



October 2021

The SHAPE

From the Rector

Dear Friends,

Beyond what any of us expected, October 2021 finds us still in an uncertain and uncomfortable time. But I have been so grateful for the anchor of God's loving care for us as a faith community, for our ability to meet face to face again, and for the positive learnings we have been given in these past 19 months. These gifts of Christian worship and fellowship awaken deep gratitude in us. ECA itself is such a gift!

In the year in which we could not gather physically, we discovered that indeed "The church has left the building!" But the church, which is all of us, continued to reach out to one another, our broader community, and the world. We clearly saw the bonds of affection and faith that held us together as a caring community, reaching out to the hungry, unhoused, and poor in our area, in addition to tending to the pastoral needs of our own members.

Our Vestry and the Joint Venture Core Team have continued the work of planning for current needs and for following the Spirit's lead in becoming the Church of the Future. Our tech team has incrementally increased our capacity to send our live-streamed Sunday services out into the world, engaging so many folks whom we have never met, including them in our circle of worship. Our Meditation Group has grown many-fold thanks to moving online. Our Wednesday Night Classes and Thursday Bible Study continue via Zoom. And we have a beautiful, new website poised for launch!

And as always, the center of our identity is being a people helping one another move closer to God, deepening our relationship with Christ and one another. The closer we move to Christ, the more of our lives we give over to God. And the more gratitude we feel.

The Stewardship Committee is inviting us all to experience the joy of contemplating God's love and blessing in this unusual and demanding time. We invite you to reflect on the ways in which ECA's presence in your life has been a blessing and a gift this year. What return to God do you feel moved to make? How will you help support the mission and ministry of ECA in a time when the world needs us more than ever?

These are the questions we hope you will ponder between now and Pledge In-Gathering Sunday on October 10 at the 10:45am service. This is our annual opportunity to express our gratitude to God for the mission and ministry of ECA in a tangible way.

I constantly give thanks for you all. It is my honor and privilege to be your Rector.

Blessings,

Shelley+

Senior Warden

Working Together

*Coming together is a beginning.
Keeping together is progress.
Working together is success.*

-Henry Ford

Most of my childhood, my father was in the automobile business, specifically, the Ford business. I grew up knowing all the new models before they were introduced, always in September. There was always a new car in our driveway because "that was the way it was". My Dad kept our cars clean inside and out daily. I had the privilege of delivering cars to customers with him. He was a person of integrity, always making good on his word. He also knew that he wasn't in control of his life. He believed that it's God plan that we follow. To this day, I am grateful to him for my north star in life. Henry Ford's name was part of our family's moniker and that is why I have quoted him above. I find it interesting that this quote is so appropriate for our work here at ECA in the Church of the Future.

When our JV was formed more than 50 years ago, we came together, and it was our beginning. All these years we have made progress in spreading God's love; doing His work in our community; and becoming the Christians we are meant to be. Now, we are working together to be the Church of the Future. I have every hope that we will be successful with whatever is God's plan for us.

One of the reasons I'm hopeful is a person named Joyce Wing. She has devoted her heart, soul and mind to the work for several years. Her thinking and work have been the backbone of the progress which has been made so far. God has placed her in the right place at the right time. Another reason for my hopefulness is The Rev. Shelley Denney. She definitely is in the right place at the right time. She brings a keen mind; business experience; community organizing; ability to develop an idea and run with it and confidence to know that this is really God's plan that we are following. These ladies are incredible to work with as the plan continues to unfold. Those of us who have the honor to work with them have confidence that God's plan will unfold, and it will be a beautiful one. There is a team of people from both churches that are committed to the thoughtful, careful and successful process that lies ahead. This is a team effort that has come together to fulfill a dream.

Now is the time for people to step up to be part the Church of the Future team. Working together is success. Please consider what God's plan is for you to be part of the future.

My Dad knew and loved ECA and the JV concept. I am confident that if he was still alive, he would be part of the team committed to the dream.

