

RICH TOWNSHIP  
SENIOR CENTER

SEPTEMBER & OCTOBER  
2025

# The RICH Years



hello  
fall



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297 Liberty Drive, Park Forest, IL 60466

Please register for each activity

**708.748.5454**

\*All programs are subject to change





# Letter From The Supervisor

Dear Rich Township Seniors,

As we approach the final months of 2025, I reflect with gratitude on the tremendous progress we have made together in Rich Township. This year has been marked by growth, connection and innovation, and I am honored to share this journey with our senior community.

I extend sincere appreciation to *Ms. Dawndria Murray, Owner/Operator of Culver's, and her dedicated team* for their warm hospitality in hosting our Ice Cream Socials this past July and August. Your generosity and continued partnership mean so much to Rich Township and our senior residents.

Please be sure to *mark your calendars for our Annual Resource & Health Fair on Thursday, September 18, 2025*. We are grateful to *Mr. Rick Reinbold, Village President of Richton Park, Illinois*, for welcoming us to his community for this important event. The Health Fair provides seniors and families with access to vital services, wellness resources and the opportunity to engage with outstanding community partners.

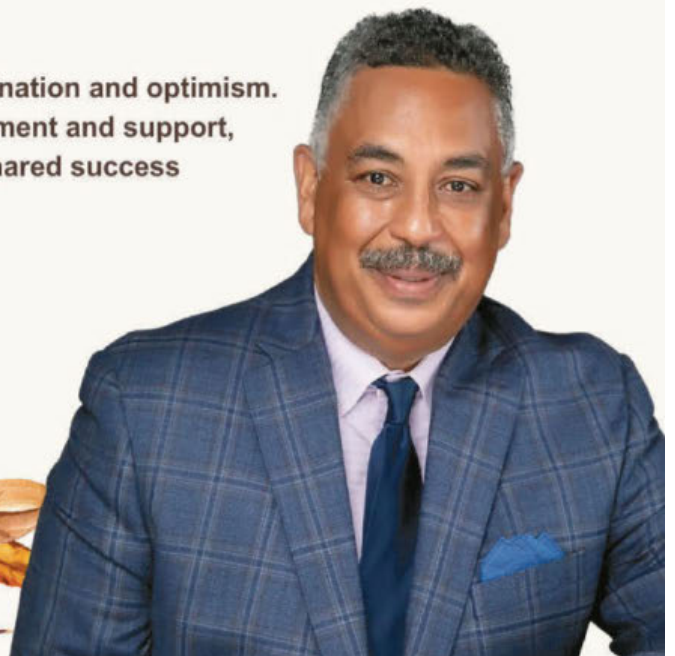
As we look ahead, the needs of our senior residents will continue to remain at the center of every decision we make. Your input guides the programs and services we develop, and it is my privilege to champion initiatives that enhance quality of life for all seniors in Rich Township.

In the coming months, we look forward to offering expanded services, enriching classes and workshops, enjoyable trips and opportunities for social connection at the Senior Center.

Together, let us finish 2025 with energy, determination and optimism. I am confident that, with your continued involvement and support, we will make this year one of joy, growth, and shared success for our senior community.

With gratitude and dedication,

*Calvin Jordan*  
Supervisor, Rich Township







## Did you know Senior Services offers...



### Extend-A-Meal Program

Enjoy a warm, nutritious meal delivered right to your door with Rich Township's Extend-A-Meal Home Delivery Program! If you're 62 or older or handicapped, you can receive hot meals Monday through Friday from Golden Corral Restaurant for just \$6.50 each. It's a convenient and affordable way to eat well and stay healthy without the hassle of cooking lunch!



### In-Home Services Program

Are you a senior or know someone who could use a little extra help at home? Rich Township's In-Home Services Program offers affordable support with light house cleaning, meal prep, transportation to local medical appointments, and more based on your individual needs. Let us help you stay comfortable and independent in your own home for just \$8 per hour.

## LET'S GROW YOUR BUSINESS

Advertise in our Newsletter!

