



Manager's Musings

As we usher in September and the change of warmer temperatures to crisp fall weather it's a great time to engage in fall activities and take in the beautiful autumn colors and changes. May your September be a time to embrace the present moment, honor the past, and look forward to new experiences with optimism and hope.



Dirk Roghair
General Manager

Member Spotlight



Marsha Fitzhugh
907/211

Born in Ft. Worth and raised in nearby Weatherford, Marsha Fitzhugh was a true Texan. Her father was a writer of western short stories that were especially popular before the days of television. Writing as a profession has become a real skill for several of her family members.

Marsha attended Texas Christian University and earned a double major in English and Spanish from TCU. She then studied Computer Science at the University of Texas in Arlington. She later lived in the California San Francisco Bay area; in Ft. Meade, Maryland; and in Tulsa, Oklahoma. She worked in California as a software writer of technical manuals for Radio Shack and for Hewlett-Packard.

Marsha has a son and a daughter. Her son, a graphic designer, lives in West Des Moines, and her daughter lives with her family in Grass Valley, California. Marsha has two grandsons there.

For many years, Marsha sewed clothes for herself and for her children. She quilted and smocked, and now enjoys doing counted cross-stitch embroidery. She loves to read and has created hand-made greeting cards using various media. She and her husband both enjoyed doing classical singing before his passing.

She remembers one very interesting incident during her working years. She saw Queen Elizabeth and Prince Philip of England in the early 1980s as they toured The Hewlett-Packard Company in California, where Marsha was employed as a senior technical writer. They were visiting because HP supplied the Queen with software to manage her stables. The extensive security measures used to keep them safe were a major production that few outsiders get to witness up close.

Living in Iowa is a very new experience for Marsha. We welcome her to the Elite Lodge of Ashworth. We hope that we Iowans can help her feel at home here!

Creativity at the Lodge

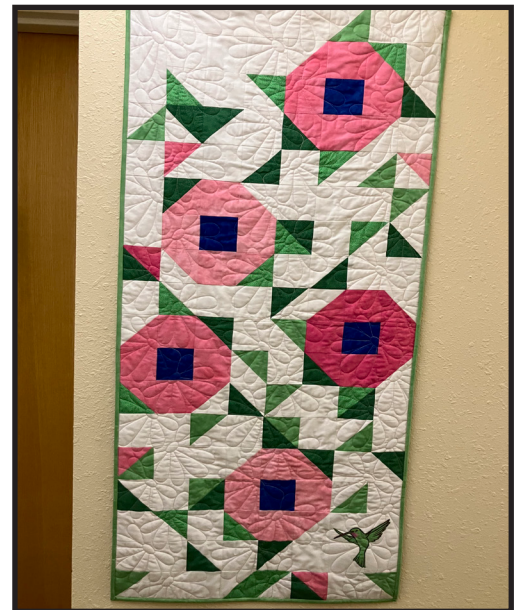


Linda Day
915/302

Many of our Elite Lodge Residents have hobbies, athletic activities, or creative endeavors that they pursue. Several members enjoy sewing and quilting. Linda Day has her own sewing room, sewing machines and an embroidery machine. She creates designs for quilts, wall hangings, shopping bags, framed art, etc. She gets ideas from Pinterest online.

A recent project for Linda has been making and selling owl bookmarks in honor of our owl visitors at the Elite Lodge. With help from Barbara Bell and Beth Lenstra, Linda created, embroidered, and assembled the bookmarks that served as a fundraiser for a fountain in the outdoor courtyard. They were successful in raising some seed monies for the fountain project. The owl bookmark project is finished, but planning and placement of the fountain may be an ongoing effort that might involve Trish Peters and our grounds committee, as well.

As you can see, Linda's work involves diverse styles, subjects, and color schemes. Something for everyone's taste!



The Elite Lodge Book Babes

Have you heard? There is a new group of library volunteers at the Elite Lodge, and they are known as “The Book Babes.”



Barbara Bell, Carolyn Hasey, Donna Kaus, Ingrid Kaut, Jude Linden & Mary Anne Critz are The Babes and they are doing us proud! They are organizing our library so that we can find books easier. Books are organized as follows:

- A Non-fiction:
Downstairs in the Craft Room, alphabetized by author
- B Small paperbacks:
927 Lobby, alphabetized by author
- C Autobiographies, biographies, history, and coffee table books:
Conversation Room, alphabetized by author
- D Large print books:
Main Reading Room, shelved separately in alphabetical order
- E Current magazine:
Main Reading Room, on the shelves by the entrance
- F Older fiction:
Rehomed to local libraries and nursing homes



Please note that the Building 907 Lobby houses the West Des Moines Public Library cart, which is coordinated by Bunny Fox.