*Nancy Romer
Senior Warden*



Rector

The Reverend Shelley Denney
email: shelley@eca-sj.org
408-268-0245

Staff

Lynda Ford
Music Director

Ruthanne Adams Martinez
*Administrative Assistant
Treasurer*

Assisting in our Ministry

Nancy Romer
Senior Warden

Joan Wagner
Altar Guild

Alain Guichard
Head Usher

Ann Avoux
Prayer Vine

Mike Schmidt
Shape Editor

Kathleen Eagan
Senior Ministry

Taylor Wing
Webmaster

Betty Consorte
Pastoral Care Coordinator

Annual Pledge Gathering

This year's pledge campaign – for 2022 – began on Sun, Sep 26th and will conclude on Sunday, Oct 10th at the 10:45am service. By now, you will have received a letter in the USPS mail, along with a pledge card for next year and its envelope. If you did not receive one, and want one, please let Shelley know.

The Stewardship Committee gratefully acknowledges the generosity of our congregation and friends. You give selflessly of your time, talent, and money to create and carry out the ministries of ECA. The Church is, after all, her people – the Body of Christ united to carry on Christ's work in the world.

The Annual Pledge Campaign is a part of the total stewardship of all God has given us. We know you understand that, to carry out our worship, outreach, fellowship, and corporate study, ECA needs your financial support. Happily, each of us needs to give to something larger than ourselves. This act helps increase meaning and satisfaction in our lives, and it grows our heart. Giving to ECA's mission and ministries can give you that fulfillment! We ask that you open your heart to God and prayerfully consider what grateful return God is prompting you to make in the coming year.

We hope everyone who is comfortable being at church in person will be in attendance on the 10th

and bring your 2022 pledge cards. Your gift will be received at the altar and offered to God with gratitude. If you cannot attend on Oct 10, please mail your pledge card to the office before that date. This timeliness will help us create our budget for 2022.

Thank you for your generosity.

Book Group

The JV Book Group is now meeting online, via Zoom, on the third Monday of each month, at 4:30 P.M. All are invited to participate. If interested, contact Amy Griffith by email (amy-g@pacbell.net) or by phone (408-268-0920), and Amy will arrange for you to be included in the Zoom meeting.

The October meeting will be at 4:30 P.M. on Monday, October 18. The book will be *The Book of Lost Names*, by Kristen Hamel.

If you'd like to get started on the book for November, it's *The Book of Longings*, by Sue Monk Kidd.

Amy Griffith

Men's Breakfast

There is a Men's Breakfast each Thursday morning, at the Almaden Country Inn, at 8 am. Come and join us for good food and fellowship. If you are interested and have any questions, contact David Byers or Bill LaVallee.

If you have any needs - spiritual, emotional, or physical - please let me know. You can always get me on my cell: 805-550-0582 or my email: shelleydenney@gmail.com The office is, of course, closed - but Ruthanne is working from home. If you have an "office" question, call on her cell phone: 408-482-4014. Please be mindful that though at home her hours are still Tues-Fri 10am to 2pm. You may contact me at any time.

JV members:

*Steve Wing
Ellen Lukanc
Judi Dimicelli*

Vestry members:

Worship, Music
The Reverend Shelley Denney

Senior Warden
Nancy Romer

Communications
*Joyce Wing
Judi Dimicelli*

Outreach
Don Hall

Junior Warden
Alain Guichard

Finance
Todd Lukanc

**Fellowship, Hospitality,
and Welcoming**
*Kelli Cassale
Susanne Moore*

Pastoral Care
Marianne Schmidt

Stewardship
Kelli Casale

ECA Activities

October 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2 12-1:30pm Blessing of the Animals in back patio
3 10:45am Holy Eucharist (inside in person and live-stream) Outside Coffee Hour	4 Shelley's Day Off	5	6 10am Meditation Group (Zoom) 7pm Class/Discussion Group-no class	7 8am Men's Breakfast 10am Lectionary Bible Study (Zoom) 6pm Vestry Meeting	8	9
10 10:45am Holy Eucharist (Inside in person and live-stream) Pledge In-Gathering Outside Coffee Hour	11 Shelley's Day Off	12	13 10am Meditation Group (Zoom) 7pm Class/Discussion Group (Zoom)	14 8am Men's Breakfast 10am Lectionary Bible Study (Zoom)	15	16
17 10:45am Holy Eucharist (inside in person and live-stream) Outside Coffee Hour	18 Shelley on vacation 4:30pm Book Group	19 6pm JV Board Meeting	20 10am Meditation Group (Zoom) 7pm Class/Discussion Group-no class	21 8am Men's Breakfast 10am Lectionary Bible Study-no class	22	23
24 10:45am Holy Eucharist (Inside in person and live-stream) Outside Coffee Hour	25 Shelley on vacation	26	27 10am Meditation Group (Zoom) 7pm Class/Discussion Group-no class	28 8am Men's Breakfast 10am Lectionary Bible Study-no class	29	30
31 All Saints' Day & Celebration of Life 10:45am Holy Eucharist Inside in person and live-stream Outside Coffee Hour						

