

## Recap of Some of the Events of 2009

-Erwin Hirschmann died 1 January.

-Lucille Richens died in April.

-Chloe Hodge died in June.

-Edith Nyman Gunnell died in December.

--Had an angiogram in June: one artery 100% closed, three others 70-80% closed. Cardiologist surprised I hadn't had a cardiac arrest.

-Wilma Hirschmann hospitalized with pneumonia in October for a week. On oxygen from release until 28 December. Off oxygen during day, still on it at night.

-Called as Funeral Arrangement Specialist in 14<sup>th</sup> Ward Relief Society. To date no funerals.(3 Jan 2010).

-Wilma Hirschmann and I went to Little Rock Arkansas, Branson, Missouri, Arkadelphia, AR. Attended the J. Theron Smith Reunion in Branson in July.

1 JANUARY 2009, THURSDAY

Had emptied out three drawers in dresser in my bedroom when Wilma Hirschmann called to tell me Erwin had died. Went right over; police still there. When she went in to tell him breakfast was ready she couldn't rouse him or tell he was breathing; 911; tried resuscitation. No good. The poise were so kind; I had met the fire truck on my way there and saw the ambulance pull away. Larkin men came an hour or so later. She called Eric and Paula. The bishop came; gave her timely advice and suggestions. She put away the Christmas decorations; I dusted, vacuumed. She did laundry. Two sisters from the ward came. One Compassionate Service leader. RS president ill. I went with Wilma to the airport to pick up Eric. Left them together.

Talked to Vivian and Don. Lettie later called Wilma.

Letter from Shirley Olson describing the visit with the cardiac surgeon. Chances of surviving the surgery 50/50.

Wrote Smith family re Erwin's death.

BLESSING: QUOTING Bp Berrett: "he died at home with dignity."

2 JANUARY 2009, FRIDAY

Miserable night. Hemorrhoids. To vosens for bread and rolls; to Albertsons for advice from Pharmacy re anal irritation: Preparation H. Got milk, bananas and another loaf of bread. To Wilma's where I found Eric sorting; Wilma doing laundry. I vacuumed the hallways. Left as I was getting in the way of their work. A late lunch and a long nap. Vivian P. Called. Finally got Carl Mellor. He's been closing/moving out of the hotel. Was shocked re Erwin's death. Paula and family got in. Eric was going to Orem for the night.

Shirley, Steven and David commented re Erwin's death. Steven commented that he was pleased he "heeded the feeling and visited them." I'm going to write Shirley before I go to bed. Will call her in the morning.

BLESSING: Eric and Paula comforting Wilma

3 JANUARY 2009, SATURDAY

Snowed last night. Cold and slick looking. Made chicken salad from canned chicken. Paul and Desiree Johnson came. Gave her potatoes. Wilma asked me to get pall bearers. Called Becky and Danny after finding time of funeral. Danny will be one. Steven Smith called. He will be one also. Wendell Smith will if he can get off work. Called Vivian and Carl Mellor. Diane answered the phone. Gave her funeral details. Gladys made a pot of soup for Wilma et al. Went over to Wilma's. RS president came. Good to see Paula and Alexander. Adam was in bed. Sick. Emily was asleep. Came home and had a nap.

Talked to Shirley Olson; what a great person she is.

BLESSING: Kind, thoughtful people.

4 JANUARY 2009, SUNDAY

GOOD MEETINGS. JANE Bowman was released as SS teacher. A new teacher in room 9-10, Lunch and tried to call Wilma. Voice mail. To cemetery. Covered with goodly amount of snow. To see Lucille. Could barely talk; said she'd had a dreadful week. I could barley understand her. Didn't stay long; went out to my car; hacked out; a flat. Auwe. Called AAA. Came earlier than I was told.

Bryan Smith called while I was having lunch to say he and Tina would be at the funeral and he'd be a pall bearer. Topped by Brigham apts. No answer. Some people let me in. Pounded on the apartment door. No answer. Left the plastic bags. Came home and called Eric's. They were there to practice their music. Paula has also lost her voice. When I checked my voice mail. Both Wendell and David had called saying they'd be attending the funeral and would be willing to be pall bearers or anything else needed. Tender mercies.

BLESSING: Six pall bearers.

5 JANUARY 2009, MONDAY

Vivian and Clive Pope came. Went to see Dr. Thakur. She seemed more concerned about setting up a Dr. appointment with a cardiologist than my hemorrhoids. She did take a peek and recommended Metamucil and gave a few more pointers. To FHE. Betty had a spread. Had made a pot of stew for Popes—and bought a gallon of 2 % milk.

Christmas letter/picture from Eric and Karna. Amanda looks grown-up.

BLESSING; Popes made it through snow.

6 JANUARY 2009, TUESDAY

Snowed all day. Funeral very nice. An hour. Many people. Ruby Haws called they wouldn't come: weather and a broken furnace. Gail called Vivian that she and Geary wouldn't be coming. She was sick. Rachel Willmore brought Lettie and Don and Alicia. Becky, Danny, Nick, Paul and Desiree came. Steven and Maria, Wendell, Jo, and Jo's son and grandson. Anne Robertson walked to and from the mortuary. Diane Mellor took Dimple and Carl Mellor, Bryan, Tina and Abby came Keith and Wilma Fullmer. David, Tammy and Caitlin Smith came.

Cemetery was not as bad/challenging as it could have been. Lindseys went to the burial as did the Adams and a Kurt and some of the Austrian relatives/friends. Karna's brothers were at both the mortuary and the cemetery. Afterwards Neva's "boys", wives and Fullmers went to Chuck-o Rama where Clive treated me and Gladys. A time of family. Vivian and Clive left almost immediately for Brigham City. I

visited/thanked Anne R., Gladys and a brief visit with the Waymans. Called Willmores and Carl Mellor.

Briefly talked to Wilma requesting some extra funeral programs.

Talked to Bp. Taylor re tables for Thursday class registration. And Maria Wright will help with registration.

BLESSING: Funeral went well.

7 JANUARY 2009, WEDNESDAY

Took Barbara Nolan to her Dr. Appointment. She was pleased. Is grounded for a couple three weeks.

Nothing seems broken. Stopped at grocery store on our way home. I bought a can of Metamucil. Over to Wilma's where she and Paula were sorting, doing loads of laundry. Helped mostly with laundry. Erwin's suits are ready for DI. Paula is a sweetheart. She'll be sending a number of things home by UPS. Home in time for the Wilsons six P. M. Appointment as home and visiting teachers. Streets were clear. Warmer. Vivian called, they got home about 10:30 this morning. Happy to be home as usual. Christmas card from ViAnn Prestwich. I'm tired.

BLESSING: Popes got home safely. Paula with Wilma.

List of fifteen registrants on line to BYU.

8 JANUARY 2009, THURSDAY

I FELL GOING TO CLASS. Two, three cars stopped. Good Samaritans. About the same number seemed to be in attendance as last semester. Two factions; one who want an hour and a half and the other two hours. Home for lunch and the two P. M. Temple session. Got sleepy. Woke around three this morning. After the session to Wilma's. got several funeral programs. Wilma's cough still disturbing. Paula's also though she said she feels better. The Gibson's son died from an overdose of heroin. Betty J. And Frances Hutchens took them dinner. A sumptuous feast.

BLESSING: I didn't break anything when I fell.

9 JANUARY 2009, FRIDAY

GOOD night's sleep. Worked on cleaning off top of my desk with some success. Totaled medical costs for year. Eric and Karna picked me up around 1:15 P. M. And Paula and Wilma followed us to Tucci's for lunch. About the only ones there for lunch. Granted it was late. Pleasant. Their son Andrew pretended not to see anyone but his parents though he seemed to enjoy crayoning on the paper tablecloth. Cute boy. 83 registered for the class on Thursday. Anne R. Had a hard time balancing the money with registrants.

9 JANUARY 2009, cont.

I am sore. Visited with Wanda Wood. She uses gloves to put on her compression hose. Used suede, leather cleaner on my boots; look better. Asked Larsens if they would speak to my FHE on the 19<sup>th</sup>.

Updated my med and medical history.

BLESSING: Paula and Eric, Karna helping Wilma.

10 JANUARY 2009, SATURDAY

Did a load of wash. To ward to help clean. Found most were told nine. All was done. Quite a group there. To Hale theater with Mary Behra. An English farce: Cash on Delivery. I liked it better than I thought I would. Timing and cast were the making of it.

Went to rite Aid for xalatan and. The pharmacist asked if I had been a teacher.. Never said how/why he thought I was. On to library drop off and Albertson's for chicken. To Wilma's. She finished vacuuming the whole apartment. Brought home the remaining papers to shred. Their shredder conked out. They'd bought a new one. Wilma still has a bad cough and a sore ankle, red swollen. I had dinner with them.

Plans to pick Wilma up Monday morning for our Dr. appointments. She is going to miss Paula.

Talked to Lettie and Shirley Olson today. Notes from Alice Mitchell and Imogene Brown.

BLESSING: Paula and Eric's help to Wilma.

11 JANUARY 2009, SUNDAY

Good Sacrament meeting re keeping the Sabbath Day holy. Gladys taught the SS class. Will be moving in the smaller room. She came for lunch. Soup not too inspiring. Talked to Wilma. Didn't go to church. Coughing distracting. Took Paula to the airport. Her first night alone. Her new visiting teaching companion came with one of her new visiting teachers. Visited Lucille Richens, in bed, mouth wide open, no teeth. Couldn't understand what little she tried to say. Comment at the nurse's desk: "She hasn't had a good day". Same comment from an aide as I left the building. Shredder bit the dust.

To Singles Fireside. President and Sister Stephen Sorensen speakers. Margie Whitehead called to ask if I'd visit Carolyn Gibson once a week.

BLESSING: Ward attentive to Wilma's needs.

12 JANUARY 2009, MONDAY

Picked Wilma up at 8:40 and we went to our Drs. Appointments. I tried to get blood drawn per message from Sr. Clinic. Dr. Thakur away for the week; I'm to check next week. To Cardiac Dept. for appointment with Dr. Brann. Has a medical student (?) Who went over the details of meds, history, brief exam and gave me a gown to wait for Dr. Brann. Had almost finished the NY Times crossword puzzle when he came in. Heart murmur. (Not new), quiz re fatigue, shortness of breathe, etc.. Set up a stress test for Wednesday..

Lunch and Loxie picked me up for our visit with Barbara Nolan. Saw her cat. BIG. She dropped me off d Wilma got prescription for cough syrup and antibiotic. Lunch and went visiting teaching. To Jay Gibson's Memorial Service. Half hour. Jay's dad, father and the Bishop spoke.

Trid digging the paper out of the shredder; still doesn't work. Talked to Robbie Robertson about it.

To FHE at Margie Whitehead's. Her Christmas cactus is loaded. Showed the DVD of president Monson. I liked it. Gladys needs to have her blood pressure checked each day. She thinks I should have a blessing before have my stress test. I admit I haven't even thought about it. Maybe I need a clarification re when a blessing should be given.

BLESSING: Wilma seems to be coping. Eric calling her last night.

13 JANUARY 2009, TUESDAY

Two loads of wash. Talked to Wilma and Vivian. Clive has shingles. To temple for initiatory. Did ten names. Made bean salad. Pretty day. Not so cold. Called Willmores; Brennen answered; said Lettie was sleeping; hadn't been feeling well. Cute boy. Visited Waymans; she gets things a little confused at times.

BLESSING: Warmly received by Monty Gibson.

11 JANUARY 2009, WEDNESDAY.

UPLE hours of insomnia from about three to five. Tried to call Wilma before I left for my stress test. She was on the phone. Stress test included fifteen minutes of "picturing" the heart, EKG, stress test with drug injected on the tread mill (very, very slow) wait five minutes and an energy bar then another eight minutes of "picturing". Felt wrung out when it was over. Stopped for a gyro. Got one for Wilma and visited with her. She is involved in making phone calls reporting Erwin's death. Came home and visited Ruth Putnam (took her a card). She asked me to get her mail; had several birthday cards but she only looked at one. Visited Eloise Richensen. Wilsons are her home/visiting teachers also.

BLESSING: Stress test pau.

15 JANUARY 2009, THURSDAY

Class. Brother Iba had class vote re two hour vs. one and a half hours. Two hours won. Cathy Grandgent said Evelyn will not be coming back to live. Not surprised. Lunch of remaining gyro. Ono. Via DI where I; bought a Foxcroft shirt and a pink sweater. Shirt fits; sweater sleeves are short and too snug. To see Lucille richens. Better than when I saw her Sunday. I could understand her. From the Care Center to Reams where I bought FHE refreshments (peach cobbler and ice cream). Visited with Betty J., called Evelyn I., Margie Whitehead, Shirley Olson. Talked to Lettie Willmore at some length. Talked to Wilma H. Gladys is fretting her blood pressure. When it's higher than she thinks it should be she comes down and takes it again. Got tickets for Draper Temple Open House.

Washed rug in bathroom. Dr. Brann's office called. Appointment Monday at 9:30 A. M.

BLESSING: Shirley feeling less burdened.

16 JANUARY 2009, FRIDAY

Another night of two-three hours of insomnia. CLEARED OFF MY DESK. Finished reading the ~~ernsey~~ Society...Lovely sunny day; didn't poke my head outside the building. Did cook the pork, couple potatoes, rice. Quite good. Mixed brown and white rice. Interesting flavor. Gave potatoes and carrots to robertsons.

BLESSING: Desk cleared.

17 JANUARY 2009, SATURDAY

Slept in, again; getting to be a habit. To Wilma's. She cut my hair/shaved my neck. Went to DI. Took seven binders from genealogy shelf, two blouses, sweater and jacket and a bag of Wilma's things. She was expecting Eric and family. Amanda will be spending the night. To Macy's; didn't see a thing I wanted in shoes or clothing departments. Stopped at pendleton Mills. Tried on a navy blazer, two of them. She is ordering one of them in 10P. Will cost more but won't have to be altered. On to Winnie's. Dog (Trina) beautiful; untrained. Confining. Goes on rampage. Elaine and Cody have taken turns spending the night to help her. By Reams to get milk, hamburger and bread. Made meat loaf using Wilma F.'s recipe or a reasonable facsimile. Gladys came. Blood pressure in the 150's.

Talked to Lettie, Wanda, and Becky.

BLESSING: Eric and Paula's attentiveness to Wilma.

18 JANUARY 2009, SUNDAY Ward conference

Nice ward conference. Bp and president Christensen were the speakers in Sacrament meeting and our stake RS president spoke in RS. Theme: ...a house of order, of prayer.

A nap after dinner. Visited with Betty after Patricia called; not coming tomorrow. Talked to Wilma H. And stopped in to see Gay Mitchell; her sister and brother -in law were there. On to Waymans. Gladys' blood pressure in the 160's so she'll be back for another check.

BLESSING: David Smith's thanks to Wilma re being a pall bearer. (Wilma had written to thank them.

19 JANUARY 2009, MONDAY

Restless night. To Dr. Brann. Long wait; ten minute consultation. A blockage. A new med. To see Lucille richens. Could hardly keep her eyes open. Picked up prescription. FHE. Larsens interesting.

19 JANUARY 2009, cont.  
the cobbler went over well.

BLESSING: Addressing heart problem.

20 JANUARY 2009, TUESDAY, 44<sup>TH</sup> President of United States inaugurated: barrack Obama  
"watched the inauguration ceremonies and the Obamas bidding farewell to the bushes. Whether you like the new president or not, gratitude for the peaceful transition of power. I was touched as they bid the Bushes goodbye. Loved seeing the landmarks of Washington, D. C.

Started gathering tax info. A nap. Took first of; the new med this morning; grateful not to have the headache Dr. Brann mentioned might be a side effect. Vivian Pope called; Clive is in the hospital. Shingles and pneumonia. Dinner with tony Morgan. Ruth Hobson, Janice Harris, Dava A., Renee Neuharth and her house guest, Bernice, were guests. Spent longer time around the table telling about ourselves than eating; was enjoyable. Brought my dessert home.

BLESSING: No headache with heart med.

21 JANUARY 2009, WEDNESDAY

Up a little earlier; slept well. Colder. Took tony's dessert glass back with peanut M & M's; looked pretty. Tried to call Vivian off and on all day, not home. To the noon session in bountiful temple with Gladys. A rest. Talked to Lettie and Wilma. Wilma enjoyed her lunch with her home teacher's wife. Opera, Regina, tonight. Not an admirable member of the Hubbard Family. I knew it when I walked to and from the parking lot. Finally got Vivian. Clive has encephalitis.

BLESSING: Vivian seemed encouraged that like is on the mend.

22 JANUARY 2009, THURSDAY

Class went well. Nice people in class. Bro. Iba told of his son in the Philippines. Threatening suicide. About 136 enrolled in class. Bought a shredder and a steak, Philly cheese gyro. Tried to make copies of the D & C. schedule at the mailing store by Greek Souvlaki. Ended up making most of them on my printer. Shredded some when I got home. Shredder bigger than my last. Visited Liz Taylor.

Anne R. Told me they replaced Evelyn I.'s appliance; only her fridge and moved out the stove. Things stacked all over. Alan and Lori's Hawaii trip has generated considerable discussion on the Smith E-mail. Called Evelyn I. And talked to her and her daughter. Will be here Feb 7th.

BLESSING: Brother Iba winning friends.

23 JANUARY 2009, FRIDAY

Rainy. Patricia came to clean; how nice to walk on vacuumed carpets. Picked up Wilma for lunch at Carlucci's. Noisy. We shared a loaf of bread. Bought gay M. A croissant. To Staples where I bought two printer cartridges and took back three empty ones. Bought some little cookies at Paradise bakery. To big Lots and Rite Aid; bought manilla envelopes. To post office where I mailed Alice Mitchell's Ensign and Alicia's New Era. Home and some shredding; a "lie down". Anne R. Brought soup. Fog has swooped in.

BLESSING: Clive is home.

24 JANUARY 2008, SATURDAY

Slept in, cloudy, rainy. Washed a load. To Distribution Center for garments and the DVD on Pres. Monson. To Pendelton Mills but the blazer they ordered was too smug. Rained most of the way. To Smiths for milk for me and Betty. Saw Dr. Baraldi; she thought I was Wilma. Got a tax statement from DMBA today. Totaled my contributions.. Took a rest. Shoes came. Big in the heel. Auwe. Talked to Vivian. Clive feeling better.

BLESSING: Clive's improvement.

25 JANUARY 2009, SUNDAY

Rainy morning; sbould have followed instinct to wear boots. Snowing when I returned home form church. Snowy slush on sidewalks; feet wet when I got home. Caroline Hobson came to get a Thursday class

25 JANUARY 2009, cont.

schedule. Told me of her mammogram; her call back and second findings to yet be heard. She had her one breast removed in the 1970's.

Gladys taught her first class in 9-10. Bp. Kirkland and Bp. Taylor were there. Talked to Wilma h, and Wanda Wood. E-mail from Shirley O. Blair is back in school. Still snowing.

BLESSING: Wilma got a ride to church.

26 JANUARY 2009, MONDAY

Cloudy, snow covered trees. Did bedding; boxed up shoes to return. Learned Garden Apt. Electricity off all night and later learned only came on at 3:30 P. M. Talked to Barbara Nolan. Hers was off too. Talked to Wilma and Lettie. And Vivian; Popes had a Dr. Appointment at eleven. Wilma said she slept better than she had slept since Erwin died. Ruby Haws called. Is having her top teeth out, denture. Visited Waymans. Gathered all tax info I could. Will wait for the W2 forms. FHE. Gladys showed a DVD on the Christis and told interesting facts re additional ones. Pres. Stephen Richards gave the church the one in the Visitor Center. Has been vandalized three times. Good cherry cheesecake. Betty J. Feeling better. Lunch postponement because of weather.

BLESSING: ruby. Wilma sleeping better.

27 JANUARY 2009, TUESDAY

Not a good night. Visited Carolyn G. Also Betty J. She is feeling better. Dr. Appointment in the morning. Called Popes;;no answer. Called later. Clive answered, vivian at the temple. Picked up three prescriptions, to WalMarts for fruit. To see Lucille richens. Said she was in torture. Wanted to lie on bed. She looked miserable. So difficult to understand her. COLD. Finished reading the Betty Neal book. From Lettie. Wilma checked with Eric; he has no idea what happened to the bag he was to take to Lettie. Dr. Thakur called in response to a call to her nurse re going in for a blood draw.

BLESSING: Clive improving.

28 JANUARY 2009, WEDNESDAY

Lazier and lazier. Up at 8:30. Gladys called; looks like a storm moving in. No temple. Actually thee snow didn't amount to anything. Visited Liz Taylor. To have blood drawn. Stopped at \$ store and Rite Aid; got a little notebook for blood pressure, some birthday cards and padded envelopes at Rite Aid for DVDs. Checked Alice and Evelyn's apts. Alice called to say her grandson's wife and sisters will be staying in her apt a few days.

Vivian sent me Clive's description of his three week illness.

BLESSING: Clive's sense of humor.

29 JANUARY 2009, THURSDAY

Class seemed to go well. About 140 enrolled. Talked to Lettie; read her Clive's re-cap of bis three weeks of misery. Wilma has agreed to a trip to the bountiful temple tomorrow. To Credit union and a visit to Eloise R. I think she lives on Social Security. Had a lovely nap. May be sorry tonight. Washed table cloth. Wilma has inspired me to try place mats again. Cleaned out the bottom part of my linen closet.

BLESSING: a lovely day.

20 JANUARY 2009, FRIDAY

Slept in too long. Picked Wilma up at ten; eleven session. Lunch at the temple. Lovely sunny day though cool. Two more statements re income/tax. Mailed the Monson DVD to Shirley Olson. Nice E-mail from her. Answered it/ Talked to ruth Willmore re her teeth. Talked to Edith Gunnell. Her weekly lowered chemo treatments causing severe fatigue. Has no pain. Talked to Aune ruble re Lucille richens. We are both frustrated re how to help her.

BLESSING: temple session with Wilma.

31 JANUARY 2009, SATURDAY

Another insomnia night. Called Faustinas; not open for lunch on Saturday. Betty and I went to Coachman.

31 JANUARY 2009, cont.

the place was hopping. Big servings. Sunny but cool wind. Went to Rite Aid for Betty to pick up a prescription and I bought garlic powder. Dropped her off and got gas and went to Vosens for bread and rolls. A nap. Talked to Caroline; Ruth Hobson is "taking over" according to Caroline. We have symphony tonight. E-mail from Sonia Aycock. Lidia Rawska asked me to take a meal to the hatches; she just had her baby, Caesarian.

BLESSING: sunny day

1 FEBRUARY 2009, SUNDAY

Another sunny but cool day. Slept better last night. Heard Bro. Meikle teach a lesson for the first time. Has lots of participation. As I was heating my garlic bread Frances Hutchins called to ask me for dinner at five. I declined using going to see Lucille as an excuse. I'd love to eat Frances' cooking but had my dinner about ready. Not that it took much preparation; had spaghetti from last night. Lucille seemed better than when I saw her on Tuesday.

Wrote Sonia. Home/visiting teachers came. I like their brevity in each taking a turn with a message.

Talked to Wilma. We will meet for initiatory on Tuesday or Wednesday.

BLESSING: Another sunny day. Think I have all I need for the Hatches' dinner.

2 FEBRUARY 2009, MONDAY

Did bedding. Made stew/soup for Hatches. They weren't home when I got there. On the third floor. Barbara Nolan let me in and I called them. They'd been to the Dr. Waited about ten minutes and they came. FHE at Janice's. she reviewed The Last lecture.

Report is that things went well with Caroline's surgery. Leola will pick her up tomorrow. Need someone to be with her when she gets home. I will "stand by".

BLESSING: Barbara Nolan to let me in the building.

3 FEBRUARY 2009, TUESDAY

Made jello (thanks to Gladys) and macaroni and cheese. Visited Carolyn Gibson. Caroline came home about 12:30. Called leola, then Caroline. Called her again around three and again a little after five. Took the jello and apple sauce over. Bev Stephan brought her dinner and a rose. She seems to have the use of her right arm; lymph nodes free of cancer. I'm so glad.

Winnie called. Have had a trainer for the dog. Disillusioned with Sizzler. Dirty cutlery. Noticed an ambulance in front of building. Learned later it was for Marlene Hyde. Anne r. must be up with Shirley. I'm trying to get in touch with her.

BLESSING: Caroline's surgery seems to have gone well.

4 FEBRUARY 2009, WEDNESDAY

Up a little earlier. To the temple. Met Wilma and we did eleven of Anne Robertson's names. Had lunch there. Too early for me. To Pendelton Mills to try on the blazer they ordered. Too tight across the shoulders. I was disappointed. To Reams for milk. No lima beans but did get frozen spinach, Brussel sprouts and a package of salad mix. Sunny though cool day. Learned Marlene just probably had a panic attack; stress re job. I need a hair cut badly. Caroline has indicated she can use help emptying her bag before she goes to bed. Ruth H. Called re meals. Talked to vivian; didn't go to the temple today. Clive plagued by shingles stabbing pain. I laugh; I can relate.

BLESSING: Caroline seems to be doing well. Marlene didn't have a heart attack.

5 FEBRUARY 2009, THURSDAY

Helped Caroline with emptying her drain. To class. Registration to 142. Lunch and to library; checked out two books. Ran off ten more copies of the Thursday class schedule for next week. Touched base with Caroline. Janice told me ruth H. Had told her Caroline has dismissed her. Learned later that Ruth had canceled her request to Betty to take her dinner but ruth had canceled her request. Auwe...

Talked to Lettie and Carl Mellor. Dimple is feeling better and he's especially happy with his medical report



5 February 2009, cont.

on his blood pressure, his blood sugar and his urinary problems. Dimple helped him make cream pies today. 'Something she hadn't done in some time.

Before I talked to Lettie I talked to Brennen. Asked him about his snow outing. He said it was "excellent". Such a cute boy.

BLESSING: First two I asked to give prayers did.

6 FEBRUARY 2009, FRIDAY

When I went to Caroline's Jean Christensen was there. Returned later and helped with the drainage emptying. Hair cut. To Sweet Library and Smiths. Walked to Utah Woolen Mills; bought a navy jacket and a pair of pants. Expensive. To Credit union where I moved money from my money market to the six month certificate. Interest rate under three percent. To JB's for liver. Not particularly satisfying. Home and ate way too many of the two bite brownies I bought.

Wrote note to Alice Mitchell. They put Evelyn's stove in.

BLESSING: Caroline has made contact with an old friend/s.

7 FEBRUARY 2009 SATURDAY

Had a fifteen minute bike ride and finished the February Ensign. Helped Caroline with drain. She had showered. Looks good. Took her the other dish of jello and the two bananas I got at Smiths. Went with Wilma and Gladys to see the HD showing of Lucia de Lammermoor at the met. Left at 10:10, got home at 3:30. I was tired. Well attended. Music beautiful. Spring like day with a cool wind. Talked briefly to Lettie and Vivian.. Haven't seen Evelyn I or daughter Debbie but the newspaper and mail are gone. Balanced check book.

BLESSING; Eric took Lettie "the bag".

8 FEBRUARY 2009, SUNDAY, mama's birthday. 111

Enjoyed Sacrament meeting. Julia Kirkland spoke on prayer and a brother from Argentina, in SL for meetings, told of the growth of the church in South America. First LDS church meeting held in SA was in Argentina in German!

After dinner (potatoes and carrots with the beef in bag I bought yesterday) went to see Lucille Richens. Hard, hard for her to get words out. Visited with Evelyn; Debbie gone to wherever husband Larry is receiving his award. To be back on Tuesday (?). Evelyn didn't know where or for what the award is being given.

Went to Fireside where Bro. and Sister Ewers spoke on service. Helped Caroline with her drain. Smallest amount yet.

BLESSING: A friend brought Caroline dinner.

9 FEBRUARY 2009, MONDAY

Lazy. Up at eight. Did bedding and garment loads. Loxie called; has hives; wanted to cancel VT. I suggested I go alone. And did. Not much visiting, too busy with the cat, clancy. He is a beauty. Barbara is back at work. Snowed much of the morning. Wet. Didn't last long. Did grocer shopping for Caroline. They left for her 3:30 Dr. Appointment very early. Must've gotten back around six. Bp and Liz Taylor were there to see her. She was bushed. I said I'd call later re her groceries. Visited Evelyn I. Twice. She does have some dementia.

FHE at Betty's. Talked about Lincoln. His 200<sup>th</sup> anniversary. Took Caroline's things over afterwards. Her drain was almost 100 ml. Marsha and Marlinda Thompson had been to see her. Was at the doctor's so long because he had an emergency. Dr. Bertin's office called re a five year post bilateral knee check-up.

BLESSING: Cathy G.. looking in on Evelyn.

10 FEBRUARY 2009, TUESDAY

Snowing. To Dr. Miller. Pressure 16 and 17. Canceled lunch with Winnie because of snow. Visited Carolyn Gibson and went to the three P. M. Temple session. Bowmans were the couple. Toni Morgan was there with Pam Kipper. Great lady, Toni. Betty J. Gave me a bowl of onion beef stew. Lots of vegies.

16 FEBRUARY 2009, MONDAY lost my journal entries from the 10<sup>th</sup>-15<sup>th</sup> February did bedding and "whites". Went to lunch with Betty Johnson at a crepe place. Good. She ate two, one with meat and one a dessert one. Good. I had a cup of hot chocolate. Was good. Too much. On our return I took her with me to check Evelyn's apartment. She has an inkling to move into Evelyn's apartment when she moves out in May.

Got my income tax ready "to go". Wrote a long e-mail to Shirley Olson. Wrote a progress report to Bro Iba. Utah Woolen Mills called. My pants are in.

