fire Chief Mark Miller will be our guest at the Joslyn Center on Thursday May 14th @ 4 p.m. to discuss FIRE SAFETY AWARENESS. This is something you do not want to miss.

All artwork on the walls at the Joslyn are for sale and benefit the Joslyn Center. The artist and Joslyn split the proceeds 50 / 50.

We are asking all clubs to have direct contact with the Joslyn office (927-3364) the morning after any kitchen use. There are still issues with the kitchen being left less than perfect after use and we are trying to figure out a way to remedy this without charging every club for kitchen clean up. Our thought is that if each club appoints a member to be liaison with the Joslyn office – the clubs will have more accountability and hopefully start leaving the kitchen in better shape.

Also, please remember to empty the trash at the end of your events and dispose of all recycling into recycling bin next to the trash enclosure out front.

Many whales are heading north, be sure to scan the horizon to catch a glimpse of these beautiful creatures.

Warmest Regards,

Lisa Tanzman

lisa@InTheory.com

**Grounds clean up for MAY:
INNER RHYTHM**

NOTES:

**Missing a jacket or hat?
Check in the back
hallway.**

**Office will be closed on
Monday, May 25th.**

**Please remember to lock
the front gate if you are
the last to leave the JRC.**



Ecstatic Dance
Friday 7:30 - 9:00P

Inner Rhythm...

is a growing group of heart centered people who dance as a way to returning to ourselves and to commune with each other. For us, the dance floor is a playground, a teacher, a healer. There are no steps to follow, no right way or wrong way to move. We move to feel what is sacred through the movement of our bodies.

Inner Rhythm Dance...

is a non-verbal 90-120 minute dance journey. Every INNER RHYTHM Dance is different but the basic format is the same. We start with slower fluid rhythms, move into pulsing percussive beats, peak into wild chaos, then return with trance like lyrical rhythms dissolving into quiet gentle stillness. \$5 Donation, \$10 for FuNraisers.

Please check our INNER RHYTHM page on Facebook for the latest announcements and special out-of-t own DJ's and facilitators....

Call Patti Schimberg 927.1661

YOGA
Monday, 4:45 PM
\$10 PER SESSION

Introducing Kristina Kangas...

...now teaching at the Joslyn Center. Kristina has been teaching yoga in Cambria for the last five years and practicing herself for over 20 years. Kristina completed Yoga Teacher Training at White Lotus Foundation in Santa Barbara, CA with Ganga White & Tracey Rich. She has also studied the Chinese Internal Exercises of Taoism, holds a BA in International Relations from the Univ. of Wisconsin and is fluent in Spanish.

Kristina emphasizes deep breath work & balance in her classes and simultaneously teaches to all levels. Kristina will be filling in for Patti Schimberg by helping to co-teach.



Have fun and get fit to your favorite dance tunes!

Mondays at 10:45A
Wednesdays at 8:30A
Fridays at 9:00A

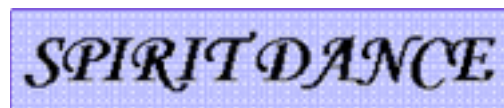
Coordinated by: Maryann Grau

WEIGHT LIFTING



Monday 10:00 AM
Wednesday 9:15 AM
Friday 9:45 AM

For more information, email
Maryann Grau
mgrau@sbcglobal.net



Enhance your BODY/MIND/SPIRIT connection through rhythm and dance. Be inspired by compelling international beats in a community of music lovers sharing their passion for our natural impulse to move and play.

SPIRIT MOVEMENT CLASS
Monday 6:00 - 7:00P

Optional instruction to enhance the experience of free form dance. Learn to interact with partners by sensing the flow of energy. Easy and fun. **Fee - \$5**

Instructor: **Francesca Bolognini**
Call **927.5528** to enroll.

SPIRIT DANCE TRANCE DANCE
Monday 7:30 - 9:00P

Free form solo or interactive moving meditation, done at your own pace, to international music utilizing the FIVE RHYTHMS (flowing, staccato, chaos, lyrical, stillness). No experience necessary. Free to Joslyn Center members, trial attendance encouraged.

Facilitator: **Francesca Bolognini**

MAY 2015



LAWN BOWLS

COME BOWL WITH US!
Beginners always welcome!
Monday, Wednesday, Friday, Saturday



TABLE TENNIS CLUB

Free lessons for men & women:
Thursdays 8:30A - 12:00 noon

We welcome all skill levels:
Sundays 1:00P - 4:00P

**ADDED TIMES: Fridays
10:30AM to 1:00PM**

Have fun and keep in shape!