September Vestry Notes

The JV Core Team has completed the second draft of the Strategic Plan. They will soon begin bi-monthly meetings with Maria Nicolacoudis of Hearts and Minds to determine what their program would be like and what their facilities needs are. They hope to begin similar discussions with Michelle Humke, Director of Almaden Valley Counseling Services, soon. The team has also determined that any changes to our land would require a new Conditional Use Permit from the City of San Jose and thanked Jerry Ferguson for his efforts on this topic. Any further land use discussions will be led by Jerry. Architect Dan Schmidt toured the building and determined that we could add on to the church building in several directions, including adding a second story over the Fellowship Hall, if desired. The JV Core Team has also determined that focus areas of work need to be begun and that congregational support is needed for these efforts. The first focus area needed is communications and relationship building. This group would plan, design and carry out communications to all key stakeholders to keep all informed about the project.

The website committee is making good progress and hopes to have the new site up and running in October.

The Wednesday night class/discussion group will begin a new book in October that will help us

to think about how to be the new church.

ECA is looking for a new audio visual technician to run our live streaming operation on Sunday mornings as Marcus Krsynowski can no longer fill this role. All are requested to put feelers out for someone to do this work, which pays \$30/hour and requires 2-4 hours per week, including Sundays from 10 am-noon.

The re-entry team met in September and recommended keeping all current Covid protocols in place through October.

The next Vestry meeting will be held via Zoom at 6:00 p.m. on October 14.

Elizabeth Guichard

August JV Board Notes

The new business from the August, 2021 meeting included the following discussions and decisions:

Since Ellen Lukanc reported that the AED device is 14 years old and its battery and pads have expired, she recommended that JV buy a new battery and pads in the hopes that these will be functional and enable JV to avoid buying an entirely new device. The board voted to affirm this recommendation.

Ellen also brought up an issue involving a backdoor neighbor who complained that some trees drop too many leaves into his

yard and pool. He wanted to top those trees. After having consulted with Bartlett Tree Service and our subsequent discussion, the JV Board voted not to have the trees topped and simply allow him to trim the portions of our trees that hang over the fence into his yard, which is his legal right, and that he would undertake at his own expense to mitigate the leaf problem in his yard.

In addition, Ellen reported on the Re-Entry Team's recommendation to continue Sunday services in the sanctuary with all congregants fully masked and seated in compliance with social distance protocols. JV will continue not to allow outside agencies to use the facility with the exception of the Boy Scouts (for their Courts of Honor) and the Threshold Choir who will meet outdoors and with limited access to restrooms and chairs.

Finally, Ellen informed the board of the need to purchase new hoses. Laura Hall volunteered to buy replacements.

As for Old Business, Joyce Wing and Judi Dimicelli finished the draft of the strategic plan that will be presented to Hearts and Minds as well as to both congregations in September. Also, Steve Wing and Rev. Shelly Wilson have started to update the JV By-Laws.

*Respectfully submitted,
Judi Dimicelli*

The Threshold Choir Returns to Rehearsals at ECA

I was chatting with an ECA member and friend recently and mentioned how grateful I was that my Threshold Choir rehearsals had continued every Saturday on Zoom during the pandemic and lockdown. Zoom is certainly not ideal for choral singing, but gathering weekly with people who love singing and want to offer it to those who are approaching the “threshold” between life and death has been a wonderful addition to my isolated life. My friend was perplexed, as she had not heard of this group or its services. I filled her in and promised myself that I would write something for the next SHAPE in case there were other members who were not aware of this group or its connection to ECA.