Learned Sharon Larsen gave me the fudge and cookies Sunday. Took a birthday card to pam Cook and Bro. Fager.

FHE. At marg's. rich dessert. Gladys rescheduled her appointment with Christy 'til Friday. Called Lettie and Wilma. Today is Lettie and Don's 54<sup>th</sup> wedding anniversary. Watched the story/life of Janice Kapp Perry. Has written over a thousand songs.

BLESSING: Bp. Feels Carolyn Gibson is well enough not to need the structured visits we have been making.

17 FEBRUARY 2009, TUESDAY

Too easy to sleep in. Went to the eleven endowment session. Umbrella very helpful. More snow on my return, feet wet. Late lunch: sandwich and stir fry vegies with slivered almonds. Ono. Visited Waymans. Income tax ready to go. Zion Direct statement came in. Sent in contributions to KUED and BYU Classical 89. Snowed most of day. Other areas got much more snow than we did.

BLESSING: snow/rainfall seems to be filling our water needs.

18 FEBRUARY 2009, WEDNESDAY

another late rising. Still enjoying Shirley's granola. To Utah Woolen Mills. Fixed the hole in my jacket and turned up pant hems. Can't believe I'm paying that much for a pair of pants. Car washed. To western nut and Costco. Had a hot dog for lunch. Let my income tax material at Mark Bowns. To \$ store. Bought some birthday cards. Bev Stephan gave me half of a small pina; shared with Betty. Asked Betty to help Caroline with her drain tonight. Ballet. Gladys brought me a couple slices of bread and a empanada from a new Mexican bakery. Talked to Wilma; she is quite pleased with her second bedroom.

BLESSING: Tax info in to Mark.

19 FEBRUARY 2009, THURSDAY

Class. Lunched on lentils. And Brussel spouts. Ono. Order from tog Shop arrived. Hemmed one pair of pants. Washed both pair and the blouse. Had to iron the blouse. To Wilma's for dinner. Took knee highs. She kept all but the black to try. Wiener snitzel, mashed potatoes, salad, streusel. Enjoyed. Glenda, from Maryland, will be coming out for a visit. Brought home some streusel. I like her bedrooms. Bookcases will take care of some of the clutter. Lace curtains pretty in room with double bed.

Talked to Lettie and Vivian. Clive had a bad day.

BLESSING: Beautiful sunny day.

20 FEBRUARY 2009, FRIDAY

Put socks in baggies for DI. Gladys' impanada for lunch with Brussel sprouts. Ono. Returned books to library and picked up one by Bauer that Lettie recommended. To Winnie's. Time spent bemoaning health insurance and the economy; she got quite exercised re the latter. Not the best visit I've ever had with her. I don't enjoy negativism. From Winnie's to see Lucille Richens. So sad; difficult to understand her and for her to understand me. From there to Reams. Got all

20 FEBRUARY 2009, cont.

on list except lens cleaner. Alice Mitchell called again; I wasn't home. Borrowed Evelyn's vacuum and did my couch.

Larry Miller died.

BLESSING: Another lovely day.

21 FEBRUARY 2009, SATURDAY

Difficult night. To Distribution Center for DVDs. To Smiths to get Caroline's pastry. Didn't have apple. To Smiths on 8<sup>th</sup> and 9<sup>th</sup>. Got them. Waited inline at post office; long, slow. Got sick at my stomach, bit dizzy. Next to the first person in line when someone took me by the arm and offered to find me a place to sit. Someone called an ambulance; I protested. Already been called. "They will check you over." In comes men/women from the ambulance and I assume fire department. I was too warm, took off my coat. They checked blood pressure, blood sugar; gave them my medical history/meds. Had me stand up, smile. Left after I signed I was ok. Post office security came; got name, address, phone number. He asked if I could go to the window and I mailed the DVDs to Popes and Becky and Danny. Home and delivered Caroline's pastry. She asked if she could pay for it; I told her it was her flowers. She accepted. Her drainage was 15 ml. This morning. She has an appointment with the Dr. Monday. Think the drainage is about where he wants it to remove drain. Talked to Lettie and Wilma and had an hour's rest. To the Appreciation Dinner. Brought half of my cordon bleu home and my roll. Janice Harris asked me to xerox an article in the Church news; also unloaded re Jean Orgill. Alice Mitchell called. Winnie called. I'm going to Nellie Petersen's Open house/90th birthday party.

BLESSING: Good people in place to look out for me when I felt faint.

22 FEBRUARY 2009, SUNDAY

the new primary Presidency spoke today. Excellent. Class on Priesthood a little frustrating. Keys. Wilma invited me for lunch at two. Somehow didn't sink through my head until I got home from church that I didn't get home; until about 2:20. Auwe. Called and hustled over. Forgot to sign up for a ticket for the Draper Temple dedication to be held in our stake center on March 22<sup>nd</sup>. Wilma's bookcases look nice. Told Betty and Gladys re my episode at the post office yesterday.

Caroline's drainage was about 12 ml. This morning. Hopefully the Dr. Will take her drain out tomorrow. Called Edith Gunnel; voice so soft I could hardly hear her.

Wilma's challenge is what to do with the check she got from their Maryland Credit Union.

Called Wilma Fullmer. Her birthday: 59.

BLESSING : Wilma has her apartment about the way she wants it.

23 FEBRUARY 2009, MONDAY

Appointment with Dr. Brann; felt more comfortable with him. The nurse (?) Said my blood pressure was "a little high". When I told Dr. Brann that it had been running higher he said that is acceptable with "someone in their 85's and up". Told me to start taking the whole 30 mg. of Isosorbide, Barely listened to my heart. Said, "Good". Told him of my post office incidence. No real comment.. FHE; the ladies liked the Janice Kapp Perry's bio. Gladys had taped it. Snipped off the last few minutes. Dessert too sweet and I've eaten abominably today.

BLESSING: More rapport with Dr. Brann.

24 FEBRUARY 2009, TUESDAY

Did two loads of wash. Visited Gladys and her sister, Maureen. The latter has had a bad time recovering from her accident. Gained weight; walks with a walker. Went to the noon temple

24 FEBRUARY 2009, cont.

session. Small; took elevator. Home and had a frozen dinner; quite good with a big salad. A nap. Too late. E-mail from Becky J. She had received the DVD.

Watched Obama's talk. Nice personality. Talked to Wilma. Glenda comes Thursday rather than tomorrow. We have a lunch date tomorrow.

BLESSING: 30 mg of Isosorbide didn't give me a headache.

25 FEBRUARY 2009, WEDNESDAY

Ruth Hobson called re helping Caroline. What can one say? Also told me Alice Wayman was in the hospital. I called; talked to her daughter. Later I saw bill as I was on my way out to meet Wilma H. for lunch. Tried to call her after I had a nap; no answer. The place Wilma had in mind wasn't open for lunch so we ate at Greek Souvlaki. I had a yeero and she had a shiskabob with stuffed grape leaves; gave me one. Good. Both of us brought food home.

Called Shirley Olson. No answer. Left a message. Visited Gladys and Maureen. The latter's sister-in law died. Wants to go to the funeral Saturday. In Illinois (?)

Wilma Fullmer came for a couple hours as she waited for Keith's plane.

BLESSING: Barbara 'A.'s baby arrived safely

26 FEBRUARY 2009, THURSDAY

No heat in stake center. I wore my spring coat. Wrong decision. Temperature outside not too low but wind COLD. Finished up lentils for lunch. A nap and a talk with Lettie and Wilma. A nap and to the hospital to see Alice Wayman. Bill and their daughter, Billie, were there. She is to come home tomorrow. Bought a lemon pie for Maureen; she isn't going to the funeral.

Watched the Living Essentials video Gladys recorded. Betty shared her dinner with me. Shirley O. Called while I was at the hospital/grocery store/library.

BLESSING: Maria Smith sharing son, David's weekly letter with me.

27 FEBRUARY 2009, FRIDAY

Picked up three meds. To see Lucille richens; had a neck rest which makes her look a bit more comfortable. From there to Famous Footwear and the Loft to look at shoes. Had two tacos at Taco Bell. Then had cinnamon twists. Ono the latter. Tacos a little disappointing. Dropped a book off at the main library. A nap then visited Alice Wayman; daughter Helen is here from Idaho. Had dinner with Gladys, Maureen and Maureen's son Freddy. Roast, potatoes, carrots and cabbage salad. Ono. Offered my ticket to the symphony to Maureen.

BLESSING: Maureen can eat with her left hand with some assists from her right.

28 FEBRUARY 2009, SATURDAY

to Humanitarian at ward. Not a large attendance but busy people. I stuffed balls. Jane Berry was there; she broke her back in a car accident. Lunch and to riverside Library via Smiths where I bought tissues; hadn't realized I was so near out. A nap. Talked to Wilma H. Maureen is going with us to the symphony.

Leak in my bathroom is back.

BLESSING: a nap revives me.

1 MARCH 2009, SUNDAY

No heat in the building; came home with my legs like a block of ice. Bp. Asked me to speak on Easter. Have to call re the topic. Enjoyed Margie Whiteheads discussion of hymns in RS. Tried to call Wilma H. Several times. In Orem? Talked to Vivian. Clive has gone to Sacramento meeting two Sundays. Wanda Wood called. Has been sick. Talked to Winnie.

BLESSING: Means of getting warm; heating pad and thermostat.

2 MARCH 2009, MONDAY

Did two loads of wash including winter coat. Edge of sleeves didn't get completely clean. Took Wilma and Glenda to lunch. English Tea room not open on Mondays. We went to Paradise Bakery. Took new pants for re-hemming. Mary Ann at Utah Woolen Mills very nice. Visited Alice Wayman. She was reading re heart failure. Frances Hutchins called re the trip to mesa. I told her I would go. Hope I won't be sorry.

Can't access my internet. Gladys had FHE; her guests are Intercity missionaries working with refugees. Non-Hispanic. They were also on two missions in china teaching English.

BLESSING: Blaine checked my bathroom leak; addressing problem in 301.

3 MARCH 2009, TUESDAY

Restless night. Sound sleep from six to eight. Said goodbye to Maureen, Gladys' sister. To eleven temple session. Took elevator. By new restaurant on my way home were Mormon handicraft used to be. On to Utah Woolen Mills to pick up my pants. Length good. A big fat roll sandwich for lunch and a nap. Warm, windy day. On my return a note that the problem in 301 has been addressed and mine should be too. Light, ladder and grill left out. Did a little cleaning of the vented areas. Talked to the Bp. To try to clarify the topic I'm to speak on. Think I have a better idea. A testimony/faith in Jesus Christ can bring peace/hope when things look pretty dire.

Still can't get into X Mission.

BLESSING: Leak addressed.

4 MARCH 2009, WEDNESDAY

Went to Draper for the Open House of the Draper Temple. I particularly liked the two ordinance rooms. Murals open up the rooms. 48 seats per room. Stopped by Barbara Hiat's. Saw some of her quilting. To Anh Hong for lunch. Disappointed in the gentleman who served us and the Dim Sums. A nap and went over to Wilma's to say good bye to Glenda Griffith. Later for my home/visiting teaching appointment. They came later. Bless them. Leola gave the Priesthood message as "he has been swamped speaking of Harvey. He fixed my internet access by adding the 801 number. Also helped me with the black box on my TV. E-mail had 60 messages. Got through them. Tired.

BLESSING: Harvey's help.

5 MARCH 2009, THURSDAY

Some heat in the stake center today. Snow melted quickly. Lunch; a nap, too long. Feel dopey. Checked Alice Mitchell and Evelyn Isgrigg's apartment. Water left running in Alice's master bathroom. Gladys stopped in. Tried to call Sonia Aycok. No answer. Ditto Lettie. Talked to Carl Mellor; busy on his Camp Williams project. Thinking of going back to NC in a couple of weeks.

BLESSING: not as cold in stake center as last week.

6 MARCH 2009, FRIDAY

To bone & Joint for my five year knee replacement check-up. Stopped at Alpine Medical. Still didn't have the hose I ordered. Stopped at Costco and bought Clementines, bread and bite size brownies. Weighed 151 in bone and Joint. Ex-rays look good. Showed some hardening of the arteries. Will call me in two more years. Will I still be here? Who knows.

To Nordstroms at Fashion Place. A madhouse. Opening of their new store. Shoes but the only one which appealed to me at all were \$228 !! Went to macy's and Dillards. Only tried on one pair. Stopped at Taco times for a taco and a nacho and an apple empanada. Snowed. To see Lucille. TV was on; she seemed to be watching it. Asked to lie down before I left. Snow stopped so I went to

6 MARCH 2009, cont.

to Reams for a few groceries.

Steven and Maria Smith stopped in after the concert at the Assembly Hall. Daughter Emily sang in the chorus. Steven looked tired. Good o them to stop.

BLESSING: family.

7 MARCH 2009, SATURDAY

Beautiful, crisp day. Took Wilma H. the bread and some of the ham Betty J. gave me. She is so thin. Janice Harris gave me a beautiful box of delicious strawberries. Got limas and frozen strawberries from Evelyn's freezer. Limas had been there awhile. Made a recipe of Italian lima beans; too much garlic. Limas dry. To library; checked out a few books. A nap.

Talked to Lettie. She has attended three funerals this year! Had a visit from Jason, Regan's son, and his son. Their great grandson. Brennan is going to the BYU game tonight. Symphony.

Guest conductor. Substituting.

BLESSING: 'Sweet strawberries.

8 MARCH 2009, SUNDAY

Difficulty getting up on the daylight saving time. Sacramento meeting a bit sparse.. Julia Kirkland taught the RS Peace. Hurried home and Becky and Danny came about forty minutes later; had eaten. Stayed a couple of hours. Maria Smith sent me a list of references on faith. Julia's lesson mentioned how faith, etc. can bring peace regardless of the turmoil around us.

Talked to Wilma H. They had stake conference. She'd just had a visitor from the ward (with cookies).Made copies of six or seven of the talks maria suggested. Most are conference talks.

BLESSING: A few ideas swirling around re faith in the Savior ensuring peace regardless.

9 MARCH 2009, MONDAY

Lazy getting up. Cathy G. And I cleaned out Evelyn I.'s freezers. After I got back from my Dr. Appointment I defrosted the freezer in the hall. Not as big a job as I expected. I asked Cathy re the pecans and made bags for Anne r., Betty J, Bro. Wiscomb, Janice and me.

Visited Shirley Hyde. May need surgery on her shoulder. FHE. Edith Girard was there. Asked Margie Whitehead re my extra temple shoes. The stake has recently set up a system; I'll call the stake RS president.

Dr. Thakur latched on to my sleep problem and fatigue. Suggests a Tai Chi (sp) class. She hadn't heard from Dr. Brann's office.

BLESSING: an interested Dr.

10 MARCH 2009, TUESDAY

Gathered the FGS's for Pam. Have all the Wm. Ivey harper and Thomas Ruffin Aycock children's families except Uncle rodolph; could've sworn I had his. Checked Evelyn's's freezer. Dry and looks clean. To Dr. Matis appointment; she froze one mole. From there to get gas, meds and to the Credit union to make deposits in my Money market and my Savings. I had over \$400,000 in my money market. Wilma's deposit got put in mine! Wilma was flabbergasted; don't blame her.

Took some Clementines to Dava A.; she has flu. Wanda Wood called' she is enjoying Family Search via Pam. I'm tired.

BLESSING: Credit Union mistake caught.

11 MARCH 2009, WEDNESDAY

Up at eight. Met Wilma at Deseret Credit Union at ten. In fact we met at the corner of State and So. Temple. I could see her coming half block away, all bundled up wearing her sun glasses.

11 MARCH 2009, cont.

Good thing she did as I would not have found it. The woman recognized Wilma immediately. She was already for her. I got the giggles as I tracked down my two \$500 deposits. She admitted she had "learned something"; walked us to the door. And said it was meant for me to notice the total when I deposited in my money market. Perhaps so. Stopped at History Museum and looked at the Rane pictures they have. Also looked at their Guatemala exhibit

We did our visiting teaching; not much teaching. Loxie had a coupon from Carl's Jr. And we had lunch on a Carl's six dollar hamburger: buy one get one free. She talked a lot about her brother, Coy. Living with a woman. Loxie herself will be moving to Texas when her son gets a little house built for her. I will miss her. Visited Waymans. A long visit with Shirley Olson. Told her I would plan to go to Branson and hopefully Wilma will go with me.

Read the Walter Rane print outs. Looked up pictures in the Ensign and noted talks/articles re "testimony" which I will read in anticipation of some insight in my talk Easter. Listening to the Five Browns concert from BYU campus.

BLESSING: Visiting teaching pau. Enjoyed reading about Walter Rane.

12 MARCH 2009, THURSDAY

Brother Stuart was there when I got to the chapel. Used power point. Those in the back couldn't really see. He was excellent on church history. Went overtime. Dwelt much on satan's rampage as the church was being organized. A red coat left in the chapel. Wilma picked me up for lunch; brought me two bags of frozen limas, strawberries and dry limas plus a can of curry. I think we both enjoyed the crepes. Went to whole Foods. I bought five pounds of Clementines for the same price as Costco. Make good house call gifts. Took four to Eloise Richesen. Notes from Glenda Griffith and Alice Mitchell. The latter sent me \$10. Auwe.

Nelma Irvine called re her coat. Fortunately she was able to help us get in and lock up the chapel. She knew me somewhere back in the 50's via Home Economics.

BLESSING: Got in the chapel with my keys. Thanks to Nelma.

13 MARCH 2009, FRIDAY

Took Julia Carver her books; she was still in her nightgown; said she was "being lazy". Almost fell when she let me in. I am concerned about her and don't know what to do. To Smiths for milk. Read, or scanned, one of the books I got: the Accompanist. Nothing I'd recommend. A nap. Auwe. Talked to Vivian P. And Edith Gunnell. The latter is much better. Clive is improving; still not back in temple. Lettie W. Called; she and Don are coming tomorrow with son Regan and Trish for Justin's sealing. Their long time Newell Stevens died. Sister Ewer came to pick up aprons for tomorrow's RS birthday party/lunch.

Copied some of the FGS's Pam wants.

BLESSING: Edith sounded much better. Is off her chemo low maintenance doses.

14 MARCH 2009, SATURDAY

to RS birthday party. Aprons galore. Nice job. Good to see several young sisters modeling. Tony stole the show re her grandmother's apron. Wilma came over in anticipation of Lettie, don, Regan and Trish's visit. Lettie brought Rachel's lasagna and plastic bags. I took Wilma home and went to see Lucille R. She was at dinner. Not eating much. Drinking tomato soup via straw and most of her milk. Sad, sad. Home and a visit with Gladys. Marami pictures from Alan from Hawaii. Most aerial picture from helicopter.

BLESSING: Willmores' visit.

~~15 MARCH 2009, SUNDAY~~

15 MARCH 2009, SUNDAY

Elsa Jane and bob Ewers gave the Sacrament talks on Obedience. I walked with Jo Madsen to church; she called and later Bev S. Called to suggest I keep my hand on her walker. Janelle Millard gave the RS lesson. Charming young woman. Got tickets for Draper temple dedication next Sunday.

Talked to Sonia aycock last night. Said max would never go back to NC. Home nurse is suggesting hospice be called. She sounded very worry.

Have eaten handfuls of almonds, raisins, cashews and M&Ms. Wanda Wood called. She's into genealogy again.

BLESSING: Neva's girls who are actively interest/doing genealogy.

16 MARCH 2009, MONDAY

Up late. Did two loads of wash. Spent rest of the morning copying, adding a bit, to the Wm. Ivey Harper and Thomas Ruffin Aycock's children's FGS's. Cooked last of Pope's potatoes and carrots to go with a Hormel Tenderloin tips. Quite satisfying.. Gladys decided against going to look at the coat at Burlington Coat Factory. Tried to call Dietary Specialty re supplies. On hold for five minutes three different times. Called Thakur's office. Will see if that works. Went up to see Wayman's; Bill sound asleep. Alice in bathroom? FHE tonight.

BLESSING; Beautiful day.

17 MARCH 2009, TUESDAY

Spent some morning time perusing Walter Rane on lds.org. Read the little book on Women by President Hinckley as I rode my bike. Lunch with betty J. And Janice H. At Center Street (Ems). Betty walked home and got hereby the time Betty and I did. To one P. M. Temple session. Nice. St. Patrick Day card from Julia Carver. Visited Shirley Hyde and Waymans. On my way home from the temple I stopped at the Conference Center and requested a tour of Walter Rane's pictures; they have at least six, maybe more. There is one in the temple also.

Talked to Wilma H. And Winnie M. Alicia Sugrue called to thank me for her pillow. I'll call her back. Mickey Hansen died.

BLESSING: Yellow crocus, daffodils popping up by Conference Center.

18 MARCH 2009, WEDNESDAY

Did some Walter Rane researeh. Called Desiree at Dr. Thakur's office re my test strips. First time I've ever been out. Met Wilma H. For lunch at the little place by the college of massage Therapy. You pay what you think you should. We both had stir fry (brown rice and a few vegies) and a salad. She had a slice of bread. Little dingy looking. Food pretty good but I'm not ready to rush back in. I bought a couple of carnations at Larkin's rose Shop on our way back to Brigham. Thought I'd give to Anne r. but decided against it. The shop is MUCH bigger than it looks from outside. In the basement.

Picked up my income tax. (\$225. Auwe) Get some back from federal pay for state. The latter about twice as much as federal. Came home and had a nap. Betty J. Shared her stir fry with me. Ono. Opera. Music lovely; long.

BLESSING: walked to and from parking to theater without undue stress.

19 MARCH 2009, THURSDAY

BROTHER Iba was back; he is a kind man, good sense of humor. Sister Hood left her purse. They came back before I left. I don't like scrambling through someone else's purse.

After lunch called Sr. Vanya Watkins to take the two pairs of extra temple shoes. Drove only a few feet and rcalized the possibility of a flat tire. Indeed one was flat. Drove slowly over to



19 MARCH 2009, cont.

Hansens, \$; afraid I had ruined the tire. Didn't! Valve stem pau.

BLESSING: Didn't ruin tire.

20 MARCH 2009, FRIDAY

TALKED TO Alice Mitchell. When Patricia came to clean set up a time for her to clean Alice's apartment and for my next appointment. A pretty/hardworking young woman. I love the bounce of a vacuumed carpet. Why don't I do it more often? Looked up Walter Rane sources on the internet and typed up excerpts re testimony, faith and service. Went with Gladys to the opening of the Church's 9<sup>th</sup> Art competition. Nice. Crowded.

BLESSING: Contact with Alice; appointment for her with Patricia.

21 MARCH 2009, SATURDAY

Tried on summer pants; all size 10 too small; bundled them up to take to Wilma. Haircut at one; to DI to take a bag of stuff and check for old ensigns. Only one found; bought a dress (too big) and a literature book. To see Lucille R.; sound asleep. To Sugarhouse D. I.; no Ensigns. Car wouldn't start; called AAA; when he arrived, started. Red faced but glad it started. To Paradise Bakery for a salad. To Staples hut had forgotten my ink cartridges. To Wilma's three of the four pairs of pants fit her. She wore one as I left. Looked good on her.

Betty J. Gave me tortellini for dinner. Gladys left the book of Walter Rane's pictures, By the hand of Mormon and another book with several of his pictures.

Barbara Nolan called to see if I had a white handkerchief to loan her.

Wrote Becky J. an E-mail; copies to her sisters.

BLESSING: Car started at Staples, Wilma's and the grocery store.

22 MARCH 2009, SUNDAY

Wind COLD. Good talk on HOPE in Sacrament meeting. Addressed the need of faith in the gospel, Savior etc. in times of death (Bro. Peterson is on High Council; is a Dr. At primary children's hospital.) Fern Hennesey taught the RS lesson. Good lady; almost too intense for me. To the Draper temple dedication in Stake Center; loaded when we got there. Nice. Had my chicken wing for supper. Prior to going to the dedication I was going to wear my red skirt for more warmth. Too tight. Auwe. I need to do something re my weight. All in abdomen.

Talked to Vivian and Clive. The latter sounded like himself. Has been 2 and a half months since he's been ill. Taught his Priest class for the first time since he was sick.

BLESSING: Participation in the last dedication of the Draper Temple (12th or was it the 14th?)

23 MARCH 2009, MONDAY

Up a little earlier than usual. A very good night's sleep. Two loads of wash. Puttered. Took Bro. Bob Holladay's birthday card to his door. Little more rane research. Nothing new. I'd like more about his personal life/family. E-mail from Pam with a copy of one from Shirley O. Which I never rec'd. Snow flurries off and on all day. Breaking up lumps in detergent Wilma gave me. From Lotte. Have about half a gallon broken up. Ruby haws called while I was on the internet. Tried calling ruby; not home; tried Shirley O.; not home; talked to Dorothy S.

FHE at Margie's. On the Joseph Smith Papers.

BLESSING: Rebecca Rowley's baby arrived safely. (8 #, 9 oz.)

24 MARCH 2009, TUESDAY

To the eleven temple session. Walked part of the way home with Bro. Wiscomb; he had been doing sealings. Barbara Nolan came to pick up Alice Mitchell's coat. Apartment smells bad. I poured some water down the drain (I think) by the washer. Stack of clean towels in living room,

24 MARCH 2009, cont.

computer and various things in living room. When I got home Patricia was sitting by my door. Her appointment with Tony Morgan fell through and she was going to do Alice's; when we went in the odor and "stuff" made her suggest Friday. I took her sheets home and washed them and pillowcases. Told Ric (manager) about the smell. I couldn't find a drain by the water heater. Visited Waymans. Got a copy of Timothy Werner's "coming out" re leaving church and being "gay". I put Pam and Victor's names on the Prayer Roll today.

Found several sources of Charles Lamb's Dissertation on the Roasted Pig; made a copy. Gave it to Betty J.

BLESSING: Walked home from temple without too much undue stress.

25 MARCH 2009, WEDNESDAY

Wilma drove us to Orem via Karna and Eric's where she left income tax materials, to Macy's where we both bought some dehydrated items, strawberries. On to Lettie and Don's. Snowy when we started but soon left that to low lying clouds for the rest of the day in Orem. We admired their new kitchen sink, counter tops. Lettie gave me a couple of books she felt might help with my Easter talk. Wilma brought the Ensign copies with Walter Rane's pictures. To TGFI with lunch with Rhett and Chad Willmore. I had a nice petite sirloin steak. All three of Ruth's children came home from school before we left to come home. HOV lane makes it a relatively short trip. Checked Alice apartment, guests gone. Smell still strong in closet. They had made her bed. Different than when I unmade it. Whether I will remake it remains to be seen!

Mesa trip is canceled. I returned a few checks for Frances. She was very philosophical re the cancellation.

BLESSING: safe travel to and from Orem.

26 MARCH 2009, THURSDAY

A good night's sleep. Chapel was warm. The Hood's (of last week's purse) brought me a bunch of tulips as a thank you! Brother Iba announced that the class next semester would be an hour and a half. I announced that I wouldn't be bugging re cell phones anymore. After lunch I picked up prescriptions; went to see Lucille. She needed a new battery in her hearing aids and said she couldn't understand me. And I couldn't understand her. An aide wheeled her to the dining room; not sure where she really wanted to go. Maybe just wanted a ride in the halls. I left. Dropped books off at the library. Had a picture of Walter Rane enlarged and bought two printer cartridges. Visited with Gladys. Checked Alice's apartment and opened the balcony door and her bedroom window for an hour or so. Helped the odor some. Odor from the closet but I can't find a drain. Auwe. Didn't read E-mail yesterday and Gladys had four from "Linda" re the museum. Talked to Lettie; scanned the book marked places she had marked in the two books she loaned me.

BLESSING: Heat in the chapel today.

27 MARCH 2009, FRIDAY

Wilma stopped by with half a cauliflower and bean salad. Was pleased that the smell was gone from Alice's apartment. Made a double recipe of Delma's quick Mix cookie dough. Will make big cookies for family home evening. Washed the skirt ruffle for Alice's trundle bed with dish towels. Patricia was two hours later than I expected. Barbara Nolan called. Talked to Alice and she suffered a slight stroke; son, Terry, is driving her back. Bought her a half gallon of whole milk and a loaf of bread. Made dinner of gift from Vosens and a piece of sausage which I fried

27 MARCH 2009, cont.

for future oatmeal breakfasts. On sell at Albertsons. Vacuumed living room, hallway, part of bedrooms and the balcony. The balcony has bugged me for awhile. I'm enjoying the tulips the Hoods gave me. Betty shared her APRONISMS book with me. Delightful.

BLESSING: Alice's apartment smells clean.

28 MARCH 2009, SATURDAY.

Evelyn Isgrigg's birthday. Called her; sounded strong but no depth. Judgement is mine saith the Lord. Baked cookies for FHE; ate little ones; packaged big ones. Gladys came to research a man in early church history; learning to use computer. Trouble seeing. To church history Museum to look at the Rane pictures. Nice foyer exhibit. One of Rane's. tired going and returning. A nap. Alice Mitchell woke me up fourish. Home. Gout in her left arm;; in a splint, sling. Son brought in loads of stuff. Aune Rubel standing by. Six dinner with Wilma H. At Su Casas. Fast service. Watched young women's broadcast.

BLESSING: Alice and son, Terry, not hurt when they hit a deer near Kanab. (Car was damaged)

29 MARCH 2009, SUNDAY

A howling snow storm on my way to church. Good Fast and Testimony meeting. Sat by a couple visiting en route on a mission to San Diego. Gladys taught lesson; think many were not particularly familiar with the Joseph Smith Translation of the Bible. Referred to the work Brother Robert Mathews has done. Bp and Bro Anderson spoke re the Holy Ghost in our combined meeting.

