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Make a Photo More Than a Great Picture, Make It a Story

submitted by Ron Spencer

A photo may be appealing because it is a beautiful, well-planned scene that is properly composed or an artistic composition. It can be a reminder of someone important to us or a memory of a trip we took. Sometimes a photo itself may not be anything special but it has an accompanying story that makes it special. But sometimes a photo can fall under more than one of these categories at the same time, making it extra special. The front cover photo of the September 2023 issue of Arizona Highways falls into this category. It is a beautiful, well composed photo accompanied by the photographer's story surrounding the shot. This photo reminded me of a similar photo I took years ago, at this very same spot, that has its own story (see photos below).

The Arizona Highways cover photo is of the Upper Antelope Canyon at Lake Powell, taken by photographer Randy Prentice while leading a photography workshop. There have been beautiful photos taken of slot canyons by great photographers over the years but his photo was different. The timing was such that the instant the sun moved directly above the slot canyon, it sent a ray of sunlight into the canyon, lighting the swirling sand stone walls while appearing to burn a hole in the sand at the very bottom. The following is a small portion of a much greater story behind the photo I took at this same location years ago.

My family and I were on a camping trip at Lake Powell, California. The Upper Antelope Canyon is on Indian land and therefore required a reservation with the local Indian tribe to visit the canyon. We met our guide at the assigned time and place and climbed into the back of a pickup truck equipped with two parallel benches and a canopy overhead. Our guide drove us to a spot near the canyon entrance and led us on a hike into the canyon. Our tour group consisted of my family, myself and four photographers for a total of ten people. We had hiked to the end of the canyon and turned around to head back out. I stayed behind with the other photographers who were taking turns photographing the canyon. After the photographers finished taking their photos, they headed back out of the canyon. I stayed back to take a few more photos without people in them and noticed the light



FALLBROOK SENIOR CENTER STAFF

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Administrative Assistant

Araceli Flores
Server/Facilities/Driver

Rodolfo Pedroza
Chef

Veronica Orozco
Kitchen Assistant

David Vidaca
Home Delivered Meals Driver

The Fallbrook Senior Center Form 990
can be viewed and printed from the
guidestar website: www.guidestar.org

Fallbrook Senior Center
399 Heald Lane
Fallbrook, CA 92028

OFFICE HOURS

Monday-Friday 8am - 4pm
Closed Saturday & Sunday

(760) 728-4498

fallbrookscdirector@gmail.com
www.fallbrookseniorcenter.com

**THRIFT
STORE**

(760) 723-4602

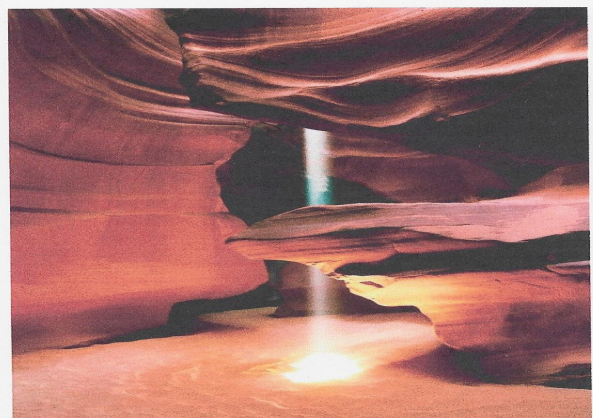
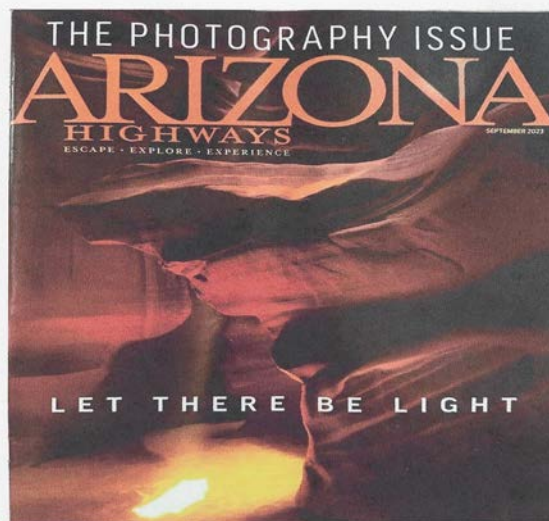
Monday-Friday 9am - 3pm
Closed Saturday & Sunday

Manager: Saliha Raddini
Driver/Sales: Robert Mesquita

Make it a story continued...

