



## Our First Newsletter!



WELCOME TO OUR CENTER!

We've been promising you a newsletter and it's finally here! Thank you so much for your patience!

We hope you find our newsletter useful and that you pass it on and share with others. This is our first publication, and we look forward to hearing your feedback. Please, let us know what you find useful, what you didn't and things you would like to see in future issues!

We are pleased to have new programs to offer at our center! We have foreign language classes for kids and the I Fit challenge. We also have Karate, Dance and Gymnastics. You can even book your very own massage at our

center! You can find more details inside this newsletter on all available classes. We are always looking at new programs to add and would love to hear your suggestions. Please don't hesitate to stop in or send an email, to let us know what you'd like to see at the Abby Reinke Community Center (ARCC). Our contact information may be found on the last page.

Happy St. Patrick's Day and Happy Easter from the ARCC staff! We hope to see you soon!

### SPECIAL POINTS OF INTEREST:

- ◆ March Calendar
- ◆ April Calendar
- ◆ Center Information
- ◆ Recipes
- ◆ New Programs
- ◆ Fun Facts



Keep an eye out for the light bulbs for helpful information!

## Abby Reinke

You may have seen the picture of the beautiful lady that hangs in our lobby. Mrs. Abby Reinke, our namesake, and we are proud to be named after her.

We have a "Book of Memories" about Mrs. Reinke that we keep in the office. It is available to any of you at any time, if you would like to read about this wonderful person.

I have read the book and I find myself looking



through it often for inspiration. Anyone who reads the contributed letters of memories will see that she was loved by many. I did not know her personally, but I would have loved to have

## Our namesake

met the beautiful Mrs. Abby Reinke.

Goodness

Do all that you can

In all the places you can,

By all the means that you can,

To all the people you can,

For as long as you can.

*Abby Reinke's motto, contributed to the memory book.*

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## LEGEND

**VITA:** Volunteer Income Tax Assistance, a free Tax Prep, is here Tuesday - Friday 0800 - 1600 and Saturday 0800 - 1300. Please call (760)763-2518 for questions.

**PCA:** Parent and child activities (NPSG) 1500 - 1630

**PAT:** Parent As Teacher (NPSG) 0800 - 1200

**OFF:** Our First Friends (NPSG) 1030 - 2000

**WIC:** Women, Infant & Children. Please call (800)500-6411 for appt.

**Karate** 1515 - 1800

**I Fit:** Tuesdays and Thursdays 1800 - 1900 and Fridays 1730 - 0830

**Dance** 1700 - 1930

**GYM:** Gymnastics 0900 - 1100

**PC:** Parenting Class 1730 - 1830

**FOOD DISTRIBUTION** 1200 - 1600

# MARCH 2010

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2 VITA PCA, I FIT KARATE DANCE	3 VITA GYM PC	4 VITA OFF KARATE I FIT	5 VITA I FIT	6 VITA
7	8	9 VITA PCA, I FIT KARATE DANCE	10 VITA GYM PC	11 VITA OFF KARATE I FIT	12 VITA I FIT	13 VITA
14	15	16 VITA PCA PAT KARATE DANCE, I FIT	17 VITA, GYM	18 VITA OFF KARATE I FIT	19 VITA I FIT	20 VITA
21	22	23 VITA PCA KARATE DANCE, I FIT	24 VITA GYM	25 VITA OFF KARATE I FIT	26 VITA I FIT	27 VITA SAN ONOFRE COMMUNITY DAY 1000-1400
28	29	30 VITA PCA, I FIT KARATE DANCE	31 VITA GYM			



## I FIT CHALLENGE!



### Did you know?

We can accommodate your unit function, unit training, and more at no charge. Also, deployment briefs, training classes, family days and much more are held at the center all the time! Call us today and let us know how we can help you!

We are in the middle of our second round, and the inches are melting away! For those of you who would like to join in, you are welcome to do so at any time! The 3rd round of the challenge will start in May, but get started today! Last round's winner started with only one month left in that challenge. She rocked!


I Fit classes are on Tuesdays and Thursdays from 1800 - 1900 and on Fridays from 1730 - 1830.

The instructor is Sensei Tina who also runs our karate program. She is a tough but very motivating instructor and she will help you achieve your goal! During the challenge there are fitness tests, meal plans, weigh ins and measurements. There is even a boot camp class on the beach that all may attend. All of this for the low price of \$65 per month! Please call us for more details!

Don't wait! Sign up today!



