

The Wave



Riding the wave of more effective communication together

HISTORY IN PICTURES BY DAVE MARSHALL

In 1978-79, I joined the Museum Director of the San Diego Air & Space Museum to go to General Doolittle's home to get World War II artifacts: pictures, metals, and maps, to be put on display in the museum.

General Doolittle invited us to join him for lunch. He was a very friendly and warm individual. General Doolittle signed a picture of a famous Mustang P-51 Ace Pilot, Major Leonard "Kit" Carson for me.



I had also taken many photographs with famous World War II pilots from the Battle of Britain. Here I am with Squadron Leader Alexander Hess (right) from Czechoslovakia, and Squadron Leader Witold Urbarowicz (left) from Poland.



Dave meeting General Doolittle

MY PET KOI BY RORY KORNIK

Koi fish make the best pets for several reasons.

- First of all, they're low maintenance.
- Their food is inexpensive.
- They're not very noisy, except for when they eat. Then they make a sucking sound.
- If you have lots of them like I do (around 10), they won't get lonely.

My favorite of my koi fish is Big Blue. We got him as a baby, but now he's much bigger.



MY HOBBY IS HIKING BY KEN GOSWICK



Using my Veloped Trek hiking in the Laguna mountains near the Red Tail Roost trailhead

The *Veloped Trek* is an off-road vehicle with 14-inch tires. It can climb roots and rocks and is designed to navigate snow and mud.



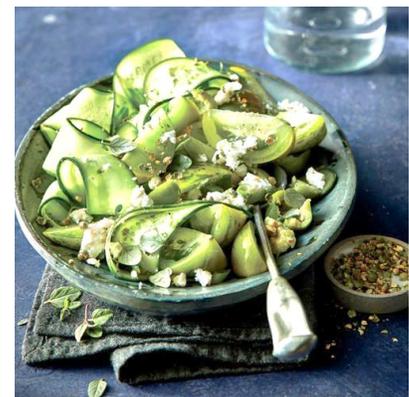
For more info on the Veloped Trek, see www.trionic.biz/en/veloped-trek-c-10

SHAVED CUCUMBER GREEK SALAD BY DEE FRANCK

This recipe was on the cover of *Cooking Light* magazine. It was photographed beautifully and definitely caught my eye. I had green tomatoes on my vine so this also piqued my interest. I adapted to my taste, what I was growing or what I had on hand. It became my favorite, refreshing summer recipe. I can't wait to make it again next year!

Ingredients:

- English or hothouse cucumber, cut in half. Using a peeler, sliced into ribbons.
- Green tomatoes, sliced thinly
- Small green pitted olives, sliced in half
- Sliced green onions
- Sliced celery
- Fresh basil, in strips
- Crumbled herbed feta



My salad dressing consisted of olive oil, lemon and lime juice with a little kosher salt and pepper. I didn't list quantity as I adapted, depending if I was serving just me or a guest.

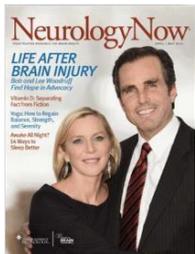
MY TRIP TO IDAHO BY CATHY HEIZER

This summer, I drove to Idaho to see the eclipse and to visit some cousins and friends. I drove from San Diego to Bishop, then through Winnemucca, NV (see #1) and up to Boise (#2), where I visited my cousins and my sister Linda, and also saw the eclipse! (Linda is three years younger than I am.)

From there, I drove to Hamilton, MT (#3), where I visited my friends Louise, age 90, and Ray, age 95. Then it was on to Spokane and Portland (#4) for more visits with cousins, then down to Lafayette, CA, and finally home to San Marcos (#5).



3 HELPFUL – AND FREE – MAGAZINES



Neurology Now is available free to individuals with a neurological disorder, their caregivers, and family members and friends. Written in easy-to-understand language, the articles help people about treatment options and living with a wide-range of neurologic disorders.

Published by the American Academy of Neurology 6 times a year.

<https://www.b2bmediaportal.com/dynamicregister/register.aspx?fid=NOWF>

A free subscription to **StrokeSmart** includes a print magazine, e-newsletter, and access to a companion website that will bring you the stories and news of a community affected by stroke.

Published by the National Stroke Association 4 times a year.

<http://support.stroke.org/site/PageServer?pagename=strokesmartsignup>



For over 20 years, **Stroke Connection** has a voice of support, information, and inspiration for the community of stroke survivors and their families.

Published by the American Heart Association 4 times a year.

http://www.strokeassociation.org/STROKEORG/StrokeConnectionMagazine/Stroke-Connection-Magazine-and-Monthly-SC-e-Extra-Sign-Up_UCM_470391_Article.jsp

SHARING GARDENING EXPERIENCE BY HECTOR GONZALES

Hector has been an avid gardener for many years. He has spent many years working with plants and his passion for gardening continues. Hector takes care of many plants at his home. Some of the plants he has include elephant ear plants, snakeskin plants, various succulents, palm trees, and aloe vera.

