



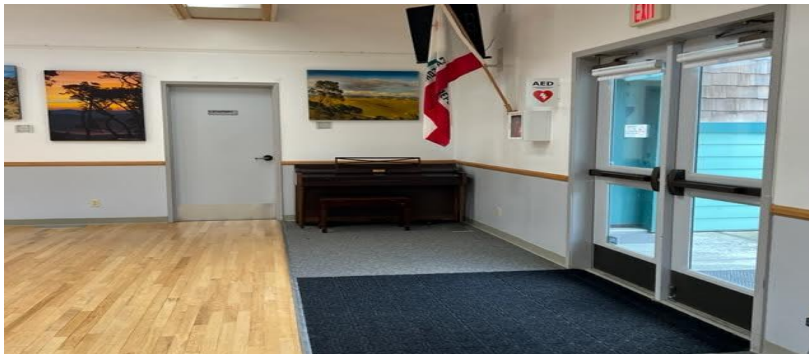
JOSLYN CENTER NEWSLETTER

FEBRUARY 2023

FACILITIES UPDATE

Thanks to Center Members for responding to our January dues messages. Over 200 members have renewed, putting us substantially ahead of last year at this time. We are hoping to reach our expected membership total this year, around 400, and striving to achieve our historic numbers of around 500. Remember, you can renew online at joslynrec.org using credit cards or drop off a check in the mail slot in the front of the office. You can also mail a check to the Joslyn Center at 950 Main Street, Cambria CA 93428.

Our recent downpours flooded some adjacent properties, and completely filled the drainage channel behind the Joslyn Center. We were very fortunate that repairs and reinforcements were completed JUST in time behind the main hall, and our operations have been unaffected. In case you wondered, there was no apparent damage to the buildings and the water on the lawn bowls surface you may have seen is not damaging.



AED (DEFIBRILLATOR) TRAINING SCHEDULED-- "Staying alive, staying alive"

We have an automatic external defibrillator (AED) in the main hall near the south entrance. The recent and widely reported resuscitation of Damar Hamlin on Monday Night Football has brought a lot of awareness to the importance of this equipment. Cardiac arrest, almost always

occurring without trauma, is the 3rd leading cause of death in the U.S. affecting 356,000 people per year (per New York Times 1/29/23). The equipment is easy to use, can be learned in minutes, and prompt resuscitation increases survival rates dramatically. Mouth to mouth breathing is no longer recommended, as chest compression alone has proved just as effective.

We are very fortunate to have scheduled Timothy Benes, Operations Director/Administrator of the Cambria Healthcare District, Qualified Paramedic, for two brief training sessions in the main hall. Each person will have taken the whole program by attending one session, but a second session was added for extra coverage and convenience in scheduling.

1. SATURDAY FEBRUARY 11, 2023 AT 12:00P IN JOSLYN MAIN HALL
2. WEDNESDAY FEBRUARY 15, 2023 AT 11:00A IN JOSLYN MAIN HALL

We will be requesting each club president to designate at least one club member to attend one of the sessions, and hopefully two persons. Any Joslyn member is welcome and invited to attend either or both of these sessions. We expect these sessions will be brief and to the point, interesting and possibly at some future date life saving.

CLUB UPDATES

CAMBRIA NEIGHBORS CLUB: Starting immediately we will be accepting lunch reservation payments, dues and any other correspondence for Cambria Neighbors Club at the Joslyn Office. Cambria Neighbors Club (NOT a Joslyn Center Club) has rented a mailbox so forms etc. can be dropped off. Use the slot at the front of the office, or come in and see Karren in the office from 10-2:00p M-Thurs. Be sure to address the envelopes for Cambria Neighbors Club. You can use US Mail to 950 Main Street Cambria CA 93428.

CAMBRIA DANCE AND SOCIAL CLUB: Celebrate Valentine's Month with a fun get-together, potluck and live dance band on Wednesday February 22 from 5:30p to 8:00p. Everyone who is interested is welcome, couples or singles. For more information contact Patricia Burbank at patburbank@att.net

BRIDGE CLUB: Beginner's bridge group meets on Tuesdays (see calendar). New members welcome and lessons available. Contact Deanna Straugh deannastraugh@gmail.com

POKER CLUB: Bring your poker skills to the table for the February Texas Hold'em Tournament on Saturday February 11 at 6:15p in the Joslyn Main Hall. Buyin=\$20 and reBuys=\$20 for a limited time. Every Thursday at 6:15p it's Dealer's Choice Poker in the Conference Room at the Joslyn Center. \$5 or \$25 tables, that's buyin—Not the bet! Contact Manya Brett 805-927-5000.

SPIRIT DANCE AND DRUM CLUB: The monthly Full Moon Drumming Circle will be held February 6 at 6:30p There is no charge, but donations to the Joslyn Center are encouraged. Feel free to bring munchies or beverages if you like. Extra drums are available and most of them will be for

sale if you would like one of your own. Drumming builds community, provides opportunity for creativity, and requires no previous experience. Call 805-927-5528 for info. Rain Cancels

Club presidents, please designate a representative or representatives to attend the AED sessions using joslynrec.org, or let Karren know. This will help us plan for the event. If we don't hear, everyone is still welcome: no rsvp required.

See you at the Joslyn, Dave Stiles 2023 Bd President