# APRIL 2010

SUN	MON	TUE	WED	THU	FRI	SAT
				1 VITA OFF, P&P KARATE LANGO I FIT	2 VITA I FIT	3 VITA
4 	5 LANGO	6 VITA P&P, PCA KARATE I FIT	7 VITA GYM LANGO PC	8 VITA OFF, P&P KARATE LANGO, I FIT	9 VITA I FIT	10 VITA
11	12 LANGO	13 VITA P&P, PCA LANGO KARATE, I FIT	14 VITA GYM LANGO PC	15 VITA OFF, P&P KARATE LANGO, I FIT	16 VITA I FIT	17
18	19 LANGO	20 P&P, PAT LANGO PCA KARATE	21 GYM LANGO PC	22 OFF, P&P LANGO KARATE,	23	24
25 FOOD DISTRIBUTION	26 LANGO	27 P&P, PCA LANGO KARATE	28 GYM LANGO PC	29 ART OFF, P&P KARATE LANGO	30	

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**GYM:** Gymnastics 0900 - 1100

**PC :** Parenting Class 1730 - 1830

**ART:** Art workshop, call EFMP, (760)763-0868 for sign ups

**LANGO:** Language classes, please call center for details.

**P&P:** Pray and Play 1000 - 1100

**FOOD DISTRIBUTION** 1200 - 1600



### Did you know?

You do not have to live in our housing area to use the center. You can live off base, in a different area, etc. All our programs are open to all branches of the military, active or retired, DOD civilians and all who qualify. Hope to see you soon!

## Nuevo! Nouveau! New! Foreign Language Classes

Lango Foreign Languages for kids is a curriculum developed by Intrax Cultural Exchange Programs based in San Francisco. They have been serving families for over 30 years, in 80 countries to more than 30,000 kids each year. The play-based curriculum is based on several proven approaches to teaching a second language: Total Physical Response, The Rassias Method, the Theory of Multiple Intelligences and full immersion. Lango's unique method of teach-

ing kids new languages is called Adventure Learning and ensures that in every class, students are given many different ways to acquire the target language.

The length of classes are 45 minutes. Classes have a minimum requirement of 4 kids and a maximum of 10. Curriculum is based on play. Kids sing, dance, play games, have challenges, listen to stories and do art activities during each class. No desk or chairs, open space - preferably with a rug to sit on when reading

and playing games on the floor.

Lango offers Spanish, French and Mandarin Chinese. The price for 1 class per week is \$49 per month, with a one time setup fee of \$35. Interested in more than one class? Give the center a call, you can get a better rate if you sign up for more at one time.

For more information and class dates and times please call us at (760)763-0649. Gracias!



Wrap elastic bands around hard cooked eggs, then drop them in food-coloring dye. Remove eggs, pat dry with paper towel and remove rubber bands. The parts of the egg covered with rubber bands will not be colored. Once the rubber bands are removed, you can drop the egg into a different color dye.

## Karate

KARATE CLASSES ARE ON TUESDAYS AND WEDNESDAYS .

LITTLE NINJA (4 & UNDER) 1515 -1600

KIDS (4 & UP) 1600 - 1700

ADULTS 1700 -1800

CLASS FEE IS \$60 PER MONTH FOR THE TWO CLASSES PER WEEK!



Color on your Easter eggs with crayons before placing in dye. Simple Dots, lines, shapes, swirls...The wax will resist the dye and your picture will show through!



## Glazed Lemon Bread (one of Abby Reinke's favorites)

1/3 cup butter  
 1 1/4 cup sugar  
 2 eggs  
 1/4 tsp almond extract  
 1 tsp baking powder  
 1 tsp salt  
 1/2 cup milk  
 1 tbsp grated lemon peel  
 1/2 cup chopped nuts  
 3 tbsp fresh lemon juice

Blend well the butter and 1 cup sugar; beat in the eggs, one at a

time. Add almond extract.

Sift together dry ingredients; add to egg mixture alternately with milk. Blend just to mix. Fold in peel and nuts.

Turn into a greased 8 1/2 x 4 1/2 x 2 3/4 ovenproof glass loaf pan. Bake in slow oven (325 degrees) about 70 minutes, or until loaf tests done in center.

Mix lemon juice and 1/4 cup sugar; immediately spoon over hot loaf. Cool 10 minutes. Re-

move from pan; cool on rack. Do not cut for 24 hours (it will slice easily). Makes one loaf.

Note: If you bake this bread in a metal loaf pan, use a moderate oven (350 degrees).