in the canyon was changing dramatically. I waited there, watching the changing light when suddenly, a cylindrical shaft of light came streaming into the canyon. I realized this was an opportunity for a great shot. Since it was somewhat dark in the canyon, a slow shutter speed on the camera was required. Without a tripod to steady the camera to avoid a blurry photo, I braced my shoulder against the canyon wall and took the shot. Having the patience to wait for some great light paid off. The resulting photo is one of my favorites of all the photos I have taken over the years. As a side note, people walking around in the area had stirred up just enough dust to help make the shaft of light visible. My photo was taken in the days of film, so at the time, I didn't know for sure what the quality of the photo was until after returning home and having the film developed. With today's digital cameras, there is no more waiting. The photo can be viewed immediately after taking it and if it didn't turn out as expected, another photo can be taken with the required adjustments to exposure and/or composition. The camera used was a Nikon F3HP using Kodachrome film with a Nikon 24mm, f2 manual focus lens.

If you would like to learn more about photography, no matter what your skill level, join the Senior Center Photography Club that meets on the 1st Friday of every month at 12:00 noon in the Senior Center Conference Room.



Fallbrook Senior Center Thrift Shop



Hours: Monday - Friday 9am - 3pm

760 723.4602

UPCOMING *Mark Your Calendars* **EVENTS**



Veterans Support Group

Join us as we begin a monthly Veterans Support Group led by Mark Maines, who serves as the Director of Veterans Programs at Anchor Health. We've partnered with the Foundation for Senior Care to offer this valuable service,
Wednesday, November 15th, 2023 9:30-10:30 am
Senior Center Board Room

Spotting Scams presentation by Berkshire Hathaway Home Services



OCTOBER BIRTHDAYS



Shirley Clark 10/22



Ron Wludarczyk 10/27



Maria Lujan 10/3



Jim Lyle 10/14



Daniel Martinez 10/13



Rudy Pedroza 10/12



Karina Sully 10/11



**Carmen Sanchez from
Right at Home
provided the Birthday
Cupcakes**

FALLBROOK SENIOR CENTER NOVEMBER 2023 MENU



Serving Lunch at the Fallbrook Community Center - 341 Heald Lane

Monday - Friday Doors open at 10:30 760-728-4498

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Suggested contribution: \$5.00 per meal for seniors 60 and older. There is a \$10.00 charge for non-seniors. Meals include small salad, bread, and milk. Menus are subject to change without notice. ▲ denotes meal ≥1,000 mg of sodium</p> <p>6 Soft Chicken Taco Fiesta Corn w/red pepper Mixed Green Salad Whole Wheat Tortilla Tropical Fruit</p>	<p>COUNTY OF SAN DIEGO HHSA HEALTH AND HUMAN SERVICES AGENCY</p> <p>Fallbrook Regional HEALTH DISTRICT</p> <p>7 Salisbury Steak Lima Beans Sweet Potato Mixed Green Salad Whole Wheat Roll Yogurt with Blueberries</p>	<p>1 Turkey Stuffed Pepper Broccoli Roasted Potatoes Mixed Green Salad Whole Wheat Roll Banana</p> <p>8 Black Forest Ham Butternut Squash Farro Mixed Green Salad w/garbanzos Strawberries</p>	<p>2 Chicken Tamales Fiesta Blend Brown Rice Mixed Green Salad w/red peppers Apple</p> <p>9 Birthday/Thanksgiving Turkey w/stuffing & gravy Green Beans Mixed Green Salad Mashed Potatoes Cranberry Sauce Pumpkin Pie and an Orange ▲</p>	<p>3 Tomato Basil Bisque Soup Tuna Sandwich on Whole Wheat California Blend Mixed Green Salad Ambrosia ▲</p>
<p>13 Orange Chicken Asian Blend Brown Rice Mixed Green Salad w/garbanzos Tangerine</p>	<p>14 Pork Loin Butternut Squash Baked Potato Mixed Green Salad w/garbanzos Whole Wheat Roll Green Grapes</p>	<p>15 Beef Tips California Blend Whole Wheat Pasta Mixed Green Salad Banana</p>	<p>16 Cheese Ravioli Garlic Parmesan White Beans Sweet Potato Mixed Green Salad Whole Wheat Roll Strawberries</p>	<p>17 Cilantro & Lime Tilapia Baby Carrots Mixed Green Salad Farro Cantaloupe</p>
<p>20 Bean and Cheese Burrito Fiesta Corn w/red pepper Brown Rice Mixed Green Salad w/red pepper Yogurt w/blueberries</p>	<p>21 Beef Lasagna Tuscan Blend Mixed Green Salad Whole Wheat Garlic Bread Tropical Fruit ▲</p>	<p>22 Baked Herb Chicken Broccoli Farro Mixed Green Salad Canned Pears</p>	<p>23 CLOSED</p> <p>Happy Thanksgiving</p>	<p>24 CLOSED</p>
<p>27 Chicken Parmesan Broccoli Mixed Green Salad w/red pepper Brown Rice Grapes</p>	<p>28 Turkey Burger on whole wheat bun Peas and Carrots Baked French Fries Mixed Green Salad Cantaloupe</p>	<p>29 Beef Stew Spinach Quinoa Mixed Green Salad w/garbanzos Tropical Fruit</p>	<p>30 Turkey Noodle Soup Brussels Sprouts Whole Wheat Cheese Quesadilla Mixed Green Salad Apple ▲</p>	