Finally, the West Des Moines Public Library has an Outreach Coordinator named Betsy Richter. Betsy is able to obtain books you want, and she will hand deliver them to you. Give her a call! You can reach her by phone at (515) 222-3574 or by email at Elizabeth.Richter@wdm.iowa.gov.

There is no budget for the Elite Lodge Library. Please make it known throughout the community that we welcome book donations.

Lodge Notes

Remember, in addition to the many books located throughout the Lodge, we offer a DVD Collection too, located in the Conversation Room. There are more than 150 movies and shows available for you to borrow. They range from 1932 to 2022 production dates, and include musicals, comedies, dramas, RomComs, fantasies, adventures, Christian dramas, Christmas movies, World War II dramas/documentaries/comedies, westerns, TV shows, and more. Enjoy watching your favorites in the comfort of your suite!



SUNDAY

1

3:00 Bingo
6:00 5 Crowns
6:00 Canasta

8

**HAPPY
GRANDPARENTS
DAY**

3:00 Bingo
6:00 5 Crowns
6:00 Canasta

15

3:00 Bingo
6:00 5 Crowns
6:00 Canasta

22



3:00 Bingo
6:00 5 Crowns
6:00 Canasta

29

3:00 Bingo
6:00 5 Crowns
6:00 Canasta

MONDAY

2



Dry Cleaners
8:00 Exercise
10:00 Women's Pool
10:30 Wii Bowling
1:00 Men's Pool
1:00 Upwords

9

Dry Cleaners
8:00 Exercise
10:00 Women's Pool
10:30 Wii Bowling
1:00 Men's Pool
1:00 Upwords
**2:00 Dick Clark's
Discussion Group**

16

Dry Cleaners
8:00 Exercise
10:00 Women's Pool
**10:00 Visiting Nurse
(Foot Care)
Meals From the
Heartland**
10:30 Wii Bowling
1:00 Men's Pool
1:00 Upwords
3:00 Book Club

23

Dry Cleaners
8:00 Exercise
10:00 Women's Pool
10:30 Wii Bowling
1:00 Men's Pool
1:00 Upwords

30

Dry Cleaners
8:00 Exercise
10:00 Women's Pool
10:30 Wii Bowling
1:00 Men's Pool
1:00 Upwords

TUESDAY

3

8:00 Aquatic Exercise
10:00 Women's Pool
11:00 Liaison Meeting
1:00 Men's Pool
1:00 Cribbage
3:45 Table Talk

10

8:00 Aquatic Exercise
10:00 Women's Pool
1:00 Men's Pool
1:00 Cribbage
3:45 Table Talk

17

8:00 Aquatic Exercise
10:00 Women's Pool
1:00 Men's Pool
1:00 Cribbage
3:45 Table Talk

24

8:00 Aquatic Exercise
10:00 Women's Pool
1:00 Men's Pool
1:00 Cribbage
3:45 Table Talk



WEDNESDAY

4

8:00 Exercise
10:00 Women's Pool
**10:00 Communion in
the Conversation
Room**
1:00 Men's Pool
1:00 Mah Jongg
**2:00 Fun in the Lounge
- Beach Ball Toss**
6:00 Bridge, Pepper

11

8:00 Exercise
10:00 Women's Pool
1:00 Men's Pool
1:00 Mah Jongg
**2:00 Fun in the Lounge
- Our Last
Summer Ice
Cream Floats**
6:00 Bridge, Pepper

18

8:00 Exercise
**10:00 Grounds
Committee**
10:00 Women's Pool
1:00 Men's Pool
1:00 Mah Jongg
**4:00 Wacky Wednesdays
- The Bar is Open!**
6:00 Bridge, Pepper

25

8:00 Exercise
10:00 Women's Pool
1:00 Men's Pool
1:00 Mah Jongg
6:00 Bridge, Pepper