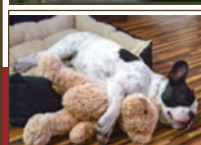
**CONTACT ME**  
**Teresa Perkins**

[tperkins@lpicommunities.com](mailto:tperkins@lpicommunities.com)

(800) 950-9952 x2611

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- On-site Professional Management

**Cedar Ridge Elderly Towers** offers affordable housing to seniors 62 years of age and over or under 62 years of age with a disability.



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950 Cedar Ridge Lane • Richton Park, IL 60471

[www.benchmarkgrp.com](http://www.benchmarkgrp.com)



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Country Club Hills, IL 60478

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**RICH TOWNSHIP SENIOR SERVICES**

# MOVIE MATINEE

Join Rich Township Senior Services for a special private screening of Hamilton at Emagine Theater. Enjoy an afternoon of entertainment, fellowship, and fun on the big screen.

SEPTEMBER

Tuesday

**16**

12:00 noon-3:30pm

**EMAGINE THEATER**

19965 S. LAGRANGE ROAD,  
FRANKFORT, IL 60423

*\*Transportation not provided\**

**TICKET PRICES \$5**

  
**CALVIN JORDAN**  
RICH TOWNSHIP SUPERVISOR

  
Trustee Nicholas Bobbs

  
Trustee Steven Burns

  
Trustee Candyce Herron

  
Trustee Jacquelyn "Jackie" Small

  
Clerk Arlene "Sugar" Al-Amin

  
Assessor Sam Brown, CIAO

  
Hwy Commissioner Dennis White, Esq.

For more information Please Contact the Senior Services Center at 708-748-5454



Rich Township Senior Services

# RESOURCE & HEALTH FAIR

- HEALTH & WELLNESS
- COMMUNITY RESOURCES
- NETWORK & CONNECTION

**VILLAGE OF RICHTON PARK**

**RICHTON PARK COMMUNITY CENTER**

4455 SAUK TRAIL  
RICHTON PARK, IL 60471

**THURSDAY**

**SEP 18, 2025**

**10 AM - 2 PM**

  
**CALVIN JORDAN**  
RICH TOWNSHIP SUPERVISOR

  
NICHOLAS BOBBS TRUSTEE

  
STEVEN BURNS TRUSTEE

  
JACQUELYN "JACKIE" SMALL TRUSTEE

  
CANDYCE HERRON TRUSTEE

  
ARLENE "SUGAR" AL-AMIN CLERK

  
SAM BROWN, CIAO ASSESSOR

  
DENNIS WHITE, ESQ. HWY COMMISSIONER

[WWW.RICHTOWNSHIP.ORG](http://WWW.RICHTOWNSHIP.ORG)

708-748-5454

[SENIORS@RICHTOWNSHIP.ORG](mailto:SENIORS@RICHTOWNSHIP.ORG)

# COMPUTER AWARENESS FOR SENIORS

September 22, 2025 | 1 PM - 2 PM

with **Randall Poindexter**  
ITRP Consultant NFP (CEO)

This Presentation will cover:

- Security features for internet browsing on tablets, desktops & laptops
- Pros & Cons of using social media programs such as Facebook, Twitter, Instagram, WhatsApp, Google Meets, Zoom & FaceTime





**FOR MORE INFORMATION:**

708-748-5454

[seniorservices@richtownship.org](mailto:seniorservices@richtownship.org)



# ESTATE PLANNING PRESENTATION

With:

**LISA L. GLENN**

Family Focused Attorney

**Learn About:**

- Wills/Trusts/Power of Attorney
- Transfer of Property
- Adult Guardianship
- Descendant Estates

 11:00 AM - 12:30 PM

 September 29, 2025

 297 Liberty Drive, Park Forest, IL 60466





## Christine Gayle



Hi, my name is Christine Gayle and I have lived in the great community of Matteson for 38 years. I am a devoted wife, a proud mother of two daughters, and a doting grandmother to two grandsons.

After dedicating 38 years to Advocate South Suburban Hospital, I retired as a Charge Registered Nurse of the Recovery and Pain Management Department. My career in nursing has been incredibly fulfilling, and I have cherished every moment of it.

