BIG Thank Yous for the BIG Day of Giving
Not daunted by the nationwide computer glitch that plagued the May 3rd’s BIG Day of Giving, folks found their way to make a donation to the Parkinson Association of Northern California to the tune of $14,000. Hooray! Heartfelt thanks to our donors.

ParkinsonWISE
Best news ever! PANC had its first session of ParkinsonWISE for the fitness and wellness commercial community. Check out Marianne’s article.

Respite Subsidy Programs
As of June, 33 Respite Subsidies have been awarded to folks across Northern California. PANC provides up to $450 of care services to relieve someone caring for a person with PD who needs a bit of a break. The actual care relief is assessed and arranged by one of three Caregiver Resource Centers – Del Oro, Redwoods and Passages – that collectively serve approximately 30 of California’s counties. Of note, the National Parkinson Foundation granted $10,000 to PANC this year (from the 2015 Moving Day San Francisco / Silicon Valley event) that is supplementing PANC’s ongoing Respite Program. More info is available online.

Grant Foundation and Kaiser to conduct an evening for awareness of PD on April 2, 2016. PANC’s board members were there to meet with attendees and offer information regarding PANC and the many resources that are available.

VICTORY SUMMIT
October 8, 2016
The Davis Phinney Foundation’s 2016 Victory Summit is ‘around the corner’. Online registration will be available starting July. This will be a great event!

If you are interested in working with us, please contact us! panc@parkinsonsacramento.org or call 916-357-6641.
Hallucinations and delusions are typically thought to be associated with illnesses like schizophrenia, but are also a frequent complication of Parkinson’s disease (PD). It is estimated that psychosis will affect over 50% of people with PD and is more common with longer duration of disease, dementia, and older age. There is a variety of symptoms seen in psychosis and is triggered by medications (dopaminergic, narcotics, benzodiazepines, etc.), underlying infections or metabolic disturbances (delirium), or dementia. Hallucinations involve a person seeing or hearing something that is actually not there. Visual hallucinations are most common in PD, which can involve seeing people or animals while awake during the day, evening, or at night. Delusions are false beliefs or illogical views that are not based in reality, which typically involves accusing spousal infidelity or fear of being poisoned. Other symptoms of psychosis include illusions (mistaking an object for something else) or false sense of presence (feeling someone is close by when no one is there).

The initial step in diagnosing the cause of PD psychosis involves ruling out other conditions like infections (pneumonia or UTI) or metabolic disturbance (electrolyte imbalance). If testing is negative, then PD medications must be adjusted since psychosis can occur as a side effect. Medication reduction or elimination will usually improve the psychosis, but may lead to worsening motor symptoms. We will then have to use antipsychotic medications, which are typically used for mood disorders like schizophrenia by blocking dopamine receptors. They are considered off-label therapies for PD psychosis and may also worsen motor symptoms due to dopamine blockade. Clozapine (clozaril) and quetiapine (seroquel) are atypical antipsychotics that are most commonly used since they are less likely to make motor symptoms worse. The limitations to quetiapine includes minimal efficacy seen in research trials and side effects of sleepiness. In comparison, Clozapine is highly effective, but has a rare life-threatening side effect called agranulocytosis (the drug attacks the bone marrow), so it is rarely used due to weekly blood monitoring.

On April 29, 2016, Pimavanserin (Nuplazid) was the first medication approved by the FDA for PD psychosis. Pimavanserin has a novel mechanism of action by acting on the serotonin receptors instead of dopamine, so it improves psychosis and does not worsen motor symptoms like the antipsychotics. It has also been shown to improve nighttime sleep, daytime wakefulness, and reduction in caregiver burden. Pimavanserin is an exciting new therapy since PD psychosis often leads to loss of independence, increase in caregiver burden, and nursing home placement. It will likely become first line therapy for PD psychosis since Pimavanserin is thought to be more effective than quetiapine and does not require the blood monitoring as clozapine.
“Know anything about Parkinson’s” asked Ron of Brian, a fitness trainer at our local gym. “Not really” said Brian, “but I can do some research on the Internet” he eagerly offered. Ron wanted to be able to go to his neighborhood gym and have a fitness professional knowledgeable in the special challenges he faced as a person with Parkinson’s available to guide his workout program… but random information from the Internet wasn’t going to do it. How could Brian learn about Parkinson’s from the medical professionals we all see every day?