FALLBROOK SENIOR CENTER NOVEMBER 2023 ACTIVITY SCHEDULE

399 Heald Lane - Fallbrook, CA 92028 760-728-4498

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>6 9:00 Exercise Class 9:00 Pickleball 10:00 Spanish 1 Class 12:00 Pinochle</p>	 <p>7 9:00 Line Dancing 10:00 Beginners Line Dance 9:00 Chess 12:00 Bridge (Full) 12:30 Chair Yoga 12:30 Pool Tournament</p>	<p>1 9:00 Exercise Class 10:00 Spanish 2 Class 12:00 Pinochle 12:00 Mah Jong 12:30 Dominos</p>	<p>5 9:00 Line Dancing 10:00 Beginners Line Dance 11:15 ACBL Bridge- Set Fee 1:00 Beginning Social Bridge</p>	<p>3 9:00 Exercise Class 11:00 Ukulele 11:30 Social Bridge 12:00 Camera Club</p>
<p>13 9:00 Exercise Class 9:00 Pickleball 10:00 Spanish 1 Class 12:00 Pinochle</p>	<p>14 9:00 Line Dancing 10:00 Beginners Line Dance 9:00 Chess 12:00 Bridge (Full) 12:30 Chair Yoga 12:30 Pool Tournament</p>	<p>8 9:00 Exercise Class 10:00 Spanish 2 Class 12:00 Pinochle 12:00 Mah Jong 12:30 Dominos 12:30 Board Meeting</p>	<p>9 9:00 Line Dancing 10:00 Beginners Line Dance 11:15 ACBL Bridge- Set Fee 1:00 Beginning Social Bridge</p>	<p>10 CLOSED</p> 
<p>20 9:00 Exercise Class 9:00 Pickleball 10:00 Spanish 1 Class 12:00 Pinochle</p>	<p>21 9:00 Line Dancing 10:00 Beginners Line Dance 9:00 Chess 12:00 Bridge (Full) 12:30 Chair Yoga 12:30 Pool Tournament</p>	<p>15 9:00 Exercise Class 9:30 Veterans Support Group 10:00 Spanish 2 Class 12:00 Pinochle 12:00 Mah Jong 12:30 Dominos</p>	<p>16 9:00 Line Dancing 10:00 Beginners Line Dance 11:15 ACBL Bridge- Set Fee 1:00 Beginning Social Bridge</p>	<p>17 9:00 Exercise Class 1:00 Ukulele 11:30 Social Bridge</p>
<p>27 9:00 Exercise Class 9:00 Pickleball 10:00 Spanish 1 Class 12:00 Pinochle</p>	<p>28 9:00 Line Dancing 10:00 Beginners Line Dance 9:00 Chess 12:00 Bridge (Full) 12:30 Chair Yoga 12:30 Pool Tournament</p>	<p>22 9:00 Exercise Class 10:00 Spanish 2 Class 12:00 Pinochle 12:00 Mah Jong 12:30 Dominos</p>	<p>23 CLOSED</p> <p>HAPPY <i>Thanksgiving</i></p>	<p>24 CLOSED</p> 
<p>28 9:00 Exercise Class 9:00 Pickleball 10:00 Spanish 1 Class 12:00 Pinochle</p>	<p>29 9:00 Line Dancing 10:00 Beginners Line Dance 9:00 Chess 12:00 Bridge (Full) 12:30 Chair Yoga 12:30 Pool Tournament</p>	<p>29 9:00 Exercise Class 10:00 Spanish 2 Class 12:00 Pinochle 12:00 Mah Jong 12:30 Dominos</p>	<p>30 9:00 Line Dancing 10:00 Beginners Line Dance 11:15 ACBL Bridge- Set Fee 1:00 Beginning Social Bridge</p>	