My hobbies include gardening, shopping, taking part in a bowling league, and traveling with Rich Township Seniors on the move. Additionally, I am an active Volunteer with Rich Township Mental Health Committee and take blood pressure readings for Seniors.



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**Danielle Dixon**

708-748-8848

danielle@danielleismyagent.com

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www.danielleismyagent.com



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*Dr. Malik Zayed & Associates*

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\* Foot & Ankle Problems \* Nail Problems

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to schedule your appointment

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## SUPPORT OUR ADVERTISERS!

ACTIVITIES		September 2025		
Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> Must sign up by Monday for <b>Wednesday</b> <b>Lunch</b> <b>\$5.00</b>	<b>2</b> Chair Fitness 1-1:45 Needlework 1-3 Hula Hoop 2:15-3	<b>3</b> Blood Pressure 9:30-11:30 Flexercise 10-11 Bingo 11 Lunch after Bingo Line Dancing \$4.00 1-2	<b>4</b> Chair Fitness 10-10:45 Needlework 1-3 Hula Hoop 2:15-3	<b>5</b> Flexercise 10-11 Podiatrist 10-12
<b>8</b>  <b>Tai Chi</b> 10-11	<b>9</b> Benefit Access 10-12 by appt. Renee Crafts 12:30-2:30 Needlework 1-3 Hula Hoop 2:15-3	<b>10</b> Flexercise 10-11 Bingo 11 Lunch after Bingo Line Dancing \$4.00 1-2	<b>11</b> Chair Cardio 10-10:45 Haircuts 11-2 Needlework 1-3 Hula Hoop 2:15-3	<b>12</b>  Flexercise 10-11
<b>15</b> Flexercise 10-11  AARP local 1:15-3	<b>16</b> Chair Zumba 1-1:45 Needlework 1-3 Hula Hoop 2:15-3	<b>17</b> Blood Pressure 9:30-11:30 Flexercise 10-11 Bingo 11 Lunch after Bingo Barb Jewelry 12:30-2 Line Dancing \$4.00 1-2	<b>18</b> Rich Township Annual Resource & Health Fair 10-2  Senior Center Closed	<b>19</b> Flexercise 10-11  Mental Health Chat 11:30-1 "Self Compassion"
<b>22</b> Tai Chi 10-11 Cherrie Wire Jewelry 1-3 Computer Awareness for Seniors 1-2	<b>23</b> Renee Crafts 12:30-2:30 Scrabble 12-3 Chair Zumba 1-1:45 Needlework 1-3 Hula Hoop 2:15-3	<b>24</b> Flexercise 10-11  Bingo 11 Lunch after Bingo Line Dancing \$4.00 1-2	<b>25</b> Chair Cardio 10-10:45 Haircuts 11-2 Needlework 1-3 Hula Hoop 2:15-3	<b>26</b>  Flexercise 10-11
<b>29</b> Flexercise 10-11  Estate Planning Presentation 11-12:30	<b>30</b> Chair Cardio 1-1:45 Needlework 1-3 Hula Hoop 2:15-3			Some programs are by appointment 708-748-5454 Programs are subject to change