His absolute favorite plant is the star pine tree. The star pine tree is native to the South Pacific in countries such as Australia, Philippines, and New Zealand. The star pine tree is noted for the triangle shaped branches that come off the trunk. The prices for a star pine tree vary depending on the size of the tree. A tree that fits in a 5-gallon box can be as cheap as 18 dollars, while a tree that needs a 4-foot box can cost as much as 3,500 dollars.



Hector has some gardening tips that he has learned over his years of experience. Hector states that certain plants don't do well when it is cold. Many bright green leafy plants, like cilantro and parsley, are seasonal don't do well in winter because they need a lot of sunlight. On the other hand, plants like orchids and snakeskin plants can survive indoors and do not need as much sunlight. Some plants that do well year-round in Southern California are rosemary and aloe vera. It is important to remember that the hotter it is outside the more water plants need.

CAMPING AT PECHANGA RV RESORT BY MARY WOOD

Q: Where is Pechanga located?

A: Temecula

Q: What does the campsite look like?

A: It looks like a forest. It has beautiful, tall trees and inviting grassy areas.



Q: What can you do during the day?

A: I like to take a snooze after taking my dog, Maxie, for a walk.



Q: What do you do at night?

A: Most campers go gamble at the casino, but I rather watch the stars. The stars are beautiful in the constellations.



For more info:

<https://www.pechanga.com/rvresort>

MY PAST AND FUTURE HANDS HOLD...

The clients participated in an art therapy project titled "My Past and Future Hands Hold."

The instructions were to trace your hands:

- the **left** symbolized the pre-injury/pre-diagnosed self
- the **right** symbolized the post-injury/post-diagnosis self

Once done drawing, writing, and coloring the hands; they were presented to the group.



Everyone can benefit from art therapy, which has been shown to improve mental, emotional, and physical states.

DANA'S FAMOUS BURRITO (SERVES 2) BY DANA WALKER

Ingredients:

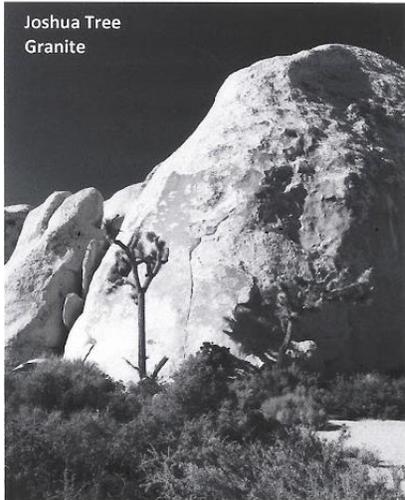
- 1 Burrito-size Tortilla
- 1 lb. carne asada, cooked
- 2 slices of cooked bacon, cut in half
- 2 Tbsp. grated cheddar cheese
- 2 Tbsp. sour cream
- Salsa, hot



Instructions:

1. Put the tortilla on the plate.
2. Put carne asada on the tortilla down the middle.
3. Sprinkle cheese on top of the carne asada.
4. Dab a little sour cream on top of the cheese and meat.
5. Cut up the bacon into very small pieces and sprinkle the bacon on top of everything!
6. Fold in the side and roll it up until it becomes a burrito!
7. Cut it in the middle.
8. Take a picture of your burrito.
9. Eat it with the salsa on the side.

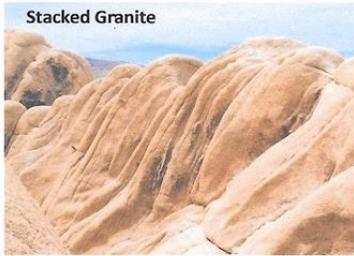
SUMMER VACATIONS BY BRUCE HEIMBACH



Joshua Tree Granite



Twisted Manzanita



Stacked Granite



Chollas Cactus

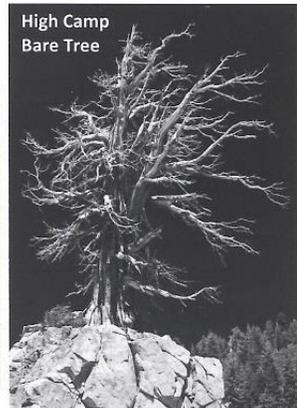
Summer Vacation(s) - Two!!

by Bruce Heimbach

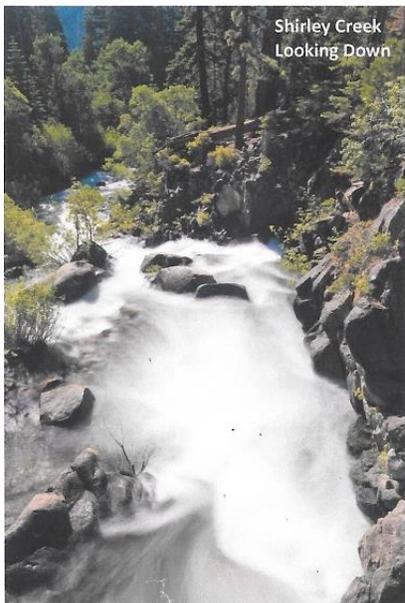
This summer, we had very nice time, one place warm and dry, one place - cooler and wet. I'm including photographs about Joshua Tree NP and Squaw Valley/Tahoe Lake. Again, trying to capture about 'the fabric of life'. Namaste.