Talked to Shirley Hyde, Vivian P., Wilma and Gay Mitchell. Visited with Alice M. She is an interesting lady. Wrote to Vivian H. Have not finished my FHE notes yet;; have organized my pictures a bit.

BLESSING: Felt the spirit in Testimony meeting; didn't fall going.

30 MARCH 2009, MONDAY

Another insomnia period during the A. M. Hours. Laundry. Visited Alice M. Aune R. Is helping her. Her boxes came. I was able to take all except one to her apartment. Blood pressure high. Auwe. Finished up FHE presentation. Got milk. Dinner of a FHE cooky. Where is my discipline. Late afternoon fatigue big time. Rested/dozed until 5:30. FHE went quite well. When I came home from the grocery store found a colorful gift bag with a thank you note from Alice and a book on the D & C. By Stephen harper.

BLESSING: FHE quite well received.

31 MARCH 2009, TUESDAY

Wilma and I went to the eleven temple session; lunch. Noticed the pin Lettie gave me wasn't on my coat. Auwe. Went to the art exhibit at the conference Center. Saw Rane's picture of his mother again (main reason for going); certainly didn't glamorize her. Will need a couple more trips. I tire quickly at a museum and the like. Picked up Alice Mitchell's mail. Aune R. And Barbara N. Had been helping her. She'd had her hair done. An hour's nap and visited with Waynans'; knocked at Shirley Hyde's door. No answer.

BLESSING: Found the pin when I came home (on my bedroom floor).

1 APRIL 2009, WEDNESDAY

Learned Max Aycock died yesterday. Funeral will be the 6<sup>th</sup>. Since I'm writing this on Friday the 3<sup>rd</sup> I cannot remember what else I did. Auwe.

BLESSING: Max's death. Fought a good fight and deserves a release.

2 APRIL 2009, THURSDAY

TO CLASS. Parking lot also used by auxiliary leaders here for pre-conference meetings. Lettie willmore called and talked at some length re ideas re my talk ; re Brennan enjoying book tapes at night. Good to hear from her. Mailed the April New Era to Alicia Sugrue with last Saturday's Church news for Lettie. To Vosens; no whole wheat bread; to see Lucille richens. In bed; visiting teacher visiting her. I cannot understand most of what Lucille says and she can't understand me. Didn't stay but about twenty-five minutes. COULD understand her when she asked,"Do you have to leave?" I'm at a loss. To Reams for fruit/vegies. Stopped by Wilma's to return her Ensign and give her the last of the FHE cookies. She gave me two containers of steel cut oats her visiting teacher had given her. My shoes came. Stiff, heels seem high and slip on heel. Even so I will keep them. E-mail from Bob Parker!!

Betty brought me deviled eggs. Ono. Was glad to get into bed.

BLESSING: warm home, bed.

3 APRIL 2009, FRIDAY, Carl Mellor's 80<sup>th</sup> birthday.

Slept wonderfully well. Had the "steel cut oatmeal" for breakfast. Wore my new shoes all morning. Still not comfortable. After phone tag yesterday with Desiree at Dr. Thakur's office have an appointment on Tuesday the 7<sup>th</sup> for Dr. To go over meds re blood pressure. Wearing my new shoes. Compression hose getting runs in my "Sunday" ones. A call in to the Alpine Medical Supply re ones ordered. No reply.

Almost finished April Ensign. A nap. Visited ruth Putnam and Eloise Richensen. Eloise is getting cabin fever; lots of bad news in her family.

Wilma has her schedule for Easter in Idaho and Eric's schedule for Paris and New York.

Max Aycock's funeral is at one Monday; viewing at eleven. Ruby is not going. Ollie's daughter, Mary, will be visiting her.

BLESSING; Eloise Richensen needed a visitor. Glad I went.

4 APRIL 2009, SATURDAY, CONFERENCE

Rain and snow. Bryan Smith called. He and Adam are coming to listen to afternoon session with me. Have tickets for the Priesthood session. Did a couple loads of wash. Tried a wash by hand cycle and did two of my compression hose; hopefully the dark spots on the feet will have washed out.

Enjoyed the morning session. \$ frozen dinner for lunch. Elder Anderson one of the seven presidents of the Seventies was called as the new apostle. Filling the vacancy left by Brother Wirthlin's death in December. Bryan and Adam came about half way through the first speaker. Slept through much of the session. Nice visit after conference ended re his School Board position and his High Council calling. A run down on the children. They brought me a container of strawberries; shared with Gladys.

BLESSING: conference.

5 APRIL 2009, SUNDAY

Little sleep last night. Did manage to stay awake through both sessions but slept a couple hours immediately after the last session. Max Aycock's obituary was in the paper this morning.

Beautiful day. After my nap I cleaned (?) My car windows.

BLESSING: Hearing conference.

6 APRIL 2009, MONDAY

Up at six. Left for Lehi about 7:40. Via Redwood road. Construction from Bangeter to the highway which goes into Lehi. Diane Mellor drove us in her van to Ephriam. Long line of

6 APRIL 2009, cont.

viewers. Spoke to Max's mother Dagmar. Max and Sonia have five very attractive children, four girls and one son. A bit of a wait until the funeral at one.. Carl Maples and his family and Jean nee Maples were there. An hour and a half funeral. Beautiful tributes to Max, Sonia and their children. Stayed for lunch. Visited a bit with Sonia. Stopped in Orem for Carl to pick up his completed tax. Made the mistake of going by Redwood on my return. Paralyzing traffic from Lehi to Redwood Road. Home about 7:40. Tired, yes.

BLESSING: traveled safely.

7 APRIL 2009, TUESDAY

to Dr. Thakur. Blood pressure 118; she thinks my monitor is wrong. Met Wilma H. As I was going in to the Senior clinic, don't know who was more surprised. To see Lucille R.; sound asleep. Someone had taken her beautiful daffodils. Wrote a note. To the temple. Initiatory very busy. Did seven names. Anne Robertson stopped in on her way back from the temple. Picked up her Thursday bag. Lunch and a nap. Visited Waymans and Jean Christensen. Jean thanked me for her birthday card. Told me about Patricia Peterson's pending surgery. Already had her mastectomy. Brain surgery. Caroline Hobson came over to tell me about her appointment with the oncologist. She will be taking tomoxithin, the same as I did after my lumpectomy. Betty gave me some lovely spinach; talked to Wilma. Bev Stephan called to thank me for her birthday card. Gladys brought a serving of her gingerbread.

BLESSING: Beautiful day.

8 APRIL 2009, WEDNESDAY

spent the morning copying pertinent comments from the conference talks. Wilma and I went to Taco times for lunch. Dropped her off and went to Albertsons for milk, etc. Felt a little nauseated. Checked out and drove home. When I drove in my carport couldn't find my purse. Sick, sick. Back and they had it. Tender mercy. Left it in my shopping cart, in the parking lot. Home and a two hour nap. Still don't feel so good. Gladys got three messages from Linda at the Museum. Couldn't print the one attachment. Brother Iba called; won't be in class tomorrow. A Dee Darling will substitute.

BLESSING: got purse.

9 APRIL 2009, THURSDAY

Up about midnight and ate some of the chicken casserole. Ono. Bro. D. Darling substituted for Bro. Iba. His wife came with him. Had a lovely baby spinach salad and the chicken/corn/bean dish. Ono. Shared with Betty and invited Wilma to come for lunch tomorrow. A nap. Visited Alice, Gladys. Betty shared her bean dish with me. Also some frozen won ton soup. Wrote an introduction to my talk. To use it? Never have I had such a struggle with a talk.

Talked to Winnie. She had been to the Dr. nothing broken; strained muscle, bursitis. Elaine is taking over the dog. Hoping to find a new home for her.

BLESSING: Sharing neighbors.

10 APRIL 2009, FRIDAY

Mailed state income tax. My checking account has been lowered by \$2092. Wilma and Gladys came for lunch. Didn't think the chicken, corn and beans tasted as good as initially. Salad, thanks to Betty J. nice. Wilma was wearing a pair of the pants I gave her; looked nice.

Spent the morning on my Sacrament meeting talk. I did feel that my prayer was heard and felt a sweet spirit as I progressed. Will it belong enough?....Had a nap. Went to see Alice M.; Darlene H. And Auna R. Were having dinner with her. Stopped in to see Caroline H.'s new chair; her old

14 APRIL 2009, cont.

understandable. Did say she had gone down in the past three months.

Talked to Ric (manager) about my concern for propping doors open. He did send a memo.

Gladys got two more E-mails; can't open either of the attachments.

Paula nec hirschmann called wanting to know where Wilma is. Surprised Wilma didn't tell her.

Betty brought me a chicken pot pie. Steven Smith called; wanted to "help me out with my condo"; share it.

BLESSING: Did visiting teaching.

15 APRIL 2009, WEDNESDAY

Slept wonderfully. Cloudy/rainy/snowy. Vivian P. Called; talked to her and Wilma. Paula hadn't called. Wilma "thought" she'd told her. Was snowing there. Washed three small loads; some winter clothes that I'll put away for the summer. My clothes don't change dramatically for the seasons other than sweaters. Long visit with Shirley Olson. Shirley was amused as I told her about the "sharing". She has been pronounced "cancer free" by her oncologist. Good news.

Started to snow as I talked to her. Darla nec Olson is pregnant; due in October. Had a

miscarriage before. Will be her third. Ann Marie is pregnant with her fifth or is it her sixth...

Gladys had her tooth pulled; seems to be doing well. Tried to visit Waymans yesterday and twice today. Had my leftover halibut and fries and a spinach salad for lunch. Ono. Had a letter/picture form Jean Kkappa from West Lafayette, Ind. Son Reid and wife have opened a restaurant, Hawaiian Hut.

BLESSING: Good night's sleep. Shirley is cancer free.

16 APRIL 2009, THURSDAY

Another "night". Bro. Iba taught the first 49 verses of Sec. 76 with great enthusiasm. Lunched on Betty's won ton soup. Quite good. Wilma H. Came before I had finished. Brought frozen fish from Popes. Nice visit. To see Hale's Phantom. Quite enjoyed it. Quite dramatic ending. Had one of Wilma's pork chop snitzel for dinner with a salad. Watched the last of a Miss Marple mystery. Ready for bed when I check out the weather.

BLESSING: Feeling more comfortable with Thursday class.

17 APRIL 2009, FRIDAY

Slept well. Lunch with Betty and Janice; I had tomato beef. Ono. Visited with Wilma; sketched plans for visiting Paula and Smith reunion in Branson. To the library to pick up the last perry book; to Smiths for groceries. To the symphony, gorgeous music of Beethoven, Raachmanof and a contemporary composer. Guest pianist for the Rach number. He played two encores!!

Tried to get the reservation number for Branson twice. Never did get a person. Called Steven Smith re sharing the condo in Branson.

BLESSING: Talented musicians.

18 APRIL 2009, SATURDAY

Did two loads of laundry. Took Wilma H. The books and papers for Lettie. Talked to Lettie. To Distribution Center for garments; to see Lucille., on oxygen, didn't speak after looking at me. Kissed her and left. One of the aids said she is "better...to Costco's; bought a few storage items including toilet paper. Too tired to get it all out of the trunk. A nap. Talked to Shirley o. She will help me with Branson reservations on Monday. To the evening session of conference. Excellent meeting. Both pres. Lovelace and pres. Sorensen spoke. Lovelace re "hard times and the only solace faith in the Lord Jesus Christ. Pres. Christensen spoke on the importance of being an example. The temple president and his wife spoke; they are members of the SL Stake

10 APRIL 2009, cont.

one was in the hall.

BLESSING: Help with my talk. Such a warm good feeling.

11 APRIL 2009, SATURDAY

Didn't sleep well. Anne r. borrowed Evelyn I.'s key to use her fridge. Sandra Larson brought an Easter plate to me: two cookies and assorted Easter chocolates. Anne r. with Pauline H. And Robbie's names on a card and a bud vase of colorful daisies.

Wilma dropped off apple juice, pork chops and sausage. Talked to Vivian Pope and Winnie M. The latter is miserable. Need to go see her.

To alpine Medical to pick up new compression hose. Picked up a couple loaves of bread at Vosens. One for Shirley Hyde. Stopped at Arctic Circle to use halibut coupon. Two pieces; brought one home with part of the fries. A courtesy mini cone of soft ice cream. Ono. Home for a two hour nap. Woke groggy. To ward Spring Fling; dinner of three choices of Hoagie sandwiches, soup and a cookie. Came home to write a memo to Richard Fluhman re the Thursday class. To symphony. A Dvorak and Strauss, enjoyed immensely. One of the best of the season. A message from Wilma H. Eric has just called as they were leaving Orem. A little before four...

BLESSING: got hose

12 APRIL 2009, SUNDAY. EASTER

Slept amazingly well. Beautiful day. Talked fifteen minutes. Think bp. Taylor could have used more time. Choir sang well. Enjoyed SS and RS lessons. Richard fluhman wasn't there but gave Thurs. class info to Alicia. She is still hobbling a bit. Gladys called; going to have Easter dinner with Doug and Sandy banks/family. I had a piece of Wilma's porkchop wiener snitzel. Cooked a red potato in microwave and with spinach salad ono. A nap. Visited Betty J. And Eloise R. The latter wasn't at church. A bad night of insomnia. Problem with her eyes. Pam Werner called. Nice of her.

BLESSING: help with my talk. Relief it is pau.

13 APRIL 2009, MONDAY

Went to the ten A. M. Temple session. Brother Fager was one of the officiators. Did very well. Two things happened which warmed my heart: two, I'm almost sure, sons. with a blind father, helping him. They rode the elevator with me or I with them. The other: the sister beside me saved my seat when I took the elevator. I didn't ask her though I thought about it. Dropped a birthday card off to Nidia Pollock.

Sr. Osima called to see if I would pick her up from work. Only after I agreed did I realize we should have a car seat for her daughter. Difficult to get instructions for getting to the day care center where her child was. Was about ten minutes late for FHE. Rec'd my income tax refund. Janice reviewed Card's book Rebecca for FHE.

BLESSING: the temple session with its attendant extra blessings as mentioned above.

14 APRIL 2009, TUESDAY

Insomnia night. Auwe. Loxie and I did our visiting teaching at onc. Rainy, cool. From Barbara's we went to Carl's Jr. And had a two for one hamburger and shared fries. She dropped me off and went to her library assignment. I went to see Lucille R. She was flat on her back; attached to some piece of equipment. Catheter? If so more sophisticated than I've seen before. She opened her eyes when I got there and touched her. Recognition? Perhaps. My hands were cold so I didn't touch her bare flesh. Talked to the nurse; not too forthcoming which was

18 APRIL 2009, cont.

and president child mentioned that SL Stake provided more temple workers than any stake in the temple district. Elder rice read a quote entitled Grandpa How old Are You The grandpa lists all the things he that didn't exist when he was growing up, meanings of words, , words which exist now which didn't exist when he was growing up. Grandpa was 59 The gospel binds generations. I enjoyed the meeting.

Gladys came up to read her E-mail. Had a message from Pam when I got home.

BLESSING: Spiritual uplift of Saturday Stake conference meetings.

19 APRIL 2009, SUNDAY, STAKE CONFERENCE

Gorgeous day. Enjoyed conference. Betty gave me a little book with an attached pen; took notes during session. Charles Graves was sustained as a stake patriarch. President Sorensen emphasized ORGANIZING, PREPARING AND ESTABLISHING. RECONFIRMED STAKE GOALS; DAILY PRAYER, DAILY SCRIPTURE READING, DAILY TEMPLE WORTHINESS AND DAILY ACTS OF SERVICE. To add to stake goals he encouraged putting our financial houses in order, loving our neighbors, making our homes a holy place, sharing the gospel, Elder price reiterated president Sorensen's instruction as he emphasized the right/keys the President had to instruct us. He also quoted Elder Jefferey Holland that a person "who lives within his means misses two things WORRY and FEAR.

We leisurely looked at the gardens on Temple Square as we walked home. The mock orange is so fragrant along the Conference Center. After lunch I went to see Kathy Paschal...all sorts of physical problems. Stopped in also to see Eloise Richensen. Bp. had called her. She asked if I had talked to him about her!! I could hardly make it to her house energy-wise.

Called Pam Werner to thank her for offering to make reservations for us.

Visited Wayman's and Gladys, Janice and listened to the Joseph Smith Papers. Ready for bed.

BLESSING: the beauty of the flower beds on Temple Square, the blue, blue sky, President Sorensen's talk, one of the best I've heard him give.

20 APRIL 2009, MONDAY

Slept well. Shirley Olson called at ten and again a little after twelve. She has charged on her credit card. Read perry book while on bike. Had fried apples and bacon for breakfast. Ono. Beautiful day. Got beans and toilet paper out of the trunk, stored away. Wilma and I went to AAA; would have charged me \$40 to arranger airline tickets and Wilma \$60; decided to ask family. I rather expected there'd be a charge but didn't follow up on calling ahead. Wilma brought oranges and books from Willmores. FHE at Betty J.'s with John and Pam Cook talking about their mission in the Addiction program. Problems with airline flights to Springfield, MO. BLESSING: Beautiful day weather-wise.

21 APRIL 2009, TUESDAY

Gorgeous day; good night's sleep. Eleven A. M. Temple session. Only 23 women, 18 men. Saw two red bud trees just beginning to bloom just outside the bridal guests waiting room. Raylynn Rogers one of the missionaries near photo area. Too tired to "do" the tulips around the COB and fountain. Lunch and a nap. Three people registered by mail for next semester class. Anne returned Evelyn's key and I watered her plants. Gave Gladys and Betty one of the oranges from Don Willmore. Betty gave me strawberries. Ono.

Trip to K. C. Canceled. Doubtful that Wilma will be going to Branson at all.

BLESSING: god's creation; blue, blue sky; beautiful flowering trees, tulips, hyacinths, fragrance of mock orange (?).



22 APRIL 2009, WEDNESDAY

Vacuumed. Talked to Wilma h. and Winnie. Went to see Winnie and stayed for two hours. She "unloaded" about family issues, the government, etc. She looked good. Gave me five packages of broccoli. Her girls have frightened her about eating it. Gives them gas. She'd eaten some before she had to go to the hospital the last time. To right Aid and Reams. After Winnie I stopped in to see Lucille. Sleeping soundly and seemingly quite peacefully. Bed was adjusted and she looked more comfortable than I've seen her the last few visits. Was in her nightgown. Came home and cooked cabbage and the spring sausage I got for Christmas. Had a nap. Elimination challenges.

BLESSING: Lucille looking more comfortable.

23 APRIL 2009, THURSDAY

Last class. Bro. Iba had class schedule for not semester. Had a little rest after lunch. Talked to Wilma H., got gas, took Olivia Pollock's birthday card to her, went to Western Nut, Vosens, Eloise R. (Thought she'd gone to her ophthalmologist's on Monday, not until next Monday). Took Hydes a loaf of bread; came away with a cooky, went to Waymans and joined them in listening to Pres. Uchdorf speak at BYU graduation program. Met Gladys in the elevator and went home with her. She gave me pasta soup; had it for dinner. Talked to Lettie W.

Getting cloudy and cool.

BLESSING: class seemed to enjoy the class today.

24 APRIL 2009, FRIDAY

A lazy day. Talked to Vivian Pope, Winnie twice (she will probably behaving back surgery), Shirley Olson twice and Wilma H. Going to symphony with Wilma H. Mahler. Marge Whitehead came to visit. RS check up. Came as I was waking p from my nap.

Shirley's E-mails don't come through. Weather getting colder, windier. Wrote Becky J. An E-mail. Read Betty's book. Use the name of the Lord so often. Made bike riding pass quickly.

BLESSING: Ease of phoning people such as Shirley O.

25 APRIL 2009, SATURDAY

Slept my best night in a long time. Bp. Kirkland called. Lucille Richens died. Want funeral Thursday. Confirmed that there is no class Thursday. Blessing. Only Thursday free in I can't remember when. To Humanitarian workshop. Loxie was there as was her ex-sister in-law. Walked home with Jo Madsen. Helped make doll bodies. Jane Berry is such a lovely person. (She was/is in charge of the dolls. Visited with Gladys. Told Anne R. Re Lucille. Ditto Caroline, Betty, Alice, Gladys and Aune R. (She saw her Thursday). Gave Gladys a bag of Winnie's broccoli, to WalMart. Mid afternoon lunch at Arctic Circle on triple berry milkshake and fries. Ono. Took Wilma the Perry book and a bag of broccoli.

BLESSING: Lucille's death.

26 April 2009, SUNDAY

slept little last night. Did make it to all three meetings. Home after , lunch and two solid hours of sleep. Wunderbar. Cool, cloudy day. Wanda Wood called. Eric and family are going to the reunion. Lucille Richens funeral will be at eleven on Thursday. Talked to Shirley O. And Wilma H.

BLESSING: Two hours sleep helped immensely

27 APRIL 2009, MONDAY

Slept wonderfully well. Took Gladys to have her cataract removed. Procedure more complex than mine. I left when they started to wheel her in for surgery. To Fashion Place mall. To



USA  
BEIJING 08

FHE

Advice

- A soft answer drives away wrath

- When you feel you don't have anything to wear - go through wardrobe, mind/what/what ever to ensure wear ability - amazing how wardrobe seems ideas expanded -

- can only wear one thing at a time

- When purchasing ask yourself what (else) can be worn with more than one thing?



USA  
Olympic rings  
BEIJING 08

- Give under most  
buying circumstances  
I can't give blessings  
if you're

- Optimistic people  
are much more  
pleased to be around

- Every person knows  
something & do it - can  
learn from

- people don't like for  
you to tell them what to  
do



USA  
BEIJING 08

- people like to be list-  
ened to more than to  
listen to ~~me~~<sup>me</sup>.
- use special dishes  
lenses, clothes today -  
don't save them  
them for a day  
that may never  
come.

27 APRIL 2009, cont.

Macv's also, ditto re shoes just not so many shoes. Home for lunch and a little rest. Talked to Wilma h. and later Wilma F. Gladys called about 2:30 P. M. Visited a bit. To the conference Center for FHE with Margie and Betty J. Tough going up but ok coming back. Nice evening. Stopped in to see Janice H. Afterwards. She's having concerns about her heart. Visited Gladys again. Is to see her Dr. In the morning at eight. Can drive herself.

Received statements from CREF and TIAA re payments beginning in may. TIAA same, CREF \$390 plus less. Not unexpected. Made out my May contribution slip. Tithing reduced by \$39. BLESSING: All went well with Gladys' surgery

28 April 2009, TUESDAY

Another night of quite good sleep. Blessings. Called Gladys as per her request about 7:30; sounded sleep logged. Was to be at the Dr. At eight. Called when she got home. All is well. To the eleven temple session. Larger than last week. Windy, cloudy. Glad I dressed as warm as I did. Picked up four meds. \$161. Auwe. Only two are for ninety days. A little rest. Annmariss Osima called about 6:20; I'd forgotten to pick her up. Auwe, auwe. Got there in fifteen minutes. Figured my income will be more than \$5,000 less the next year...

Talked to Elaine then Naomi and then Winnie McLachlan. She went to the Dr. yesterday, into the hospital and surgery this morning; will be home tomorrow.

Cooked Swiss steak for dinner. Tasted quite good. Talked to Evelyn I. And her daughter Debby. They will be here on Saturday.

BLESSING: Annmaris called so I was able to pick her up.

29 APRIL 2009, WEDNESDAY

Another pretty good night's sleep. Polished all my silver!! Looks nice. Will try to give away my two pic servers. Lunch at La Cai with Wilma H. Pam W. spent a lot of time trying to get a straight through flight from SL to little Rock. Offered to pick us up in Memphis or Kansas City. Wilma declined.

Lovely day; wind a little cool. A nap when I returned from lunch. Went up to Waymans; must have already gone for Alice's sleep apnea test.

BLESSING: Good for Wilma and me to "go out."

30 APRIL 2009, THURSDAY Lucille Richens funeral

Pam W. Called; arranged my ticket to and from Little Rock. From 3 July-14 July.

Nice funeral; didn't shed a tear. Lots of family. Lucille had her wish: all four children bore their testimony. I was glad to speak to Rebecca and Philip. Grand/great grandchildren sang out..Picture of Lucille when she was twenty in a dress she had made. Pretty young woman..Lunch and a nap. Visited Waymans

Talked to Lettie. Alice Mitchell gave me two tender little cukes. Steven smith called to invite me (and Wilma) out to lunch on the 7<sup>th</sup>; McKay is taking Maria out for Mother's Day and he's taking us! A young man called from BYU-Hawaii acknowledging my "generous gift last year of \$300" and suggested I increase that this year to \$600!!

BLESSING: Reservation made for Little Rock.

1 MAY 2009, FRIDAY

Cleaned out another section of hall bookcase. Stacks of books in first bedroom, looked at photo albums, gave four books to ward library, had a nap, talked to Wilma h, to stake appreciation dinner. First Calvary Baptist choir entertained. Ate too many sweets today. Took Jenny Bunkall her birthday card—some lilacs in bloom and iris out! Tried to call Shirley Olson, never could get

27 APRIL 2009, cont.

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1 MAY 2009, cont.

HER. Hope she isn't having problems. Struggled with Gladys' E-mails from Linda of the Museum. She got five. I don't know how to get the attachments. Couldn't print any of the attachments. Auwe.

Got Evelyn and Debby's milk thawed. They come tomorrow.

Smith Family e-mail from Barbara nee Smith. Abe hasn't had a full time job in six months.

Asked for fasting and prayer.

BLESSING: Have slept well for the pastt four nights.

2 MAY 2009, SATURDAY

bad night. Rainy. Green. To vosens for bread, Carlucci's for crostina (only had to go to Deli), to Costco for lunch (hot dog, lemonade) and wheeled" a cart around, didn't buy anything, to WalMart, couldn't find a close parking place, home and arrived shortly after Debby and Evelyn did. A short nap. Gladys came for her E-mail.

Have now dusted all bookcases, put books back in one in the hall and the one under TV. Marami books around.

Talked to Vivian P. They may come on the 6<sup>th</sup> or is it the 7<sup>th</sup>... Walked the hall with Gay Mitchell; she hasn't been out for two weeks; hurt her back. She is thin. Shared the crostinas. Too thick.

BLESSING: Popes are coming next week.

3 MAY 2009, SUNDAY

Cloudy. Gladys did well with her Sabbath Day lesson. Some good participation. Heidi andersen did well with her lesson on Adversity. Sat by a convert of the church who is in "town" for six days attending temple Square and area activities. Debby and Evelyn attended Sacrament meeting. Visited with Debby a bit. Lunch and a visit with Julia Carver; she's thin. Shared her life story/pictures with me. Parked on the street by the Alta Club. The Wilsons came home/visiting teaching. Leola has lost a lot of weight; seems to be doing well from her surgery. Going to the singles fireside. Robbie Robertson speaking. Well attended. Robbie dressed in his captain's formal attire. Afterwards showed Debby the light fixture which was taken down from the living room when I put up the fan so she would recognize Evelyn's when she looks for it..Jenny bunkall called re displaying quilt on Saturday.

BLESSING: Saw Julia C.

7/1/09  
with  
Mama

4 MAY 2009, MONDAY

Did ten initiatories. A young Asian sister in the rest room told me I had "a good spirit".

Humbling. Had a good FHE with Gladys.

BLESSING: good night's sleep.

5 MAY 2009, TUESDAY

To Dr. Thakur. Blood pressure monitor okay... Desiree is no longer working for her. To \$ store for birthday cards, Albertson's for groceries. Went visiting teaching to Barbara N. Both she and Loxie are going out of town for ten or so days. Tried calling Shirley O. all day. She called me on her cell phone tonight. They have been without phone service because of storms.

Asked Sandra White to help with registration. Talked to Winnie M. She is feeling better. Had been out to lunch with her daughters. Eating out is a treat for her.

BLESSING: Feeling comfortable around Dr. Thakur.

6 MAY 2009, WEDNESDAY

Bicycled. Had blueberries and cereal for breakfast. Still moving books around. Took Evelyn Isgrigg to Chuck-o-Rama for lunch. She ate quite well. Talkative. Repeats, evidence of need to make the move. Met Janice H. in the hall; she is about back where she was before her heart procedure...A short nap. Ran off the journal entries I made when I got my margins shifted; don't know how to change them. So I'll have an awkward jump in my journal from 3<sup>rd</sup> of May to 4<sup>th</sup>. E-mail from Becky J. They are driving to Branson in July.

Alice Mitchell is in pain again....ruby Haws called. Always a pleasure to talk to her.

BLESSING: Blood pressure looked good this morning.

7 MAY 2009, THURSDAY

To class. Substitute teacher: Bruce Stuart. 65 registered. He talked two hours; a few people left. Steven Smith picked me up, then Wilma. The three of us ate at Little America. Prices have gone up. Wilma fell as we went into the building. Auwe. After lunch picked up Maria. Got here to see Vivian outside. They came in for a couple hours. Popes brought asparagus, rhubarb and potatoes. Shared with Betty and Anne R. Picked up Annmariss and then went to Wilma's for dinner. Home about nine to find Evelyn and Debbie putting things in the car. Debby exhausted. They'll be in tomorrow.

BLESSING: Wilma didn't break anything when she fell.

8 MAY 2009, FRIDAY

In a period of insomnia cleaned rhubarb. During the day I washed the asparagus. Did bedding, garments, turned mattress around. Lunched on asparagus and Betty's stir fry. Made an appointment for hair cut tomorrow. Took Lidia R. and Mary B.'s birthday cards to them. Ran off Gladys' museum letters. To Credit Union for cash from savings. Bank statement.

BLESSING: generosity of Vivian and Clive; rhubarb, asparagus and potatoes.