ACTIVITIES		October 2025		
Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> Must sign up by Monday for <b>Wednesday            Lunch            \$5.00</b>	<b>2</b> Some programs are by appointment 708-748-5454 Programs are subject to change	<b>1</b> Flexercise 10-11 Bingo 11 Lunch after Bingo Line Dancing \$4.00 1-2	<b>2</b> Needlework 1-3 Hula Hoop 2:15-3	<b>3</b> Flexercise 10-11 Podiatrist 10-12
<b>6</b> Tai Chi 10-11 Cherrie Wire Jewelry 1-3 ABC Meeting 1-2:30	<b>7</b> Needlework 1-3 Scrabble 12-3 Chair Cardio 1-1:45 Hula Hoop 2:15-3	<b>8</b> Flexercise 10-11 Bingo 11 Lunch after Bingo Line Dancing \$4.00 1-2	<b>9</b> Chair Fitness 10-10:45 Haircuts 11-2 Needlework 1-3 Hula Hoop 2:15-3	<b>10</b> NO Flexercise Man Cave 12-2
<b>13</b> Closed Columbus Day	<b>14</b> Benefit Access 10-12 by appt. Chair Zumba 1-1:45 Needlework 1-3 Hula Hoop 2:15-3 Renee Crafts 12:30-2:30	<b>15</b> Blood Pressure 9:30-11:30 Flexercise 10-11 Bingo 11 Lunch after Bingo Barb Jewelry 12:30-2 Line Dancing \$4.00 1-2	<b>16</b> Needlework 1-3 Hula Hoop 2:15-3	<b>17</b> Flexercise 10-11 Mental Health Chat "Dealing with Loss of a Loved One" 11:30-1 AI Pros & Cons Internet for Seniors 1-2
<b>20</b> Tai Chi 10-11 AARP Local 1:15-3	<b>21</b> Chair Zumba 1-1:45 Needlework 1-3 Hula Hoop 2:15-3	<b>22</b> Flexercise 10-11 Bingo 11 Lunch after Bingo Line Dancing \$4.00 1-2	<b>23</b> Haircuts 11-2 Needlework 1-3 Hula Hoop 2:15-3	<b>24</b> Flexercise 10-11
<b>27</b> Flexercise 10-11	<b>28</b> Renee Crafts 12:30-2:30 Needlework 1-3 Hula Hoop 2:15-3	<b>29</b> Flexercise 10-11 Bingo 11 Lunch after Bingo Line Dancing \$4.00 1-2	<b>30</b> Old School Seventy Jam \$5 Residents \$7 Non- Residents	<b>31</b> Flexercise 10-11



# Butternut Squash Soup

Served piping hot with a hunk of crusty bread, this creamy, nourishing butternut squash soup recipe is fall comfort food at its best.



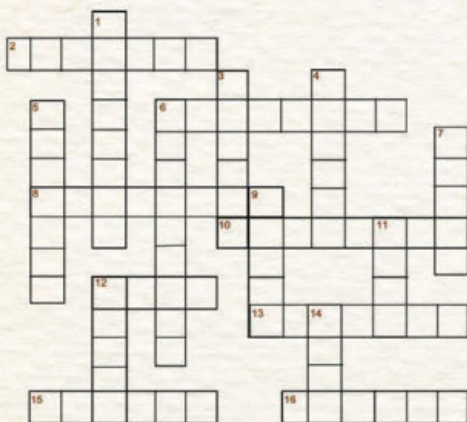
## Ingredients

- 2 tbsp extra-virgin olive oil
- 1 large yellow onion, chopped
- ½ tsp salt & pepper to taste
- 1 (3 pound) butternut squash
  - peeled, seeded & cubed
- 3 garlic cloves, chopped
- 1 tbsp chopped fresh sage
- ½ tbsp minced fresh rosemary
- 1 tsp grated fresh ginger
- 3-4 cups vegetable broth

## Directions

1. Heat the oil in a large pot over medium heat. Add the onion, salt, and several grinds of fresh pepper and sauté until soft, 5 to 8 minutes. Add the squash and cook until it begins to soften, stirring occasionally, for 8 to 10 minutes.
2. Add the garlic, sage, rosemary, and ginger. Stir and cook 30 seconds to 1 minute, until fragrant, then add 3 cups of the broth. Bring to a boil, cover, and reduce heat to a simmer. Cook until the squash is tender, 20 to 30 minutes
3. Let cool slightly and pour the soup into a blender, working in batches if necessary, and blend until smooth. If your soup is too thick, add up to 1 cup more broth and blend. Season to taste and serve with parsley and crusty bread.

