Christmas Party Scheduled for December 7, 2018

It’s time again for our annual Christmas Party.
When: Friday, Dec. 7, 2018
Time: 11:00 am to 1:00 pm
Where: Rio Bravo II Room
1524 27th St.
Bakersfield, CA
(Across from the main Hospital entrance)

We will have Christmas Carols, games, and a gift exchange, $15.00 limit. And, yes, lunch will be served.

Harvey Brockmeyer Passes Away
By Kerry O’Day, President

Long time member and friend to Mended Hearts, Bakersfield, Harvey Brockmeyer passed away on November 5, 2018. He was 102. He had lost his wife, Laura, in 2007.

Our Vice President, Don Davern, said that “they clearly had made a positive impression” on both the local chapter and the Assistant Regional Director, Sandy Briggs. Don added “that our chapter was blessed to have them as members”.

Sandy Briggs, ARD, said that “Laura and Harvey along with Dr, Arbergast and Don Hollingsworth (who passed away earlier this year) started Chapter 77 way back in the day. Both Harvey and Laura served as presidents of the chapter then served on the National Board. I have a book on the Brockmeyers that tells their story. The book is written by them and explains a lot of the history of Chapter 77”.

Sandy promised to do some research and get it to me for a follow-up article on the early days of Chapter 77.

Harvey was born in Fargo, North Dakota. He moved to Washington State and then Wyoming. He got an MS degree from the University of Wyoming then volunteered for the US Army Air Core and was trained as a pilot during WWII. He served as a flight instructor.

He met Laura Cederquist at Minter Field. They married in 1945.

Harvey taught at Bakersfield High School for 31 years and retired in 1977. They visited all over the world and all 50 states. He volunteered in many civic organizations, including Mended Hearts.

God bless both of them.
### Christmas Dessert

**Across**
1. Shark feature
4. Discharge
9. Victorian, for one
10. Kind of ticket
11. Ancient cross
12. Community character
13. Improve, in a way
15. Symbol for arsenic
16. Sammy Kaye's "___ Tomorrow"
18. In attendance
20. Flower cluster
23. Chocolate substitute
25. Make public
26. Courtroom event
27. Schuss, e.g.
28. Some porcelain
29. In Phil's bag

**Down**
1. Big bash
2. Persia, now
3. South Pacific island nation
4. Likely to attract votes
5. "Wuthering Heights" genre
6. Old verb ending
7. Greek portico
8. Throw out
14. Bit of progress
17. Minimal
18. "Hamlet" has five
19. Ball field covering
21. Emcee's need
22. Cleveland's lake
23. Carnaval site

**The headline is a clue to the answer in the diagonal.**

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**Money saving tips for holiday shopping**

Avoid impulsive shopping during the holidays by making your plan and sticking to it.

One method to avoid the madness, according to Real Simple, is to work out a complete gift plan, then set aside one day for shopping. Before the big day, shop sales for specific items and download any necessary retailer coupons and price scanning comparison tools onto a smartphone for real-time help.

On the big day, get up early, eat a healthy breakfast, dress for business, leave the credit cards at home and plan on using cash only.

By some estimates, spending cash only will save you up to 23 percent on your shopping trip.

While at the store, shop solo, avoiding salespeople, unless you really need help.

Buy cheaper items first. If you buy the big ticket items first, tossing around $20 or $50 here and there seems easy. So start small.

Break up the day with a coffee or soft drink to stay in a good mood and make better choices.

Get in and out of stores more quickly by checking out in less crowded areas of major department stores and steering clear of sales pitches.

During lunch and dinner breaks, cash in credit card rewards on discounted gift cards and exclusive special offers to round out the list.

An extra sneaky tip is to load up an online cart but cancel it right before finalizing. Often, they will send an email offer with a discount code but if not, there is no harm in asking the live chat representative.

**Calories on menus changes ordering**

A new study carried out by the National Bureau of Economic Research has shown that diners tend to order food with about 3 percent fewer calories when the nutritional information is listed on their menus.

Restaurants in the study saw no difference in their revenue, profits, or labor expenditures when they included the calorie counts on the menus.

The study also found that the chefs were surprised by the number of calories in their food.
How we came to know the drummer boy

One of the most beloved Christmas carols is a sentimental ballad, not grounded in Biblical verse, but well rooted in hearts at Christmas.

Pa rum pa pum pum. The little drummer boy played for the baby Jesus. We don't worry the drumming woke The Babe because, after all, Mary nodded. And, the little drummer boy, who was a poor boy, too, played his best as a gift for the newborn king. And He smiled.

What more can you ask of a carol than a tear for innocence and a musical ox and lamb that can keep time?

Well, perhaps one thing you could ask, if you were the author, as was Katherine Davis, a Wellesley music teacher, was for a little credit.

Seems in 1941, Davis gave an interview in which she spoke about a tune running through her head for a little Christmas carol that she said practically wrote itself.

About 20 years later, a friend called to say her carol was on the radio.

"What carol?" asked Davis.

"The Little Drummer Boy. It's everywhere."

Davis managed to claim credit (and royalties) for the song, which is now part of the beloved library of uniquely American Christmas carols.

Trends: Forget pine, white trees are hot

In the 1960s, if the Christmas tree wasn't a shimmering silver aluminum, then it was probably flocked. Heavily flocked. A real tree covered with thick, white goopy stuff.

Welcome to the future. Nearly 60 years later, nostalgia in white, silver and flocked trees has come full circle, out of garage sales and back into the living room.

According to the Wall Street Journal, this is likely due to Instagram and social media where, if you want to display your favorite colorful ornaments, nothing shows them off as well as a white tree.

In some ways, the white trees are a backlash against the all-natural trend in design, food, clothing and life in general, says the Journal. Besides, it is exhausting and expensive to head out to the tree farms to find and cut just the right spruce or pine.

If it is a backlash, it got started in 2017, when Wayfair saw white tree sales spike, quadruple the year before and selling out earlier. White trees made up 13 percent of total Christmas tree sales, up from 5 percent the year before.

This year, as in the 1970s, white trees make the perfect backdrop for ornamental themes. One-color ornaments are popular, as are white-on-white flocked trees and lights. It certainly adds a bright spot to a room.

Especially with flocked trees, you can still go native with wooden ornaments, pine cones and toys mixing with lights of a single color.
### December 2018

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Mended Hearts
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