



Valentine Fiesta

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Fiesta and General Meeting

Guests always welcome!

WHEN? Wednesday, February 12, 2014 - 5 pm social hour
WHERE? Palm Ridge Rec Center (Summit Room B)
WHAT? Brief Business Meeting followed by Pot Luck Dinner
YOU bring: Salads, Main Dishes, Dessert (servings for 8 - 10)
 Beer and/or wine for your consumption
CLUB provides: Chips & salsa; sodas, decaf coffee, water

Watch for more information on reservations....



MEET OUR NEW PRESIDENT!



Mary Ann Jasken

If you have met Mary Ann Jasken and marveled at how she goes about motivating, cajoling, guiding and helping others, it won't come as any surprise that she is one of eight in her family. If you haven't seen her many acts of kindness and generosity, it's because these are not meant to stand out. A woman from farm country in an American Indian community in Minnesota just does things that way.

Neither will you be surprised to learn that she used her degree in English to teach in Junior and Senior High

School. But you will wonder at her versatility when you find out that she:

- Developed and coordinated programs for adults.
- Was an adult education trainer for the State Dept. of Education in MN.
- Worked as a coordinator of volunteers.
- Developed and taught in a work-training program for adult refugees.

Mary Ann and her husband of 47 years raised four children in MN. She and Jim support the education of students in Mexico

through a favorite charity, *Care For Kids La Paz* (where she has served on the board). She and Jim still keep in touch with the families they support.

Like many in *Club Español*, Mary Ann started learning Spanish at age 57, traveling to Mexico for immersion experiences. She says she truly loves the language and the people. That enthusiasm shows in her Spanish Classes and it already has become evident as she assumes her new role as President.

NEW CLASS FOR SPANISH BEGINNERS STARTS SOON!



Wednesday, January 15th - 9 - 11 am Beardsley Rec Center - Chicory Room - Instructor: Rosemary Bossert

No pre-registration needed - Just Come!

SOMETHING ELSE NEW FOR 2014!

WINTER/SPRING FRIDAY MINI-SESSIONS

Club Español Winter/Spring Mini-Sessions will begin on Friday, January 17, in the Mesquite Room at Beardsley Rec Center. Classes will be limited to 20 participants. Members may attend one or all sessions. These classes are recommended for Hi Beginner and Intermediate level.

Jan 17 - Feb 7 - Irregular Present Tense Verbs with MaryAnn Jasken

Feb 14 - 28 - Pronouns and Prepositions with Jac and Pamela Watson

Mar 14-28 - Reflexive Verbs and Pronouns with Joan Novy

PISCO SOUR

Pisco is a potent (65 to 100 proof) South American brandy with a storied history and a passionate following. Pisco is exported from both Peru and Chile, and both countries claim to be the original producers of the liqueur. It is the essential ingredient in the now world famous cocktail, the pisco sour. The vigorous dispute about whether pisco "belongs" to Chile or Peru continues.

There are many ways to make the famous pisco sour, so it's best to know the fundamentals. The basic formula is 3 parts pisco to 1 part simple syrup and 1 part lime juice. With that goes egg white, and a sprinkle of Angostura bitters.

Very tart lime juice is essential. Many recipes call for lemon juice, possibly a translation error from the Spanish word "*limon*". **Limones** are actually small

South American limes, similar to key limes (also known as "Peruvian lemons").

Shake this cocktail well, so that you get a nice half inch layer of foam on top as you pour it out.

Although Pisco has a high alcohol content, it tastes very smooth and many people enjoy it straight (word of caution - Pisco is clear and can be mistaken for water...!). Pisco has been known to surprise first-timers with its potency, especially when blended into a cocktail.



Overlooking the Plaza de Armas, Lima, Perú

Lima, Peru takes the credit for the first Pisco sour. But its inventor is said to have been a North American bartender, Victor Morris, ("Gringo Morris") in the 1920's, at The Morris Bar, near the heart of the city off the *Plaza de Armas*.

I'M SORRY - WHAT'S YOUR NAME?

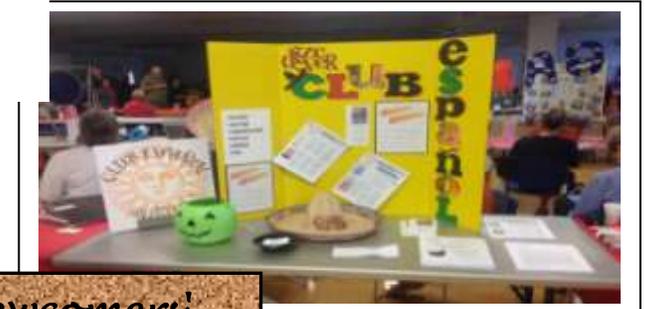
by Dr. Lorena Barboza Ch. Tú Decides

Have you ever had a difficult time remembering the name of somebody that you just met? Have you had difficulty learning independently, paying attention, observing and analyzing ideas, data or facts, reading and understanding texts, summarizing or learning, or coming up with new ideas?

There are many theories that say that the decline in one's memory and basic functions are simply the consequence of age. There are also studies like the one from the National Institute of Aging that suggest the opposite: memory loss is not a part of aging, and maintaining an active mind is key in keeping your brain healthy. It's like any other muscle in our body – when we exercise, we stimulate it, strengthen it and tone it.

Both students and professionals alike share the same difficulties to remember and maximize distinct functions, like feelings, numeric intelligence, orientation, speech and reasoning. Because of this, several studies have recommended that we develop our cognitive abilities so that we can better remember people, clothes sizes, the aromas of our foods or the taste of beverages. What to do? Exercises to maximize our brain and mental capacity!

There are techniques that help you remember everything, to generate new ideas, to organize your life, work and more. Here are a few recommendations:



*Newcomers'
Open House
October, 2013*



- Play crossword puzzles, word searches, and jigsaw puzzles. On the computer, look for images that can stimulate your neurons, like "Find the difference between the images," or play some online chess.
- Use your non-dominant hand to write or to eat.
- Read out loud.
- Solve math problems in your head.
- Memorize a phone number before saving it.
- If you ride the bus, read the signs and add together the numbers that appear on them.
- And of course - **Learn Spanish!**

Editor's Note: Tess Lindsay has joined forces with me to work on your newsletter! She will be researching and writing articles of interest to Club members. Send her your questions, ideas - she'll do the rest. (tessarobt@cox.net). I'll still be appealing for your vacation photos, news, recipes, book suggestions - any news you'd like to share!

Joan Novy (jbnovyaz@gmail.com)

*"Tu Decides" (You Decide) is a
bilingual digital newspaper.
<http://tudecidesmedia.com/>*

FUN, FOOD, FROLIC AND FABULOUS FRIENDS!

CLUB OFFICERS

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*Holiday Dinner Dance
Dec. 2013*



November, 2013 - Fall Fiesta

*Dan the Man
passes the Club
leadership to Mary
Ann Jasken at
Holiday Dinner
Dance
December 2013
OLÉ*



**2013
WOW! WHAT A YEAR!**