## Dance Classes

Dance is available at our center with Choreographer, Daisy Tate every Tuesday. Daisy has been an instructor with MCCS Camp Pendleton for over 7 years and has taken the dance team to new heights and performances. She looks forward to bringing more opportunities to the dancers and families on Camp Pendleton!

Beginner Dance is from 1700 - 1730 for ages 3 to 6.

Hip Hop/Street Dance is from 1730 - 1830 for ages 6 to 9.

Performance Team Hip Hop is from 1800 - 1900 for ages 10 to 17.

Adult Dance Classes/Hip Hop run from 1930 - 2015. This class is a combination of hip hop and cardio for all levels.

Class minimums must be met for each class. A class may be cancelled if enrollment is low. Class fee is \$30 per month. Call us today at the center with more questions and get registered today!

## NPSG

Offers a variety of classes that are held at our center ranging from Our First Friends, Parenting Class, etc. Please call (760)725-3884 for more details and to sign up!

## Gymnastics

Gymnastics is available at our center on Wednesdays and will be starting again on April 1, 2010. We will take registrations through March.

Parent and I classes are available at 0915 - 0955 and 1000 - 1040. This class accommodates children ranging in age from 12 months to 3 years. The first class at 0915 requires sign up in advance as it needs to meet class minimums to happen. The 1000 class is currently running and is available to join now.

Preschool gymnastics for ages 3 1/2 - 5 are available from 0915 -1000 and 1000 -1045. The same applies to the preschool classes for signups as does for the Parent & I classes.

Cheernastics will be available from 1800 -1855 once class minimums are met. Cheernastics is available to children ranging in age from 6 -14 years old.

Parent & I classes and Preschool classes are \$35 per month. Cheernastics is \$40 per month.

Please call us today at the center for more information and registration!

## St. Patrick's Day Parade

The first St. Patrick's Day Parade did not take place in Ireland, but in the United States. Irish soldiers serving in the English Army marched through New York City on March 17, 1762. Along with their music, the parade helped the soldiers to reconnect with their Irish roots.

Over the next thirty-five years, Irish patriotism among American immigrants flourished, prompting the rise of "Irish Aid" societies like the Friendly Sons of St. Patrick and many others. Each group would hold annual parades featuring bagpipes and drums.

In 1848, several New York Irish aid societies decided to unite their parades and form one New York City St. Patrick's Day Parade. Today that parade is the world's oldest civilian parade and the largest in the United States, with over 150,000 participants.

Source-[www.thehistorychannel.com](http://www.thehistorychannel.com)

## Easter Candy

Easter is the second best-selling candy holiday in America, after Halloween. Among the most popular sweet treats associated with this day are chocolate eggs, which date back to early 19th Century Europe. Eggs have long been associated with Easter as a symbol of new life and Jesus' resurrection. Another egg-shaped candy, the jelly bean, became associated with Easter in the 1930s (although the jelly bean's origin reportedly dates all the way back to a Biblical-era concoction called a Turkish Delight). According to the National Confectioners Association, over 16 billion jelly beans are made in the U.S. each year for Easter, enough to fill a giant egg measuring 89 feet high and 60 feet wide. For the past decade, the top-selling non-chocolate Easter candy has been the marshmallow Peep, a sugary, pastel-colored confection. Bethlehem, Pennsylvania-based candy manufacturer Just Born (founded by Russian immigrant Sam Born in 1923), began selling Peeps in the 1950s. The original Peeps were handmade, marshmallow-flavored yellow chicks, but other shapes and flavors were later introduced, including chocolate mousse bunnies.

Source-[www.thehistorychannel.com](http://www.thehistorychannel.com)

## Easter Egg Food Color Dye

Combine 1/2 to 1 Tablespoon of food coloring with 2 tsp. vinegar in a cup that is deep enough for the eggs. Add water to about the half way point. Gently place the eggs into the cups.

Use a soup spoon to place eggs in the cups, to avoid cracking. The longer they are left in the dye, the darker the color. Experiment with different combinations of colors. When you remove the egg from the dye, pat dry with a paper towel and place in a holder.

## Corned Beef and Cabbage

- 1 (3-pound) corned beef brisket (uncooked), in brine
- 16 cups cold water
- 2 bay leaves
- 2 teaspoons black peppercorns
- 4 whole allspice berries
- 2 whole cloves
- 1/2 large head green cabbage (about 2 pounds), cut into 8 thick wedges
- 8 small new potatoes (about 1 1/4 pounds), halved
- Freshly ground black pepper

Serving suggestion: Whole-grain mustard or Horseradish Sauce

## Directions

Preheat the oven to 300 degrees F.