There are Threshold Choirs all over the world. The South Bay Threshold Choir was started several years ago, and ECA agreed to rent space in its building for our rehearsals every other Saturday morning. I was thrilled, as I had tried to sing with the Santa Cruz Threshold Choir while I was still-working, but the commute was too onerous. Those of you who had reason to enter ECA on a Saturday morning during the last few years may have heard us singing and asked about our mission, but many may have not, so this is what we do:

“Our goal is to bring ease and comfort to those at the threshold of living and dying. A calm and focused presence at the bedside, with gentle voices, simple songs, and sincere kindness can be soothing and reassuring to clients, family and caregivers alike. When we are invited to a bedside, we visit in groups of two to four singers. We invite families and caregivers to join us in song or to participate by listening. We choose songs to respond to the client’s musical taste, spiritual direction, and current receptivity. Many of the songs we offer are composed by Threshold Choir members, specifically to communicate ease, comfort, and presence. This service is our gift; there is no charge.”

Source: thresholdchoir.org

Our local webpage: <https://thresholdchoir.org/southbay>

As you might imagine, our Choir has not been rehearsing in person or inside during the pandemic since the initial lockdown- and Zoom technology operates so that we must mute ourselves and only hear the person who is leading each song along with ourselves. It’s a lonely substitute for choral singing, but seeing and talking with each other each week has been an enriching experience that has kept us connected. When it looked like the lockdown situation was loosening, we tried a couple of outdoor rehearsals in members’ back yards, which was great but not sustainable. In the current “hybrid” environment of the pandemic we are ready to resume our in-person rehearsals, and reached out to ECA and the

Joint Venture “Re-Entry” group to see what could be arranged. We are looking at using the ECA patio at first, on Saturday mornings, alternating with our Zoom rehearsals. When we have finalized these plans, we might begin sometime in October 2021.

I believe that the Threshold Choir’s mission and ECA’s goal to increase our connection with local community resources and needs are nicely aligned.

If you have any questions about Threshold Choir and our much appreciated relationship with ECA, please contact me.

Kathleen Eagan
Senior Ministry, ECA
kathleeneagan34@gmail.com

Annual Pledge Campaign – In-Gathering Oct. 10

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Shelley's Sabbatical 2022

For some months, I've been aware that, although we're making wonderful progress on the partnership and design part of our Church of the Future, there hasn't been any discussion about what the church - specifically ECA - will look like when we have completed this transition. I believe there are many different possibilities. I realize that I need and want to do some serious and in-depth study, research, and prayer on this question. There are written materials, history, churches creating new models, and people who can be interviewed. This is a process that needs to unfold in parallel with the work the JV Core Team is doing to make an intentional and Spirit-led transition, therefore, time is of the essence.

I will be taking a 2-month working sabbatical to accomplish this in January and February 2022. I

have accrued 12 weeks of sabbatical leave per my contract with ECA and will take the additional 4 weeks in June to complete the writing associated with my study. This work will be of direct benefit to ECA as we move toward the Church of the Future. Indeed, I believe we cannot complete that transition without study, discernment, and prayer on this topic.

During my absence, ECA will have sabbatical supply coverage for Sunday services and hopefully also clergy attendance at Joint Venture Core Team meetings, as well as pastoral care. You will be well cared for by clergy, lay leaders, and each of you remaining connected with one another, as you always do. The timing of my sabbatical was chosen to minimize the impact of my absence on the congregation. I will be back before Lent begins and not leave again until after Pentecost.

I will keep you all posted as plans for this unfold and will, of course, be in conversation with the parish on the topic when I return so we may move forward together. If you have any questions, please do not hesitate to contact me or any Vestry member. The Vestry unanimously voted full support, confidence, and blessing on this project.

Shelley Denney

CCAV Small Groups on Zoom! ECA is Invited!

Pastor Shelly Wilson will be offering periodic Small Groups on Zoom on a variety of topics! These Small Groups are open to any and everyone—from CCAV, ECA, and any friends you would like to invite! We will offer the groups on various days and evenings of the week to accommodate a variety of schedules. The first Small Group will be offered all the Mondays of October: October 4, 11, 18, and 25 at 9:30 AM on Kathleen Rowling Singh's book, *The Grace in Aging: Awaken as You Grow Older*. You can order this book on Amazon or Audible books and it is available in most libraries and bookstores. It will enhance your experience to read it, but you can still participate if you don't! This is a judgment-free Small Group!