For more information call:
Al Abney - 927.0684



FISHING CLUB

The Fishing Club has a new website. See a slice of the fun and adventure and the fishers who bring in the fish for the annual fish fry. Please share this info with anyone who may be interested in joining our club. We meet on the first and third Tuesday of the month at 2 to 3 PM.

Site address: cambriafishingclub.com

Would you like to go fishing with us?

Contact **DON** at 909.7571

ROUGH WRITERS

We are a group of creative writers whose membership includes novelists, poets, playwrights, short story writers, memoirists, and traveloguers. We are dedicated to supporting each other through the trials and tribulations of the creative writing process. Our goal is to tell stories – true stories that might get lost and fictional stories that open the heart. Although we have many different styles and interests, we are united in our love of language and the power of the imagination. Mentored by local playwright and author Paula Cizmar, we meet each week to provide a supportive environment for members to try out their work. Mondays at 1PM.

If you would like to visit, please read "Visitors' Info" on our website, then contact John Lamb at roughwriters@sbcglobal.net to schedule a time.

For more on the Rough Writers, please see our website, www.RoughWriters.org.

CAMBRIA FORUM

Cambria Forum cordially invites you to attend our six-week series which begins on Friday, April 3, at 10:00 a.m. in the Joslyn Center conference room. Our topic for this series is "The Skeptics Guide to American History". This is a presentation/discussion format which examines how we can start to restore our founding principles. We will discover that many popular beliefs about American history are either myths or, at best, half-truths. Our discussions will examine how, in many cases, we have slowly drifted away from the original intent of our forefathers. Over a period of six weeks we will discuss topics as widely diverse as religious toleration to the great depression to World War II misconceptions. Challenge yourself and your fellow Cambrians as we spend six consecutive Fridays exploring the truth and fiction of American history.

Mark your calendars and plan to attend this informative, challenging discussion. You may reply to rayval2@sbcglobal.net or 927-6736. We look forward to your participation.

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MAY 2015



Rehearsals are 9:00A - 11:00AM on Tuesdays. Occasionally, on Fridays there will be "section" practices.

Spring concerts are slated for May 3rd and May 10th.

If you have questions, or would like more information, please contact Judy Steele, at judith42@gmail.com.



Couples Dance & Social Club

We meet the 2nd and 4th Wednesdays from 6:00 - 9:00 pm.

A Potluck dinner precedes dancing to a live band. Music selections include ballroom, swing and rock & roll.



INVESTMENT CLUB

Meets First and Third Thursday of each month at 9:00am in the Conference Room.



CAMBRIA WRITER'S WORKSHOP

For more than 35 years Cambria Writer's Workshop (CWW) has been dedicated to helping its members become better writers and supporting them along the path to publishing.

Our members, who live throughout San Luis Obispo County, meet at the Joslyn Center from 9:30 a.m. to 12 noon Wednesdays.

Guests are welcome.

MAY 2015



POKER CLUB

The JRC Poker Club deals out fun every Thursday night. We gather by 6:15 and get cards in the air at 6:30pm. Both a 5-10-25-50 cent game and a slightly higher 25-50-\$1.00-\$3.00 are run if we have enough for two tables. We also have a once a month higher stakes game for all the high rollers out there. Monthly tournaments see three tables on average and we alternate between Texas Hold'em and Omaha 8. Never played before? Not a problem as we always welcome new players.

For more information:
Rusty Heyne 927.5155



BRIDGE CLUB

Singles: Tuesday: 7:00 PM (1st & 3rd)
Partners: All Thursdays: 6:30 PM
Refresher: Wednesday: 1:00 PM (1st & 3rd)
Duplicate: Wed: 1:00 PM (2nd & 4th)
Refresher Tuesday: 1:00 PM (2nd & 4th)

For Refresher Bridge call:
Elaine Crescenzi at 927-2285.

YOU CAN ALWAYS JOIN IN!
Shale Hanson 924-1478



Mah Jongg!



Classes

We will be starting beginners' classes early in the new year. If you know someone who would like to learn how to play Mah Jongg and/or if YOU would like to learn, please contact Sharon at 927-5155 to get your name on the list. We will begin the new class (Mondays at noon) when we have four or more people to make holding the class worthwhile.