THURSDAY

5

Beauty Shop & Dry Cleaners
 8:00 Aquatic Exercise
 10:00 Strength Exercise
 10:00 Women's Pool
 10:00 Shuttle: Hy-Vee, Fareway,
 & Walmart
 1:00 Men's Pool
1:00 Communion - Vicki Hertko
 4:00 Bible Study
 6:00 Oh Shoot, Up and Down the River
 6:00 Pitch
 6:15 Dominoes

12

Beauty Shop & Dry Cleaners
 8:00 Aquatic Exercise
9:30 Breakfast - Denver Omelets
 10:00 Strength Exercise
 10:00 Women's Pool
 10:00 Shuttle: Hy-Vee, Fareway,
 & Walmart
1:00 Men's Pool Shootout
 4:00 Bible Study
 6:00 Oh Shoot, Up and Down the River
 6:00 Pitch
 6:15 Dominoes

19

Beauty Shop & Dry Cleaners
 8:00 Aquatic Exercise
 10:00 Strength Exercise
 10:00 Women's Pool
 10:00 Shuttle: Hy-Vee, Fareway,
 & Walmart
 1:00 Men's Pool
 4:00 Bible Study
 6:00 Oh Shoot, Up and Down the River
 6:00 Pitch
 6:15 Dominoes

26

Beauty Shop & Dry Cleaners
 8:00 Aquatic Exercise
9:30 Breakfast - Donut Day
 10:00 Strength Exercise
 10:00 Women's Pool
 10:00 Shuttle: Hy-Vee, Fareway,
 & Walmart
1:00 Co-Ed Pool Tournament
 4:00 Bible Study
 6:00 Oh Shoot, Up and Down the River
 6:00 Pitch
 6:15 Dominoes

FRIDAY

6

8:00 Exercise
 10:00 Women's Pool
10:00 Menu Review Committee
 10:15 Cornhole
 1:00 Men's Pool
4:00 Friday Frolics
 - **Jack Hackett**
 6:00 Duplicate Bridge

13

8:00 Exercise
 10:00 Women's Pool
10:15 Cornhole Tournament
1:00 Billiard Belles
4:00 Friday Frolics
 - **Pam Avaux**
 6:00 Duplicate Bridge

20

8:00 Exercise
 10:00 Women's Pool
10:15 Cornhole Tournament
 1:00 Men's Pool
4:00 Friday Frolics
 Duplicate Bridge

27

8:00 Exercise
 10:00 Women's Pool
 10:15 Cornhole
 1:00 Men's Pool
4:00 Friday Frolics
 - **Fred Peters**
 6:00 Duplicate Bridge

SATURDAY

7

Beauty Shop
 2:00 Hearts
 6:00 Bridge

14

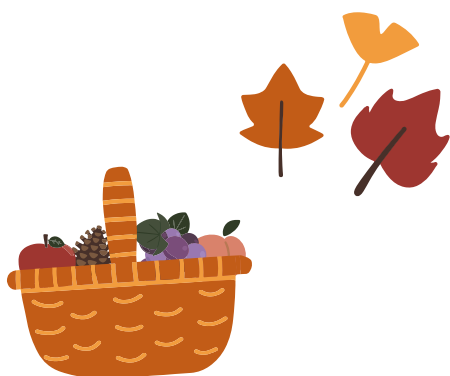
Beauty Shop
 2:00 Hearts
 6:00 Bridge

21

Beauty Shop
 2:00 Hearts
 6:00 Bridge

28

Beauty Shop
 2:00 Hearts
 6:00 Bridge



*September 2024
 Activities*



Sports, Games, and Activities

The Fascinating Game of Mah Jongg



Mah Jongg is a Chinese game usually played by four people with rectangular pieces called tiles. The object is to develop a winning set of tiles. The National Mah Jongg League, Inc., publishes a different set of cards each year with tile combinations that are winning sets for that year. The history of Mah Jongg is a little cloudy and mysterious, but the oldest surviving tile sets are from the 1870s. Mah Jongg came to America in the 1920s; it requires skill, strategy, calculation, and some luck!

The object of a Mah Jongg hand is to pick up, swap, and discard tiles until a winning hand is formed—a combination of 14 tiles matching one of the specified combinations on that year's card. Occasionally an entire game is played with no player matching any of the winning combinations. That game is called a "wall" game.

