

Alumni News

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Bi-Monthly Newsletter
Highlands Alumni Association (HAA)
The only certified non-profit HAA organization

January 2019

PREZ'S PONDERINGS

By Kathy Cahall Cooper ('60)

Welcome to a new year and to a new administration of the HIGHLANDS ALUMNI ASSOCIATION. I want to give a big Thank You to all the members of the past six administrations and to all the people who got us started, who stuck with it when things slowed down, and who continue to support Highlands High School by actively participating in our events, contributing to the scholarship fund, sharing their ideas, and offering to help where they see a need.

Our membership is slowly growing from where we were 2 years ago. I want to invite you come to our board meetings. Something discussed at a meeting might spark an idea about recruiting new members, becoming more involved with the students and staff, and helping to raise money that we can invest in current Highlands High School participants.

I also want to thank everyone who voted in the election of the 2019-2020 Board of Directors. The write-in votes were greatly appreciated. Because there were several names submitted for First Vice President and Director, they all will need to be contacted for interest and availability. At that point, I will submit names for the vacant positions to the Board. I expect to be able to appoint members to the above-named positions at the March 9, 2019, Board meeting. Notify me at <cahallb4@hotmail> if you have questions.

GO SCOTS!

IDEAS FOR NEXT 2 YEARS

Why don't we invest in all those attending Highlands, especially those who will not attend college. They too are future alumni, and they deserve our support.

NEWS FROM THE ALUMNI MUSEUM

1. Museum is generally open from 10 a.m. to 1:30 p.m. on Wednesdays when school is in session. Members will be notified if there is a change.
2. Donations will be accepted in person. Those living outside the Sacramento area can mail their donations to:

Highlands Alumni Museum
c/o Highlands High School
6601 Guthrie Street
North Highlands, California 95660

3. Membership forms are available in the Museum for those wanting to join the Alumni Association. Bring cash or a checkbook.
4. T-shirts and “hoodies” are also available for purchase; again, bring cash or a checkbook.
5. Schedule a tour for your class at reunion time. Contact Mary Anderson at marya195821@gmail.com if that interests you.
6. A volunteer has been working on commencement programs. So far, the following have been collected: 1959, 1960, 1961, 1963, 1964, 1965, 1966, 1967, 1971, 1972, 1985, 1992, and 1993. We would like to have the others. If you want to donate yours, please do so.

ALUMNI GATHERINGS

Do you want to meet with your fellow classmates throughout the year? Here are the times when you can do so:

Last Saturday – ‘60s and ‘70s graduates meet at Lou’s from 11 a.m. until about 2 p.m. A few ‘80s and ‘90s alums also drop by.

Are there any other groups meeting regularly? If so, then notify Mary Anderson at marya195821@gmail.com.

DATES TO NOTE ON YOUR CALENDAR

Please note that all meetings of the Alumni Board are held at the SAFE Credit Union on Watt Avenue, south of Roseville Road. They start at 11 a.m.

Saturday, March 9	Alumni Board Meeting
Mid-March	Choir Concert, Little Theater
Wednesday, May 15	Golf Tournament, Turkey Creek Golf Course, Lincoln
Saturday, May 18	Alumni Board Meeting
Saturday, July 13	Alumni Board Meeting
Saturday, September 14	Alumni Board Meeting
Saturday, November 9	Alumni Board Meeting

If there are any changes to the above events, alumni will be notified by either e-mail or Facebook.

DOING GOOD FOR OTHERS

Helping the Mentally Ill

By Charles Ashe ('68)

As a member and advocate for the National Alliance on Mental Illness (NAMI), Charles Ashe ('68) belongs to the Golden Isles affiliate in Brunswick, Georgia. One of the affiliate members (Dottie B.) was trying to raise funds to attend a NAMI-sponsored training in Missouri. Ashe donated \$100 towards her efforts to attend the training, titled "Crisis Intervention Training." There she participated in the training and served as a vendor.