Club Meetings

The Mah Jongg club holds games **every Monday at 1 to 4 pm**. Drop by and check us out. New players are always welcome. Only have an hour to play? Come on by! No sub to call – no week to “host” – just fun and lots of new friends waiting for you at the Joslyn. We ask for a one-dollar donation that goes to the center and bring a \$3.00 purse.

More information, Sharon 927-5155 or Judy 924-1944.

Recently added:

The JRC Mah Jongg club will be holding games on **Thursdays at 1 to 4 also!** So, now there are two days to choose from – come to one or both. Everyone is welcome!

Hope to see you there!





CAMBRIA COMPUTER and TECHNOLOGY CLUB
MAY 2015 MEETING SCHEDULE

"MARK YOUR CALENDARS"

The CAMBRIA COMPUTER & TECHNOLOGY CLUB goal is for all participants to learn from presentations and other members, giving everyone an opportunity to network concerning both Mac & PC formats and today's handheld technologies. It is still the best technology education deal in the area. Club membership is only \$10 per year. Members are cordially invited to attend all meetings. There will be a question and answer session prior to the start of the meeting. Bring your devices, bring your questions, share your comments. Nonmembers may attend up to two meetings before joining.

Check out our website at www.cambriacomputerclub.org for more info.

WE ENCOURAGE ALL MEMBERS TO "BRING A FRIEND"

Thursday, May 14th @ 2 P.M. "GENERAL MEETING – Mac & PC"

This meeting will be held in the Joslyn Center Conference Room at 2:00pm (doors open at 1:30). Jack Hennessy will be presenting tips on how to better utilize the dictation features offered by the Mac's Yosemite OS. Not the best of typists? Dictation is the answer. Non-members may attend up to two meetings before joining. Any questions contact David Hills at oberonsd@gmail.com or Dave Butner dbbig23@charter.net.

Monday, May 25th @ 7:00 P.M. "PROBLEM-SOLVING" – Mac & PC"

Evening Meeting held in the Joslyn Center Conference Room at 7:00pm (doors open at 6:30). This is an **Open Forum focusing on PROBLEM-SOLVING**. Bring questions concerning computer, mobile device, software or other computer-related technology problems. Open format of questions and exchange of ideas. Non-members may attend up to two meetings. Any questions contact David Hills at oberonsd@gmail.com or Dave Butner dbbig23@charter.net.

Don't forget to visit our web site at www.cambriacomputerclub.org. Membership information or email address changes send to Sharry Muller at sharryrae@gmail.com

Bob Gayle Reverse Mortgage Consultant NMLS ID #582948		
office	805.772.3658	
cell	805.748.7046	
fax	805.772.0149	
toll free	800.250.4959	
365 Quintana Rd., Suite E Morro Bay, CA 93442 email: service@reversepro.com website: www.BobGayle.com		SECURITY LENDING Specializing in Reverse Mortgages NMLS #98161

MAY 2015

We Got
Rhythm

25th Anniversary

Cambria Community Chorale
2015 Spring Concert

Sunday, May 3, 2015 at 3:00 p.m.

Sunday, May 10, 2015 at 3:00 p.m.

Cambria Presbyterian Church
2250 Yorkshire Drive, Cambria

Tickets \$16

Available at Chamber of Commerce, Joslyn Center & Door
Proceeds benefit the Cambria Youth Music Fund
For Information call 924-0606

MAY 2015

Cambria Fire Awareness

MAY 14th, 4PM



950 Main Street
Cambria, CA 93428
927.3364

Joslyn Adult Recreation Center

MARK MILLER
CHIEF, CAMBRIA FIRE DEPARTMENT

LEARN PREPARE **NOW!**

Reverse 911 alerts / Nixle alerts / Prevention / Evacuation

Always check with your organization to make sure there are no schedule changes.