VETERANS DAY

HONORING ALL WHO SERVED



Mike Bermudez
Air Force 62-66
Navy 83-89



Arlen Bilsborough
Army 64-66



Joe Crosswhite
Marines 76-80



Ron Crum
Army 62-65



John D'Alonzo
Navy 72-77



John Gavula
Army 52-55



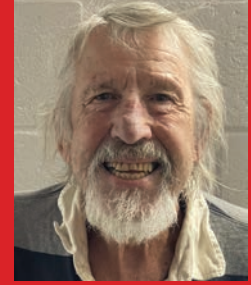
Eugen Gryg
Navy 70-74



Paul Griffith
Army 54-56



Charlie Hull
Army 52-54



Bob Johnston
Air Force 64-72



Donald Kirkham
Air Force 68-71



Mick McCammond
Navy 66-70



Tom Mintun
Navy 62-2011



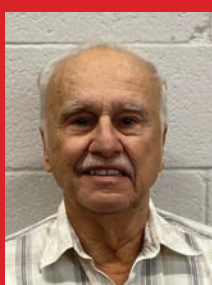
Fred Radack
Air Force 56-60



Epifanio Romero
Air Force 57-82



Don Schutt
Navy 51-55



Lou Schweizer
Air Force 60-64



Steve Wilson
Navy 72-76

*Thank You
For Your
Service!*

Join or Renew Your Membership



The Senior Center's annual membership runs from January to December, and it's time to renew for the year 2024. To beat the rush, consider signing up early starting November 1st. If you have your completed form and payment (check, cash, or credit card) ready when you visit our office, the process will take less than a minute.

Becoming a member of the Senior Center is a breeze and opens up a world of benefits. Membership grants you access to various activities, such as Pickleball, Mah Jong, Line Dancing, Exercise Classes, Yoga, Ukulele, Spanish Class, and more. You can also peruse our library, savor a cup of coffee and cookies, and unwind in the lounge. Additionally, members enjoy a 10% discount at our Thrift Shop and receive a copy of our newsletter.

Starting November 1st, we will be accepting memberships for 2024. You can either visit our office in person or send in your membership application by mail, including your payment made out to FSC.

Whether you're actively participating in our activities and events or simply enjoying a coffee and a cookie in our welcoming environment, don't forget to become a member. Membership remains incredibly affordable at just \$15.00 per year.



FALLBROOK SENIOR CITIZENS'S SERVICE CLUB

399 Heald Lane, Fallbrook, CA 92028 - 760-728-4498

Membership Application - Annual Dues \$15.00

Name: _____ Date: _____

Address: _____ City, State, Zip: _____

Phone: _____ Date of Birth: _____

Emergency Contact: _____ Phone: _____

Do you wish to receive the monthly newsletter? ☐ Yes ☐ No

If yes, how would you like to receive the newsletter? ☐ Mail ☐ Email ☐ Both

Email (required for email option on newsletter): _____

Would you like to receive updates and notifications via email? ☐ Yes ☐ Opt out of notifications

Current/Prior Occupation: _____ Hobbies & Interests: _____

Participation in any activities at the Fallbrook Senior Citizens Service Club is at your own risk.

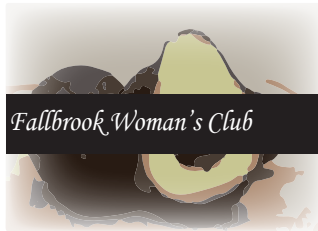
Signature _____

Paint n' Sip

presented by
Regency Fallbrook



- SUPPORTERS -



- PARTNERSHIPS -



- IN-KIND DONORS -





Don't forget to save your receipts from Major Market and bring them into the Senior Center.

We total all of the receipts and submit them to Major Market in return for a donation each month. Every little bit helps.



Happy Fall Y'all

FALLBROOK SENIOR CITIZENS SERVICE CLUB



The mission of the Fallbrook Senior Center is to promote healthy aging, independence and well-being of active, older adults in the communities we service. We will provide programs and services which support the dignity and enrichment of life for seniors fifty (50) and above. The Center provides a place to gather with activities and services including:

- *Nutrition Services including lunches*
- *Health Education and Exercise Classes*
- *Legal and Financial Services*
- *Educational and Cultural Programs*
- *Recreational and Social Activities such as bridge, bingo and pool*

The Center is a membership organization but has a goal to coordinate services, skills and knowledge to benefit our seniors in the wider community.