As a vendor, Dottie sold Mental Health Alert wristbands, which those with a diagnosed mental illness can choose to wear. If the wearer is ever in a mental health crisis, first responders can see the wristband and be made aware that the person may need mental health assistance. As a result of

Ashe's donation to Bailey, she sold 900 wrist bands that went out to 32 states. A purchaser from Tyler, Texas, purchased 200, and the vendor also received an order for 100 more of the wrist bands that were on their way to a mental health facility in Montana.

Charles is currently an advanced Criminal Investigations Instructor with the Air Force Office of Special Investigations (AFOSI), a position he has held since February 2003. Before that, Charles was a Mental Health Administrator with the State of Ohio from August 1992 through February 2003. He has a Bachelor's degree in Social Psychology from Park University in Parkville, Missouri.

Charles can be reached by contacting him at his work phone of 912.261.3717 or on his personal cell phone at 210.262.1747.

Let Us Remember

A listing of those who passed away between **November 1 and December 31, 2018**, or who passed away a while back, but we're just now learning of their passing.

Year	Name(s)
1963	Carmel Failla
1966	Laura Coates, Donald Eoff
1967	Bob Duchene
1969	Rick Taylor
1971	Michael Lind
1979	Paul Meuer
1981	Phillip Glenn Edwards, Troy Roseman
1982	Paul R. Johnson
1987	William (Bill) Shankles
1989	Robin Marie Peterson

Reunions

Class of 1964 – 55th class reunion - **Saturday, September 28, 2019, at noon** – Buffet luncheon at the Carmichael Elks Club, 5631 Cypress Ave, Carmichael. Contact Connie Hintz at connie5064@gmail.com.

Class of 1979 – 40th class reunion – **Friday, October 4, and Saturday, October 5**. There will be a “mixer” on Friday night (location to be announced) and a picnic on Saturday at Freedom Park. Contact Dana Neubauer at danerboo1960@yahoo.com or Susan Colley at suecolley@sbcglobal.net.

REUNION NEWS

IMPORTANT: Plan a visit to the Legacy Room as part of your reunion plans. Notify me at marya195821@gmail.com if interested. We can probably arrange for a visit the Friday afternoon of your reunion weekend. Let us know if you have questions.

Locating Classmates. A lot of those planning reunions have difficulty locating classmates, even in this day of social media. With name changes and many relocations, classmates can be difficult to find. If that is so, then send us a list of those classmates several months before the reunion. We'll publish those names in the Newsletter. There's a chance that a family friend or a distant relative can provide the information you need. Let me know if you have questions by e-mailing me at marya195821@gmail.com.

Planning for 2019

Speaking of Reunions. Time to start planning for this year and the next. For the classes of 1959, 1964, 1969, 1974, 1979, 1984, 1989, 1994, 1999, 2004, 2009, 2014: your reunion year is here. If you have a date or dates set for your reunion, then notify me (Mary Anderson) at marya195821@gmail.com so that the publicity can get started. Remember that classmates need to work with co-workers to get the time off. Plus, family members and others may also be involved in someone's schedule, so the sooner the dates are known, the better. Also, if you have the site secured, let us know so that classmates can make hotel reservations.

Reunion Recommendations

If you're planning a reunion for this year or the coming years, then the following is a list of ideas you may want to adopt to know a successful reunion:

Reunion Recommendations - By Anonymous No. 1

1. Have one main committee and make sure everyone knows they're the OFFICIAL group.
2. One person should be responsible for maintaining a list (I use spread sheet) of class members, alphabetical by name as it appears in the yearbook. Have a space for married names, spouses, etc. Addresses, e-mail addresses, and phone numbers should be added and kept up to date.
3. Someone, probably the person who does the list, should regularly e-mail members throughout the year . . . every year, not just reunion years. That's a good way to remind them of the need to update information. Those who don't have e-mail won't be contacted as often, of course. I've found that most of our members who participate in reunions have computers.
4. Someone should maintain a list of those deceased to display at the reunion. The person in No. 2 should notify members at the time of a death.
5. Use the Alumni Association website www.highlandshighalumni.com to announce reunions and get information. (Also, notify the Alumni Newsletter editor.)
6. Don't give up on those who show little interest. Sometimes they can be coaxed by a special phone call or a handwritten note on mailers.