May 2015						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
					8:30 Lawn Bowls	8:30 Lawn Bowls
					9:00 Dancercize	
					9:45 Hand Weights	
					10:00 Cambria Forum (CR)	
					10:30 Table Tennis	
					1:00 Cambria Chorale	
					7:00 Inner Rhythm	
3	4	5	6	7	8	9
	8:30 Lawn Bowls	8:30 Cambria Chorale	8:30 Lawn Bowls	8:30 Table Tennis	8:30 Lawn Bowls	8:30 Lawn Bowls
10:30 First Unity Church	10:00 Hand Weights		8:30 Dancercize		9:00 Dancercize	
	10:45 Dancercize		9:00 Writers Wkshop (CR)	9:00 Investment Club (CR)	9:45 Hand Weights	
	12:00 Mah Jongg Class	2:00 Fishing Club	9:15 Hand Weights	1:00 Mah Jongg	10:00 Cambria Forum (CR)	
1:00 Table Tennis	1:00 Rough Writers (CR)		1:00 Refresher Bridge		10:30 Table Tennis	
4:00 Dance Lessons	4:30 Hatha Yoga	6:00 IOOF (CR)		6:15 Poker (CR)	1:00 Cambria Chorale	
	7:00 Spirit/Trance Dance	7:00 Singles Bridge	6:00 Couples Dance (K)	6:30 Partners Bridge	7:00 Inner Rhythm	
10	11	12	13	14	15	16
	8:30 Lawn Bowls	8:30 Cambria Chorale	8:30 Lawn Bowls	8:30 Table Tennis	8:30 Lawn Bowls	8:30 Lawn Bowls
10:30 First Unity Church	10:00 Hand Weights		8:30 Dancercize	9:00 Elected Board (CR)	9:00 Dancercize	
	10:45 Dancercize		9:00 Writers Wkshop (CR)	1:00 Mah Jongg	9:45 Hand Weights	
	12:00 Mah Jongg Class	1:00 Refresher Bridge	9:15 Hand Weights	2:00 Computer Club (CR)		5:00 Poker
1:00 Table Tennis	1:00 Rough Writers (CR)		1:00 Duplicate Bridge	4:00 Cambria Fire Awareness	10:30 Table Tennis	
4:00 Dance Lessons	4:30 Hatha Yoga			6:15 Poker (CR)	1:00 Cambria Chorale	
	7:00 Spirit/Trance Dance	7:00 Lions (+K)		6:30 Partners Bridge	7:00 Inner Rhythm	
17	18	19	20	21	22	23
	8:30 Lawn Bowls	8:30 Cambria Chorale	8:30 Lawn Bowls	8:30 Table Tennis	8:30 Lawn Bowls	8:30 Lawn Bowls
10:30 First Unity Church	10:00 Hand Weights		8:30 Dancercize	9:00 Investment Club (CR)	9:00 Dancercize	
	10:45 Dancercize		9:00 Writers Wkshop (CR)		9:45 Hand Weights	
	12:00 Mah Jongg Class	1:00 Refresher Bridge	9:15 Hand Weights	1:00 Mah Jongg		
1:00 Table Tennis	1:00 Rough Writers (CR)	2:00 Fishing Club	1:00 Refresher Bridge		10:30 Table Tennis	
4:00 Dance Lessons	4:30 Hatha Yoga	5:00 IOOF		6:15 Poker (CR)	1:00 Cambria Chorale	
		7:00 Singles Bridge	6:00 Couples Dance (K)	6:30 Partners Bridge	7:00 Inner Rhythm	
	7:00 Spirit/Trance Dance					
24	25	26	27	28	29	30
	HOLIDAY, OFFICE CLOSED	8:30 Cambria Chorale	8:30 Lawn Bowls	8:30 Table Tennis	8:30 Lawn Bowls	8:30 Lawn Bowls
10:30 First Unity Church	8:30 Lawn Bowls		8:30 Dancercize		9:00 Dancercize	
	10:00 Hand Weights		9:00 Writers Wkshop (CR)		9:45 Hand Weights	
	10:45 Dancercize	1:00 Refresher Bridge	9:15 Hand Weights	1:00 Mah Jongg		
1:00 Table Tennis	12:00 Mah Jongg Class		1:00 Duplicate Bridge		10:30 Table Tennis	
4:00 Dance Lessons	1:00 Rough Writers (CR)	4:30 Lions Board Mtg (CR)		6:15 Poker (CR)	1:00 Cambria Chorale	
	5:00 Hatha Yoga				7:00 Inner Rhythm	
	7:00 Computer Club (CR)	7:00 Lions (+K)		6:30 Partners Bridge		
	7:00 Spirit/Trance Dance					
31						
10:30 First Unity Church						
1:00 Table Tennis						
4:00 Dance Lessons						