

Sophie's • Gazette

AUGUST • 2025

A PERSON CENTERED NEWSLETTER PRODUCED BY ST. MADELEINE SOPHIE'S CENTER
Edited in the Theresa & Edward O'Toole Foundation Adaptive Computer Learning Center
Shifting Gears @ Michael Klein 2024



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Surf's Up

Robert Gibson catches a wave at La Jolla Shores Beach during the Windandsea Surf Club annual Special Surfers Event!



Robert Gibson



Jonathan Chavez



Monica Burns



Ian Harrison



Daniel Ybarra

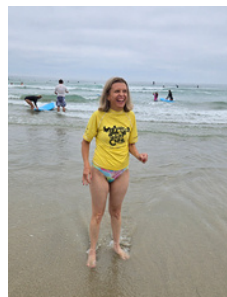
WINDANSEA SURF CLUB

24th Annual Special Surfers Event

Summer's officially here as members of the SMSC Tritons swim team hit the surf at the 24th Annual Special Surfers Event hosted by the Windansea Surf Club. The event, held on Saturday, July 19th at La Jolla Shores offered a fun-filled day of surfing, music, catered meals, and friendship! Members of the surf club volunteered their time to teach the Tritons swim team and students from Noah Homes how to surf. It's important to the club that special surfers enjoy a day at the beach whether surfing, playing in the sand, or just relaxing. Club members know from experience that being in the water is calming, relaxing, and makes you happy. Everyone involved in the day-long event was smiling ear to ear. "Surfing is cool!" according to Robert Gibson with Daniel Ybarra adding, "I had a great time!" Local TV networks were on hand filming the action on a beautiful day to hang ten!

<https://www.facebook.com/thewindanseasurfclub/>

Photographs by Kim Holt Safety Manager



Shauna Davis



Richard Neves



Learning to Compost

The Art & Science of Composting In SMSC's Organic Garden

At the beginning of the new year, AC gardening students learned the art and science of composting. "Starting out there was a lot of discussion on composting including the steps involved, using the composter, and learning what materials are good for composting" Kate Boyce, SMSC's Assistant Garden Manager mentioned. Students brought fruit and vegetable scraps from home, including Larissa Ibanez who added coffee grounds and tea bags to the mix of materials. St. Mad's kitchen was also a good source of compost materials. Jean Poutous identified banana peels as a good item for composting and Janel Shortes added, "you can use apple cores too, and anything that is organic." Kate noted, "you need two colors for composting brown and green and in equal amounts to keep the microorganisms and fungi alive while the matter breaks down into mulch." "You turn the mixture often" Jean said. The more you turn the compost bin the faster you get compost soil that's rich with nutrients. At the end of February, the compost was ready to add into the soil of the garden beds. A few weeks later the garden beds started sprouting with vegetables that came from the compost soil itself. Kate mentioned, "no seeds were sown." Janel added "a pumpkin grew from the last batch of compost soil, I thought that was so cool!"

Photographs by Kate Boyce Assistant Garden Manager



**Mathew Soares &
Daniel Ybarria turning
the composter.**



**Nancy Gonzalez adds
some scraps and
organic matter to the
compost mixture.**



**Daniel Gibson watering
plants in the garden
bed.**



**Isaac Hernandez
working with the
enriched soil.**



**Larissa Ibanez adding
scraps from home to
the composter.**

Welcome New Seniors!

By: Coleen Baucom



**Bryson English, Coleen Baucom,
Lance Tynan, and Claudia Rivera**

Hello, my fellow readers, I have exciting news for everyone. There are a lot of new faces in the Senior Department at St. Madeleine Sophie's Center! I interviewed some of the newcomers like Trinka Schwedes, who loves to go swimming every Wednesday. Leah Gaines said she likes me and all her new friends. She thinks our staff are nice too. Dawn Linen came from ADC where she was a student for a long time. She enjoys singing in our Friday sessions. Shannon Hoffarth was also in ADC for a long time. She likes making new friends here in our Senior classes. Belinda Marries loves going on outings in the community and going to Sophie's Gallery, while Adam Sziebold enjoys hearing about the history of California and going on community outings

Other students have been in the Senior program for a while like Mitch Gricman who said that being in Seniors is fun. He likes to go bowling, play Bingo, and go on outings in the community. Fran Bear likes to play Bingo and participate in Senior's art & crafts projects. Mark Rimland said he enjoys hearing about our center's history during our senior discussions. He has been at SMSC for a very long time! Christina Shihata, she loves being in the Senior Program adding, "We have a lot of fun!" Anne Colburn loves the staff because they help us with everything we need.