9 MAY 2009, SATURDAY

Slept well, and long. To Home, Family and personal enrichment. Talents shown and displayed. I took my Hawaiian quilt; it did look pretty. I should use it. Lasted over two hours. I had to leave before it was completely over; gobbled down lunch and Betty brought my quilt home.

Hair cut is really short. Picked up synthroid prescription and bought some frozen strawberries for my rhubarb. A nap when I got home. Announcement from Amanda Smith of her graduation; two pictures, a pretty girl. Talked to Lettie at some length, also Carl Mellor and Winnie M. Want to talk to Wilma H. Before I go to the symphony.

BLESSING: Nap and good night's sleep.



#### 10 MAY 2009, SUNDAY, MOTHER'S DAY

Sat by a young man, latecomer, who was perspiring freely; didn't accept Sacrament. Asked when the meeting over where the Bp was, evidently had met him. Shook my hand when he left. Didn't get his name. Handsome young man. Young couple speakers. Herzogs. SS class on tithing and Fast offering. Read excellent quote from elder James A. Widstoe on blessings of paying tithing. Lesson in RS on persecution, merit of and how to handle it. Lunch on Thursday's left overs. Ono. Crossword puzzle and doze in chair. Didn't want to sleep as I need an early start tonight.

Ate all three of Sharon's Mrs. Cavanaugh's chocolates and two cookies. Auwe. Blood sugar was 92 this morning. Blood pressure tonight 124 over 55.

BLESSING: blessings enumerated by Bro. Widstoe on paying tithing. Some I'd never thought of.

#### 11 MAY 2009, MONDAY

Up at 5:30, not bad. Didn't get to sleep until oneish but surely slept well until shortly after five. Gladys' surgery went well, fast. Noticed irregularity of her heart beat and took an EKG. Dr. Didn't seem concerned. I went to IHOP for breakfast. Too much food. Milk cost half the rest of the breakfast. No mail. Unusual. A nap and lunch. Set up for FHE. E-mail from Shirley O. With a copy of Blair's Mother's Day talk. Tribute to his mother, Delsa.

Wanda called; she plans to stay after the reunion and come back on the same flight as I. Will be nice.

FHE: Filled the time. Not as many as I would have liked. When heating the hot fudge it ran over. Enjoyable however.

BLESSING Safe travel to Gladys' surgery. Things went well for her.

#### 12 MAY 2009, TUESDAY

Slept well. To ten temple session, lunch and a nap. Visited Waymans. Took Marge Whitehead some potatoes. Iris beautiful. Snowballs out. Peonies out by the Thomas house. Took papers out and two envelopes of books for Shirley and Blair. Visited with Gladys; her right eye is dry; Dr. gave her new drop for it. Effect of bells palsy.

Caroline told me the Ashtons are moving to the 4<sup>th</sup> floor rather than Evelyn's apartment. Would have been good neighbors.

BLESSING: Rest revives me.

#### 13 MAY 2009, WEDNESDAY

Wrote ruby's birthday card. Article in the paper re Janet Wayman's Dutch oven Cook Off. Took the article to the Waymans. Mailed Shirley and Blair most of my Hawaii books. Alicia her new Era. (Finished it last night). To Sweet Library; were holding my McCall smith book at the main library. To smiths and on to get the book. Lunch and hit the couch. Body tired all over. Before going out talked to Winnie; she'd had a sleepless night. Jimmy and Carrie coming today. She is worried about getting ready for them. Too bad they aren't more aware of her needs/concern.

Naomi on board her ship and to her home in Mexico.

Betty and I went to the Capital hill annual talent show. Our ward was well represented by attendees. Little trouble walking. Auwe. Wilma got her phone jack fixed in her TV room.

BLESSING: Made it to and from the Assembly hall.

#### 14 MAY 2009, THURSDAY

Brother Iba is back; went to the Philippines to bring his son home. Total registration is 97. Walk ins have averaged two per class so far. Made civiche (?) Or a mixture of shrimp and crab.

14 MAY 2009, cont.

Tastes pretty good. Had a bit of diarrhea and so had a piece of cheese toast before going to the ballet. Julia couldn't go and gave me her ticket. Wilma went. She accepted the invitation after Gladys and Betty turned me down. Think she was more appreciative than either of them would have been; glad she went. Not exactly my cup of tea but the corp is a good. Talked to Lettie. BLESSING: Drove to ballet and back safely.

15 MAY 2009, FRIDAY

Short night but a good one. Emptied shredder and prim rose pot. Patricia came. Finished reading McCall Smith's book. Blood pressure at 1:30 was 118 over 45. Had civiche for lunch. Ono. Looked up recipes on Google. Some add oil and vinegar, paprika.

Patricia came. A sweet young woman. After she left I took Wilma some ceviche and the McCall Smith book. To DI to leave some things and then to Staples to pick up some printer cartridges. Resisted the temptation to go into Paradise Bakery.

Gladys stopped in. She is feeling the "pressure". Late dinner. Enjoyed the turkey and rhubarb. Made little snack packs for Hale tomorrow. Vivian Pope called at nine. We were both ready for bed.

BLESSING: Beauties of spring.

16 MAY 2009, SATURDAY

Went to ward at nine. Informed they'd finished. Brother Larson was in charge. Started at nine. Felt a bit let down.

Did load of whites. To Hale theater to see Treasure Island. Kept my interest. Action filled; could have gotten along without fake British accents. Lovely day. Governor John Huntsman has been called as the U. S. Ambassador to China. Talked to Wanda Wood and Wilma Fullmer; asked the latter to get me some deodorant. Visited with Gladys. Rec'd Master charge bill. Includes my airline ticket in July. Ordered two meds from MEDCO, ONE Avandia and they said it wasn't eligible for renewal until 19<sup>th</sup> of June. When I hung up and checked the bottle realized the last prescription was for one a day rather than the two I've been taking all along. Called back and got a "live" person. Will need to call Dr. Thakur Monday.

BLESSING: Good feeling while reading the April Conference talks as I rode my bike.

17 MAY 2009, SUNDAY

Another beautiful day. Milo Wright was the High council speaker at Sacrament meeting. Topic was charity. Anne Robertson taught both gospel Doctrine classes. On temples. Janelle Millard taught RS lesson on gifts of the Spirit. She is an attractive young woman, also a good command of words. Bev Stephan's grandson played the piano in RS and did a special number for the practice time. Lunch and a nap. Visited Floise Richensen. Saw a rose bud open. Re-read Virginia Richardson's "story". Gladys came up for a bit. Wanted change to send as graduation present.

BLESSING: wonderful weather.

18 MAY 2009, MONDAY

eventually got a good night's sleep. Kathy Paschal called while I was eating breakfast; needed a ride to have her eyes checked. To Dr. Brann. Quizzed me re whether I was feeling less tired. Wilma went with me. To make a long story short I'll be having an angiogram on the first of June. Lunch, a short rest and picked up Kathy. Home about four fifteen, visited Waymans. Alice had been reading an article on autism. One of her daughters (Helen) has three autistic children. Heavy on her mind. Stopped in to visit with Alice. Talked to Amy Mackley...at length. Had

18 MAY 2009, cont.

a light dinner and to FHE at Janice's. She shared her grandson and daughter's Mother's Day talks. Gladys left after refreshments to attend the 8<sup>th</sup> floor's welcome to the Childs. Marge told us of her childhood. Difficult life with her mother. Physical abuse. I can't even conceive of such.

BLESSING: kind parents; loving home.

19 MAY 2009, TUESDAY

Slept well. To the ten temple session. Lovely day. Lunch and a nap. Visited Betty and Alice. The latter not feeling too well. Gave me a dish of her FHE refreshment; orange jell-O, sherbet, mandarin orange pretty. Got caught up on Dreading for class in Harper's book.

Dr. Thakur called. Will write me a prescription for Avandia for a week. I should have been taking it only once a day. Auwe.

Will have lunch with Wilma tomorrow and with Betty on Thursday. Cleaned out my sewing drawer. DI-ed and dumped and put aside a few things to take to Smith Reunion.

Shirley Hyde thanked me for the potatoes I left at their door.

BLESSING: Dr. Thakur's help with the Avandia problem.

20 MAY 2009, WEDNESDAY

Biked. Enjoying the conference talks. Picked up prescription from Dr. Thakur's office. \$65.69

!! Filled it Albertson's on 4<sup>th</sup> where Wilma gets her meds. Nice young man. Got milk and strawberries. Picked Wilma up at one. Lunch at McGrath's was good. Wouldn't mind going again. Wilma came home with me and showed me how to open the med bottle. Also took a few books. A nap. Startled when Gladys called to say she'd pick me up at five to seven. Had completely forgotten the opera tonight. Was cooking the pork chops I'd thawed. Asked Betty J. to pickup AnnMarisse. Didn't like to. I must be losing it....Strawberries for dinner.

Shirley Olson wrote; she'd rec'd the books.

To the opera....Eric is meeting Wilma at the theater.

BLESSING: good friend Betty.

21 MAY 2009, THURSDAY

101 registered for the Thursday class. This was Anne's last class for six weeks; I will miss her. Had lunch with Betty at an Asian restaurant. Food quite good, not expensive. A rest; awakened by Bev Stephan bringing me a "plate from their DUP meeting. Talked to Lettie, Winnie and Wilma. Gladys. Winnie enjoyed Jimmy and Carrie's visit. Especially Jimmy's while Carrie was in Idaho. She is also feeling better. I'll see her tomorrow. Had the leftovers from McGrath's. Salmon tasted almost better than yesterday. Called my blood pressures in to Dr. Thakur's office. Emptied my other three chest drawers. Need a little more deciding. Visited Alice M. Wanda Wood called.

BLESSING: Beautiful spring. Roses in bloom.

22 MAY 2009, FRIDAY

Did laundry; bedding, whites. Shifted some afghans, throws around and took quilt off bed. Over to Wilma's; she ordered the Logan opera tickets. To Winnie's by Dairy Queen where I had a hamburger or part of one. Spent most of the time with Winnie hearing of her concerns. Said Naomi thinks she should go to an Assisted living. Told me all of Elaine's problems. Marami. Saw her new chair and it is very nice. Checked Golden harvest for some bread she wanted. Only make it Monday and Thursday. Came home exhausted. Betty and I went to the Assembly Hall to hear a male chorus form Logan. Temperature very pleasant out. BLESSING: friends.

23 SATURDAY 2009, SATURDAY

to ward at eight. Wrong time. Fern henneseey came. Jason Andersen got the cleaning materials out and we did the glass doors in and around the chapel. Enough. When I got home found a message sent last night by Bro. Fager to say cleaning was at nine rather than eight. I was tired and think Fern was too. A short rest and to the post office to mail the gardening gloves to Paula Carter. Also picked up prescriptions. Home and lunch and a two hour rest/nap. Still feel dopey. Gladys visited for a while. Still gathering things for her Open house. Ironed aprons and hanky. First time I've ironed in I can't remember when. Wrote E-mail to Shirley Olson. Cooked rice and pork chops. Quite good. Will freeze part of them.

BLESSING: Read Pres. Monson's talks. Positive.

24 MAY 2009, SUNDAY

Slept well eventually. Darlene Houtz and Cathy Grandgent spoke at Sacrament meeting. Rained much of morning. Took umbrella and wore my spring coat. Gladys had a struggle with her glasses, slip in class. Gentleman from India was confirmed today by Robbie Robertson; gave him a beautiful blessing. Special spirit. Nancy Wakefield was released as RS secretary. I was wondering how she was managing just a few days ago. Lunch and an hour and a half nap. Auwe. Cloudy, wet for cemetery visitors. Gladys, LeAnne and mark among them. Went through BYU Adult Education class folder. My arthritic toe on my left foot is being disconcerting.

BLESSING: rain makes things green.

25 MAY 2009, MONDAY, MEMORIAL DAY

good night's sleep. Sunny. Nevertheless I got out my sweat shirt. Wilma and I got to the cemetery before anyone else and couldn't find the grave. Bryan and family, minus Tina and Brienna, came and found it; weeded around marker and Fullmer, David and family, Becky and family and Wanda came. To the recreation area and were joined by Becky's sons, Paul and Desiree and DJ and Krista and their little boy. Cali and her son came with Becky, Danny and Nick. Wilma's Gary and Barbara and family came. Lots of food. I put on my sweat shirt and it felt good. Wanda took Lettie's Church News and Mormon times. Gave Becky the satin fabric and other odds and ends. We stopped by Theron's grave on our way home. I was really heat when I got home at three and had about an hour's nap. Never stormed. Visited Waymans's and picked up my clock from Gladys. She had a good day. Back around five.

Called Lettie re picking up the papers. Karmelle, ron's wife, has been called as RS President in their ward.

BLESSING: Beautiful day. Neva and Theron's family.

27 MAY 2009, TUESDAY

Up at five; couldn't sleep. Rode bike. Picked Wilma up on schedule. Passed Moran turn off. Still made it on time. Finished shortly after nine, didn't seem so many patients. Wilma's to return in a year. Eye stable. We had breakfast at paradise Bakery. Satisfied my curiosity. Not bad, not particularly good. Wilma forgot her hearing aids. Came home and had a nap. Sweet note from Jenny Bunkall re her birthday card and sharing my quilt. Finished emptying drawers in first bedroom. Visited Gay Mitchell. Gladys stopped in, looked tired.

Going to the RS movie tonight: Little Princess.

BLESSING: Visiting Gay made me forget being tired.

1 JUNE 2009, MONDAY

Slept well. Amy Mackley called to finish her conversation from last night. Washed some reds and two pair of compression hose in the hand wash cycle. Seemed to have turned out well. Wilma picked me up and on to Salt Regional Med Center for angiogram. Deetta my nurse particularly kind. As were other personnel. Dr. Brann breezed in referring to a TV ad I'd never seen. Results: one completely closed artery, several others 40 to 70 % closed. Home about 6:30. Wrung out.

BLESSING: Remained relatively calm. Thanks to priesthood blessing/good night's sleep...

2 JUNE 2009, TUESDAY

Moped around most of the day. Dozed now and then. Wilma said Lettie and Vivian called. Hospital called about nine. Winnie called. Betty stopped in a couple of times. Janice Harris is back and called. So did Eloise R. Gladys stopped in with eggs and spinach which I requested. Shared grapes she bought and a banana. Also her party pictures. I made a big bowl of fruit using as base a quart of Becky's peaches. Wanda W. called. Called Dr. Thakur re Avalide. Bev. S. Brought a piece of watermelon. Didn't wear compression hose all day. Did spend most of the day reclining or in my recliner.

Thunderstorm. Didn't turn on computer.

BLESSING: feeling less wrung out.

3 JUNE 2009, WEDNESDAY.

28 E-mail, four at least advertising. Auwe. Had Bev's watermelon for breakfast. Updated my Medical history, took Eloise Richesen to Moran Eye Center. Saw Kathleen Ammon there. Waited until she got checked in and came home via the Credit union. Rested. Eloise called about four to say the procedure was pau and would need to be done every three months. Medicare will pay 80% of whatever is approved of the bill.

Long visit with Shirley Olson. She encouraged me to have Wanda go with me/us on the 15<sup>th</sup>.

Visited Alice Mitchell. Asked if I have cable. When I said no she said I didn't know what was going on in the world. . I didn't stay very long.

Leola Wilson called. Understood form somewhere that I hadn't had the procedure....

BLESSING: Caring nieces.

4 JUNE 2009, THURSDAY

To class. Brother Iba went overtime. I was nervous as Wanda Wood was coming at noon.

Wilma H. Also. Afraid I wouldn't be here. Got here about five minutes before they. Nice visit.

She concerned about getting a paper signed for empowering someone to make my health care decisions when I can't. She filled one out which was in the packet Julie Kirkland's sister gave us. Just need to have it signed by a witness. We had lunch, at home. Fruit, cheese and the rest of my salmon salad. Was a nice lunch. Wanda got me in/on the Caring bridge site for Vivian H.

Also print cartridges needed to be changed and she did those. She stayed until seven. I was weary but it was so pleasant to visit with her re her boys, her health, Linda Herbert, etc. etc.

Lettie W. Called!! Shirley Hyde called to see if I was home; Marlene brought me some luscious strawberries. Talked to Ruth Putnam and Edith Gunnell. Saw lacy Thomas' new couch. Her carpet looks wonderful.

BLESSING: Caring people, nieces, sisters.

5 JUNE 2009, FRIDAY

Took car to Hansens for inspection for registration. Picked it up twoish. To rite Aid for new Avalide prescription; don't have it. Didn't go to Albertsons as planned. Little light-headed ?

27 MAY 2009, WEDNESDAY

Seemed strange to "lie abed" until 7:15. To the nine temple session. Went fast. Nice walk home. A blanket of yellow, orange centered cover plants by one section of the Conference Center. Lunch, a nap and a visit with Betty, Gladys otherwise a lazy day.

BLESSING: was able to put Winnie's family on the Prayer Roll.

28 MAY 2009, THURSDAY

Met the bishop, Margie Whitehead, Sister Price and Jenny Bunkall at my car where Annmariss's car seat was put in. Actually by Heidi Andersen. At 7:40 A. M. Up at six after a restless night. Never mind I had slept well the past few nights. Breakfast and to class. Four more registrants, eleven walk-ins. They had "grassed" the lot where the SL Home was. A park? Picked Wilma p for lunch at la Cai. Noisy. Picked up certified letter at P. O. From Zions. My 1986 passport! Must've left it by my safety deposit box. Home and a rest. Weary. Picked up Annmariss and her daughter. Car seat needs loosening through the crotch.

An E-mail telling of Vivian Halverson's accident in New York. Serious injuries.

BLESSING: Safe travel today.

29 MAY 2009, FRIDAY

Slept on the double bed last night. Slept wonderfully. Delivered birthday cards to Gladys, Mary Ann Parker and Janie Haynie. To Bountiful. To the shoe store. After trying on several pair paid down ten dollars and he ordered me a pair. They are NOT dressy. But fit and felt good.

To the women's clothing store and the bookstore and the consignment shop and Albertsons. Was bushed. June Ensign and new Era came. Lunch. A sort rest. The hospital called re Monday's "procedure." Told me of my payment and that it is discounted if it is payed on the spot.

Read the new Era. Gladys came. up for a visit. Will get her new glasses on Wednesday.

Tried to get on the website to be informed of Vivian H.'s progress/status. Can't. Sending the E-mails to Julia C. Maybe she can.

Need to ask someone to share the last symphony ticket with me.

BLESSING: pleasant/informative call from the hospital.

30 MAY 2009 SATURDAY

Laundry. Wrote Vivian Halverson. To Gladys' Open House. Nice and MANY people came from the many facets of her life. Called several people re symphony; no response; put ticket on table.

Went to concert. Pre-lecture loaded; people standing. Who should be in Gladys seat hut Bro.

Wiscomb. Wasn't my favorite symphony. Comfortable walking home with Br. Wiscomb.

Smiled at what some ward members might have to say had we be seen...Never mind.

BLESSING: Gladys' open house went well.

21 MAY 2009, SUNDAY

The bill Davises spoke at Sacramento meeting. Sat by the same young man I had sat by before.

Combined meeting on missionary work. Bro. Bunkall enthusiastic. I fail there. Met Dava and we put the car seat in her car. Not tight enough but hopefully Anne Marisse can manage. To see

Eloise R. Her family cause her much concern, little satisfaction. Told her of my angiogram.

Called Bro. Wilson and he and his son, Tyler, came and gave me a comforting blessing. I feel

ashamed that I wanted Bp. Taylor to do it. Amy Mackley called. Watched Joseph Smith papers and had a lengthy conversation with Vivian Pope. She is "good" to talk to. Also talked to Wilma

H. Gathered a few things to take to the hospital tomorrow.

BLESSING: Brother Harvey Wilson's blessing.

5 JUNE 2009, cont.

took a rest. Had a trout for lunch .Called Wilma H., Willmores, Carl M., (he told me about their trip to NC), Alice Mitchell.

Gladys signed my Health Agent form; visited with Ruth Hobson; she'd heard re "surgery".

Steven called; left a message.

Read Vivian H.'s Caring bridge.

BLESSING; a rest recuperates me when I feel so-o tired.

6 JUNE 2009, SATURDAY

An interesting night. Did laundry. Shopped at WalMart. Bushed on return. Nice E-mail from Wendell Smith. To a concert at the Tabernacle with Betty J. Around three hundred male voices. Delightful. Tired.

BLESSING: made it grocery shopping and the concert.

7 JUNE 2009, SUNDAY

slept well. Sat by Sher Painter (?) In sacrament meeting. Enjoyed SS class on the Second Coming. Sat by Sandy white, nice person. Cold when I got home. Cozy nap after lunch of stir fry and chicken.I got yesterday from Walmart. Good. To fireside to hear a couple who had been on a Humanitarian Mission in Nepal. Well presented. Watched Joseph Smith papers and talked to Winnie M. Her hirthday is on the 16<sup>th</sup> the same as Conner Sugrue's.

BLESSING: Good sleep.

8 JUNE 2009, MONDAY

'Slept wonderfully well. Did initiatory, impressed with the ordinance workers. Had turnip greens and turnips with chicken for lunch. Ono. Picked up Avalide: \$137! Long nap. FHE at Betty's. She'd spent a lot of time researching fruits/vegies/grains. We stayed way over the hour. Caroline Hobson came over re Janice and her heart problems, the change of Zions personnel and visiting teaching with Alice Mitchell. I told her about my appointment with Dr. Brann Monday.

BLESSING: the power of sleep.

9 JUNE 2009, TUESDAY. WILMA'S 83<sup>RD</sup> BIRTHDAY

It was quite a night. I almost called Dr. Miller's office to cancel my appointment. Didn't. Nice surprise when I got there. Marilyn and Reo Lindsey were therefor appointments; visited with them. Had to wait about forty-five minutes. Pressure O.K. Had lunch with Wilma H. In her apartment. Nice visit. Home and a nap. Phone calls, two visitors; the Ashtons looking for Janice H. And Bev Stephan to see how I am/need help. She is a great lady.

Balanced bank account and called Barbara Nolan. Checked Vivian H. Out an her CaringBridge. She'll be moving to a care center near Boston. Talked to Lettie and Don.

BLESSING: caring people.

10 JUNE 2009, WEDNESDAY

Slept; wonderfully well. Cool, rainy. Took Heidi Santos her birthday card. Alice Mitchell came and visited for some time. Wants me to call when/if I need help. Shared the last year of her mother's life with me. Also dumpling recipes. Referred to her visiting teaching companion. A generous woman.

After lunch of chicken, fruit and turnips a long nap. Gladys drove us to the Indian restaurant in Bountiful. Very nice in decor, service and food. Wilma ate well and so did Gladys.

Talked to Wanda. Jacob lost his job.

David harper called. Chloe Hodge died. Also an E-mail from Bob and Elva Parker re her death.

10 JUNE 2009, cont.

Cooked the speckled butter beans Wilma got me. Mushy and burned my bacon. Afraid I've ruined them. Ready for bed. Nice long E-mail from Shirley O.

BLESSING: Dinner was a success. Both Wilma and Gladys seemed to enjoy it.

11 JUNE 2009, THURSDAY

Slept quite well. To class, with umbrella. Cool, cloudy. Chapel quite cool/cold. I gave a summary of the class enrollment to Bro. Iba. He shared with class. As of the end of the class today 108. A number of class members brought in blankets from their cars. Hailed during class but the sun was shining when it ended. Never did open my umbrella going or coming. Wanda came driving up just as I crossed 2<sup>nd</sup> North. We went to the English Tearoom for lunch. All seemed to enjoy it. I'm glad. Wilma brought my deodorant and I gave her the shoes I'm not comfortable wearing. Too big for her but she thinks she can find them a home as long as my next recourse would be DI.

Tried to take a rest. Might've dozed a bit. Called Ruby Haws re Chloe's death and to ask what she thought of Wilma requesting housing with Shirley Olsen when we go to the Opera Festival. She seemed to think it a good idea. Talked to her re my angiogram/findings. She is a dear. Called Lettie re Wanda dropping off the papers and Conner's birthday card. Talked to Wilma; she'd had lunch at the Thai restaurant on So. Temple. Thought it good. Suggested we eat there in a couple, three weeks. Think I'll start one of her books.

BLESSING: Let up of rain when class ended. Success of the English Tearoom lunch.

12 JUNE 2009, FRIDAY

Went to the Church History Library open house. Light, big, many offices. Took a rest and went with Gladys to Jenny Hiatt's wedding at Murray Park. Miracle of miracles was nice, even hot in the sun as we waited for the ceremony in front of the gazebo and during the ceremony itself. Glad I put on my usual sun screen earlier. Barbara had worked long and hard (I could tell) with food, favors, and heaven knows what else. Food was delicious. She sent fruit and cheese/meat cuts home with us. I was exhausted when I got home. Talked to Wilma and by 8:45 went to sleep on the couch, around midnight went to bed and slept until around seven.

BLESSING: Weather good for the wedding.

13 JUNE 2009, SATURDAY

slept wonderfully. Breakfasted on wedding fruit, cheese, toast, milk and cupcake. The latter from wedding. Good cupcakes. Cupcakes dessert. Jenny works at the cupcake place. Did two loads of laundry. Alice Mitchell called. Shared strawberries and raspberries. Met Betty in hall. She doesn't have TV. I do but still use both remotes. The Wilsons stopped in to see if I (and others they teach) have TV. He didn't know how/what to do just to use one remote. Doesn't matter to me. Called Bev Stephan; she had called yesterday to see if I need anything. Is bringing strawberries. Bp. Kirkland called. Had heard something re my heart. How thoughtful.

Went to the Ward ice cream Social. Did a bit of "stuffing" of doll bodies at Humanitarian before going to the post office for Betty, returning Wilma and Betty's books to Sweet as the main library street drop off was closed and to Smith for a few groceries. Home just as a heavy rain storm struck. A rest and made ceviche. Alice Mitchell brought a cream puff and a raspberry square her grand daughters made under her tutelage.

BLESSING: Clean bedding, kind people who have shared.

14 JUNE 2009, SUNDAY

Not a good night. Sat with Ann Hamby at church. Gladys taught the Word of wisdom in class a



14 JUNE 2009, cont.

and evidently left for Milford/St. George after. Sr. Whitehead announced to the RS Janice Harris' pending surgery and mine!~Auwe. The RS lesson was on forgiving. The John Cooks gave the Sacrament meeting talks. The new India convert passed the Sacrament for the first time. Nice. Eloise Richesen was in church all three meetings.

A long nap. Shared ceviche with Betty J. Alice Mitchell gave me a lemon and blueberry pie. Barbara Nolan was at church and at Alice's when I visited. Wilma called when she got home about 3:30 P.M.

BLESSING: People's concern.

15 JUNE 2009, MONDAY

to Credit union, lovely day. Wanda picked me up. Dr. Late. Thorough re drawing of heart, clogged arteries, etc. Feels medication the route to follow rather than surgery. Blessed relief. Left his office with a copy of the diagram about 12:10. Called Wilma and we met at the English tea room. Closed. And I should have remembered. Went to Tucci's. Wanda went home and Wilma took me home. Shared the ceviche with her. A rest. Talked to Willmores, Betty J. And Alice Mitchell. FHE at Marge W. Home to calls from Pauline H, Shirley H., and Winnie. Talked to Pauline and Winnie.

BLESSING: No surgery.

16 JUNE 2009, TUESDAY

Slept well. To the nine Temple session. Lovely morning. Lunch and called Bev S., Shirley h., visited with Betty J., called Janice Harris' daughter. Surgery delayed. Backed up. Her home number suggested I call tomorrow. How tedious for her. Vivian H. Called. Forgotten their temple is closed. Took Alice M.'s plate back to her. Patricia was there. Alice was having a bout with her gout/arthritis. A long nap.

Winnie called, concerned about me driving out to her dinner. Naomi offered to pay for a cab. Have given up stopping by Alpine Medical. Will go tomorrow. About twenty people at Winnie's dinner. At Jasamin Restaurant; started outside on the patio, moved in as it started to rain. Two of Jim's sisters-in law were there, three of his nieces. Elaine, arty and family except Wade. Cody was charming. Andy a handsome young man and Rebecca and Emily beautiful young women. Naomi is a great hostess. Winnie had an orchid lei. Tired when I got home. Glad I went.

BLESSING; safe trave to and from Winiie's 85<sup>th</sup> birthday dinner.

17 JUNE 2009, WEDNESDAY

Washed bedspread and sheets in guest room. Talked to Janice Harris's daughter (?). Probably going to be discharged from the hospital; thought surgery went well. Haven't been able to get anyone this afternoon. To \$ store and Smiths for milk; chucked idea of going to Alpine Medical, too tired. Lunch and a rest. Visited Waymans. Bill's head and face are a mass of sores/crust. I got their mail. Hope I can remember to do so tomorrow. He's embarrassed to go outside. Also stopped in to see Jean Christensen. She has a big challenge with her husband. Talked to Winnie; still on "high" from her dinner party. Also talked to her daughter Naomi to thank her. Had some of my last night's dinner after my rest. Alice M. Shared tomatoes and cherries. Gladys called and I called Dorothy S. re July 30-31st. Talked to Wilma H.

BLESSING: Dorothy's hospitality.

18 JUNE 2009, THURSDAY

To class. Sun played hide and seek. Lunch. Nap. Got Waymans' mail. He looked exhausted.

18 JUNE 2009, cont.

Head and face inflamed, chills. Apartment was hot. Has an appointment with the Dr. This afternoon. Got their mail.

Talked to Lettie, Wilma and Shirley Olson. Stake RS Fireside tonight. Speaker: Sister L. Tom Perry.

BLESSING; energy to attend Fireside.