Place the corned beef in a colander in the sink and rinse well under cold running water.

Place the corned beef in a large Dutch oven with a tight-fitting lid; add the water, bay leaves, peppercorns, allspice, and cloves. Bring to a boil, uncovered, and skim off any scum that rises to the surface. Cover and transfer pan to the oven, and braise until very tender, about 3 hours and 45 minutes.

Transfer the corned beef to a cutting board and cover tightly with foil to keep warm. Add the cabbage and potatoes to the cooking liquid and bring to a boil. Lower the heat and simmer until the vegetables are tender, about 20 minutes.

Using a slotted spoon, transfer the cabbage to a large platter. Slice the corned beef across the grain of the meat into thin slices. Lay the slices over the cabbage and surround it with the potatoes. Ladle some of the hot cooking liquid over the corned beef and season with pepper. Serve immediately with the mustard or horseradish sauce.

Cook's Note: Leftover corned beef makes great corned beef hash. In fact, most of us here in the Food Network Kitchens make it just to make our morning-time favorite, corned beef hash with poached eggs. *Source: Food Network Channel*

## *Massage Therapy!*

*We now have a massage therapist available for appointments here at the center.*

*Please call us for rates and to book yours today!*

*Abby Reinke Community Center*

*Bldg #201019, Wire Mountain Road*

*Recreation Specialist: Darcie McClain, darcie.mcclain@usmc.mil (Editor)*

*Admin. Support Asst: Tamika Middlebrooks, tamika.middlebrooks@usmc.mil*

*(760)763-0649 / (760)763-0650 Fax: (760)763-0652*

*Hours: Monday through Friday, 1200 - 2100*

*Weekends and later hours on weekdays available for private reservations.*

*Looking for a place to have your birthday party, wedding reception, baby shower, meeting, etc? We have rooms available and can accommodate most parties. We also have a kitchen available for use. There is an hourly fee of \$25 per room/per hour for reservations. Please call and we will be happy to answer your questions!*

## *DIRECTIONS TO US!*

### **FROM I5**

**TAKE CAMP PENDLETON EXIT, STAY IN FAR RIGHT LANE (CONSTRUCTION). ONCE THROUGH THE GATE TURN RIGHT AT FIRST LIGHT, WIRE MOUNTAIN ROAD. GO THROUGH 3 STOP SIGNS. AFTER THE 3RD STOP SIGN, OUR BUILDING WILL BE ON THE RIGHT.**

### **FROM VANDEGRIFT:**

**TURN LEFT AT LIGHT FOR WIRE MOUNTAIN RD. (RIGHT WILL TAKE YOU OVER THE BRIDGE INTO DELMAR AREA) GO THROUGH 3 STOP SIGNS. AFTER THE 3RD STOP SIGN, OUR BUILDING WILL BE ON THE RIGHT.**

**BUILDING #201019**

## *We are remodeling!*

We currently have ongoing projects at the center, which include remodeling our dance room and kitchen! Our kitchen is slated to be finished around the middle of March, and hopefully the dance room soon after that! Please feel free to stop by anytime and check out our changes!



### Did you know?

We have a gym with a basketball court, as well as a locker room with showers.

We also offer free wifi, faxes and printing. If you need to print over 5 pages, please bring your own paper.

Computers with internet access are available for use in our lobby.

## **United States Marine Corps History**

**3 March 1776** - First Marine landing on hostile shores in the Bahamas.

**21 March 1945** - General A.A. Vandegrift, 18th Commandant became the first Marine four-star general on active duty.

**25 March 1804** - Secretary of the Navy approved first formal Marine Corps uniform.

**26 March 1945** - Iwo Jima secured. Marines suffer 25,851 casualties.

**31 March 1801** - Site for Marine Barracks, 8th & I, Washington, DC selected.

**10 April 1959** - Lieutenant Colonel John H. Glenn, Jr. was named one of the original seven Project Mercury astronauts. On 20 February 1962, Col Glenn became the first American to orbit the Earth.

**28 April 1993** - The last A-6E Intruder departed from Marine Corps service. Marine All Weather Attack Squadron 332 transferred the last Marine A-6E to St. Augustine, Florida, and prepared for the squadron's transition to the F/A-18D and eventual movement from Cherry Point, North Carolina to Beaufort, South Carolina.