As you can see, we have a lot of fun in our Senior classes, outings, and our staff are cool!

Harvest Photographs by Mike Bacon Kitchen Manager



**Tiffani Schlender and
Larrisa Ibanez helped
pick fresh tomatoes
from the garden.**

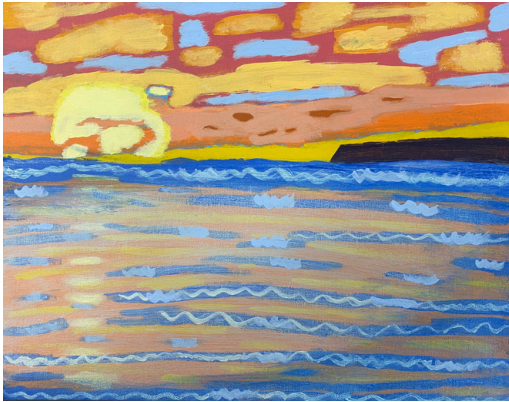
harvest



**Ashley Gonzales and
Ben Mason helped
harvest fresh tomatoes
from the garden.**

Congrats!

ARTISTS



Coronado Beach © Samantha Calderon 2025



Samantha Calderon

Every year the Kraemer Endowment Foundation chooses artwork by artist from Sophie's Gallery for the invitation for their annual donor appreciation dinner. Samantha Calderon's Coronado Beach was chosen for the invitation this year and for greeting cards that are given to dinner attendees. Samantha is a talented artist who excels in every media at Sophie's Gallery. She has participated in many themed shows at Sophie's Gallery over the years. When asked about her experience at the gallery she noted, "I like art, especially the beautiful colors. Making art is relaxing!"

Francisco Rojas

This year Francisco Rojas's German Barmaids was chosen by the German American Societies Inc. for their annual Oktoberfest poster. Each year they choose an artist from Sophie's Gallery and reproduced Francisco's art in 2015 and 2022 for past posters. His iconic cartoon style of drawing is inspired by his love of pop culture. He enjoys drawing, mosaics, and painting. Along with his participation in many of Sophie's themed shows he was active in the Bits & Pieces art show at Queen Bee in North Park where he painted along with popular regional street artists. More recently one of his mosaic plaques of a mermaid was chosen by Cecily's Closet a nonprofit that provides children with special needs a decorative and adaptive room makeover.



German Barmaids © Francisco Rojas 2025

The Page Family Pavilion is Open for Classes



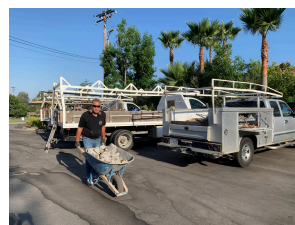
The newly renovated Page Family Pavilion

Wow, the vibe in the AC Department has changed since moving into The Page Family Pavilion! After many months of having classes scattered around campus, AC students are settling into their new home in the newly renovated building. The new digs are playing a central role in cultivating a sense of camaraderie between the students. "I like it better than the old room", Cheryl Bogar remarked while sitting chatting with a group of friends. "It's fun to be here", Tiffany Simpson added. They and all their fellow students are enjoying the new space with its many amenities.

According to Tina Castro, AC Case Manager, "The students are much happier here in The Page Pavilion. They like being together again and are exercising in the room to their full potential stomping their feet without worrying about making too much noise! The bathrooms are close to the classroom and nicely renovated. Everyone's so excited."



Adrienne Wright exercising with fellow students in the Page Family Pavilion.



Remembering construction!



SPOOKEASY

OCTOBER 11, 2025

6:30 – 10:00 PM

EAST COUNTY SECRET GARDEN

Blackout Party, an outdoor Halloween celebration in a secret garden—featuring eerie blacklight décor, a live DJ, costume contest, scavenger hunt, gourmet food, unlimited drinks, and an exclusive cigar bar. Dress to glow and support St. Madeleine Sophie's Center with a night of spooky fun and good vibes!