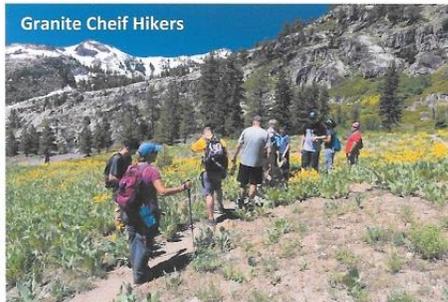
Beaver Tail Flowers



High Camp Bare Tree



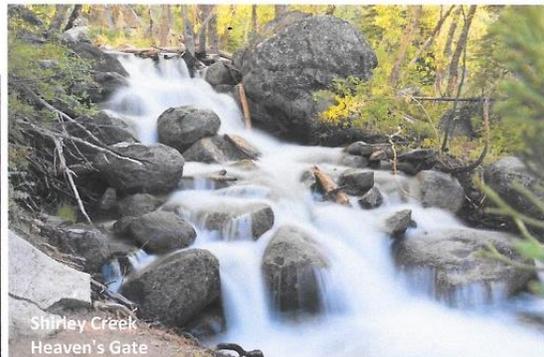
Shirley Creek Looking Down



Granite Cheif Hikers



July Fourth Fireworks



Shirley Creek Heaven's Gate

MY SURFING TRIP BY NORM BISHOP



Q: Where were you and who were you with?

A: La Jolla Shores with my wife (Alice), and sons (Matthew and Marky)

Q: What is your favorite spot to surf?

A: La Jolla

Q: Does your grandson surf?

A: Yes, and I've been with him.

Q: What do you like most about surfing?

A: It's fun and it's different. It's a relaxing sport.

Q: What is your recommendation for someone new who wants to try surfing?

A: Have fun! Just go do it!

Q: What are some of your other favorite sports?

A: I like them all! Basketball, tennis, horseback riding, soccer, pool, gymnastics, and golf.



HOW MUCH DO YOU KNOW ABOUT YOUR BRAIN? BY DAVE VALIULIS

Below are some statements about the brain. Some of them are true and some of them are false. Can you tell the difference?

1. Boys have bigger brains than girls, on average.
2. **Brain development has finished by puberty.**
3. The brains of boys and girls develop at different rates.
4. When a brain region is damaged, other parts can take up its function.
5. **We use only 10% of our brains.**
6. Brain development involves the birth and death of brain cells.
7. The left and right sides of the brain work together.
8. **Without enough water, brains shrink.**
9. New connections in brain can occur in old age.
10. The main energy source of the brain is sugar (glucose).
11. **When we sleep, the brain shuts down.**
12. When awake, the human brain produces enough electricity to power a 25-watt light bulb.
13. There are no pain receptors in the brain, so the brain can feel no pain.

Answers: all are true except the statements in red.

The human brain is awesome. It functions 24 hours a day from the day you were born and only stops when you take an exam or fall in love.



PUMPKIN ROLL BY JANE DEMARCO

Food brings people together to share good laughs lots of hugs and kisses.

This roll is better than pumpkin cheesecake or pumpkin pie. I never make enough.

1. Preheat oven to 350 degrees.
2. Grease 11x14 cookie sheet. Put wax paper on bottom and grease again. Best to use Pam.
3. Mix all ingredients:
 - $\frac{3}{4}$ cup flour
 - 3 eggs
 - $\frac{1}{2}$ c sugar
 - 1 tsp baking soda
 - 1 $\frac{3}{4}$ cup pumpkin pie mix
 - $\frac{1}{2}$ tsp cinnamon
4. Pour mixture on wax paper making a smooth layer.
5. Top with $\frac{1}{2}$ cup walnuts then bake for 15 minutes. Cool for 20 minutes.
6. Roll into a jelly roll with a clean white dish towel that has been covered with powdered sugar. Set aside for another 20 minutes while putting the filling together.



Filling

- 1 8 oz cream cheese
- 1 cup powdered sugar
- 2 tbsp soft butter
- 1 tsp vanilla

Mix all ingredients and when cake has cooled unroll and spread with filling leaving $\frac{1}{2}$ inch on sides. Roll back up without towel and sprinkle powdered sugar on it and place in foil and refrigerate before serving.



FYI: You can always read previous issues of *THE WAVE* by going online to the Speech-Language Clinic page of the CSUSM website: <http://www.csusm.edu/slp/clinic/thewave.html>