## Fall Crossword Puzzle



### DOWN

1. Sport played with a brown ball
3. Another name for Fall
4. a color and a fruit
5. Great for pies or for carving
6. Keeps birds away from fields
7. Nut from an oak tree
9. Birds fly \_\_\_\_ for winter
11. Bundles of hay
12. Drink made from apples
14. Tool to clean up leaves

### ACROSS

2. Halloween month
6. Rodent that hordes nuts
8. People at the first Thanksgiving
10. Thanksgiving month
12. Yellow vegetable that grows on stalks
13. To gather farm crops
15. Thanksgiving main dish
16. Falls from trees





# Café Lunch

- 9 -

**SEPTEMBER | 2025**

Senior Center Menu



**OCTOBER | 2025**

Senior Center Menu



<p><b>3</b></p> <p>Roast Beef Sandwich Potato Salad Bag of Chips Whole Apple Cookie</p>	<p><b>10</b></p> <p>Turkey Club Wrap Chicken Baja Soup Bag of Chips Whole Apple Cookie</p>	<p><b>1</b></p> <p>Twin Hawaiian Ham &amp; Cheese Sandwiches Potato Salad Whole Apple Bag of Chips Cookie</p>	<p><b>8</b></p> <p>Italian Combo Sandwich (turkey, ham, bologna &amp; salami) Cup of Chili Bag of Chips Fruit Cup Cookie</p>
<p><b>17</b></p> <p>Chicken Salad Croissant Pasta Salad Bag of Chips Fruit Cup Cookie</p>	<p><b>24</b></p> <p>Ham and Cheese Sub Cup of Chili Bag of Chips Whole Apple Cookie</p>	<p><b>15</b></p> <p>Tuna Salad on Croissant Bag of Chips Carrots &amp; Dip Whole Apple Cookie</p>	<p><b>22</b></p> <p>Turkey Sub Sandwich Cup of Soup Bag of Chips Fruit Cup Cookie</p>
<p><b>29</b></p> <p>Roast Beef Wrap Potato Salad Bag of Chips Whole Apple Cookie</p> 			

**CHOICE OF BOX LUNCH  
OR SHOWCASE SALAD  
EACH WEDNESDAY**

**SHOWCASE SALAD**  
Tossed Greens Topped with Grilled Chicken, Cheese & Assorted Vegetables with Dinner Roll and Cookie. Choice of Ranch or Italian Dressing Packets.

On days that Chili or Soup is served, it will be included with salad choice also.

**MENU SUBJECT TO  
CHANGE WITHOUT NOTICE**



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Rich Township, Park Forest, IL

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**RICH TOWNSHIP SENIOR SERVICES**

*Senior Social Outing*

## FRANKIE BEVERLY

A Musical Tribute to the Legendary Frankie Beverly

Grab your dancing shoes and join Senior Services for an outing you won't forget! Get ready to groove as we celebrate the legendary Frankie Beverly with an evening packed full of soulful hits, toe-tapping tunes, and unforgettable vibes. It's a perfect day of music, fellowship, and fun you won't want to miss!

**"SPACE IS LIMITED"**

**LOCATION: FREEDOM HALL**  
**410 LAKEWOOD BLVD, PARK FOREST, IL 60466**  
*"Transportation not provided"*

ENTRY FEE		FORM OF PAYMENT	PAYMENT DEADLINE
<b>\$58</b> Resident of Rich Township	<b>\$63</b> Non-Residents of Rich Township	Checks, Money Order or Cashier's Check; payable to: Rich Township (No Cash)	Friday October 03, 2025

**OCTOBER**

**SATURDAY 11 7:30 PM**  
**2025**

**CALVIN JORDAN**  
RICH TOWNSHIP SUPERVISOR

Trustee Nicholas Bobis

Trustee Steven Burris

Trustee Candyce Herron

Trustee Jacquelyn "Jackie" Small

Clerk Arlene "Sugar" Al-Amin

Assessor Sam Brown, CIAO

Hwy Commissioner Dennis White, Esq.

For more information Please Contact the Senior Services Center at 708-748-5454

RICH TOWNSHIP SENIOR CENTER

## AI PROS & CONS INTERNET FOR SENIORS

**with Randall Poindexter**  
 ITRP Consultant NFP (CEO)

**WHAT YOU'LL LEARN:**

- Pros & Cons of AI usage and its impact on daily internet usage
- Internet for Seniors - how to navigate the web

**OCT 17, 2025**  
**1 - 2 PM**

**More info:**  
 ☎ 708-748-5454

RICH TOWNSHIP SUPERVISOR CALVIN JORDAN AND OLYMPIA FIELDS PARK DISTRICT INVITE YOU TO

# HALLOWEEN FUN HOUSE

Don't miss out on the thrills of hayrides, activities, food, and trick-or-treat bags! Bring your friends and family for a spooky good time!