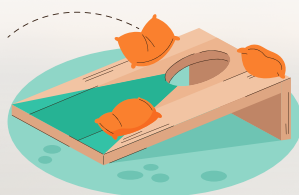
A set of Mah Jongg tiles is required to play the game. Sets exist for every budget and can be purchased online; our Lodge group supplies the sets for our group games. Tiles come in three suits called Dots, Bamboos, and Cracks. Dots have circular markings, Bamboo tiles have images of bamboo, and Cracks have Chinese characters.

There are also two types of Honor tiles—Winds and Dragons. Wind tiles are named for the four directions—east, west, north, and south. Dragon tiles are red, green, and white. There are 4 identical copies of each tile for a total of 28 tiles. Our sets also include bonus tiles—8 Flower tiles and 8 Joker tiles.

In the American version of the game, racks are used to hold the tiles. At the beginning of the game, players swap tiles in a ritual known as the Charleston. Once the Charleston is completed, players may do a courtesy swap with the player opposite them if they wish. Once this is completed, the dealer begins the game by discarding the first tile. The first player to achieve one of the tile combinations on the League card is declared the winner.

If you are interested in learning this fascinating and fun game, please call Claudia Swindler at (515) 205-9331.

Cornhole Champs



**August Cornhole Tournament:
Winners Dave Rongerude and Carolyn Hasey**



Pool Champs



**Billiard Belles: August Winners
Dorothy Dadisman
and Barbara Geller**



**Co-Ed: July Winners Dave Proudfit
and Darlene Treanor**



**Men's 8-Ball: August Winner
Hal Gronewold and Runner-Up
Dave Proudfit**

Around the Lodge

The Elite Lodge of Ashworth has a new look!



Before



After

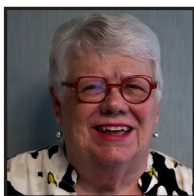
Enjoying Friday Frolics



A Warm Welcome to our Newest Members!



Beth and Dan Klann
915/316



Vicki Baker
947/309



Walt and Joyce Jones
947/107

September Birthdays



Linda Wildin
9/3



Richard Rowley
9/4



Norma Hilton
9/7



Priscilla Thomsen
9/7



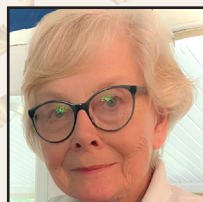
Sue Dickman
9/10



Don Adams
9/12



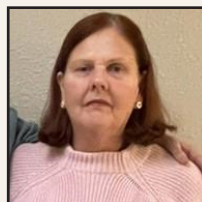
Linda Clark
9/12



Karen Williams
9/14



Ginny Albrecht
9/16



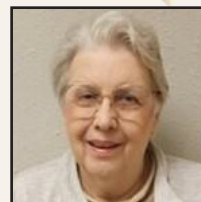
Monika Smith
9/17



Mo Pingel
9/24



Jacque Ryan
9/26



Marsha Fitzhugh
9/28



Larry Albrecht
9/29

Labor Day

The first Monday in September will soon be upon us. Many of us think of it as the unofficial end of summer, and we all know it as Labor Day. But what is its significance really? What does it celebrate? I think of it as a patriotic day, because it honors the best of us, and all of us—American workers! It celebrates the initiative, dedication, and just plain hard work of every worker in our nation.

The day to honor our workers began in the 19th Century. According to CNN, most workers back then worked physically or mentally taxing jobs 7 days a week with no limit to the hours worked each day! But on September 5, 1882, more than 10,000 workers in New York City organized a march from City Hall to Union Square, demanding better working hours. The Knights of Labor, the first labor organization in the USA, decided to continue with the tradition. Slowly, individual states began adopting a “Labor Day Holiday,” and in 1894 Congress passed an act that declared Labor Day an official holiday. But passing a bill to honor workers did not really get the job done—it still didn’t have much effect on working hours. Many people were working 12 hours a day, 6 days a week. It wasn’t until 1916 that the Adamson Act was passed, establishing a workday of 8 hours for interstate railroad workers, beginning the trend toward today’s standard 8-hour workday.

On this Labor Day I think of all those workers who went before us as patriots, and I honor them for their hard work and sacrifices. I also honor all of our workers of today, and I do think of Labor Day as a patriotic holiday! This Labor Day let us give thanks for modern labor laws that protect our workers, and let us also remember to think of our workers as patriots, because they are!

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LODGE
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ELITE