And so was planted the seed for what became ParkinsonWISE, and the outstanding, focused program for fitness and wellness professionals that was held by Kaiser Neuroscience on April 30th, only three months after the initial question!

The whirlwind of planning and scheduling began right away when the PANC board enthusiastically embraced the concept of educating the fitness and wellness professionals. Christine Shade, a Neuro Physical Therapist with Kaiser and a member of the board, enthusiastically offered that Kaiser already had programs developed for internal training and thought they could be modified for our neighborhood professionals. Dr. Suketu M. Khandhar immediately championed the concept and offered to personally lead the training. He presented the idea to the members of the PANC Medical Advisory Panel, comprised of the leading regional Parkinson’s specialists at Sutter, UC Davis, Dignity as well as Kaiser, at the regularly scheduled quarterly meeting of the Journal Club in January. More enthusiasm and support!!!

The ball was rolling on what we feel is a revolutionary program. To our knowledge, this sort of medical/professional collaboration exists nowhere else.

April 30th saw 45 dedicated professionals take their Saturday morning to attend the three-hour session held at Kaiser’s Point West facility. The program focused on basic Parkinson information and targeted solutions for common issues such as freezing, balance, soft speech, etc. Not only does ParkinsonWISE offer benefits to the person with Parkinson’s, it offers the opportunity to the individual professionals to advertise that they have been educated in Parkinson’s issues and obtained their Certificate of Attendance. These folks will be listed on our website. www.parkinsonsacramento.org. A truly win – win. We hope that you will look for these new resources in your neighborhoods.
A Tribute to “The Greatest”

Muhammad Ali, one of the best known, most beloved Champions of all times and of many things. To those of us with Parkinson’s disease, he was the champion of our cause for: increased awareness, maximum support and especially, the pursuit of a cure. The disease took him from us, but not without his gallant fight. This then is the best time for us to pledge ourselves, in his memory, to step into the ring for him, and not step out, “Until There Is A Cure”.  (PANC Board)

DONATIONS

Lynda Cadman
Chris Chediak
Bill and Betty Clarke
Marcia Cooper
Vincent & Violet Cukar
Constance Davis
Lauren Delaney
Aaron Don
John Edlund
Christian Elliott
Barbara Emmert
Robert Englehardt
Gayle Fifield
Andrew Flett
Bernardine Ford

Martin Forrester
Arlene Fujino
John & Linda Geraghty
Linda Giese
Richard Gilmour
Dolores Ginney
Kay Griffin
David Hagglund
Lea Hagglund
Rita Haufl
Linda Hayward
Barbara Henry
Jerry & Annette Hickman
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Myron Jantzen
Karina Jestes
Ben Keady
Robert Keady
Susan Keady
William Keady
Stephen Kerner
Suketu Khandar
Blair Kirkbaum
Nancy Kretz
Kerri Kuska
Leslie Lake
Joan Larsen
David LeBoeuf

AN INSPIRING EVENT FOR PEOPLE LIVING WITH PARKINSON’S.

Join the Davis Phinney Foundation and our local Event Partners, PANC, Kaiser Permanente, UC Davis Health System and Sutter Health, along with our Community Supporter, National Parkinson Foundation, for The Victory Summit symposium for Parkinson’s. The Victory Summit will give people with Parkinson’s and their families information and tools needed to improve the quality of their lives today.

TOPICS INCLUDE:

- Living Well with Parkinson’s
- Cognition and Non-motor Symptoms
- Complementary Therapies

To find out more information about The Victory Summit or to register please call (866) 358-0285 or visit the Davis Phinney Foundation website:

http://www.davisphinneyfoundation.org/vs-sacramento

B_Parkinson Path_JULY16_8PG..indd   4
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I recently wrote a poem to celebrate a friend’s birthday. I printed the verse on the blank space opposite the Hallmark greeting on her card. I started the opening line strong, making the effort to form big round letters. By the time I reached the end of the poem, I had trouble reading my own skimpy words. The finished product looked like an eye chart at the doctor’s office, an inverted pyramid of cramped letters shrinking to infinity.

Diminishment in the size and scale of handwriting can be a sign of micrographia, one of the strangest symptoms of Parkinson’s disease. As its name implies, micrographia results in tiny letters—cramped and scratchy.