Encouraging, inspiring, and practical, *The Grace in Aging* invites all those who have ever experienced spiritual longing to awaken in their last years. Since aging, in and of itself, does not lead to spiritual maturity, Singh explores causes and conditions that we can create in our lives, just as we are living them, to allow awakening to unfold—transforming the predictable sufferings of aging into profound opportunities for growth in clarity, love, compassion, and peace.

Straightforward language and piercing questions bring Singh's

teachings into the sharp focus of our own lives; the contemplative nature of each chapter allows for an uncommon depth of inquiry. Ecumenical in spirit, tone, and language, Singh offers wisdom from teachers from a variety of spiritual backgrounds: Chogyam Trungpa, the Apostles, Annie Dillard, and more. Lessening our attachments, decreasing our aversions, unbinding what binds us, we bear witness to the possibility of awakening for all beings.

The Grace in Aging offers guidelines for older individuals of any wisdom tradition who wish to awaken before they die—a spiritual practice for the lives we live.

Please email Pastor Shelly for more information and/or to join the group: wilsonshellya@yahoo.com You will receive weekly emails with the Zoom link, a friendly reminder, and the outline of the next session's discussion topics for your consideration.

Hope you will join us!

All Saints Day & Celebration of Life – October 31

At the 10:45am service on Oct. 31st (the closest Sunday to All Saints' Day) we will celebrate All Saints and the lives of those we've lost during the pandemic lockdown, whom we've not been able to gather and celebrate. The Feast of All Saints is a major feast of the Church, when we recognize the Communion of Saints – that unbreakable bond of love and presence among all God's people who have gone before us, live now, or will someday be born. This seems a very appropriate time to celebrate our beloved members who have moved on to larger life since March 2020.

Drop In Blessing of the Animals

St. Francis Day is October 4th and we will be blessing your pets on the back patio on Saturday, October 2 from noon to 1:30pm. If you would like to have your pet blessed, just bring him/her sometime during that period. Friendly pets are invited to have a play date during that time. Invite neighbors and friends to come as well! All are welcome!

Joyce Strandberg, Remembered

Former ECA member Joyce Strandberg passed away recently.



Joyce, her husband Bill, and their daughters, Cheryl and Mindi came to California from Massachusetts in 1972. Bill was working at GE and was transferred to the San Jose plant on Curtner Ave. Joyce was an active member of ECA as a member of Altar Guild, ECA Choir, JV Handbell Ringers, and Montgomery Meals. Joyce was very musical and sang as an alto in the ECA choir. She was an excellent handbell ringer, and one of the original members when the handbells were first purchased and played at ECA in 1989. Joyce loved ringing the handbells so much that she later joined the handbell choir at Los Gatos Presbyterian Church also. That group was very active and played in a “Spring Ring” every year, and they also went to several Handbell con-

ventions on the West Coast where many groups met and played together in a big hall. I joined her on a few of those events and it was always a lot of fun.

For many years, Joyce and Suzanne Mayo did all the food and supply shopping for Montgomery Meals, and according to Suzanne, she was fun to be around and had a wonderful sense of humor that made the shopping trips less of a chore.

Joyce was a devoted mother and grandmother. When Cheryl got married she wanted to get married in the middle of the winter, on top of Mount Watson (Lake Tahoe area). To get there, the wedding party went up the mountain on snowmobiles! They had a proper Episcopal service with communion and folk music provided by Andy and Francie Kerr. You can ask them as I am sure they remember that they had to carry their instruments on the snowmobiles too!

When Joyce and Bill’s first granddaughter, Chloe, was born prematurely, Joyce took care of the baby every day by driving back and forth from San Jose to Hollister. A few years later Carson was born and Joyce continued to drive to Hollister to take care of both the grandchildren there every day until the parents came home from work. She was very dedicated.

Mindi loved horses from a young age and Joyce supported that love even though she herself was not

that comfortable being around the horses. In fact, when Mindi planned to get married, she chose to have her wedding ceremony while on horseback in a grove of trees at Point Lobos! Again the wedding party, parents and a few guests all attended by riding on horses. As Nolan says “I have fun memories of that Tahoe wedding as well as the sister’s wedding that involved a horseback ride. The Strandbergs were an adventurous lot!”

One special memory I have of Joyce’s friendship is that she played handbells with the JV Ringers at our daughter Heather’s wedding as well as prepared and served the buffet at the reception afterwards with ECA’s St. Martha’s Guild group, which she led. What a gift!