SPOOKEASY.ORG

St. Madeleine
Sophie's Center

14th Annual Alley Cat Art Walk

Celebrating the Arts in Downtown El Cajon

Friday,
September 12, 2025
4-8PM

ALLEY CAT PARTNERS

Blissful Seeds

East County Art Association

El Cajon German American Societies Inc.

Olaf Wieghorst Museum

Rich Artist Studio

Rob's BrewPoint

SC Fine Art & Framing

Sophie's Gallery & Gift Shop

Studio C

White Sage Gallery

Presented
by the Galleries &
Small Businesses
of Downtown
El Cajon



THANK YOU !
TO OUR SUPPORTERS



- **FREE EVENT**
- **FAMILY FUN**
- **FINE ART**
- **CRAFTS**
- **VENDORS**
- **GIFTWARE**
- **LIVE MUSIC**
- **BEER ON TAP**
- **REFRESHMENTS**

**HELD ON MAIN STREET
& REA AVENUE**

August Birthdays

Cheryl Bogar

Joseph Cabral

Dakota Clark

Kathleen Crane

Mary Grettenberger

Linda Hanson

Catherine Henry

Jordan Inboden

Devon Jenson

David Larsen

Melina Lerma

Sara Maupin

Kristen McClure

Richard Neves

Theresa Odenthal

Susan Pfingsten

Brian Pierce

Jessika Reisor

Jon Semenchuk

Susan Warin

Daniel Ybarra



Sea Life
Passageways 2025

Celebrating self-determination
September 12 - October 31, 2025
Public reception held during

ALLEY CAT ART WALK

Friday, September 12, 2025
4 - 8PM

Alley Cat is a community event recognizing the arts in Downtown El Cajon

Sophie's Gallery
25th Anniversary

Seahorse © Ethan Coss 2025
Crab © Sara Elias 2025



Artwork sales directly support Sophie's artists & our program
40% is paid to the artist & 60% supports materials, instruction and facilities...
Sophie's Gallery is a program of St. Madeleine Sophie's Center

Sophie's Gallery
140 E. Main Street • El Cajon, CA
Open Monday - Friday: 9AM - 4PM
619.593.2205
sophiesgallery@stmsc.org • stmsc.org

Hawaii © Kelsey Wammack 2025

Sea Life
Passageways 2025

Art exploring life in the ocean and the experiences of living by the coast, while celebrating donated, up-cycled & reimagined materials.

Mosaic fish & coastal seascapes
Sea creature paintings on recycled cabinet doors & cruiser skateboards
Beaded jellyfish & crab sculptures
Paper maché sea stars
Painted wooden buoy wind chimes
Watercolor fish illustrations
Seashell & fish polymer clay earrings
Sewn fish purses
And more...



Chris Bradshaw shows off a stack of waffles he made at home.



Jean Poutous folding flour torillas for lunches at SMSC.

August • Agosto/ 2025

LUNCH MENU

Aug 1st Pizza and garden salad

Aug 4th Rolled tacos rice, and beans

Aug 5th Cranberry turkey club sandwich and chips

Aug 6th Baked Caprese chicken over pasta and garlic bread *

Aug 7th Korean beef rice bowl

Aug 8th Pizza and side salad

Aug 11th Creamy Italian sausage pasta and side salad

Aug 12th Mandarin chicken stir fry

Aug 13th Strawberry candied walnut salad and roll

Aug 14th Mexican scramble on tortilla and black beans

Aug 15th Pizza and side salad

Aug 18th Italian shrimp, pasta, side salad, and bread

Aug 19th Greek sheet pan chicken over potatoes *

Aug 20th Grilled chicken tacos with rice and beans

Aug 21st Classic cheeseburger and fries

Aug 22nd Pizza and side salad

Aug 25th Asian chicken salad with fried wonton noodles

Aug 26th Cheese ravioli with sun dried tomato sauce and side salad (VEG)

Aug 27th Ground turkey enchiladas with rice and beans *

Aug 28th Sweet caramelized pork with rice

Aug 29th Pizza and side salad

* New Menu Item