These days, I compose letters on my computer, which can be relied upon to print all the words in the font size and style I choose. I can’t completely abandon writing by hand since signatures are required for so many documents, but I’ve stumbled across an idea that helps. I noticed that my printing was quite legible when I filled in the squares on crossword puzzles. For some reason I seemed compelled to use all the available space.

If the New York Times puzzle helped me to write clearly, might graph paper work the same way? I rifled through my husband’s desk drawers and found one of his engineering graph pads. I started my experiment by doodling on the blue grid and then printing the alphabet. It worked! Something about the little squares teased me into reaching for their borders.

To trick myself into a daily writing practice, I cut graph sheets into 3x6 inch pieces and staple them into small pads for grocery lists and phone messages. I use grids no smaller than four squares to the inch—the bigger, the better.

You can print graph paper at home, with a free download at <www.printablepaper.net>. The same site also offers penmanship paper—those three-ruled sheets that encourage first graders to reach greater heights with their letters. I’ll try that next.

DONATIONS

Judy Lee
Sunny Lee
Daniel Lloyd
Susan Lopez-Payan
Nancy Lynott
Marlene Magsaysay
Norika Malhado-Chang
Mia McClellan
Patrick McIntosh
Michaeline Miles
Carole Minow
Jerry & Eleanor Mitchell
Jerry & Sybil Miyamoto
James Morgan
Doug & Linda Morris
James Morris
Barbara Moss
David Needham
Wayne Nelson
Darrell O’Sullivan
Marianne Oliphant
Maureen Olsen
Daniel Pennington
Christie Percho
Judith Persin
Barbara Piringer
Wesley Pohl
Gerald Powell
Lin Ramatowski
Evelyn Rapetti

Thomas Schulz
William Selling
Christine Shade
Ronald & Patricia Staffords
Cynthia Storelli
Elaine Sturges
Vincent Sue
Nicklesh Thakur
William Thomas
George Tilley
Judith Tracy
Sean Tracy
Geraldine Tsukiji
Chris Vestal
Carol Von Kaenel

Sharon Watkins
Frederick Weiland
Barbara Wilson
Lorene Wong
Lois Wright
Renee Zito

BIG DAY OF GIVING
Regional Support Groups

Support Group Contact: Caroline Cormier, panc@parkinsonsacramento.org; 916-357-6641.

For details and contact information see full list at www.parkinsonsacramento.org/support.

Sacramento

Arden/Arcade
3rd Thursday, 10 a.m.
Arden Christian Church
4300 Las Cruces Way
Keith Tronson
916-395-2771
keithtronson@sbcglobal.net
Jim Morris 916-359-4859
jgmo@winfirst.com

Northeast Sacramento Area
4th Thursday, 1 p.m.
St. Marks Unified Methodist Church,
Room E-24
2391 St. Marks Way
Sean Tracy 916-482-7014
sstfam@winfirst.com

Caregivers Lunch Bunch
3rd Tuesday, 11 a.m.
Ettore’s, 2376 Fair Oaks Blvd.
Anne Spaller 916-728-9333
aspaller@deloro.org

Gold River Lewy Body Dementia
(Collaboration Group)
2nd Thursday, 10 a.m.
Eskaton Lodge Gold River
11390 Coloma Road
Denise Davis 916-930-9080
Denise.Davis@alz.org

Men’s Group
1st Thursday, 10a.m.
Crown Plaza, Theater Room
1071 Fulton Avenue
Arnold Loveridge 916-485-0150
arnoldvl@surewest.net
Jim Morris 916-359-4859
jgmo@winfirst.com

Post DBS Patients
See class schedule, location and contact information at www.parkinsonsacramento.org/dbs-class-support

South Area
2nd Thursday, 1 p.m.
Asian Community Center
7375 Park City Drive
Casey Jones 916-422-7407
francesjones@ larvae.org

Auburn
3rd Tuesday, 1:30 p.m.
Pioneer United Methodist Church
1338 Lincoln Way, Auburn
Cindy Christensen 530-355-0742
indypoe2000@yahoo.com

Caregivers Luncheon
2nd Tuesday, 12 p.m.
(A no meeting June/Dec)
Awful Annie’s Cafe
13460 Lincoln Way, Auburn
Sally Horst 530-878-2226
kandshorst@suddenlink.net

Chico
1st Wednesday, 1:30 p.m.
Sycamore Glen Ret. Community
1199 Diablo Ave.
Della Nicola 530-624-6442
MrsNicola4@gmail.com