19 JUNE 2009, FRIDAY

Slept well. When and Iba great blessing. Took Imogen Brown her Care package, a short visit; she gave me a copy of Birds and Bloom and a Cache Valley publication. First I've seen of it. From there to Alpine Medical and exchanged a pair of hose. Stopped by Reams; bought peaches, blueberries and a mango. To the post office where I mailed several Mother's Day booklets to Shirley Olson and to Vosens for bread. One of the clerk always gives me a treat. Hope it is legitimate. To Rite Aide for the nitroglycerene tablets and four other med refills. Home by one, tired. Lunch and a nap. Picked up Annmariss Osima from Albertsons. She had lots of groceries. Made egg salad and added the rest of the celery and a fourth of a green pepper. They almost drown out the egg taste.

Darla Houtz called to tell me of the time I hurt her fillings. Evidently has held it against me. I gather it was the time I took her to the hospital for some outpatient surgery and didn't leave her. I apologized and trust it will serve me well in the future. Shirley Hyde called me to thank me for the bread I left at her door. Her son has the swine flu. She is concerned. Tidied freezer.

BLESSING: beautiful day. Intact pair of compression hose.

20 JUNE 2009, SATURDAY

Did laundry. "Neatened" two desk drawers. Lunch with Wilma H. Home and a nap under comforter. Wilma gave me the pen Lettie sent, one Sister Miller had given her years ago from one of her travels. Don had an accident. Didn't learn the details. Not sure she knew. Brennan was with him; neither hurt. Cool, cloudy, rainy day. Called Janice's daughter. No answer. Janice called me around six P.M. will probably be home tomorrow evening. Sounded much better.

BLESSING: Don nor Brennan hurt.

21 JUNE 2009, SUNDAY, FATHER'S DAY

Rain, sun; took umbrella and sunglasses to church. Wore sun glasses going and coming. Nidia Pollock was at church. Sat by a nice visitor. Difficulty hearing speaker. My hearing?! Lunched on chicken and rice from Winnie's party. Blood sugar 143 this morning; highest it has ever been. A nap until six. Auwe. VT appointment for Tuesday. Gladys went over to the museum this afternoon. Has had a busy week.

BLESSING: Good SS class.

22 JUNE 2009, MONDAY

To the nine temple session. Jackie Farnsworth was in the same session. Home by Utah Woolen mills; disappointed didn't see nothing which appealed. Stopped in at the museum. Children's area very bright and groups all over the place. Finished ceviche for lunch. Amazing that it has kept so well. Rested but didn't sleep. Picked up Wayman's mail. He is "crusting" still very red, looks miserable. Visited Eloise; she has a grandson with her. A non-conformist. A genius according to her but "what profiteth him"? Stopped by Ruth Putnam, no answer. She can't afford or doesn't want him to live with her. Visited Betty; Janice not home yet. Gladys came up for a visit. BLESSING: the temple.

23 JUNE 2009, TUESDAY

Had two apartment keys made. Neither work. Bought a small rolling bag for Ark. Took a bag of stuff to DI. Went to DI at Welfare Square. Bought two jars for Betty. Annmariss was there; gave her a ride to the Church office Building where she works half a day. To smiths for milk. Stopped by a cookie shop on 3<sup>rd</sup>. Cookies \$2 each. Ono. Tired when I got home. Loxie called and asked if I'd teach Barbara Nolan by myself. Walked over. Took Leslie Ann Garrison a birthday card. Hope I got it in the right apartment. Amy M. Called. Will be here Friday afternoon. To Waymans; Billy there treating Bill's head. Was going to get their mail; key in pocket so Billy said she'd get it. A couple of rests but didn't sleep. Janice will be home Thursday.

BLESSING: Visiting teaching pau.

24 JUNE 2009, WEDNESDAY

Had keys re-made. John Cook moved bike to balcony and jiggled the keys so they do work if you jiggle. Ninety degree day. Talked to Wilma F. Re getting a boarding pass for Wilma H. Made double bed and dusted a bit. Made tuna salad. Rested a lot. Betty J. Back and brought some good cheese curd. Talked to Evelyn I. And daughter, Debby. Mopped kitchen. Bathroom.

BLESSING: John Cook's kokua.

25 JUNE 2009, THURSDAY

Wendell smith called. Class went well. No class next week or the 23rd. Janice Harris is home. Will be having another procedure tomorrow. On oxygen. Two hour rest/sleep. Tired, tired. Betty gave me feta cheese and honey dew melon. Latter ono. Had shrimp and crab again for lunch. Hot day. Talked to Lettie W. Tucked books away and put towels out for Amy.

BLESSING: Ready for Amy.

26 JUNE 2009, FRIDAY

Hair cut. Talked to Winnie. A few groceries and lunch with Betty at Faustina's on their lanai. Pleasant. From there to the Dough Girl, expensive but good cookies." [ Owner gave us some of her Father's Day "lollipops". A short rest. Amy called. Would be late. She and son Aaron came about 5:30 and off again. Ruth Hobson gave me some cherries; needed to be sorted and picked over. Ono. A quick bombastic storm. I'm ready for bed.

BLESSING: Ruth's generosity.

27 JUNE 2009, SATURDAY

Amy didn't come last night. Turned off lights around one. More cherries from Ruth. A little time sorting and picking over. Made the second batch of muffins and shared with Ruth, Gladys, Alice, Betty and Janice. Gladys's ceiling in hall peeling off. Rain. To hale with Mary B. And Von Wannacott and Errold Wiscomb. Delightful performance. Lunch, a short rest and took Wilma muffins and cherries. She gave me half of a cantaloupe. Visited Julia Carver. Conversation hard. Talked to Edith Gunnell. Depressed because of sister Afton. Amy just came in about 9:35.

BLESSING: Safe travel to and from Hale theater.

28 JUNE 2009, SUNDAY

Not enough sleep. Gladys and Monica Fisher were the Sacramento meeting speakers. Both did well. looked nice. Amy was well greeted. Lunch and a two hour sleep. Crossword puzzles. Visited Way-Waymans, Betty and Janice. Took Gladys' muffin pan back. Rex Abeglan was there. I'm glad.

Amy went over to the Turleys.

BLESSING: A rest revives me.

29 JUNE 2009, MONDAY

Slept well; rode bicycle. Wilma and I went to the ten endowment session. Shared a sandwich at the Nauvoo Café. Long line. Von wannacott was sitting in the lobby listening to the piano music. Eyes bloodshot. Home and a two hour rest/nap. Amy came back at five. Gladys came up and visited. Diane Mellor called. Is bringing cherries tomorrow. Took a few cherries to Janice. Talked to Carl Mellor.

BLESSING: temple session with Wilma.

30 JUNE 2009, TUESDAY

Good night; up and on bike a little earlier than usual. Talked to Shirley Olson. Took Amy to have her hair done and got milk and bananas. We lunched at the English Tearoom. Too early for lunch for me and I didn't think the quiche was up to par. A rest. Diane and Carl Mellor brought cherries. I gave some to Waymans and Janice. Called Carl Gustuson re conducting for me on the 9<sup>th</sup>, Jan M. To get water if it is needed. Got more birthday cards at the \$ store. Listed what I need to take and do.

BLESSING: inroads on what to take to Arkansas/Branson.

1 JULY 2009, WEDNESDAY

Woke early; rode bike. Two loads of wash. To P. O. to mail Alicia's. New Era. Winnie and I went to lunch at Red lobster. Brought back three biscuits and put them in the freezer. Could hardly make it in the house. An hour nap. Betty J. Took Amy shopping for shoes. Amy and daughter/her husband went to the Draper Temple.

Wilma H. Came for cherries. On her return from Walmart brought me a cantaloupe. Ono. Visited with Gladys. Her sister, Maureen, fell and broke her hip yesterday. Surgery today. Seemed to go well. Lining things up to pack.

BLESSING: Made it home after lunch.

2 JULY 2009, THURSDAY

Excitement: Fire alarm went off. Checked halls. Smell of burning in hall. Fire trucks came. Amy and I went outside with many others. Smoke from 6<sup>th</sup> floor. After thirty minutes or so we were allowed back in the building. The story told: pan left on stove, residents left. Talked to Lettie and Vivian. Also Wilma Fullmer. They're picking us up much earlier than I expected. Put "no class" signs on three of the chapel doors; picked u Xalatan, a couple of bananas and went to vosens and Credit union and removed them. Met two ladies in Credit Union who said they had been over for class and saw the sign. Didn't seem to be upset.

Pretty well packed. Wilma F. called to say they would be here in the morning around nine rather than 8:15. Time will tell. Made reservations for the Oquirrh Temple Open House on our return. Went to Aune ruble's Open House. Washed hose and am ready for bed.

BLESSING: building didn't burn or more damage done than was.

3 JULY-14 JULY 2009 to Arkansas and Branson, MO

Wilma H, the Fullmers, Wanda, Eric, Mandy Wood and their children flew to St. Lewis. I took a wheelchair. Woods left us in St. Louis for Philadelphia and a visit with Jacob and Sarah in Delaware. Pam Werner and Barbara and Holly met us in Little Rock. Pam drove us around little Rock and past the Clinton Library On to Mamelle where she quickly had "supper" for us.

Wilma, Holly and Barbara spent the night in a member's home that Christy was "looking" out for. They were impressed by the fat cats and chickens. On Saturday morning (4<sup>th</sup>) Barbara went back over to take pictures of them. After a waffle breakfast cooked by victor Werner on his

3 JULY-14 JULY 2009, CONT.

Father's Day waffle baker. Ono. We left by two cars for Branson, Missouri and arrived about two P. M. Condos more than adequate. Drive there enjoyable. Marami crepe myrtle. One on the succeeding weeks highlights for me. Dark fuchsia, dark pink, light pink, and white. Wilma and I spent one night in the front bedroom of the two bedroom suite and moved to the back with the bigger living room and kitchen. Bathroom with two sinks and a Jacuzzi which neither of us used. King sized bed. Ozark country, rolling, green hills. Water gate Resorts hilly also thus necessitating the nieces, nephews to shuttle us each morning to the voucher breakfasts. Went grocery shopping in preparation for pot luck dinner to be held as a birthday party for Blair on the following Monday. Wilma bought a skirt at Wal Marts as she had forgotten her dress.

We attended church in one of the two Branson wards. Music enriched by LDS entertainers living in the area. A enchilada dinner prepared by Wayne Werner's wife Julia. Ono. Especially the salsa.

Attending were Becky and Danny Johnson, Bryan, Tina, Brienna, Sadie, Adam, Isabella, Dallin and Abigail Smith, Steven and Maria Smith from Sunday afternoon to Wednesday morning, Barbara quadri and daughter Holly, Pam, victor, Christy, Wayne and Timothy Werner, (Wayne, Wife Julia and daughters Kaylynn and Corinne, , Dale, Heather, Max, Sally and Joey Olson, Scott, Amber, Maily, Ashleigh and Branson Olson, Darla nee Olson and sons Noah and Adam, Anne Marie and Jared, Emily Cole,, Luke and Jack Mckinny, Shirley and Blair Olson, Wanda, Eric, Mandy, Alexia and Jaxson Wood, Wilma and Keith Fullmer and Wilma H, and Lavina H. Monday, 6<sup>th</sup>, a number went golfing. That night was Blair's 65<sup>th</sup> birthday party. Lots of food. Highlight: Steven teaching Blair to yodel. Full, gorgeous moon. Wanda and family came that night.

Most of the young families went to Silver City. Oh, yes we saw the Hughes family, one of the many shows on the strip. Also saw the Twelve tenors. Went shopping at the Outlet Mall. Barbara helped Wilma H. buy a skirt and two tops. I looked at all the shoe shops. Pam also bought an outfit. Christy and Timothy left.

Wednesday night all went to Island Fire, a miniature version of the PC C. Young children enjoyed it as it was fast paced and colorful. Dinner before.

Pam took Fullmer, Barbara and Holly to little rock on Thursday. The latter two left that day and Fullmer flew out on Friday. Those still in Branson went to Branson Landing. Wanda and I had motorized chairs. Sat by a pool overlooking the river. Music loud. We took Shirley, Blair and Wanda to a sea food buffet serving all you could eat lobster, crab legs, shrimp, catfish. Pretty bad but Wanda and Blair seemed to enjoy eating lobster. Cobbler good.

On Friday Shirley and Heather took Wanda and me to another Outlet mall and Wanda bought five tops, two pairs of pants and a Sunday skirt and top. She was super pleased. I bought a pair of shoes. Canvas tops. Thanks to Shirley's perseverance.

Sunday we dressed for church but thought Blair got up at 5:30 couldn't make it to the 9:00 A. M. Sacrament meeting. Shirley made sandwich fillings and we stopped in Concord at Jared Mckinny's father's auction building where we had a leisurely lunch. On to Arkadelphia and drove around the edge of Henderson University. Wanda slept in the recliner downstairs and Wilma and I slept on a king size bed upstairs. Lavender by bedside.

Wilma made pimento for Shirley; Met John Paul who is doing their patio. Lunch at Western Sizzler where Scott is one of te managers. Pam came about noon and joined us. After lunch we

3 JULY-14 JULY 2009, CONT.

Said good bye to Olsons and went to Maumelle for the night with Werners. Wanda slept upstairs in the recliner and Wilma and I slept in timothy and Christy's beds.

The 14<sup>th</sup>: the last day of a very enjoyable twelve days. Breakfast on cantaloup, blueberries and strawberries. Egg and toast. Pam took us to the airport and Wanda, Wilma and I went through security with the wheelchair pushers. Sat three abreast to Las Vegas and on to SL. Wanda recharged her oxygen in Vegas. Gladys met us. Arrived to find Amy Mackley had vacuumed my carpet and left money for Patricia to clean my apartment.

15 JULY 2009, WEDNESDAY

went through mail; and part of E-mail

16 JULY 2009, THURSDAY

CLASS.

17 July 2009, Friday

Patricia came to clean and took Gladys to the airport for trip to Portland. WILMA TO OREM.

18 JULY 2009 Saturday

Finally wrote thank yous to Shirley and Blair and Pam. Vivian and Clive came. Vivian has a bandage on her wrist and right hand. Dinner with Wilma and Clive and Vivian spent the night with them

19 JULY 2009, SUNDAY

Church and a nap-too long.

20 JULY 2009, MONDAY

TO THE Open House of the Oquirrh Temple. Nap, too long. Talked to Shirley Olson, Wanda Wood. Planning trip to Idaho. In August.

21 JULY 2009, TUESDAY

to Temple for initiatory. Time to find a parking place. Many patrons. First experience with change. To Staples for ink cartridges. To paradise Bakery for some cookies. To Whole Foods; bought a loaf of bread and checked on Spike. First two ingredients: salt and sea salt. Talked to Shirley Olson again. Their patio is pau. Filled in the two names I wasn't sure of.

Bev Stephan, Alice Mitchell's family home evening group have invited our group for a canyon picnic on the 27<sup>th</sup>. HOT. Talked to Edith Gunnell and her sister, Afton.

Pauline Harward told me Sandy Hopkins had an accident, in the hospital.

22 JULY 2009, WEDNESDAY

Changed bedding; laundry. Called loxie re visiting teaching. She will do it on her own tomorrow. To Library and checked out seven books. To whole foods where I bought some brown rice and steel ground oats (groats), to AAA for Idaho and SLC maps, to Sears to have glasses tightened, and to western nuts. Not enough energy to go to Costco. Lunch and a nap. Margie Whitehead called. Sandy Hopkins is home. CT scan didn't show adverse effects. Her son will be in town for the weekend so she can't go to the picnic on the 27<sup>th</sup>.

Obama is discussing the health program proposal. Eric Hirschmann back from Europe and en route to Yellowstone. Wilma had a visit from her Bishop last night and lunch with her home teacher's wife. A call from the Optimal Health representative. HOT day.

BLESSING: Wilma called me .

23 JULY 2009, THURSDAY

Robbie Robertson fell during the night; banged himself up. Class. Brother will be in Europe the

23 JULY 2009. CONT.

Weeks or until the fall class starts. Didn't sleep well last night; came home and had lunch and slept soundly for two hours. Visited Alice m., Sandy Hopkins and Frances Hutchins. Another hot day. 100 degrees. Diane and Carl Mellor called to invite me and Wilma to Dimple's birthday open House on the 26<sup>th</sup>.

BLESSING: refreshment from sleep.

24 JULY 2009. FRIDAY

Slept surprisingly well. Added mayo to Wilma's pimento and cooked the green beans with the rest of my bacon. Ono. Watched the parade. Took Gladys some pimento. Started Bud not Buddy. Super tired after doing very little. Long nap. Talked to Becky J, Vivian P. Wanda W. and Wilma H. Set up dates for Idaho trip: 7-9 or 10 August.

BLESSING: Again, rest helped.

25 JULY 2009. SATURDAY

Did a load of whites. Not quite as hot. To rite Aid for Coreg (\$103) auwe. To Costco and Walmart. Glad to get home. A rest. Lunch. A rest/nap. Talked to Wilma h. and Vivian P. Tried to call Lettie twice. Made salad dressing. Froze/packaged cookies. Will finish Bud, not Buddy before I go to bed.

Betty J. Came over. Looking for mustard pickle recipe.

BLESSING: Safe travel/restorative rest.

26 JULY 2009, SUNDAY

Air condition not working in chapel. Gladys taught the SS class. Sparse attendance. And a rest. Wilma and I went to lehi for Dimple Mellor's birthday Open house. Painful trip. Transmission problems? Richard and Leland harper and wives were there. Carl Maples, wife, son, Jean nee maples, daughter and granddaughter there. Bruce Maples is staying with Jean. He is gray. All of dimple and Carl's children were there. Lettie and Don were there in his new truck. June and Marland Harper's daughter, Lori, was there. Looked at their garden. Carl and his son Zack checked "under the hood" of my car. Made two suggestions re problem with hope that it doesn't mean a new transmission. Back by Redwood road. Glad to get home.

Watched te last of te Joseph Smith Paper re Joseph's leg surgery.

BLESSING: got to and from Lehi.

27 JULY 2009, MONDAY

took car to Hansens. Around noon called to say it is the transmission. Cost about \$2100.

Canceled Annmarisse appointment. Caroline H. Came over. Trouble hearing her phone. Asked about grinders. She has trouble chewing beef and some other foods.

Up the canyon with Bev Stephan, Alice Mitchell, Kathleen Ammon, etc. Millcreek. Very pleasant. Gladys drove

BLESSING: nice ward members.

28 JULY 2009, TUESDAY

slept quite well. Went to the ten temple session. Large. Moped most of the afternoon. Took Sandy Hopkins cherries and pina, Gladys some pina and visited Waymans and Betty J; wrote a check for my share of a Costco card. Notice that I'll be getting new appliances tomorrow. How many? Did take everything off the outside of the fridge, and around the range. Washed dishes and put them away. Talked to Dorothy S. Will take her the chocolate covered pecans in lieu of a brownie for her birthday.

30 JULY 2009, WEDNESDAY

Up before seven; bike ride pleasant. New kitchen appliances. As dirty as I expected behind range and fridge. In other words filthy. It was a real energy challenge to stay ahead of the installation. Biggest challenge getting everything out of the fridge/freezer. I was exhausted. Spent quite a bit of time on the couch. Decided to 'make do' with what I have for Dorothy S. No trip to anywhere. Trying to read the manuals. Range oven a challenge. Called Lettie to give her our dates for Logan and Idaho.

BLESSING: Made it through the appliance change.

30 JULY- 1 AUGUST 2009, Logan for Opera Festival

Gladys, Wilma H., and I left for Logan around ten. Reached there a little after eleven. Took Wilma to Shirley O.'s and we to Dorothy S. Attended the one matinee of Carmen. A fiery Camen. To Ky. Fried Chicken for supper. Wilma to Shirley's and we t Dorothy's for a rest. Evening performance of the Mikado. Michael Ballam and daughter Vanessa were in the cast. To bed and sleep escaped me until about four A. M. On Friday the 31<sup>st</sup>. Brunch at ruby and Gordan haws' joined by the three of us. Shirley O., daughter, Marta and Dorothy's youngest son Ned and his wife. Visited afterwards until the matinee which performed Cavalier rusticani and I Pagalacci. I loved the music in the former. Both ended in stabbings. We had a rather unsatisfactory "repast" at Wendy's. Dropped Wilma off at Shirley's and on to Dorothy's for a nap. Evening performance of Camelot. Quite delightful. I went home bone tired. Slept well. Ruby II. And Shirley, Marta came. The latter brought Wilma. We visited until around noon. So satisfying. Home via the Cheese Factory where we bought cheese and I loaf of bread and an ice cream cone.

To a produce stand in Perry where I bought tomatoes, limes, cherries, apricots and a cucumber. .Came home on the -----H highway. Put things that needed refrigerating in fridge, watered Betty's plants and hit the couch. A short nap. Got mail and finished unpacking. Brought ruby's roses home. They seemed to have survived. She bought us each a bud vase of a rose/s with tamarisk from her yard. It w3as a nice trip. My only regret is that I didn't see Edith G.

BLESSING: safe travel. Wilma staying with Shirley.

2 AUGUST 2009, SUNDAY

Enjoyed the meetings of the day. A nap. Wilma came over for her cantaloup, squash. Gave her pumpkin bread, granola, bread and Julia Werner's recipe. Gave Richard Fluhman new Thursday class flyer. To Fireside. Enduring to the End with Happiness. He works in FH Library. Greek descendant. They have a very handicapped son. Brings them joy. Other son just left on a mission to Greece. Home from Fireside to find a call from Wanda Wood. I planned to call her. Did so hut voice mail. Farmed out pumpkin bread. Served as two birthday remembrances. Checked Betty's plants. None needed water. Too much yesterday?

BLESSING: spiritual lift from today's meeting.

3 AUGUST 2009, MONDAY

Picked up car. \$2300. Drives "good". To diabetes Center. Needed a new battery on monitor. Got one. Via Reams, library, Rite Aid and Albertsons. Lunch and fell on the couch for a nap. Tried calling Wanda all day. Finally got her. We'll leave here around nine. Betty J. Is back. Janice gave me pumpkin chocolate chip mint cookies. Had shrimp for dinner. Gladys wrote her friend Anne and it took her almost two hours. I sewed the head on one and a half Humanitarian doll, strange looking things.



4 AUGUST 2009, TUESDAY

Appointment with Dr. Thakur. She feels 114 fasting glucose is okay. A new assistant Anne). Been with her three months. All receptionists new....To main library ad checked out seven books. One I'm enjoying on Mormon women. Most I've never heard of and according to the authors not surprising. Spent most of afternoon waiting for window cleaners. It seems SO-OO good to have clean windows. Took Waymans the Bluebird chocolates and the opera program. Alice had just had another sleep apnea test. Talked to Vivian, Wanda and Wilma.

BLESSING: Luxury of clean windows.

5 August 2009, WEDNESDAY

Did two loads of wash. Visited Gladys; she had her implant yesterday. To the eleven endowment session. Bp. Taylor and the Bowmans were involved in the session. Also David Wooley from the Thursday class. Tony Morgan in the session also. Long walk home and could barely eat lunch before the couch called. Long, hard nap. A bit of insomnia last night. Finished the Mormon women book.

Shirley Hyde called, again and again. She enjoyed the pumpkin bread.

Used my dishwasher for the first time. Takes a long time.

Thank you note from Pauline Harward for her birthday card.

BLESSING: Made it to/from the temple.

6 AUGUST 2009, THURSDAY

Ryan Jenkins substitute teacher came early; several mentioned they enjoyed him. Did Section 132. I'm getting more and more convinced that I have a hearing problem. Checked in on Alice M. Before I left; took her a sliced orange. Betty J. Helped her with dressing and straightening her bed. When I checked after class she had finished last night's soup. Took Eloise's book back to her and saw Ruth Ohsiek's daughter, Sharon. Was helping a friend move in. Talked to Lettie at some length. Heather Baseman has moved out again. Jason Willmore and wife are living with Regan and Trish; Justin is in school with the military. Talked to Shirley Olson. She just had her 62<sup>nd</sup> birthday. Wilma H's Bishop and wife picture was on the front page of Mormon Times today. Have partially packed.

BLESSING: Alice seems considerably better.

7-9 AUGUST 2009, to Idaho

Left SL about nine; arrived in Gooding after one stop about one. Wanda drives FAST. Beautiful time of year in Magic Valley: hay is being cut/baled, fields golden or green, sprinklers running. Temps in the seventies. Corn for dinner and lunch both days. Squash, cucumbers, carrots, a few tomatoes. We visited the new hospital, the golf course, the three thrift stores, visited. I had a nap each day except Sunday. Beautiful views out all Pope windows. I did three Humanitarian doll heads. We went to church with them Sunday morning and loaded down with veggies got to Salt Lake about 4:30. I unpacked veggies and had a short nap. Shared produce with Betty J, Alice M., Janice H. And Earl W. To bed at 8:30 P.M.

BLESSING; SISTERS, Wanda, safe travel, good weather.

10 AUGUST 2009, MONDAY

Up about 7:30 after having bout slept the clock round. Rode bicycle, looked at paper, balanced checking account, caught up on E-mail, only four!. Two for Gladys. To credit Union to renew my certificate and add a little more to it. Interest 3.?. Read a Cadell book I bought in Gooding.

10 AUGUST 2009, cont.

thrift shop. Annmarisse called: will pick her up tomorrow afternoon. Betty put the car seat in. Put card table and walker in trunk to take to Deseret Industries.

BLESSING: cool day.

11 AUGUST 2009, TUESDAY

Washed white hathroom rug and my walking shoes. To temple for five initiatories. Even if I'd felt like doing ten wouldn't as they had more patrons waiting than I have ever seen. A man dressed in white with a whitened face and white close fitting hat out side the temple where the girl begs. Purpose? No idea. A rest. Another rest. Talked to Lettie. Commented that she had no reason to get up....when I asked if she had a headache. Brennen answered the phone. He had been out bike riding, preparing for his 50 mile ride. Went up to see Waymans; door locked and no answer to my knock. Looked in on Alice M. She has asked Don B. To take her to the airport. Took Kathleen Ammon her birthday card and picked up AnnMarisse and her daughter. A light dinner of mandarin orange, cheese, crackers, toast and V-8 juice. Made a dressing for some cucumbers. Called Susan Winslow to tell her I couldn't get to her daughters's reception.

BLESSING: Resting helps revive me.

12 AUGUST 2009, WEDNESDAY

Slept well. Did small load of wash. Tired. Lunch with Wilma H. At Sizzler. Used a coupon: steak meal, two for ten dollars. Quite good. To \$ store, no graduation cards. Hot. Home and rest. Read a mystery. Met marge whitehead at car for her to take car seat.

Pam ;Cook came up re her quilt. I wish I had better qualifications. Gladys home. Visited. Early to bed.

Blessing: Gladys' safe return.

13 AUGUST 2009, THURSDAY

Kenny Mays was our instructor today. Lunch. A long rest and to DI to take card table and walker; dropped off books at library and went to Walmart for some fruit and milk.

Alice M. Called; opened her Tylenal for her and visited Waymans. Talked to Wilma H.

BLESSING: CLASS SEEMED TO GO WELL.

14 August 2009, FRIDAY

Took another load to Deseret industries. Looked for graduation card at Albertsons. None. Wrote a note to Toni Morgan in lieu of card. Betty shared mango cake and vegies with me. Had her son Quinn for lunch. Birthday tomorrow. Wilma called on her return from Orem. Baked one of the pizzas for Toni's surprise party. Cute cupeakes with a cap for dessert. Finished reading the Book of Mormon.

BLESSING: was able to get my oven to work for the pizza.

15 AUGUST 2009, SATURDAY

Slept ;until eight. Read most of Church News on bike. Did laundry; whites and dark; clean bedding.. Finished doll heads. Met Marlinda T. In hall; said hair would be put on them. Relief.

To Sweet library; requested two books. Stopped at Smiths on the avenues and at the marketplace. Neither had orchids. Alice Wayman and daughter brought me three cookies.

BLESSING: Reviyed by sleep after being VERY tired. Talked to Lettie and Don. Asked about Brennen's birthday ;not home but he called me while Gladys was here.

21 AUGUST 2009, cont.

Western Nut. And froze the rest for another gift. Made up littler snack packets for Hale theater tomorrow. Betty gave me ratatouille and bread salad. Marked Gladys' pants for hemming. Started taking Cipro: quite sure I have a bladder infection, first in about a year. Not enough water Discarded two of the four hooks I checked out from Sweet. Two ore to go...Did some reading for the RS and SS classes.

BLESSING: A comfortable place to live.

22 AUGUST 2009, SATURDAY

Good night's sleep. Laundry; clean sheets, drawer full of clean garments. Rested and met Mary Behr for Hale theater's production of The Scarlet Pimpernel. Good voices, striking wigs, costumes and hats. Home about four. Rested and went to Wilma's for dinner prepared by Jim, Marta nec Olsen's husband: ahi, pasta, medley of squash, yellow and zucchini and bell pepper. Corn from garden as well as vegies and mango chutney. Great meal. Wilma provided a large platter of fruit. Beautiful. Shirley came with them. A nice visit. Stopped by Albertsons and got a frosted brownie for Ann Hamby's birthday. Ready for hed. Can't get into E-mail.

BLESSING; Made it through the day. (Jim is nice/interesting person. )

23 AUGUST 2009, SUNDAY

slept rather fitfully. To the nine dedicatory service of the oquirrh Temple. I noted particularly the choir perhaps because of my experience in hearing Shirley Olson practicing with her choir for the Memphis Temple. I thought their closure to The Spirit of God beautiful, six speakers, pres. Uehdorf and Elder Bednar and two Seventies and the First Counselor in the General primary Presidency. It is the third dedicatory service I've attended. Raining as we came out. I took Ann hamby her birthday card and the brownie I bought last night and went to see Eloise richensen. She preferred not to go to the dedication as she rather go to the temple itself....Was pleased that her Moran Eye surgery was not as much as she expected; in other words medicare, and possihly the Dr., took care of more of it than she anticipated. She has another appointment in September which I've offered to take her. Will help register for Thursday's class. I spent most of the afternoon on the couch; I'm not well pleased with myself. Did find the article by elder Eyring on the jar of fruit given at the time of his mother's death. So grateful.