Reunion Recommendations - By Anonymous No. 2

1. Start planning reunion one year before.

2. Check with SAFE Credit Union for a checking account. They may offer reduced rates.
3. Schedule a visit to the Alumni Museum on the Friday of the Reunion Weekend. Contact Mary Anderson at marya195821@gmail.com.

Reunion Recommendations - By Anonymous No. 3

1. Start at least 2 years in advance of the reunion.
2. Form a reunion committee (duh!). Don't try to be a one-person show. Include a diverse representation of your classmates -- not just the popular clique. The more people on your committee, the easier the job will be.
3. Everyone on the committee must have a meaningful assignment. Some work needs to be done in advance (search for classmates, designing and preparing the reunion announcement); other work needs to be done prior to reunion (for example, reserving venue and band); other work needs to be done the day of the reunion (decorations, clean-up, check-in).
4. The treasurer is a critical job. How will money be collected and spent? Banks won't accept checks payable to "Class of xx," so reservation checks need to be made payable to someone by name.
5. Establish a budget based on REASONABLE assumptions. For example, how many classmates/guests will attend? How much will they pay? What kind of event do people want (picnic, dinner dance, DJ, cocktail party, buffet, golf tournament, cruise, tour of high school, etc.)?
6. Include 10% fudge factor in budget for unexpected costs or lower revenues. Have reunion committee discuss what to do if reunion has a profit/loss.
7. Pick DATE for reunion.

8. Reserve VENUE. Be prepared to make a deposit to reserve venue. What is the cancellation policy for the venue if the date needs to be changed or the reunion cancelled?
9. Have clear policy regarding cancellations/no-shows for refunds.
10. Have friends from other classes at the welcoming desk (allows reunion committee to socialize and enjoy the evening). Otherwise, rotate classmates at the welcoming desk.
11. Send out first mailing 9 months in advance, followed by a second mailing 3 months from event. Encourage advance reservations with an "early bird" discount.
12. Use social media to publicize reunion.

2018 Holiday Party

Where were you on Saturday night, December 1, 2018? I hope you were with over 100 of your fellow alumni and guests attending the annual Holiday Party at the Carmichael Elks Lodge.

A good time was had by all. Even Santa Claus ('65) dropped in on the festivities, which included a sit-down dinner, dancing, and lots of conversation.

Time was taken to honor past presidents Mary Anderson and Kristine Kouw Mann with a certificate presentation. (Many thanks to all the past presidents for their work.)

A round of applause goes to those who served on the Committee for making this gathering successful.



Jackie Bailey Carbaugh (64) took the above pictures.

Cheryl Harris ('64), with her husband David White, and Jim Heintz.

Jim Norberg ('67) and Garnet Gilmore ('64).



Bob Oliver ('61) with his wife, enjoying the festivities..



Committee members Tom Bastion ('65) and Shirleen Lansdon ('63) working the room.



Kathy Accord ('68) with new Alumni President Kathy Cahall Cooper ('60).

Ken Knutson ('67) and Terry Parmeter ('66) celebrating the Holidays.

The above pictures taken by Loreene Shephard ('67).

ITEMS FOR NEWSLETTER

If you want to submit an item for *Alumni News*, you are welcome to do so. Remember that this is your newsletter. This newsletter is by, for, and about you and your classmates.

So I hope to hear from you by **Saturday, March 9**. You are welcome to submit photos with your articles. Send your items to me at marya195821@gmail.com or via Facebook.