Davis
3rd Thursday, 1:30 p.m.
Davis Senior Center
646 A Street
Dorothy Ross 530-756-6024
parkofdavis@gmail.com

El Dorado Hills
2nd Tuesday, 12 p.m.
Four Seasons Community Building
Media Room
3186 Four Seasons Dr.
Betsy Alver
916-933-2465
ldalver@sbcglobal.net
Donna Rixmann 916-0712-9642
donna@yogapeace.net

Folsom
4th Monday, 10 a.m.
Folsom Senior & Arts Center
48 Natoma Street
Yvonne Haskell 916-353-1301
yhaskell@juno.com
Mary Cabaluna 916-987-1684
cabalunaem@comcast.net

Fort Bragg
1st Friday, 2 p.m.
Mendocino Coast District Hospital,
Redwood Room
700 River Drive
Joseph Mayfield 707-937-2707
Mayfield@mcn.org

Grass Valley
2nd Friday, 1:30 p.m.
Atria Grass Valley
150 Sutton Way, Grass Valley
Nancy Lockwood 530-272-7950
nmlockwood@aol.com

Lincoln
3rd Tuesday, 10 a.m.
Granite Springs Church
1170 E. Joiner Parkway
Brenda Cathey 916-253-7537
bj@cathey@gmail.com
Marsha Mobley Killian 916-295-4047
marshakilian@me.com
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<th>Location</th>
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<tr>
<td><strong>Lodi</strong></td>
<td>3rd Tuesday, 10 a.m.</td>
<td>Temple</td>
<td>Ron &amp; Maureen Olsen 209-745-1011</td>
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<td>Baptist</td>
<td><a href="mailto:molsen@softcom.net">molsen@softcom.net</a></td>
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<td>Church</td>
<td>John &amp; Jean Whitted 209-368-2809</td>
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<td>801 S.</td>
<td><a href="mailto:jtwhitted@hotmail.com">jtwhitted@hotmail.com</a></td>
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<td><strong>Caregivers Group</strong></td>
<td>3rd Tuesday, every other month,</td>
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<td>Jean Whitted 209-368-2809</td>
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<td>Baptist</td>
<td><a href="mailto:bjwhitted@hotmail.com">bjwhitted@hotmail.com</a></td>
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<td><strong>Loyalton</strong></td>
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<td>Golden</td>
<td>Betty Ferguson 530-993-4002</td>
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<td>West</td>
<td><a href="mailto:fergi45@gmail.com">fergi45@gmail.com</a></td>
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<td><strong>Modesto</strong></td>
<td>3rd Wed., 1:30-3:30 p.m.</td>
<td>Trinity</td>
<td>Debra Watson 209-552-9043</td>
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<td>Jan.-Nov.</td>
<td>United</td>
<td><a href="mailto:modestoparkinson@outlook.com">modestoparkinson@outlook.com</a></td>
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<td><strong>Napa–Young Onset</strong></td>
<td>4th Sunday, 3 p.m.</td>
<td>Covenant</td>
<td>Joe Burger 707-266-6156</td>
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<td><a href="mailto:jeburger99@gmail.com">jeburger99@gmail.com</a></td>
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<td>Eskaton</td>
<td>Joe Ann Behrens 209-477-6496</td>
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<td>Fountain</td>
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<td><strong>Oroville</strong></td>
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<td>Feather</td>
<td>Mary Lou Chumbley 530-671-0767</td>
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<td><a href="mailto:lchum@syix.com">lchum@syix.com</a></td>
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<td><strong>Placerville</strong></td>
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<td>Senior</td>
<td>Richard Lindsey 707-944-4591</td>
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<td><strong>Redding</strong></td>
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<td>First</td>
<td>George Chumbley 530-671-0767</td>
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<td><strong>Roseville</strong></td>
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<td>Maidu</td>
<td>Russ Qualis 530-666-3779</td>
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<td><a href="mailto:rnx@sbcglobal.net">rnx@sbcglobal.net</a></td>
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<td><strong>Sonoma County</strong></td>
<td>1st Saturday, 1 p.m., Feb/Mar/</td>
<td>Christ</td>
<td>Theresa Pate 707-642-2173</td>
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<td>Apr/May/June/Oct/Nov</td>
<td>Church</td>
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<td>2nd Saturday, 1 p.m., Aug/Dec</td>
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<td>O’Connor</td>
<td>George Chumbley 530-671-0767</td>
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<td><strong>Vacaville</strong></td>
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<td><strong>Vallejo</strong></td>
<td>1st Saturday, 10:00 a.m.</td>
<td>Comm.</td>
<td>Mary Lou Chumbley 530-671-0767</td>
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<td>Presbyterian Church, Rm 2</td>
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<td></td>
<td></td>
<td>2800</td>
<td><a href="mailto:rnx@sbcglobal.com">rnx@sbcglobal.com</a></td>
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<td>Georgia St.</td>
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<td><strong>Woodland</strong></td>
<td>4th Tuesday, 1 p.m., –</td>
<td>No meeting</td>
<td>Theresa Pate 707-642-2173</td>
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<td></td>
<td></td>
<td>Woodland</td>
<td><a href="mailto:theresa3842@sbcglobal.com">theresa3842@sbcglobal.com</a></td>
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<td>Senior</td>
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<td>East St.</td>
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<tr>
<td><strong>Yountville</strong></td>
<td>Every Thursday, 9-10 a.m.</td>
<td>Veteran’s</td>
<td>Russ Qualis 530-666-3779</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Home</td>
<td><a href="mailto:rnx@sbcglobal.net">rnx@sbcglobal.net</a></td>
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<td>Eisenhower Annex 2, TV Room</td>
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<td></td>
<td></td>
<td>200 California Drive</td>
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<tr>
<td><strong>Yuba City</strong></td>
<td>2nd Monday, 1 p.m.</td>
<td>Sutter</td>
<td>Richard Lindsey 707-944-4591</td>
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<td></td>
<td></td>
<td>Medical</td>
<td><a href="mailto:richardlindsey@cdva.ca.gov">richardlindsey@cdva.ca.gov</a></td>
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<td>969 Plumas St., Suite 208</td>
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<td>Janice Herbert 530-673-3064</td>
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<td>Joe Carmona 530-751-2509</td>
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<tr>
<td><strong>Yuba City</strong></td>
<td>1st Monday, 1:30 p.m.</td>
<td>Sutter</td>
<td>Marlene Roberts 530-671-0767</td>
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<td></td>
<td>Medical</td>
<td><a href="mailto:rrx@comcast.net">rrx@comcast.net</a></td>
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<td><a href="mailto:celina-carmona@sbcglobal.net">celina-carmona@sbcglobal.net</a></td>
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<td>George Chumbley 530-671-0767</td>
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<td><a href="mailto:gchum@syix.com">gchum@syix.com</a></td>
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MARCH 2016 ~ JUNE 2016