BLESSING; was able to attend a session of the Oquirrh Temple dedication.

24 AUGUST 2009, MONDAY

Slept in as sleeping deterred by afternoon couch addiction. To the temple and did ten initiatory. Leola Wilson assisted in the last five names. The "gentleman" in white was seated today rather than standing. Washed couch cushion covers. Was almost more difficult to get off than back on. SO-0= grateful that WENT back on.. Picked up dry cleaning. Registered for fall semester class and spoke to Cher Painter re helping with registration. Confirmed Jane Berry's help also. Have dollar bills and quarters if needed Thursday. Look forward to an early night. Little rest today

BLESSING: Cher accepted request for registration help.

25 AUGUST 2009, TUESDAY

Days are getting shorter. Nearer eight than seven when I got up. Read Elder Holland's talk in the Sept Ensign on the liberty jail experience. Powerful. To bountiful where I bought a pair of shoes, two pants and a skirt; also some fruit chips, bridge mix and a small panoche for Eloise R. Dragging when I got home. Fast lunch and on the couch. Before I left for hountiful washed the maroon pillow which I used for napping on the couch. Shrank and is lumpy. Sewed up some

16 AUGUST 2009, Sunday

Sleep not to be had until the wee hours. Did make it to all three meetings. Gladys did a good job with her class. Home and visiting teachers. Agreed to teach Gladys' class on the 6<sup>th</sup> of September and Sr.

called to ask if I'd teach RS on the 30<sup>th</sup>. I think it is elder Eyring's talk on Adversity. Talked to Edith G. She started an eight week chemo regime. Talked to Julia Carver. Her sciatic is still bothering her. Betty J. Gave me tomatoes.

BLESSING: made it through all three meetings.

17 AUGUST 2009, MONDAY.

Wilma went to the Dr. with me. Am to double the Isorobide. Back to see him in six weeks.

Stopped by Albertons for celery and French bread for Wilma. She gave me plastic bags, half a mango, peanuts and grapes. Got gas, took clothes to cleaners to take advantage of their four item special. A short rest and Loxie picked me up for our visiting teaching. Barbara will be moving to a Brownstone Apt. In October and Loxie will be moving to Texas. Loxie and I had lunch at Arctic Circle; use her coupons. On the couch by quarter to four. Gladys stopped by around six with bread from Great Harvest. Betty J. Gave me jambalaya she'd made. Ono hut I only ate half as I was not too hungry from our late lunch.

Envelopes came from BYU Adult Education.

BLESSING: Gladys, Betty, Wilma's generosity.

18 AUGUST 2009, TUESDAY

.to the nine endowment session. Nelma Irvine was on session and Icola Wilson one of the followers. The "man in white" is still on the corner of North Temple and main, now with a cane and a statue of the Christus on a step stool. No green apron.

Betty and I made civiche (?) Took Verla Salkeld her birthday card. Visited Alice M.

BLESSING: pleasant weather.

19 AUGUST 2009, WEDNESDAY

Slept in. A little reading from D&C 136 and harper's book re. Rested a bit and was ready for lunch with Wilma at a Thai restaurant. Quite good. Especially nice salad. Took Sandy Hopkins some cherries, cantaloup and grapes. Two more weeks for her cast. Met Caroline H. She went through a temple session yesterday. Tried to visit Waymans; door locked. Bldg has moved all mats put in while the roof was being repaired.

BLESSING: Diarrhea has subsided.

20 AUGUST 2009, THURSDAY

NOT a good night. Dee Darling substituted for Brother Iba; sparse class. A short rest and Betty J. And I went to Moochie's for lunch. VERY CROWDED. Ate in the house next door. Tables on lawn full. Brought half of mine home. Rested again. Dropped Loxie S.'s Oquirrh Temple dedication ticket to her and picked up AnnMarisse. Talked to Lettie at some length. Later called Alicia S. She is on the volley ball team. Concern re over scheduling. Time will tell.

Winnie M. Called. When I returned her call learned she and Elaine did not go to Wyoming. Her blood sugar got too low. In hospital for three days. Aging takes its toll.

BLESSING: Elaine called Winnie at the right time.

21 AUGUST 2009, FRIDAY

A good (hard) night's sleep. To Western nut, Day Old bakery, Rite Aid, Sweet library and Smiths. By then tired. Home and a short nap. Lunch on half of the Philly steak sandwich I brought home from Moochie's yesterday. Took gay Mitchell half of the caramels I bought at

25 AUGUST 2009, cont.

tucks in the skirt I bought and the navy pants from Utah Woolen Mills. Gladys stopped by; gave me a ear of corn; took Shirley Hyde her bread and Waymans some cookies. Wore my shoes all afternoon; comfortable. Visited Anne R.; Robbie gave me a peach and a couple of plums.

BLESSING: Shoes.

26 AUGUST 2009, WEDNESDAY, Lettie's 77<sup>th</sup> hirthday

Slept well; went to Orem via HOV lane. Got gas and Lettie, Wilma and I went to Savers where I bought four blouses. Wilma bought yarn. To TGFI for lunch. Rhett came after we ordered appetizers. Stopped by a big store near the restaurant and we bought fruit. Had a piece of Lettie's birthday pie: key lime. Rich, good. Conner and brennen came home from school; ron willmore came over. Boys look good. Left about three. Got home about 4:30. I'm exhausted. AnnMarisse called; will pick her up tomorrow somewhere on Redwood Rd. Shared cuke and zucchini with Betty. Gladys is coming down to write an E-mail

BLESSING: to and from Orem safely.

27 AUGUST 2009, THURSDAY

Slept well for most the night. Brother iba was/is back. Jumped right into the Pearl of Great price. I enjoyed the class; didn't take a break. Registration down at this point.

Breakfasted on half muffin and poached egg; lunched on half a muffin and a fat slice of tomato and cheese and a chicken leg and the last half of Robbie's peach; not too flavorful but still quite good. Immediately "on the couch". Stayed too long but it was wonderful.

Was hoping I'd have a list of those who registered via BYU on E-mail. Haven't as of four P.M.

BLESSING: Brother iba is back

28 AUGUST 2009, FRIDAY

bike ride, breakfast and to see Gladys. At Winnie's by 10:15. Visited until after twelve. Nice visit. Elaine in and out. Looks almost anorexic. Sweet young woman. By Great harvest in downtown Holladay. Pumpkin chocolate chip bread EXPENSIVE. Didn't buy any. Ditto the fruit/veggie stand near by. Tried to find the Tropical Florist shop on 13<sup>th</sup> S. And 21<sup>st</sup> E.

Couldn't. Stopped at Nordstrom's Rack. Nothing that I could see in shoes or blouses. But I was tired. Home and a tomato cheese Eng. Muffin sandwich and a two hour nap. Worked on new beige pants and did the mending on my temple dress collar. Borrowed magic marker from Gladys. She is having hip (sciatic?) problems.

BLESSING: restorative power of a rest/nap.

29 AUGUST 2009, SATURDAY

Did bedding; typed RS lesson. Visited Gladys; lunch and a nap. To Humanitarian. Sewed lace on three dolls. Dinner.

BLESSING: went to humanitarian; rubbed shoulders with Jane Berry, sister Price and Teresa ?

30 AUGUST 2009, SUNDAY

Came home from church and "hit the couch". Walked Jo Madsen to and from church. Sister Scher painter and Ginger Reed were speakers; a solo for musical number; she signed as she sang. Enjoyed Toni Morgan's SS lesson the secession of the church president. Too much "me" talking in the RS class. Not too bad otherwise. After a brief rest Shirley Olsen called. She has an appointment Tuesday hopefully to get help/approval of some "wrapping". Such a sweet woman. Also talked to Wanda Wood; she had spent some time with Brennen Sugrue and will try to help him. His writing is hetter than his reading. Took Eloise R. Her panoche. Barely made it home.

30 AUGUST 2009, cont.

took a brief nap. Checked E-mail. Visited with Gladys a bit. Early to bed.

BLESSING: Class pau. Made it through.

31 AUGUST 2009, MONDAY

Helped Gladys out to her car around nine. She was "discombobulated" commented she was worried about herself. Hip. She was to have called about five. Hasn't so far. Michael Smith has joined the Smith E-mail. Caliber raised a notch.

Wilma picked me up for lunch at Arctic Circle. Disappointing in relation to lunch at the same place with Loxie. Slept/lay too long. Gay Mitchell called. Nice of her.

Gladys called. Think she had a bit of a problem getting her bowels under control on her trip down. Emotions/nerves? Is staying overnight in the hospital with Maurene who may go home tomorrow. Wanted me to get her insurance number and available when she calls tomorrow.

BLESSING: Gladys safe arrival in Beaver.

1 SEPTEMBER 2009, TUESDAY. Julia Carver's 86<sup>th</sup> birthday

Went to Credit union, got gas, went to Rite Aid, Albertsons; came home and had a quick rest and picked Julia up. They had a couple new items at the English Tearoom. We had one, the Welsh rarebit. I bought one of mine home. Salad nice fresh vegies. We both had a dessert. Julia ate all of hers. To Sweet library to pick up the book being held for me; just didn't have what it takes to stop at Smith. A rest. Called Gladys; she had called earlier. Maureen is home. She plans to go visit her nephew in Los Vegas and Wayne before she comes back. Got her insurance policy number. Visited Waymans and Alice Mitchell. The latter leaves for Mass. tomorrow.

Reward Elder Holland's talk /article on Joseph Smith in Liberty jail which Edith Gunnell referred to when I talked to her last night; had read it before but I read it with Edith in mind.

Powerful; re suffering. Looked up the upholstery company that did my chairs (1996!) For Wilma tried to call her; line busy.

BLESSING: Julia seemed to enjoy her lunch and didn't fall.

2 SEPTEMBER 2009, WEDNESDAY

Good night's sleep. Washed "whites". Worked on SS lesson. Lunch; nap. Took Wilma some of the round bread and some of the bacon Don W. got for me. To \$ store and bought birthday cards. Anne R. Brought me her registration" bag. Won't be here tomorrow; contacted Jane Berry and Cher Painter. Got \$ and quarter envelopes set up.

BLESSING: Jane and Cher.

3 SEPTEMBER 2009, THURSDAY

A bit stressed out but registration went well. Thanks to Jane Berry, Betty J., Cher P., and Frances Hutchens. Jane was the one who totaled up money. I was sorry to've missed most of the discussion. Think bob holladay hurt Bro. Iba re handouts; don't he was too tactful. Auwe.

A rest. Enjoyed peach and ham sandwich. Visited with Janice H. Re Romania Roby's son's funeral and FHE. Finished (?) SS lesson. No TV.

AnnMarisse called for a ride tomorrow. Car seat location? Called Popes; Vivian not home; Clive said he'd have her call me. Took first nitroglycerene pill. Did seem to help and only a little headache. Betty Johnson fell, black eye, sprained finger/s, skinned knee.

BLESSING; BULK OF SS LESSON PLANNED.( Probably too much.)

4 SEPTEMBER 2009, FRIDAY

Stopped in to see Betty; eye blacker/bluer. Took The Osimas to the Bishops' Storehouse. Saw David Wooley, from last semester's class, there as a volunteer. Very light, clean, neat, well stocked. Patricia came to clean. I do like having her. Did the bulb on the balcony and vacuumed it as well. Several rests. Took another nitroglycerene pill. Robbie gave me peaches and plums. Betty gave me a tomato. A little more work on sundays lesson. Wrote a fairly lengthy letter to Shirley Olson. Returned books to library; to Staples for paper, ink cartridge and a filing frame.

BLESSING: safe travel; E mail to Shirley

5 SEPTEMBER 2009, SATURDAY

To get new/more compression stockings. Didn't have them. Have to be ordered. Stopped by Reams and bought milk and a few other groceries. Betty made gazpacho soup and couldn't cut up the vegies because of her sprained hand. I helped and she gave me enough soup for three meals. Ono. Puts all her chopped up things as topping. Also gave me some brochette and a piece of bread to toast to eat it with. Worked some more on SS lesson. Tucked in white skirt some more at the waist; bulky. Picked up mail for Alice, Gladys and Betty. I had three catalogues. Talked to Lettie and Wilma. Fatigue has dominated today.

BLESSING: Betty's generosity.

6 SEPTEMBER 2009, SUNDAY

I'm grateful the class went as well as it did. I felt invigorated. The president's message was read by Sister Child re Sarah and Elizabeth who were friends in the spirit world. By the time she finished you got some pretty strong hints of good and bad visiting teaching. Several sermons in Fast meeting. A long (and very good) nap. My blood sugar was 132. Auwe. Lunched on Betty's gazpacho. Still have some left. Went to Fireside. Learned loxie isn't going out of town this month. Fern henneseay is now Single Adult leader. Program on Family History.

BLESSING: Class went fairly well.

7 SEPTEMBER 2009, MONDAY

To temple; closed; to Nauvoo room and bought six truffles for birthday cards. Beautiful day. Did bedding. Made Lorline Muromoto's Shrimp Curry. Made schedule for FHE every other week. Lunch with Wilma at I Hop. No buy one get one free that Vivian told about. A long nap. Harvey Wilson came to check my TV; put an antenna up. Five, and eleven are still not good. is a "johnny on the spot" man. Leola is patient. Ate too much dinner plus Betty's zucchini bread. Vivian Pope called to see how the SS class went. They enjoy their teacher. Also have a new bishop.

BLESSING: Wilsons' kindness.

8 SEPTEMBER 2009, TUESDAY

To the eleven session. Nice. Finished gazpacho for lunch. And a peach. Ono. A short good nap. Gladys came home. Looked beat. Wrote an e-mail to Bro. Iba. Called BYU re enrollment. Sixteen. Long E-mail from Shirley Olson. Took the FHE schedule to Marge. Nice person. Robbie gave me three more peaches; Gladys gave me two. Yum, yum. I'll call Wilma before I go to bed.

BLESSING: Robertsons.

9 SEPTEMBER 2009, WEDNESDAY

Up about seven; did bike ride.

Trying to read the peacemakers. Made Wilma's squash-potato curry. Good. Went with Wilma to Wardell's upholstery where she chose fabric for the love seat Lettie gave her. Ron W. beat us there. The father Wardell helped her. Kenny, son, with whom I dealt when I had my chairs covered wasn't there. I was beat when I got home. Lunch and a rest. Phone woke me up. Visited with Gladys a couple of times. Cashed check at Credit union; visited Floise r. Took Freda n. a birthday card. Nice day. Took peaches to Sharon Larson and Darlene Boffey. I'm eating too much. Blood sugar down to 107 this morning.

BLESSING: Remembered to check birthday list and was able to get Freda a card to her door.

10 SEPTEMBER 2009, THURSDAY

Handout today and given out as class left. Not enough. Bp. Taylor counted 110. Registration 91 with four walk-ins today....I missed some parts of the class concerned re the handouts. Auwe.. Found my one dollar and quarter envelopes. Just where I put them. A rest. Visited Betty after she returned from her eye appointment. Also Waymans and Gladys. Talked to Lettie; she's on leave from the temple. Appointment with Dr. tomorrow re her legs. Took nitroglycerine pill once today. Don't know if I should take them more often or not.

BLESSING: Chalah Reed gave one of the most beautiful opening prayers I've ever heard.

11 SEPTEMBER 2009, FRIDAY

Hair cut at nine ;mailed the DVDs to the lady in Bountiful. Didn't have to wait long in P. O. Picked up prescription at Rite Aid and shopped a bit at Albertsons. Took car to Hansens for automatic transmission check on my way to funeral of Wayne Pederson. All five children spoke; Elder Nail Anderson presided. He was their mission president in France. The Piers provided music before and following the funeral; he on the violin, she accompanying on the piano. I was a beautiful funeral. Elder Anderson gave Barbara a blessing of comfort in her loneliness. Felt like I'd been t conference after his talk. Picked up car. Gayle seemed pleased that I took him a funeral program. Had told me when I took the car in of his acquaintance with Barbara and Wayne. Lunch and a nap. Visited with Gay Mitchell and Betty J. She didn't have surgery; just splinted her two fingers and said it would heal on its own; might be crooked. Think she was relieved. Wilma invited Gladys to go with her to the symphony tonight. Her other lady must've bowed out. Erride Coon died.

BLESSING: gorgeous day; car okay, beautiful funeral.

12 SEPTEMBER 2009 , SATURDAY

Did a small load of blouses/towels. To Vosens for bread and the library. Left a loaf of bread for Edith Girard and visited with Gladys. She's having dinner with two of her missionary companions. Visited with Lettie and Wanda. Betty J, Wilma and I went to the Greek Festival. Crowded; noisy; hot. Valet parking which helped; long wait getting the car. Don't think I'll venture that sort of thing for a while. Visited with Linda Stewart; Erride will be cremated and her son will have a memorial service for her (?) Ward not to be involved.

They finished the funeral luncheon about 5:30;not enough help.

BLESSING: Made it to and from the Greek Festival.

13 SEPTEMBER 2009, SUNDAY

Sat with loxie and Ann Hamby in Sacrament meeting plus ginger Reed. Ann retires in two weeks. She said Alicia Fluhman's growths were benign. Good news. Made an appointment with Barbara Nolan for visiting teaching. Needed to lie down by the time I finished lunch. Gladys came up. Is changing our first symphony tickets on the 26<sup>th</sup> as they conflict with Women's conference meeting and the stake dinner. I told her I'd be offering my ticket to Wilma and go to Finishing Touches Friday morning. Picked up initiatory cards from Anne Robertson for tomorrow. Rained a bit. Cooler. Needed my light blanket when I napped.

BLESSING; Appointment for visiting teaching.

14 SEPTEMBER 2009, MONDAY

Did a load of whites; changed bedding. Eleven initiatories for Anne R. Visited with Gladys re LeAnne's cruise. Visited Barbara Nolan; lunch at Red Iguana with Loxie; started raining while we were there, windy. Took some German chocolate goodies over to Wilma to take to Paula, also Nancy's pillow case; didn't realize she didn't have a machine. Wilma gave me lettuce and cantaloup. Came home and had a short rest before FHE with Marg Whitehead. First for over two months. Gay Mitchell brought me some of her sister's banana nut bread. Had a couple little pieces and a cup of hot milk. Marge told us of her trip to Nova Scotia and Prince Edward Island.

BLESSING: Did Visiting teaching; started FHE again.

15 SEPTEMBER 2009, TUESDAY

Up at 5:30; washed hair and rode bike and read paper. Wilma was waiting when I got to her parking lot at 7:08 A, M. Trip to airport painless. Stopped at Albertsons for milk. Breakfast. Wrote Brother Iba. John Cook checked my TV; moved rabbit ears and I get all channels. I DON'T LIKE RABBIT EARS HOVERING OVER/center of attention. A rest.. To Western Nut for roasted almonds; visited Alice Wayman. Talked to Edith Gunnell . List of registrants from BYU. No additional ones that I can see but will check. AnnMaris called. To pick her up tomorrow at 11:10. Eloise also called. I will only drop her off. Gladys bought tomatoes for me.

BLESSING: Wilma to Kansas City.

16 SEPTEMBER 2009, WEDNESDAY

Picked up AnnMariss. Nap; lunch and picked up Eloise Richensen for her Moran Eye Center ap-



16 SEPTEMBER 2009, WEDNESDAY cont.

appointment. Wilma Fullmer called. Keith's plane came earlier than anticipated. She brought peaches and almonds and pecans. I paid her for the nuts. For me and Wilma H. Nice of her. She was tired. Peaches and a little ice cream for dinner. Talked to Shirley Olson this morning. She and Blair plan to spend Thanksgiving with Darla and family. I'm tired.

BLESSING: safe travel

17 SEPTEMBER 2009, THURSDAY

To class. The "walk-in" money was taken. Watered the flowers left from Wayne Pedersen's funeral. Futile??

D. J. Brought in men to check the building antenna. They disconnected my rabbit ears and I seem to be getting all stations. Visited Ruth Putnam and Eloise Richensen. Eloise has a black eye. Still blinking. Lunch and a short nap. About perused the Literature book Lettie and Gladys liked so well.

Gladys got word Maurene has had several mini strokes; can't talk. Expecting further word later tonight. She may go down tomorrow. 96 enrolled for the Thursday class.

BLESSING: Gorgeous weather.

18 SEPTEMBER 2009, FRIDAY

Decided to wait until tomorrow to shop for Alice M. Betty invited me to go with her to the tabernacle tonight which I did. Choir and temple square orchestra performing; celebrating 220 years of the signing of the constitution. Governor Herbert also spoke. Visited Gladys about nine re Maurene; latest is that she has spoken a few words and the stroke isn't as bad as first anticipated. Went to Erride Coon memorial services. Rushed home with my plate of food and was breathless going to the concert. Service nice; beautiful string quartet from the U provided music. A number of the ward members shared memories of her. Food catered from Siegfried; dessert by ward members.

BLESSING; MADE IT TO AND FROM THE CONCERT.

19 SEPTEMBER 2009, SATURDAY

to library and Smiths. Bought a few groceries for Alice Mitchell. Lunch; nap. Felt lethargic all day. Bev Stephan gave me a "plate" of shower food. Beautiful. Betty J. gave me some tabula; looks good. Took Gay Mitchell a bread round" and Erride Coon's memorial program. Maurene Jones is talking in sentences. Therapist are pleased. Lacy T. stopped for her package and I went home with her to see her apartment. Some nice new furniture. Looks nice with her cleaned carpet. Called Lettie; waiting for a call from Rachel Willmore.

Had Bev's salad (part of it, big) and tabula for dinner. Feel stuffed.

BLESSING; Maurene's improvement.

20 SEPTEMBER 2009, SUNDAY

Short night. Good meetings. The Wilsons came visiting/home teaching. Visited Julia. Alice Mitchell is back and told me re her two weeks in New England. Exhausted. Vivian called.

BLESSING: Visited Julia; seems a little stronger.

21 SEPTEMBER 2009, MONDAY

WENT TO Dr. Brann's office; found my appointment is next Monday. Auwe. By Cummings Candy; bought a bag of seconds. Lady gave me two freebies. Ate 'em both Auwe. To Macy's and Pendelton Mills. By Deseret Industries in SugarHouse; bought a \$5 blouse. One at Pendelton Mills was \$60; color nice but too open in neck for my marami mole. Home for lunch and a nap. Did a small load of "delicates" including hose. Cleared off laundry area for air condition work tomorrow. My apartment's turn. Finished the MaComber book I picked up downstairs. Someone left two tomatoes and a squash on my door. Brother Wiscomb? 45 E-mail. A number re the new Family Search. Visited Alice M. With Gladys.

BLESSING: woke refreshed from my nap.

22 SEPTEMBER 2009, TUESDAY

Up at seven; workman came a little before eight. Went to the nine temple session. Cool. Tony Morgan on the session. Lunch; on a bowl of Fulmer's peaches. Nap on Gladys' couch. When I returned workman gone; hall and living room entry way vacuumed. E-mail had another 45 messages. When I returned from temple a message from Gladys that Maurene had a bad night; she was leaving to see what decision was to be made re her. Took cookies to Waymans;; no one in living room. Returned later and watched some news with them. She said they'd had the cookies for their dinner. Wrote a note to Bro. Iba re enrollment. Wrote Shirley an E-mail. Must've typed address wrong. Wouldn't "go". Auwe. Stir fry for dinner. Gladys called; another MRI for maurene and decision tomorrow.

BLESSING: temple session; clean area around washer/dryer/air condition.

23 SEPTEMBER 2009, WEDNESDAY

took Sandy Hopkins to the Dr. While she was with the therapist I did a little shopping for her and myself at Smiths and cashed a check at Zions on South Temple and E Street; got home about one and took a little rest before I had lunch. A longer rest before meeting Wilma at the airport. On schedule. She has a cold and a cane. Alice Mitchell gave me a night light with a lighthouse attached. Pressed the cuffs of two pairs of pants I hemmed. Called Alpine medical twice today. No response.

BLESSING: Safe travel for Wilma and me.

24 SEPTEMBER 2009, THURSDAY

David harper called. Amanda's son Andrew is on a mission in Great Britain. Class went well. Bp Taylor helped me get the overhead projector. Brother iba didn't use it! Stopped by to see Eloise R. On my way home from class. Eye still blue. Doesn't feel well though blinking has diminished. Lunch of peaches and a nap. Talked to Wilma. Was going shopping. Talked to Lettie. Visited Gladys. Maurene going to Milford tomorrow. LeAnne using my symphony ticket. Short visit with Alice, Betty. We'll have Lunch next Tuesday. Frozen dinner of spaghetti. Enough for two meals. Not bad. Got out recipes for my (Virginia Richardson's) spaghetti sauce and Rhonda's lentils and Portugese Bean soup. Made a shopping list. Called Alpine Medical; they have my hose. Wrote E-mail to Shirley.

BLESSING: Nap revived me.

25 SEPTEMBER 2009, FRIDAY

Up before five; ran off some copies for Thursday class. Stripped bed and did two loads of wash. Hit the couch at six and slept until 7:30. To Abravanal hall for Finishing Touches. Knew I had walked three blocks. Ate too many "refreshments". Stayed for two thirds of program. Came home via Museum. Saw the second volume of the Joseph Smith papers in the gift shop. Lunch of tomato open faced sandwiches. Ono. Hurrab for home grown tomatoes. A nap. Took the American it book to Wilma's. cough bad. I lay on her couch as we visited. Home byway of Albertsons where I spent \$32. Got out to the car and realized I hadn't bought the cantaloupe I stopped to get! Did get items for Lentil dish, Portugese Bean soup and spaghetti sauce recipes. Went back in and got two cantaloup.

BLESSING: Clean garments and sheets.

26 SEPTEMBER 2009, SATURDAY

got compression ;hose from Alpine Medical. Stopped at DI on 45<sup>th</sup> and bought a white shell. Stopped at Reams. Checked sausage. Many varieties. Bananas 38 cents pound. To Cactus and Tropical Garden shop. Bought an orchid. By Deseret industries on 7<sup>th</sup> and left some things. Home about one beat. A rest, lunch, a rest. To Paul and Desiree Johnson. Becky, Danny, Nick, DJ and family there. What a nice person Krista is and their son, Mason, is a cute livewire. Nice dinner. Becky gave me peaches and a spaghetti squash. Home and listened to last of President Eyring's talk at RS Conference. Heard the re-broadcast at eight. Will wait to read E-mail until tomorrow.

BLESSING: The women who lead RS.

27 SEPTEMBER 2009, SUNDAY

CHURCH. 'FIRST TIME I've ever known a Fast Sunday without anyone getting up immediately. Interesting that out of the twelve who eventually got up six were men. Usually predominantly women. Lunched on med. Lentils. Good. A nap and went to see Wilma. She is SICK. Temperature, cough. Suggested going to InstaCare; Will call tomorrow and call me. I do feel concerned. Watched Ken Burns' National parks ;until eight and watched Joseph Smith papers and then back to the Parks. Late getting to E-mail and journal.

BLESSING: beautiful day

28 SEPTEMBER 2009, MONDAY

to Dr. Brann. Frustrating. Halved my Cortez. Will try for a week. Thinks it may be my meds making me feel tired. Stopped by Wilma's. Appointment for tomorrow. She, Vivian and Lettie are planning a birthday party for me on the 17<sup>th</sup>. In social room of west Temple. A catered meal. Don't see how they will fit. Visited with Anne; gave me a tomato and avocado. FHE tonight at Betty's. She had planned well and gave visual and word description of where they had gone to the Badlands, Devils Tower and Crazy horse and martins Cove. Refreshments as always delicious. Edith Gerrard was there most of the time.

BLESSING; Spots, I think, came out of my purple pleated skirt.

29 SEPTEMBER 2009, TUESDAY

Addressed birthday cards for the next week or so. Lunch with Betty Johnson at Cedars of Lebanon bought three Lebanon baklava. Foolish. But good. Cut off a piece of each to take to Wilma H. Picked her up for her Dr. Appointment. Pneumonia. In the hospital by four P. M. Left there around seven. Hopefully, I do believe, she is in good hands. An education to observe/listen to the hospital personnel as they interrogate, examine, test patients. Stopped by her apartment and picked up batteries for her hearing aid and asked her neighbor to pick up her paper. Home and called Eric and Paula, Lettie. Gladys came up; shared peaches and tomato. Ate and for an early bed. Karna called back (I'd left message there); her mother will be having heart surgery. She said she'd probably be up tomorrow. I'm tired.

BLESSING: Wilma's in hospital being cared for.

30 SEPTEMBER 2009, WEDNESDAY

Good night's sleep. To hospital. Things seem the same. Wilma's cardiologist stopped by. From hospital to her apartment; trouble getting in building then trouble with key. Office man went up with me and helped me with the door. Picked up her mail. Emptied waste baskets. Bagged fruit which needs eating and had a short rest. Karna and Andrew came and I came home for lunch and a nap. A long one. Back to hospital. Oxygen cone off. I think she looks a bit better. Dr. Schislinder had been in; posed possibility of going to a rehab after the hospital. More I think of it the better I think of the idea. She will have to say. Eric H. Was coming in as I left. Cold out yet on arrival home found temp in apartment 75. Betty J. Gave me a bowl of chili. Thoughtful of her. Glenda Griffith called.

BLESSING: Wilma looking better.