**25th Oct 2025** **11 AM - 2 PM**

**OLYMPIA FIELDS PARK DISTRICT**  
 20712 WESTERN AVENUE  
 OLYMPIA FIELDS, IL 60461

For more information contact:  
 Pamela Al-Amin (708) 228-5022 / Contactus@richtownship.org  
 or Jesus Vargas (708) 481-7313 / Jesus@ofparks.org

**SUPERVISOR Calvin Jordan**

Trustee Nicholas Bobis

Trustee Steven Burris

Trustee Candyce Herron

Trustee Jacquelyn "Jackie" Small

Clerk Arlene "Sugar" Al-Amin

Assessor Sam Brown, CIAO

Hwy Commissioner Dennis White, Esq.

**CALVIN JORDAN - SUPERVISOR, RICH TOWNSHIP**

## old school 70 JAM

**30 OCT. 2025**

**12 PM - 2 PM**

**297 LIBERTY DR PARK FOREST, IL 60466**

**\$5 RESIDENTS**

**\$7 NON-RESIDENTS**

NICHOLAS BOBIS TRUSTEE

STEVEN BURRIS TRUSTEE

JACQUELYN "JACKIE" SMALL TRUSTEE

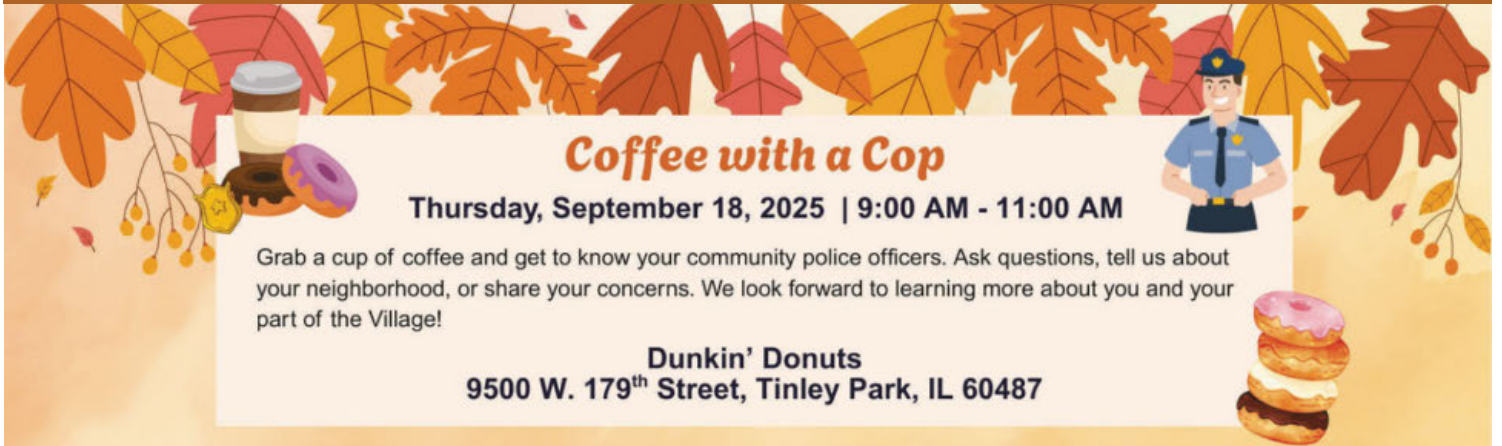
CANDYCE HERRON TRUSTEE

ARLENE "SUGAR" AL-AMIN CLERK

SAM BROWN, CIAO ASSESSOR

DENNIS WHITE, ESQ. HWY COMMISSIONER





## Coffee with a Cop

Thursday, September 18, 2025 | 9:00 AM - 11:00 AM

Grab a cup of coffee and get to know your community police officers. Ask questions, tell us about your neighborhood, or share your concerns. We look forward to learning more about you and your part of the Village!