Unfortunately for us, about 10 years or so ago Joyce and Bill chose to start attending the Los Gatos Presbyterian Church. Joyce continued to play handbells with their bell choir for several years.

Bill is now living at Merrill Gardens, 7610 Isabella Way, PL206, Gilroy, 95020.

Maryke Williams

Tales From the Kitchen, with Alain Guichard: Japanese Grilled Tuna

In 2017 we took a trip to Japan. Elizabeth had a hard time with the different food, but I really enjoyed the culinary experience! The food was so well presented and there were so many varieties of fish dishes-cooked or not. Then we went to Cabo San Lucas where I took the opportunity to catch some tuna. First we had to have sashimi; then we did a Japanese grilled tuna.

This Japanese-inspired tuna should be grilled very rare for the best flavor. The glaze keeps for two weeks refrigerated, but if it becomes too thick, it can be thinned down with a little water before using. Serve with rice and a cucumber salad.

Ingredients:

- 1 tablespoon Sesame oil
- 1 tablespoon vegetable oil
- 1 tablespoon grated ginger root
- 1 tablespoon cracked black peppercorns
- 4 (8 ounce) tuna steaks, about 1 inch thick

Ingredients for Wasabi Soy Sauce Glaze:

- 1/2 cup granulated sugar
- 1/2 cup water

- 1/2 cup rice vinegar
- 1/4 cup soy sauce
- 4 slices fresh ginger, smashed

Ingredients for Wasabi paste:

- 2 teaspoons Wasabi powder
- 1 tablespoon water

Preparation:

Crack black peppercorns, by placing them in a plastic bag and bash with rolling pin or back of a pot or pan.

Combine oils, ginger, and pepper. brush on the steaks.

Sprinkle with a kosher salt.

Marinate for 30 minutes. Put the cooked salmon on a bed of sliced, sauted fennel and add the sliced cucumber then the sauce on top.

Wasabi glaze:

Combine sugar, 1/2 cup water, rice vinegar, soy sauce, and ginger. Stir to dissolve.

Bring to a boil on high heat and reduce until syrupy, about 15 minutes.

Wasabi paste:

Make a paste of the wasabi powder and the water.

Whisk in wasabi paste.

The glaze should be used at room temperature.

Grill the tuna 2 minutes per side with the lid closed for rare, 3-4 minutes for medium rare.

Use a brush or a fork to streak the glaze over the fish.

*Itadakimasu (Bon Appetit)
Alain Guichard*





Worship Schedule

October 3 – *Nineteenth Sunday after Pentecost*

10:45 a.m. Holy Eucharist

October 10 – *Twentieth Sunday after Pentecost*

10:45 a.m. Holy Eucharist

October 17 – *Twenty-first Sunday after Pentecost*

10:45 a.m. Holy Eucharist

October 24 – *Twenty-second Sunday after Pentecost*

10:45 a.m. Holy Eucharist

October 26 – *Twenty-third Sunday after Pentecost*

10:45 a.m. Holy Eucharist

Gifts of Gratitude

Thank you ..

- to Joyce Wing for her leadership, organization, and very hard work in keeping the Joint Venture Core Team moving ahead, and in keeping the congregations apprised of our progress toward the Church of the Future
- to Shelley Denney for taking a sabbatical to research what the Church of the Future may look like
- to Debbie Bemis and Joyce Wing for leading the Saturday in-person meeting, and to Shelly Wilson and Shelley Denney for leading the Sunday Zoom meeting on The Church of the Future
- to Ellen Lukanc for attending the Boy Scout Courts of Honor to ensure all Covid precautions were followed
- to the members of the Joint Venture Core Team for their continued work and vision toward the Church of the Future
- to Betty Consorte and Marianne Schmidt for their leadership and persistent caring in ECA's Pastoral Care team
- to the Vestry for their support of and enthusiasm for Shelley's sabbatical

October Birthdays

Mark Ciccarello	October	02
Rev. Jim Edwards		04
Bobbi Finley		06
Lola Fahlen		06
Marcus Krsynowski		06
Ron Howie		10
Carol MacDonald		15
Judy Blankenheim		16
Stephanie Keck		18
Lynda Ford		22

October Anniversaries

Betty & Dominic Consorte		30
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The SHAPE

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