1 OCTOBER 2009, THURSDAY

Slept well; up at seven and delivered Don Ballou and Virginia Griffith's birthday cards. Started some chili without chili chili. To class. Bp. Taylor, bless him, had the projector set up. Three more registered for the class. Cold. To see Wilma. Her 'handsome' doctor stopped in. To her apartment; picked up mail and got her library books; had lunch on lentils I'd left her. Trouble getting in door with her "key". Home and a nap. Visited Alice m. To the library to return books and to Smiths where I bought some flowers for Wilma from Glenda Griffith.. To the hospital. Wilma had been walking with a couple of re-hah men and had another chest xray taken.

Improved was the report. Ralph and elna Adams and Gladys visited her. Brought her flowers home. Cheese omelet and toast for dinner. Tired. Called Glenda and willmores.

BLESSING: Wilma is looking a bit better. Eating a bit more.

2 OCTOBER 2009, FRIDAY

Up about three thirty and made curried squash. Back to bed and up at eight. Long conversation with ruby haws. She is a sweetheart. Has had cataract surgery. Didn't finish breakfast until ten. Did crossword puzzle and to see Wilma. Cool but beautiful day. Wilma was sitting up when I got there. Legs swathed in inflation massaging paraphanalina. Eric and karna had visited last night. No talk of going home. Came home via her apartment and couldn't get in the door; walked via street to front door. Man in office said the repairman was working on the problem. Got her mail and went through fridge, threw some things away and brought some questionable vegies home. Also her coat for when she will be released. A little rest on her couch. To Smiths for milk. Talked to Paula Carter. She has a cold. A rest on my couch. Feel as if I'm catching cold. To see Wilma. Dr. Drom—had told her she wouldn't be going home tomorrow. Signs on the elevators re no children under 14 to visit. She has a "roommate". Came home and had an egg omelet same as last night. Just used one egg. Prunes left at my door. Gladys brought peaches and tomatoes. Watched most of the sixth part of ken Burns' Park series.

BLESSING: Eric and Karna's mindfulness of Wilma.

3 OCTOBER 2009, SATURDAY

Enjoyed conference. To see Wilma after the afternoon session. Dr. Says she can go home tomorrow. Eric came while I was there. I don't feel she is ready to be home alone. Stopped by her apartment. Couldn't get in the guest parking door. Picked up her mail and cut up the honey dew in her fridge. Talked to her neighbor Connie Buie.

Home and had chili for dinner. Good.

BLESSING: wonderful conference.

4 OCTOBER 2009, SUNDAY

Heard A.M. session. To hospital; no release yet. Heard most of P. M. Session on couch, under comforter. Elder Holland powerful talk. Wilma was released about 4:30. Home by five. Kind Brother Zundal opened garage door; had a chair and showed me a spot to park. Kind man.

Oxygen man came. We were in bed by nine. Brother Garrard died.

BLESSING; Wilma glad to be home.

5 OCTOBER 2009, Monday

Neither of us slept well. Nurse came. Lots of paper work. Tired by bedtime. Like sleeping in a hotel. Night lights impressive. Snow on mountains. Karna will take Wilma to her Dr.

Appointment on Thursday.

BLESSING: Good home health care help.

6 OCTOBER 2009, TUESDAY

Oxygen tank cut off; some problems getting hooked to small tank. Man from company did come. Also the therapist. Checked her out for strength. Weak. Suggested two month recovery. Doesn't need to go to 'Huntsman's' Cushman's office called.

BLESSING: A recovery goal.

7 OCTOBER 2009, WEDNESDAY

We both slept twelve hours. Wonderful. Oatmeal for breakfast. Too much. Came home.

Checked E-mail; called marge Whitehead. Funeral for Bro. Garrard Friday. Washed a load.

Listened to E-mail; three were from Glenda G. Talked to her yesterday at Wilma's. Caught up on E-mail. Back to Wilma's;

8-10 OCTOBER THURSDAY- SATURDAY

Spent most of my time with Wilma. She has a home nurse, a physical therapist. Both seem to be caring and know what they're doing. Her love seat came and she was able to get rid of her couches. Walked home on Saturday via the Joseph Smith memorial building where I stopped in to see the art exhibit: Reflections of Christ. Used Book of Mormon references to depict the Savior. Glad to get home. Took a couple of nitroglycerin pills. To the Earthquake seminar at the Stake Center. Very animated presenter; marami examples of what one needs. Practical info re "what to do" in case of. To bed early.

Shirley Olson called while I was at Wilma's. Also talked to Wanda Wood..

11 OCTOBER 2009, SUNDAY

a couple hours insomnia; checked E-mail, balanced check book, wrote check; back to bed about five; didn't want to get up. Lovely day. Mary and Joe Richards spoke at church. Bro. \_\_\_gave his last lesson; being released from their two year mission, in translation, on Friday. Good people. Could hardly get home for a quick bowl of soup and a rest. A cold? To see Wilma. Picked up her mail. Visited a bit. Home and took gay Mitchell the Earthquake material, on to Vaughan Wonnacott's farewell open house. Will miss him. Took Gladys her plate in which she took Wilma two meals' "worth: of roast carrots and potatoes. Watched Joseph 'smith Papers, ready for bed.

BLESSING; Wilma is exercising.

12 OCTOBER 2009, MONDAY

Slept well but woke up with a husky voice. Called Senior clinic; made arrangements for an appointment with Dr. Schlisman. Went to InstaCare and had a chest xray; no pneumonia, antibiotic for five days. Picked up refills of nitro and xalatan at rite Aid before going to InstaCare; also stopped for gas and English muffin at Day old Bakery. Stopped by Albertsons after instaCare for distilled water for Wilma and eggs for me. FHE. Made an apple crisp; much too sweet. Felt faint most of the time I was making it. By FHE feeling better. Winnie called before and I called up afterwards; she was in the midst of a show on TV. Off to bed.

BLESSINGS; don't have pneumonia and antibiotic which will hopefully take care of my voice/cold.

13 OCTOBER 2009, TUESDAY

Slept well. Talked with Lettie and Wilma several times. Visited with Gladys and Betty, Alice Mitchell. Long nap. Didn't go outside at all today. Wilma was having an occupational therapist come today also. (Besides the physical therapist). She sounded stronger.

Vivian Halverson called. She is walking with a crutch. Called Julia Carver. She is still having sciatic problems. Still going to a chiropractor. Called Janet Smith and learned loxie moved yesterday. Auwe. I missed saying goodbye to her.

BLESSING; Vivian's progress.

14 OCTOBER 2009, WEDNESDAY

Did a load of wash. Considering what to wear on Saturday. To see Wilma after a stop at Vosens. Felt faint at Wilma's and scrapped a car wash and hair cut to come home and rest. Birthday cards from ruby Haws and Mary Behra. Carl and Dimple Mellor came. Gladys showed him the Social room. Visited Alice M. and Betty J., Lettie and Don. Read Alice Mitchell's book Hannah-----  
.Nicely illustrated.

BLESSING: Feel better.

15 OCTOBER 2009, THURSDAY

Tk my car to class and afterwards had my hair trimmed by Smiths. I like. Home for lunch and a nap. Got car washed. Looks SO good. To see Wilma. Took her half the subway sandwich I got by th beauty shop. Vivian Pope called; she's had flu. Not coming Friday. Saturday??? Wilma walked to mail box without oxygen. I walked hack with her. Has a new lease contract for her apartment; reduced rent.

Cute/musical birthday card from Pam and Victor Werner.

BLESSING: Wilma looking better. Has concentrator attached to water.

16 OCTOBER 2009, FRIDAY

Dressed to go to the temple to do initiatory. Never made it as my heart (?) Acted up most of the day. Did go to Rite Aid for KCL and Albertson's for milk and bananas. Patricia came for about half an hour to do sinks and toilets and vacuumed. Back on Monday at 8:30.

Wilma has an infection in her foot/ankle/ Don bought a doorbell for her. Didn't feel up to going to Zions Securities annual dinner. Anne Robertson and Pauline H. Came by with flowers and a card; visited a bit. They came as I was talking to Winnie and as I said goodbye to her she heard them singing "Happy birthday".

BLESSING: Vivian feeling better; coming tomorrow.

17 OCTOBER 2009, SATURDAY

birthday party. I will try to write later a summary of the very heartwarming event.

18 OCTOBER 2009, SUNDAY

Met with Bp Kirkland; called me to be RS Funeral Procurement Specialist. Much teasing re going out /scouting for funerals. Several birthday cards. Betty Johnson and Jackie Farnsworth spoke at Sacrament meeting; both gave excellent talks. Home and a rest then to see Wilma H. Leg/ankle re, slightly swollen. We "hashed" the party. To bed early.

BLESSING: Vivian called; they arrived home safely

19 OCTOBER 2009, MONDAY

Up about six. Typed names of all I could remember who came to the party Saturday. 66.

Patricia came to clean. Wilma called about nine to pick her up at 9:30. So pleased she had a Dr. Appointment; her podiatrist. She forgot her hearing aid. He didn't think it was neuropathy

related. Measured it and marked the infected area. Prescription for antibiotic and she is to call back Thursday re size, soreness. To soak in warm water twice a day. Home by \$ store. A rest.

Whitehead came over and described by RS call. Don't have to call re food. Set-up, serve, and clean up. Gave Marge some carrots, potatoes and plums. Also gave Larsons some potatoes and plum. Anne Robertson some potatoes. Have given away all the washed ones Wilma gave me.

Very late lunch. To Janitor's Closet for cleaning supplies. Leaving, onto sidewalk a young man

on a bike either hit me or I him. SOO scary; picked himself up and gave me thumbs up. And

rode away. Unnerved me. To Rite Aid for thank you note cards. I'm having lower back pains.

My apartment smells so good from the flowers; from Shirley, pam and Barbara, from Robertson and Pauline, and Don's roses. Talked to Lettie and Don. My word perfect is doing weird things.

BLESSING: Young man on bicycle uninjured when he ran into me as I left janitor's Closet.

20 OCTOBER 2009, TUESDAY

to temple for initiatory. Called Barbara Hiatt; she will use my opera ticket. A rest. Lunch with

Wilma H. Ate leftover Thai food. Forgot to take her cane. Karna Hirschmann is home. Talked

to Gordon Haws, Dorothy Schvanavelt, Shirley Olsen. Betty came over to look at Don's roses.

Big and beautiful. Another long nap after lunch; back been hurting, better. Took opera ticket to Gladys. Talked to Becky J.

BLESSING: back feeling better. Wilma stronger.

21 OCTOBER 2009, WEDNESDAY

Woke about 4:30, unable to sleep; got up and baked spaghetti and winter squash. Wrote a couple of thank you notes;; back to bed at quarter to six; up at 8:20. Ate lots of very soft, bruised

plums., talked a long time to Shirley Olson. Picked up AnnMarrise; was late. Should have gone straight out State. Took Wilma her cane and basket she used for cars on Saturday. Looked at

some of them. Nurse says she doesn't need to see her anymore. Turned oxygen down from three to two. Good news. Late lunch, late, too long nap.

Took Friday night concert tickets to Mary Behra; glad she can use them. Pain in right thigh and leg. Walked Alice Mitchell to the conference Center elevator to garage to go to temple without

the hill which we notice going by street. ;she was breathing heavily.

Called later to say she had done ten initiatory and had lunch with friends.

BLESSING; Wilma's news from nurse.

22 OCTOBER 2009, THURSDAY

To class, afterwards to visit Barbara Nolan. Like her apartment; don't like climb up. To see

Eloise Richensen and home for lunch of chicken, squash and hash browns from baked potatoes .

22 OCTOBER 2009, CONT.

Ono. A long nap. Talked to Wilma, Lettie, Vivian, Amy Mackley. Missed Shirley Hyde for two days. She had something for me. Went to her apartment. A lovely red rose for my birthday. Jane Bowman's birthday. 81. Called to thank me for the birthday card. Truffle. Has a twin brother in Midvale who substitute teaches five days a week!! Visited Alice M. And Betty. Gladys stopped by. Loved Macbeth last night. Is going to Milford Saturday for the night. Gary Fullmer wrote a nice note re my birthday party. So many nice things with which I'm blessed.

BLESSINGS: Kind, generous friends, family.

23 OCTOBER 2009, FRIDAY

Little sleep. Breakfast with Betty J. at Coachman. . I had a waffle. Good. Picked up Wilma H. Dropped her off at her bank, to Capital theater, directed to Abravanel to turn in her Macbeth tickets. Gave her a contribution credit. She was waiting when I got to the bank. From there to post office where she mailed her priority letter to Fritz, 'Erwin's brother. Home and a good nap. Made muffin mix Janice gave me for my birthday. 'Borrowed Betty J.'s muffin pan. Shared with Janice, Alice, Lacy, Betty and Lacy. Good but too sweet for a diabetic. I've eaten poorly today. Will have another rest before we go to temple Square orchestra Concert.

Talked to Winnie. She has her hearing aid. It's cool to me.

BLESSING: good nap.

24 OCTOBER 2009, SATURDAY

Took Wilma the book I borrowed from Alice M. Plus Clive's tribute and last night's concert program. Cooked Becky's turnips. Sharp and ono. Talked to Lettie and Carl M. His sewer backed up. Had an interesting comment re Lettie not wanting "to feed party goers enough". He was concerned about his "reputation"!!

To Hale theater with Mary Behra. Curtains. Interesting but not my favorite.

Called Debby Curtis and Evelyn Isgrigg. Envelopes came from BYU for Thursday class. Took most to Bp. Taylor and told them of conversation with Evelyn and Debby.

To Stake Conference meeting at seven. Theme: Stand in holy Places

BLESSING: Made it to Stake Conference. Betty J.

25 OCTOBER 2009, SUNDAY

Up a little after seven; rested well. Made tuna salad. Had a sandwich for breakfast .to Stake conference with Betty J. Continuation of the theme to stand in holy places. President Sorensen told of a Indian group who were concerned about the remodeling of their chapel and surfacing their dirt parking area which would disturb old mesquit trees which they felt great love for . They had names and Mesa Temple workers noticed their names appearing on the Prayer Roll. He intervened. Architects weren't aware of the sacredness to them and could easily pave around the trees. Indians felt not 'proper'/respectful to question/challenge leaders. Youth speakers were very good. One told of a military man on difficult hike. Instructions: Go out together, work together, and come back together. How during the workout men assisted a flagging member. Called Wilma h. when I got home. She had been to Sacramento meeting. Home teacher (new one) coming this afternoon. Beautiful crisp fall day. A long nap and went to see Wilma; took 2010 calendars and tuna salad; she chose a calendar. Went to Sacramento meeting today.

BLESSING; WILMA WENT TO CHURCH ON HER OWN STEAM. Conference.

26 OCTOBER 2009, MONDAY

slept in a bit as difficulty in sleeping in the early part of the night. To \$ store and Smiths on my way to Dr. Appointment. She was prompt. Changed med for diabetes and one for leg pain. May need an MRI and an epidural down the line. Blood drawn. Lunch and a long-g-g nap. Too long. FHE at Janice's with her daughter, Mindy, her husband and son who told of their two weeks in Nauvoo playing pipes/drums as part of the Nauvoo Pageant. Pumpkin pie and ice cream. Glad I didn't have dinner.

BLESSING: I think I'll like Dr. Schlismann

27 OCTOBER 2009, TUESDAY

First Valley snow..got snow'window scrapers out before picking up Wilma for her nine podiatrist appointment; he was running late. She canceled; made another appointment; I picked up the prescription to replace Avandia. Stopped at Albertsons; she went in without oxygen for her prescription and a few groceries. From her apartment I went to Kathy; Paschal's to leave a birthday card. She hasn't been out for awhile. Then to Walmart and Costco. Home about one; beat; quick lunch and a long nap. Shared pina with Alice, Gladys and Betty. Dr. Schlisman called; lab looks "good". Start on the new diabatic med tomorrow. Shared cookies with Gladys, Alice and Caroline. Froze cookies and most of rotisserie chicken. Will share with Wilma tomorrow. Invitation to tony Morgan's Sept/Oct birthday dinner thurs.

BLESSING: no problem with snow; lab reports good.

28 OCTOBER 2009, WEDNESDAY

woke early;; to nine session. Good to be doing an endowment session again. Couple more men than women. Smaller session than I expected. Walked past the median on my way home in front of West Temple where they were cutting the summer growth; some herbs smelled pleasantly potent. Good lunch and a short rest. Wilma called. One of the sisters she visits took her to see Dr. Schliman yesterday; told her she'd be on oxygen two more months; ordered a small tank for her. Took her butterbeans, a few toquito, pina, and a cooky. Didn't stay long as her OT came. Her plants look nice on the runner that used to be in the hall. By Credit union to get \$.

BLESSING: Wilma feeling better and will be having a more portable form of Oxygen.. Talked to Julia Carver; will call Winnie.

29 OCTOBER 2009, THURSDAY

to class. Cold. Lunch and a rest; didn't mean to go to sleep but woke just in time to make my appointment with Dr. Miller for eye exam. Pressure good. Dilated. Auwe. Felt a hazard coming home. Deposited money in bank. Talked to Lettie and Wilma. Lettie had taken Rachel for a shot for her headache. Dinner at Tony Morgan's for September and October birthday celebrants Gwen Allen Hyer died. Funeral tomorrow. Wilma has received her small oxygen tank/s..

BLESSING: Wilma has small oxygen tank.

30 OCTOBER 2009, FRIDAY

to have mammogram. To Gwen Allen Hyer's funeral. Nice. An hour. A quick lunch and a long nap. Chickened out on ward Halloween party. Wilma drove herself to Walmart today. Bought a cushion. Look forward to seeing it. Gladys brought me some beef stew, Betty gave me bagels and some corn/chicken chowder. I've been cold most of the day. Someone left a pink rose at my door in a bud vasa with fern, baby breathe.

BLESSING: Wilma was driving for the first time in a month.



31 OCTOBER 2009, SATURDAY

Up sixish and did two loads of wash; changed bedding. Eyes red and hazy; hot packed; do feel better. To lunch with Betty J. at Tasty Thai. Curry a little hot. Picked up prescriptions at rite Aid;; home and a rest. Sweet thank you from Barbara Hiatt for Macbeth ticket. Cooked beef from curry some more; tough. Made a fruit salad and gave Betty the rest of the pina. Re-typed Med sheet. Trick or treaters came about 6:30 (half of them). Giving the symphony a try tonight. Did rest ? A couple hours. TALKED TO Wanda and Shirley today.

BLESSING: Lovely day; felt I accomplished several things.

1 NOVEMBER 2009 Daylight saving time pau.

Woke about 4:30 A. M. Change of time takes a bit of getting used to. Fifteen testimonies borne today in Fast and Testimony meeting; good classes focusing on temple and family history. Was glad to get home , have lunch and have a two hour sleep. Did compress my eyes twice today. Some better. Beautiful day, clear blue sky and high fifty temps. To fireside to hear president Christensen speak of the Shoshone Indians. Listened to the Joseph Smith papers and I'm ready for be. Talked to Wilma H.

BLESSING: eyes a little better.

2 NOVEMBER 2009, MONDAY

Woke early. To nine temple session; elevator not working. Took stairs; not easy. Small session. Home for lunch and a nap. Long. To Smiths for flowers, eye drops and distilled water. To Wilma's. her pillow looks very nice. She gave me half loaf of home made bread. White. Hot compressed eyes morning evening. Tried to visit Gay Mitchell before lunch;; o answer. Saw her after I visited Wilma. She had gone to the choir broadcast Sunday morning.. AnnMarisse called. Will pick her up at 7;40 tomorrow morning. Peggy Wilcox called re Wilma. Her RS president. BLESSING; Wilma looking "peart".

3 NOVEMBER 2009, TUESDAY

Up at 6:15 A. M. Took Ann Marissa to her 8:00 class. Called Dr. Miller's office. Worked me in for 9:30. couldn't get Wilma. Asked Gladys to let her in; wrote her a note on call box. Was home by ten thirty and she was in my apartment looking at the Capital Hill Cookbook. Dr. Miller didn't say what was the problem; gave me a sample drop plus a prescription. Will take it over a period of twenty days from three a day to one a day. Lunch and a rest. Fern Hennessy had left a message to stop in to her apartment. Wanted me to get "rid" of some food. Did. Keeping a good part for myself; too difficult to know how to give it to someone without explanation..

Talked to Lettie; she's concerned about Don and his back. Jordan , his wife and baby visited. Luke had his interview with the Stake president. Has lost forty pounds. Paige is coming home for Christmas. Went to see Waymans; were on their way to visit Ruth Hobson; spoke to them there. Ruth was very gracious to them. Was glad to see them "visiting". Have eaten spasmodically and rather foolishly today.

BLESSING: Was able to see Dr. Miller to address eye problem.

4 NOVEMBER 2009, WEDNESDAY

Didn't sleep well last night. Filled eye drop prescription and picked up new Coreg meds. "Bargains" at Fresh Values which is taking over Albertsons. Eyes identifying themselves. A LONG NAP; FELT GROGGY. BETTY MADE AND SHARED BREAD. ONO. TOOK Fern Hennessy's containers back to her. Also her DVD. Couldn't get my player to work. Visited Waymans. They are trying to gain weight; gave me a piece of pie and invited me to their floor

FHE on the 14<sup>th</sup> to hear their daughter, Helen, play the piano.

BLESSING: gorgeous day.

5 NOVEMBER 2009, THURSDAY

Class went well. Brother Iba. showed a picture of a stained glass window of God the Father holding his slain Jesus Christ and a dove over the father's head. Amazing portrayal of three rather than only one. A call from Lettie. Regan's son Jared was found dead. No details. Ross Werner has three possibilities re his cancer. Biopsy can only be done by surgery. I received a phone call asking me to go in for further Imaging on my right breast. Appointment tomorrow. Called Wilma and Vivian re the foregoing. A long nap. Started Richard Evans' the Christmas list. To the RS evening on food, shopping, Food pyramid. Lots of work done by Bev S., Sr. Ewer and Jenny B. I'm super tired. Good to see Ann Hamby with Mary B, Mary Ann P. and Thelma H.

BLESSING; So many willing people in the ward.

6 NOVEMBER 2009, FRIDAY

to LDS Radiology for more right breast screening. Am to return in six months. Had lunch with Wilma at "Sawdees". Servings big; acoustics poor. Service good. Talked to Lettie and Vivian. Rachel Wilmore offered to pick up me and Wilma for the funeral or for the viewing. I/we chose the former. Talked to Wanda re yellow background. Helped me get out of it but when I started typing back again. Don't know how to get it off. Tried what we tried last night.

BLESSING: Rachel

7 NOVEMBER 2009, SATURDAY

- Did bedding. Had hair cut. Really short. Short rest. Eyes may be a bit better, I hope, I hope. Pam sent a letter from Jane Werner re Ross. Much of it technical beyond my comprehension. Dinner with Robertsons and Dava A. in Bountiful Indian restaurant. Ono. Ensign and New Era came today.. Started going through journals to update my travel list. For the last five years I've summarized big (?) Events of the year. Unfortunately I didn't always do this so will have to go through the rest of them (from 1995-2002) and summarize

BLESSING; Good friends. Robertson, Gladys and Betty

8 NOVEMBER 2009, SUNDAY

Good church meetings. Primary did the Sacrament meeting. Nice day with a coolish breeze;; leaves whipping around. Still have my yellow background for my journal. Wanda tried helping but to no avail. I am so-o inept..

Lunched on last night's masala and shared with Betty J. A long, good nap. Read E-mail and talked to Wanda with her trying many avenues. Suggested I just keep my journals entries and she'll check it out when she comes up Thanksgiving.

My eyes looked so red, puffy this morning but by the end of the day look better. Tearing still a problem. Today start the two drops/day.

Have been through all journals to update my travel log. Most of them (thank goodness) I had summarized the year's events.

BLESSING: Eyes getting better (I hope!)

9 NOVEMBER 2009, MONDAY

went to the ten temple session. Most enjoyable. One new patron with several friends.

Interesting to watch such young vital young men. Had my left over masala for lunch. Still have some left over. A rest. Talked to Lettie and Rachel and Wilma H. Got Mormon times, church

news and birthday cards together for Lettie.

Visited Waymans. Eyes not as improved as I had hoped. Gladys is recording her Dancing with the Stars on my TV (I hope); hadn't realized that I would miss the evening news!

Typed up the highlights of 2002 for my journal; one of few years without a summary. And there wasn't a yellow background!!

FHE at Gladys'; inspiring story of a teacher in Uintah and the laying rock for the U on the mountain above the town. Ruth Hobson and Edith Garrard were there.

BLESSING: Rachel willing to adjust so we can be in Highland for the family prayer tomorrow.

10 NOVEMBER 2009, TUESDAY

Rachel Wilmore and son, Luke, picked me and Wilma up for the funeral of Regan Willmore's son, Jared. Got there just in time for the family prayer. Lettie and Don were later and it was probably late because of us. Large funeral. Long funeral. Jared's siblings did the obituary and Regan Wilmore spoke. Several musical numbers. A kind day for the cemetery. A nice new one. Large group for lunch. Tables set up for 150.; Food good. Tables very attractive. Luke drove us home; Lettie came with us. Rachel drove Don home. Luke got rid of my yellow background that I stewed over. Also with a flick got my TV going. And found my DVD wasn't plugged in. Feel so dumb. I was/am beat. Had an hour's rest. Gladys stopped by; was relieved re the TV. Lettie brought some of Rachel's chicken chili. Talked to Pam Werner re son Ross.

BLESSING: made it to the funeral.

11 NOVEMBER 2009, WEDNESDAY

Called Dr. Miller's office; worked me in. A new eye drop. Technician more sympathetic than he. To see Winnie; Elaine made lunch (dinner) for us. Big one. Stopped at Pendelton Mill and Honey Baked Ham and whole Food on my way home.. Didn't buy anything. Sample of hot cider, a multi grain cracker and a bit of pumpkin pie at whole foods. Thought I might find coconut strips there; didn't. Winnie is hibernating against swine flu.

A long nap. Gladys had her tooth implant completed today. Called Fern Hennesey. She seems on the mend

BLESSING: Got in to see Dr. Miller.

12 NOVEMBER 2009, THURSDAY

To class; vision fuzzy. Brother Don Busath left his scripture bag after class; called and I met him on my way to get my new eye drop prescription. Also got milk and a little fruit. Lunch with Wilma H. Eating Rachel Willmore's chicken chili. Ono. Home for a rest. Visited Betty, Alice, and Gladys. Set up lunch times with Betty for Friday and Monday. Billy, Waymans's daughter, stopped in as I was eating dinner.. Checking to see if I'd been invited to her parents Saturday afternoon to hear their daughter, Helen, play the piano. Their turn at FHE for their floor. She said they were excited. Cooked the sausage I got today.

BLESSING: think my eyes are a little less red.

13 NOVEMBER 2009, FRIDAY

Two loads of wash. Started typing my "travels". Lunch with Betty J. at the Hibachi House. Prices moderate; amounts generous. A short rest and Dava A. and I visited Shari Stagg. Dava has been visiting her. Dropped books off at main library drop and stopped at Hansens to see if I had anti freeze. I do. Thinks I need a new thermostat. Will cost about \$100.

Betty brought her freshly baked bread. Went with Gladys to the history museum for a lovely hour program; Ariel Bailif (former opera singer), Lloyd Newell of the Tabernacle Choir's "Spoken word, and a harpist and flutist from the Tabernacle Orchestra. My length evening

program. Came home to find a container of tapioca pudding with mango cubes. Ate a few bites. Ono. Betty?

Addressed a number of November birthday cards. Alleyne Summerhays and Bill Wayman's birthday's tomorrow.

Vivian called; they'll be going to Moab for Thanksgiving.

BLESSING: Did one visit; drawer of clean garments.

14 NOVEMBER 2009, SATURDAY

Good nights sleep. Only a skiff of snow. Mended garment. Wilma came over with a half dozen or so blueberry muffins. Short visit en route to the library. Read E-mail as I couldn't get on last night. To the Wayman's FHE where four of their daughters attended; daughter Helen played the piano for about forty-five minutes. It was also Bill's birthday (and Alleyne Sommerhay's) and Alice's is next Wednesday. About 26 in attendance. Helen plays beautifully. Her husband was there. They have been married 41 years.

Finished typing up travels and inserted in my Lavina Book.

Talked to Lettie; she soaked in the tub and couldn't get out; Don fell trying to help her get out.

Said it was "the most humiliating experience" she'd ever had. Snowed/stormed today.

BLESSING: Finished the travel compilation.

15 NOVEMBER 2009, SUNDAY

Took one of my pain pills for the first time. Betty Johnson is having real problems with pain in her back and legs. Tithing settlement. Good meetings today especially Sacramento meeting and SS. Bro. Child taught the SS class on Revelation.. Visited Eloise Richensen after tithing settlement; also Waymans. Alice was still enjoying yesterday's FHE.

Dorothy Andrew had both knees replaced; in hospital six days, now in rehab.

Cooked turnip greens and turnips and made some cornbread. The latter very dry.

Compiled lists of blood pressure and blood sugar to take to Dr. Schlisman tomorrow.

BLESSING: beautiful day though cold.

16 NOVEMBER 2009, MONDAY

to Dr. Schlisman appointment. Blood pressure monitor okay. Gained weight. Stopped by \$ store and dropped Wilma's "plate" off to her (salmon loaf, turnip greens, cornbread). She was washing and waiting for her neighbor to change her light bulb. To lunch with Gladys and Betty for Betty's birthday on the 22<sup>nd</sup>. To Iggy's. Food good. A sports bar type restaurant. All seats have access to a BIG TV screen. Home and a two hour nap. Groggy and still full at 6:30 P.M. Got Master Charge bill. Opera tickets not on yet.

BLESSING: Eye redness better.