**Dunkin' Donuts**  
9500 W. 179<sup>th</sup> Street, Tinley Park, IL 60487



## Hispanic Heritage Month Celebration

Saturday, September 20, 2025 | 10:00 AM - 12:00 PM

Join us from 10 am - 12 pm on Saturday, September 20, at the Flossmoor Public Library for a vibrant, all-ages event featuring interactive stations, where guests can explore and learn about the rich traditions, history and contributions of Hispanic culture.

1000 Sterling Ave, Flossmoor, IL 60422



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**Please Note:** Events are subject to change. Please contact Villages for more information.



### House Decorating Contest

**Entry Application: September 29-October 20, 2025**

**Judging: October 27, 2025 | 6:00 PM - 8:30 PM**

**Winners Announced: October 28, 2025**

Ready to Out-BOO your neighbors by entering the Haunted Homewood Halloween House Decorating Contest? If you enjoy decorating for Halloween, then this is the contest for you! We are looking for participants to put their spooky decorating skills up for a challenge!



### OAKtoberfest



**Saturday, October 4, 2025 | 11:00 AM - 9:00 PM**

Join us in Flossmoor Park from 10am-1pm for a day of nature-focused fun with interactive nature workshops, crafts, rock climbing & more! Then from 4-9pm in the South Commuter Lot, enjoy live music, shopping, food trucks and football games on outdoor TVs!

**Flossmoor Park**

**2449 Flossmoor Rd, Flossmoor, IL 60422**

### FBA Pet Parade & Costume Contest

**Saturday, October 25 | 3:00 PM - 5:00 PM**

Flossmoor's favorite dog event – the annual Pet Parade & Costume Contest – will kick off at 3pm on the Flossmoor Public Library's lawn. Enjoy games with your pooch, walk downtown & end at the Flossmoor Station Restaurant & Brewery for the contest!

**Flossmoor Public Library**

**1000 Sterling Ave, Flossmoor, IL 60422**



### Ghouls Night Out Trolley

**Wednesday, October 29, 2025 | 5:00 PM - 10:00 PM**

Put on your spookiest costume and come out for this event! Two trolleys make their rounds at SIP Wine Bar, Banging Gavel, Flipside Brewing, Durbin's Harmony Square, Bailey's Restaurant & Bar, Hailstorm Brewing Co., Soundgrowler and Hillgrove Tap!

**Free Parking at Oak Park Ave. Train Station  
for those catching trolley at the SIP stop.**





## SENIOR VOLUNTEERS NEEDED!



The Senior Center is looking for caring and dependable senior volunteers to assist with the following for 2-3 hrs:

- Greeting guests & creating a welcoming environment
- Answering phones & taking messages
- Light filing & office support

This volunteer opportunity offers a wonderful way to stay active, connect with others, and give back to the community.

If you are interested or know someone who may be, please contact **Mayme Buckley** at **773-748-5454**, for more information!











## Ice Cream Social



Hop on the bus and ride to the...

**ILLINOIS**  
**STATE**  **FAIR**



**Rich Township Senior Center**

297 Liberty Drive  
Park Forest, IL 60466

**September/October Issue**

**Mailed September 2025**

**\*RETURN SERVICE REQUESTED\***

Standard Mail  
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60471  
Permit No. 40

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## Senior Center Staff

**Mayme Buckley,**  
*Director of Senior Services*  
**Natalia Hill**  
**Andrius Hicks**

## Township Officials

**Calvin Jordan, Supervisor**  
**Arlene 'Sugar' Al-Amin, Clerk**  
**Sam A. Brown, CIAO, Assessor**  
**Dennis A. White, ESQ**  
*Hwy. Commissioner*  
**Nick P. Bobis, Trustee**  
**Steven A. Burris, Trustee**  
**Jacquelyn M. Small, Trustee**  
**Candyce Herron, Trustee**