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Alberta Ballard  
Robert & Margaret Blakely  
Harold Buckholz  
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Joseph Gallardo  
Joseph Gliko  
Michael Guns  
Susan Hashimoto  
Yvonne Haskell  
Paulette Hennum  
Jerry Hickman  
Linda Iwasa  
Philip Keith  
Peder Matthews  
Joette Maxwell  
Javier Mendez  
Leonard Monaco  
Colin Moodie  
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Gayle Philippi  
Charles Rombold  
Capt. Martha Rusnak NC, Retired  
Gene Schroeder  
Schwab Charitable  
David Terakawa  
Doris Thompson  
Leo Warmolts  
A.A. Watchempino  
Kathryn Webb  
Robert Yarnell  
Loren Ziese  

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Christine Mills  
Myron Jantzen  
Cynthia Delabahan  
Bernardine Ford  
Myron Jantzen  
Arlene Kaye  
Ben Keady  
William Keady  
David Dozier  
Maxine Acker  
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Denise Hom  
Frank Armstrong  
Edwin Bly  
Doug Burris  
Alan Datanagan  
Gloria Gliko  
Joan Jantzen  
Richard Kaye  
Susan Keady  
Susan Keady  
Nancy Kretz  
Ruth Leung  
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M Hom  
Corrine Joe  
Frances Lee  
Velma Leong  
Dennis Muramoto  
Luther Nishimura  
Diane Parry  
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Janice Toms  
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William Schaeder  
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Elifie Nadell  
James Morgan  
Vincent Sue  
Ruth Leung  
Ruth Leung  
Ruth Leung  
Ruth Leung  
Ruth Leung  
Ruth Leung  
Marlene Marshall  
James Morris  
Bill Nadell  
Bill Nadell  
Marlene Ruth  
Bobbie Sue  

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Editor: Debbie Ali, Metroform

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