17 NOVEMBER 2009, TUESDAY

To temple for initiatory. Many patrons so I did only five. To Joseph Smith memorial building: enjoyed fall arrangement in lobby, to Distribution Center. Looked around. Marlene Hyde offered me a ride. Walked. Not exercising as I should.

Lee Wilson called; vague visiting teaching appointment. Long nap. Typed Don's apple recipe for Wilma and made copies of the blood pressure card I got from Dr. Schlisman. Sorted birthday E-mail for putting in "my" book. Tried bananas with mayo and cinnamon; quite ono.

Wrote an E-mail to Smith Family but I don't think it "went". Home and visiting teachers. Leola gave parts of Elder Scot's talk. Rode bike today.

BLESSING: the temple.

18 NOVEMBER 2009, WEDNESDAY

Tried to go to the outlet store by Union Pacific. Didn't open until eleven. To DI., by Chapman library. Picked up Tylenol and margarine and some marked down cheese and turkey breast. Patricia came. We did under all four sinks. The kitchen and one of the bathroom has suffered from pipe leaks. Feels good to have them done. She scurried around but didn't have time for the kitchen. Only the floor really needed attention. Visited Waymans. Alice's birthday. They had a thanksgiving card from Imogene Brown. Two huge "singing" birthday cards from their daughters. Talked to Shirley Olson, Lettie and Don, Wilma (she's driving to Orem for Thanksgiving), and Winnie. Lettie said Brennan said I could have his bed if I wanted to spend the night thanksgiving so think I'll take him up on it. Tried calling pam, Carl Mellor and Julia C. BLESSING: Under sinks clean.

19 NOVEMBER 2009, THURSDAY

Went to bed so early woke early. Made egg custard for Barbara Nolan before going to class. Barbara Cramer offered to sing the last day of class; sings in Tabernacle Choir. Lunch, mail re winter semester came. Lunch and a nap. Took Barbara her custard. She looks peaked. Alice Mitchell had just been. Granddaughter Kathryn came as I was leaving. Stopped by Eloise Richeson; not home. Called later, she'd been shopping. Asked her for tickets for the Choir Christmas program and the First Presidency's Christmas Fireside. Agreeable. Shared turkey with Betty; custard with Gladys and Janice. I ate or am eating one. Pam Werner called just as I was leaving for class. I'll call her tomorrow at nine. Ross's cancer is "aggressive"; chemo is also aggressive.

Can't find a FGS for uncle Raeford. Auwe.

BLESSING: Generosity of Barbara Cramer.

20 NOVEMBER 2009, FRIDAY

Talked to pam Werner. Good and bad news re Ross. Talked re Patrick Sparrow's wife and her possible parents. To Wilma's, grocery for milk, gas and to bountiful. Checked out bookstore re the Screwtape letters; didn't have it. The Wight house. Nothing of interest. Home; quick lunch on lasagna and a long, hard nap until about five. Eyes a little worse. Marami E-mail. News re mammograms and cervical tests. Changing view re when or if.

BLESSING: pam's interest/activity in family history.

21 NOVEMBER 2009, SATURDAY

Slept 'til eight. Went to bed much later than usual. Eyes tearing; problem. No snow in valley or much in the mountains. Went to DI; to leave something and bought three paperbacks and a blouse and sweater. Rearranged buttons on blouse. Sweater may have to go back. Talked to Wanda Wood. Becky and family will have Thanksgiving with her. To Cummings. Bought four chocolates for Caroline Hobson for Christmas. Boxed them and put them in freezer. To \$ store; bought hand soap ; stopped at Big Lots. Visited with Gladys; she gave me some fudge and a piece of marzipan. Turkey, dressing and turnip greens for lunch. Late as I had breakfast late. Nap. Looked up Iredell and Wilkes county in NC. West. Wanda has Sparrow books. Eyes tear so badly difficult to read. Brief visits with Alice M. And Betty. Threw away pumpkin (rotting) and took papers out.

Wilma Hirschmann wrote in E-mail!!

BLESSING: Means of keeping warm.

22 NOVEMBER 2009, SUNDAY

Good church meetings; Gladys left after SS. Jamie Petersen and Michele Manwaring spoke at

22 NOVEMBER 2009, cont.

church, on the Atonement and Repentance. Both gave excellent talks. Thought of Sr. Robey and her concern that the Relief Society was taking over...

27 NOVEMBER 2009, cont.

me onions and jalapeno. Wilma came in and visited for a bit. We got to my place a little before noon. Unpacked, lunch, mail and a nap. Lights are on Festive. Put jars Lettie gave me in the dishwasher. A gold mine.

BLESSING: safe travel; good thanksgiving thanks to Will mores's hospitality.

29 NOVEMBER 2009, SATURDAY

Not a good night. Sandy Hopkins called to see if I'd take her to Costco. Wilma H. Came over with turkey, dressing and chili from our Thanksgiving in Orem. Also some beautiful oranges. Sandy and I left at 11:30. Separated at Costco. I didn't buy anything. She got her new glasses and some batteries. Then to Walmart's. I was dragging by the time we got home. So was she. While I waited I sat by a missionary. In asking where FHE was serving she said FH library; asked , knowing it was a long-shot, if she knew bob and Mavis Coleman. She did! Work on the British floor. I will stop by next week as I haven't been able to get them on the phone. What a blessing.

Gladys came home about 1:30: wanted to watch the BYU-Utah game. (The Y won in overtime.) Read about half of the New Era. Made a salmon loaf and baked potatoes.

BLESSING: Made it to and from with Sandy.

29 NOVEMBER 2009, SUNDAY

the chapel was cold today. No SS and the RS and priesthood quorums met in the RS room for the combined meeting on Family Search. The Majors, a young couple, spoke at Sacrament meeting.

Gladys had lunch with me; a rather flavorless one. :Salmon loaf, potatoes and a veggie mix. Some of Rachel's brownies for dessert. I had a "too long" nap but was toasty warm for the first time all day.

Visited Waymans. Alice was having trouble hearing.

BLESSING: means of keeping warm.

30 NOVEMBER 2009, MONDAY

to ten endowment session. Stopped by FH library and before I got to the desk to ask re the Colemans Mavis came up to me. Nice to see them; she gave me another phone number. Think it must be her Hawaii cell. Stopped by Museum and looked at the first floor nativity scenes. Checked out the baby on each one. Also a look around the gift shop. Lunch on my "homemade" gravy, turkey and dressing, carrots. Ono. A nap. To Fresh Values. Got money back from overcharge on Wednesday's clementines. Visited Betty, Alice. Gladys came for potatoes. [Invited Janice to go to the President's Fireside.](#)

BLESSING: Saw Colemans.

1 DECEMBER 2009, TUESDAY

Bagged beans. Amy mackley called. She'll be here the 17<sup>th</sup> and 18<sup>th</sup>. To Winnie's. Nice visit. Saw her TV ; big picture. Elaine made lunch for us: salmon, squash, green beans and two crepes with BIG blueberries and strawberries. I couldn't eat all the squash. Shouldn't have eaten all the salmon. Greed took over and I ate half the crepes/fruit. Brought the rest home. Winnie scarfed the whole thing. Loses weight! Stopped by Great harvest. Bought a two pound loaf of bread. \$5. Streets are "back together" Nice. Meant to go to Cactus-Tropicals. Too tired. Straight

1 DECEMBER 2009, cont.

home and a nap. Brother Fager helped me add windshield fluid to my car. Need two people to get the hood up.

Rec'd first Christmas card today. Susan Winslow..

BLESSING; Sweet Elaine; what would Winnie do without her...

2 DECEMBER 2009, WEDNESDAY

Afton Bateman called. Edith Gunnell died. A little later her nephew, Brent, called. Later Afton called to say there will be a friend/family meeting prior to her burial at noon Saturday. Gladys will drive us. Went to FH library; got a copy of the Census record for Sphrona Herring for pam. I NEED/MUST get to the library and do something constructive. Talked to Shirley Olson; she is sick. Called Pam; no answer but she called me just as the Quest rep was here to change my internet.

Measured two 5 and 1/4 cups of sugar for two batches of jam. Still on counter. Took a nap.

Tried to call Pam a couple more times. No answer. Maria Smith called; they (?) Are stopping in after their "kids" perform. Probably in one of the many venues on/around Temple Square.

BLESSING: Edith Gunnell's death.

3 DECEMBER 2009, WEDNESDAY

Annmarisse called for a pick-up today. Anne Robertson went to class. No walk-ins so she went home as soon as class started. Parking lot quite full. No heat. Auwe. Quick lunch and picked AnnMarisse up; picked prescriptions and another bag of sugar and a box of Sure Gel and bag of raspberries. Store was having a \$ sell on various ice creams for a \$. I got a quart(of Dryers).

Ono. Betty stopped by. Wilma came; brought some empty containers, check for opera and pope lunch and Newsweek. Finally got under comforter about 3:45 and warmed up. Gladys brought me an Amaryllis. Planted it. My orchid only has one blossom left. Her fruit cake came from Figis.

Canceled Xmission. Called Willmores; Don was asleep. Brennen answered. Said he has his school picture and talked to Lettie. Said Don is about the same.

BLESSING: Safe travel.

4 DECEMBER 2009, FRIDAY

My clock stopped and it was twenty 'til eight before I got up. Rode bike; read Elder Cook's talk on stewardship. Ruby H. Called while I was finishing breakfast. Wanted to be sure I knew of Edith's death. To FHL. Took another look at the Duplin county 1860 Census and browsed some of the family history book. Found a listing by Keats Sparrow, The Baker's Dozen; look forward to reading it.

Went to Utah Woolen Mills; bought a blouse. A vest I wouldn't mind having. Only \$300! same material as my two wool felt jackets.

To bank to deposit Wilma and Gladys' opera checks; got cash; to \$ for birthday cards and Fresh Value for some coupon items, celery and bananas.

Wanda Wood came; set up Family Search. Gladys came while she was here and Edith's funeral is Monday rather than Saturday. Wanda printed out her obituary from the Logan paper. Dinner on Gladys's soup. Ono.

Talked to Winnie;; her sister , Mary Ellen, is home from her stint surgery. Will call Wilma and go to bed.

BLESSING: Learning that Edith's funeral is Monday and not Saturday.

#### 5 DECEMBER 2009, SATURDAY

Slept well. Made two batches of raspberry jam. Notice the stirring more this time round. Went with Gladys to see Julia and Julia. Rather fun. Previews loud and distasteful. Snowed off and on most of the day. Coming home from the movie around four thirty streets in many places icy. Utah Festival opera tickets came. Christmas letter from Pat Tobin in Australia.

Talked to don and Lettie, Vivian, and Wilma .

BLESSING: Jam made; no accident on icy roads.

#### 6 DECEMBER 2009, SUNDAY

Snowed during the night. Walked cautiously to church. Kept coat on as did most people. Still a little warmer than last week. Short recliner nap after lunch before going to the First presidency's Fireside. Decorations simpler than last year but very pretty. Snow forecast for tomorrow.

Called Haws re weather tomorrow; they will call me before ten tomorrow.

Alice Mitchell gave me a slice of her pt roast. Ono.

BLESSING: Sweet spirit at Fireside.

#### 7 DECEMBER 2009, MONDAY

to the temple. Gladys came back from Hansen's with the word that David county roads were bad. I just nixed the whole idea of going to the funeral. Did talk to Gordon and Ruby Haws. Feel as if I have failed Edith....

Nice session; five new endowments. Home and lunch; took Alice M's. plate back; up to see Gladys. Didn't haven't her car back. Feeling guilty re Logan. Will do FHE on the 21<sup>st</sup>.

A rest. Note from Lettie with Brennen's picture in it.

My bedside clock either needs another battery is kaput. Betty has FHE tonight.

BLESSING: nice temple session. Didn't fall en route.

#### 8 DECEMBER 2009, TUESDAY, Delia Coston's birthday.

Beautiful snow. Balcony rails about three inches. Wonder if potatoes are frozen. Called Afton Bateman. She didn't go to Edith's funeral. Later read from Edith's bio (?) Re our trip to the Pacific and our trip to Alaska. She gave details of funeral. Provided I assume by her daughter. When mail came had a letter from Ruby Haws; bless her. Program and details. She didn't have an open casket.

Called Delia. Talked to husband, Jim. Delia out shopping with her "girls". After my nap Jim called back and I talked to her. Difficult to carry on a conversation; she sounded good. Earlier when I called Jim said she didn't do too well on the phone. He's a good man.

Balanced check book. Rite Aid and other stores cashing your check on the spot takes some adjusting to.

Betty gave me some lentil soup and bread. Visited Gay Mitchell; she gave me a loaf of banana nut bread.

BLESSING; ruby Haws thoughtfulness. Ditto Jim Coston's

#### 9 DECEMBER 2009, WEDNESDAY

To FH Library and copied Keats Sparrow's A Bakers Dozen. To Western Nut, Vosens, Staples, Paradise Bakery, Fresh Values and Wilma H.'s. Her floors were beautifully cleaned, still damp and COLD. Left her opera tickets, half of the lettuce mix. Home and found temp at 61 degrees; put it on emergency heat, lunched on the rest of the salmon loaf and red cabbage I bought at Vosens, potatoes (left-over) and salad. A nap. Temp up to 74 when I got up. Took bread and jam to Hydes. Toasted almonds from one of the package Fullmers got for me and Wilma. Cold.

BLESSING: heat.



10 DECEMBER 2009, THURSDAY

Had class in RS room. Warmer. Sat behind Barbara Cramer!! Brother Iba will hold class next week. Passed out winter semester flyers. After I got home Bp. Taylor called my attention to the fact the stake is wrong. Auve. Called Sharylann at BYU. ...she is to send a corrected one. A lesson for me...Came home from class to 57 degrees...thermostat problems. Probably problem with me not knowing how to work it properly.

Talked to Lettie, more talkative than usual. Alicia was "getting" dinner. She and don had both flu shots. Talked to Wilma, Betty and Alice Mitchell called!

BLESSING: Richard Fluhman has not made copies of the winter semester flyers

11 DECEMBER 2009, FRIDAY

to \$ store, hair cut, Smiths. Home and made the last batch of jam. Barbara Nolan called asking us to visit later. We drove to Shari's. Snow on sides of road, difficult to park and get out of car. From Shari's to Barbara's. We both find her stairs a little breath taking. Barbara leaves for Michigan on Wednesday the 16<sup>th</sup>. Got a copy of a new flyer from BYU. Still wrong.

Made a potato casserole and brought potatoes in from balcony. Stone cold. The ones I cooked were okay. Also did a roast. Cooked it too long. Still good and my apartment smells wonderful. Shared with Gladys and Betty.

BLESSING: Visiting teaching accomplished.

12 DECEMBER 2009, SATURDAY

Went to FH Library and xeroxed the last page of Baker's Dozen, to Sears to have a key made, to Mini's Cupcake shop and to SDI. Didn't see anything there I wanted. A long nap and to the ward Christmas Dinner. Nice: roast beef, beans, potatoes and cheese cake. Gladys, Betty and I went to the Choir and orchestra Christmas Concert. Seats far left but up and down by elevator.

BLESSING: Char. Matt Wilberg

13 DECEMBER 2009, SUNDAY. Started to snow just before I left for church. Gutter water-filled as I crossed the street. Chapel quite warm. Gustasons gave talks on service. Very good. Brother Ewer taught the gospel Doctrine class for all. Alicia Fluhman taught the RS lesson on the Martyrdom of the Prophet Joseph. Read most of it and went overtime. Enjoyed the roast beef I brought home from the dinner last night with the potato casserole and red cabbage. Ate cookies and some of Dava's candy. Auwe...too late to have a nap. Called Wilma; she didn't go to church. Got our new manuals for RS today. Put Christmas cards on door.

BLESSING: home form church without falling.

14 DECEMBER 2009, MONDAY

Did initiatory at the temple. From there to Joseph Smith memorial Building to look at the Christmas decorations in the lobby. Beautiful tree. To Distribution center. Bought the O. T. DVD for Gladys and some truffles from the café. Stopped in to see Wilma. She helped me put the battery in my clock. Checked for E-mail from Sharylann re the flyer for Thursday class. No letter. A rest. Called her; said she'd sent it. Checked E-mail. Realized I had NO E-mail. Called Wanda; she sent me an E-mail; didn't get it. Sent her one; she got it. Bottom line: I can send but can't receive. She called Alan; he was in Las Vegas. Others had complained. He'll be home tonight and check it out. Put up creche and stockings in hall-way.

Talked to Don Wilmore. Spent the evening reading The Undaunted.

BLESSING: temple. Wanda, my computer trouble shooter.

15 DECEMBER 2009, TUESDAY

A good night. Wrote Christmas cards. Called Dr. Schlisman's office re high blood pressure.

15 DECEMBER 2009, cont.

told to call Dr. Brann, cardiologist. Talked to Kendal his asst. Said Dr. Was in a meeting and would talk to him when he got out. Haven't heard from either of them. Auwe.

To lunch with Betty. To Au Nautrel, in Sugarhouse. Good food, a little pricy. Stopped at Maxfield's candy outlet on our way home. Good candy buys. I bought three 25Cent boxes of three chocolates for a quarter each.

Christmas cards from Monica Fisher and David and Ocala Harper. Visited Waymans.

Asked Sharylann from Adult Religion Classes to send, via mail the new flyer. E-mail still not receiving Rec'd Shirley's letter to Christy Werner.

Dinner on lunch leftovers. Spent the evening finishing up Christmas cards/letters. Blacked out errors on thirty of the Thursday class flyers.

BLESSING: Christmas cards/letters pau.

16 DECEMBER 2009, WEDNESDAY

Made a pot of soup/stew from the overcooked roast. Wilma and I went to Red Lobster for lunch.

To Cactus and Tropical Gardens where we each bought an orchid. I for her Christmas gift; she for Karna's. went to Maxfield's Outlet store and bought candy. Tired when I got home. Inked out the remaining flyers. Did not get one form BYU in the mail but did one on the computer.

Nicely correct.

Two packages and a plate of goodies (Alice Mitchell) when I got home. A Figi package from Julia Carver and a package from Shirley and Blair. Haven't opened it yet. \$15 to ship it. Auwe.

Walked the halls. Cards from Wilma and Keith F. With a family picture, from Ryle and Kimberly Pope, Vivian and Clive. Gladys stopped by for potatoes. Got a couple of E-mails.

A struggle making signs for tomorrow's class: to meet in R.S. room.

BLESSING: nice day with Wilma.

17 DECEMBER 2009, THURSDAY

Blood pressure still high. To class. Barbara Cramer sang beautifully. Class about 80. Rec'd both flyer notices from BYU and today a hard copy in the mail. Shirley sent Clive's tribute to me to smith Family. Pam sent me her blog address. Wanda helped me put it on my Bookmark but I think she gave me the blog for one of her businesses.

GOOD two hour nap. I'd had a short night. Called Kendall Dr. Brann's asst, again. And he via Dr. Called in prescription for 20 mg. of Coreg to add to the 40 I'm taking. Said that 150-160 okay for pressure but not over 160. Picked up prescription.

Went to the Anderson-Kim concert in the Social Room. Ryan and Amanda played as did two of the young Kim children then the two older boys (oldest teaches Amanda and Ryan) played the piano and violin. Talented young men.

Took Betty and Gladys a skinny piece of Wilma's fruitcake.

BLESSING: finally made contact with Dr. Brann via his Asst.

18 DECEMBER 2009, FRIDAY

Checked E-mail and Pam's Blog. To Staples where I had two of the corrected class flyers run off. Later took one to Richard Fluhman and the other to Monica Fisher. To Smiths; checked out orchids. Bought plastic cups for Thursday class and a bag of Clementines. Home early enough to be available to Amy. Even so was on the phone with Winnie when she struggled up with her luggage. Helped by tony Morgan's granddaughter. Showed me her cookbook; is nice. Alice came while we were eating soup. Alice brought another plate of cookies and toffee for Amy. Stayed almost until time for Amy to leave.

18 DECEMBER 2009, cont.

Cashed check at Credit Union; stopped by Eloise R.'s. Not bone chilling cold out but foggy, raw.

Delivered Amy's birthday letters to people in building and visited Gladys. Her table looked pretty and her apartment smelled good. Had a rest in my recliner. Wrote a card to Jim Holland. Rec'd an E-mail from Virginia Harper. She is enjoying Family Search.

BLESSING: Made it through the day without a two hour nap.

19 DECEMBER 2009, SATURDAY

Breakfast with Amy. She left around nine. To Costco; didn't buy a thing. To Smiths; bought an orchid for Lettie. Stopped by florist on 5<sup>th</sup> and Main. Poinsettias very expensive. Home, a nap and went to rite Aid, bought two six dollar ones. When I examined Lettie's orchid realized the stem was broken. Cut it off and put it in a vase. Dinner with Gladys after baking two packages of the \$ brownies. Too dark. Gladys and I exchanged gifts after we ate. Came home and put brownies in plates. Packaged Julia Carver's gift in a little gift bag. Typed up a new FHE schedule. Tired. Talked to Lettie and Wilma.

BLESSING: finally got poinsettias.

20 DECEMBER 2009, SUNDAY

Up about 3:30 and got everything ready for Don's apple cake. Didn't have cloves. Went back to bed for an hour or so. When I noticed Betty's paper was in I called her and borrowed cloves from her. Ironically when I got home from church and was looking for thyme for Anne R. Found cloves on my spice rack.

Caught up on Caring Bridge. Found Vivian Halverson is back in Hawaii after taking a fifteen day cruise through the panama Canal from Fort Lauderdale, FL.

The choir sang a bunch of numbers as prelude and two during Sacrament meeting. Bp. Kirkland and Brother Andersen were speakers. Jason gave a particularly good talk referencing the birth of the Savior via the Book of Mormon. Took more time than he left the BP.

Gladys taught the SS lesson on the Proclamation of the Family. Skimpy attendance. Sat by a couple from Mesa, Arizona in Sacrament meeting. They stayed for all meetings.

Lunch on stew. Tasted better than the two other times I ate it. Afton Bateman called to tell me she got a notification of Edith Gunnell's will. Had to warm my soup afterwards. She misses talking to Edith. Decided not to rest before going to see Julia C. Took her gift. She uses a walker now. Is going in for another shot on Tuesday. Looks poorly. Thin.

Ruth Hobson stopped in for a visit. Atmosphere of poor quality.

BLESSING: Cake made for FHE.

21 DECEMBER 2009, MONDAY

went to the ten endowment session. Lunch and to store for ice cream; getting some from Maverick a failure. Didn't have vanilla ice cream. A good hours nap. FHE. Started at Gladys'; she enjoyed telling them re her creche collection; they seemed to enjoy it. I read why Christmas Is Nice and Clive's Christmas letter. Nice e-mail from Shirley with Darla's letter which I missed earlier. When we had about finished with cake and ice cream the Bp, Julia and Cleo stopped by. Took Lacy's jam to her. Showed me part of her birthday Power Point tribute to her sister (50 yrs. Old)

Saw Winnie on TV re her sixty years of diabetes. A picture of her at 25, one of her and jim and one of her, Jim, Naomi and Elaine.

BLESSING: Good feeling at FHE.

## 22 DECEMBER 2009, TUESDAY

Not a good sleeping night. Up for an hour or so. Eight before I got up. To Winnie's. Gentle snow most of the time I was there. Big lunch. Soup and blueberry crepe. By the time I picked up my prescriptions snowing the hardest. Cold. Glad to get home. A short nap. Took jam to Boffeys, Alice, Erol Wiscomb. Took gifts to Gay m. and Dava. Christmas letters from Lillian Heil and Pat Patten.

BLESSING: visit with Winnie and home safely.

## 23 DECEMBER 2009, WEDNESDAY

Another insomnia night. Got a number of Christmas gifts ready. Helped Gladys with her luggage at noon. To vosens. No ww bread. To Imogene Brown's. ( She wants to go with me when I go see Shirley Hyde.) then on to Smiths for the pork loin and on to Backers for bread. Took bread and jam to Dorothy Andrew. Left outside her door and called. Made tuna casserole. An hour rest. To see Anne R., Aliee M., picked up mail for me and Gladys. Package from Elva Parker. Lettie called. To Wilma's for dinner. Paula and family there. Came home with Wilma's gifts. Auwe. Toaster, two boxes of note cards and stamps and a dripper pan. Dinner snitzel. Helped with dishes. Paula, et al left and Wilma and I exhausted. On return a call from Dorothy, daughter went up for jam/bread after my call. Christmas cards from Donna Pope, Reed and Lorene Mellor and Mary Miles.

BLESSING: warm home. Sisters.

## 24-26 DECEMBER 2009, THURSDAY-SATURDAY

Thursday, 24th: Wilma and I drove to Orem. Don looks very frail, stooped. Reed W. And son Ethan came. Reed had a couple of canes for Lettie. A short rest. Steak dinner. Trouble with my lower gums. Brennen super excited.

25<sup>th</sup>, Friday: Up at 7:00 as planned. Marami gifts. Ruth and children gave me a lovely scarf and gloves. Don went back to bed after opening gifts. Nine breakfast cheffed by Ruth Willmore: hash browns, sausage and scrambled eggs, toast. Ono. Ruth drove Lettie and me for a short visit to Eric Hirschmann's. Dinner on pork loin roast; a little too garlicy, and their neighbor's "smashed potatoes", jello salad, ruth's rolls and carrots prepared by ruth. No one seemed to want dessert though Don had a coconut cream pie in fridge. He went back to bed after eating (very lightly). Wilma picked me p a little before four. We got home about five just as it was getting dark. Tired. Learned she had banged up her front right fender.

26<sup>th</sup>, Saturday: didn't sleep too well. Breakfast and ran off forms for Thursday class. Took Wilma the cheese gift from Lettie, couple pieces of the pork lin Lettie sent home with me, some of Shirley Olson's fudge, granola, Lettie's short bread, and Elva's chocolate pecans. She sent two pairs of pants (size ten , too little for me...) I'd given her; fit her well but don't have pockets. Had waffles for dinner. Haven't got used to the right setting on the toaster Wilma gave me for Christmas. A beauty. Didn't write one thank you note as I'd planned. Auwe. Wanda called. Linda Herbert's dad is facing terminality with his cancer.

BLESSING: Generous sisters/nieces/ nephews. Safe travel.

## 27 DECEMBER 2009, SUNDAY

Up earlier than usual; wrote a number of thank you notes before church. Cold in chapel. Ruth Putnam died. Shirley Hyde is in the hospital; blood clots. Stopped in to see Eloise on my way home. Has been sick. Sent Christmas dinner home with her son. Dinner on red cabbage, smashed potatoes and half of the wiener snitzel Wilma gave me last week. Ono. Visited Gay Mitchell. No nap. Will go to bed early. BLESSING: SUNDAYS.

28 DECEMBER 2009, MONDAY

ruth Putnam died. Announced in church yesterday. Woke earlier than usual. Wilma picked me up for her Dr. appointment. She can get off her oxygen during the day but should use it at night. Blood pressure very low. I went to Distribution Center. Bought one lycra/poly garment bottom. Looks too small. To Savers on Redwood Road. Junky yet a big section of books. From there to Famous Footwear in SugarHouse and the Rack. Didn't see anything I wanted. Lunch and a nap. Visited Waymans. Their amaryllis got so big it toppled. Thank you note from Marge. She thanked me for the wrong things. Christmas card from Mary Holder. Wrote a note to Marge and Toni. Wanda called; they'll be up Wednesday. It's supposed to snow. Betty and I shred cookies; she more generous than I plus gave me chex mix.

BLESSING: Wilma off oxygen during the day.

29 DECEMBER 2009, TUESDAY

To ten session. Startled to realize it was snowing. Took umbrella. BIG session. Five new endowments. Didn't go to Distribution Center as I planned. Little hard to breathe and potential slickness on the way home. Lunch, again, on Wilma's snitzel. Nap. Wanda Wood called. Wilma and Wanda will come Thursday rather than tomorrow. I'm going to see how much I can get read in The Undaunted.

BLESSING Temple accessibility. Home without a fall.

30 DECEMBER 2009, WEDNESDAY

Finished The Undaunted. Started putting away Christmas things. Snowed most all day. Pam W. called; will be in SL the 7<sup>th</sup>. Talked to Lettie; the new tub is/has been installed. Not in "use" yet. She sounded good. Thanked me for the check. Talked to Wilma and Paula. Talked to Wilma and Paula; they went to the Children's museum and they will have lunch with me en route to the airport on Monday. Rode bike and walked the halls. Read through some of my Christmas file material. Packaged the Christmas cards I was getting rid of for Barbara nee Fullmer. Put away the two Christmas trees. Talked to Amy Mackley.

BLESSING: Able to do two exercise.

31 DECEMBER 2009, THURSDAY

Good night's sleep. Checked car about ten; no snow on windows. Nice surprise. Wanda, Wilma and Keith came around 9:30. Wilma gave me a blanket with arms. Tried it just now. Not sure I know how to work it; seems a little long. Is cuddly warm. Wanda and Becky (?) And Fullmers gave me a new portable phone and two caller ID's. Don't know how to use the one on the portable phone. Can definitely hear better on it than the old one. Lunch at Elizabeth Tea room. Prices have gone up. Met Margie knight, Wilma's friend there. Visited/ate for about two hours. Home and to vosens, Bachers, Library, Smiths and got gas. No rest. Now about nine and I'm ready for bed. Took down Christmas cards, stockings;; sorted cards. Wilma and Wanda chose a few Christmas tree decorations..took apple cake to Fagers with a card. Took Andersons bread and jam. Decided they were gone and picked it up since the jam needs to be refrigerated. Thomas Hampton and the NY Symphony orchestra frm Lincoln Center for a while. Winnie called. Christmas card/calendar from Karen/Ted Maeda. Card/note from Chris Beamon.

BLESSING: Wanda, Wilma and Keith's generosity.