

# FRIDAY FOLLIES

Friday, July 18, 2003

Hey!

It was a very busy week, (as they all seem to be) but it was great to hear from so many of you. Many news items and details came together this week. I'll quickly list these, as I need to get going.

Remember me telling you about Susan Ralston coming by on the Fourth of July for a while during Jessica's 21<sup>st</sup> birthday celebration? Well, the next week this photo of Susan and Ron Villeneuve (one of our City Councilmen) was in the paper. She had a very busy day that day which began early on the Fourth with a special message she delivered to a regional celebration from President Bush. We were so pleased to have her join us. (Susan, keep working on Troy about that new dog . . . smile!)

THE BEACON 142 / SUNDAY, JULY 13, 2003

## Local Filipino Americans celebrate ties, friendships

The annual picnic blends cultures and patriotism on July 4

BY MICHELLE MIZAL-ARCHER  
THE VIRGINIAN PILOT

Gerry V. Guillermo stood behind the booth, slowly stirring the syrupy liquid. "Sago, \$1!" He yelled to passersby. "Want sago?"

The Chesapeake resident was among hundreds, mostly Filipino and Filipino-Americans, who gathered at Red Wing Park on July 4 for the Fil-Am Friendship Day Picnic. The annual event celebrates Filipino and American ties and Philippine independence on July 4, 1946, when the United States



BARBARA J. WOERNER PHOTOS/THE VIRGINIAN PILOT

Susan B. Ralston, executive assistant to Karl C. Rove, senior adviser to President Bush, reads Independence Day greetings from the president to the crowd at the annual Fil-Am Friendship Day Picnic.

That same day there was a nice article in the paper about the TAPS (Tragedy Assistance Program for Survivors) a program that offers support for Military survivors. J.P. is to emcee and be the keynote speaker at their annual black tie gala and auction this Friday night. Rudy is a special guest as well. The organization is a very good one and is getting a great deal of press here, locally. I hope it is in your area, too.

THE BEACON SUNDAY, JULY 13, 2003

## LYNNHAVEN NEWS

### TAPS Umbrella Project helps survivors cope

BY CAROL CHRISTIE

LYNNHAVEN — BRUCE King, 46, is only 10 when he talks, a heavy commander and language specialist, died. The years went by without King, a shy child and teen, discussing his loss.

They are doing all he can with the Tragedy Assistance Program for Survivors, or TAPS, which helps people cope with the death of loved ones. The national nonprofit was established for people affected by a death in the armed forces.

King will help set up an exhibit of memorabilia at our next event in Lynnhaven Mall through TAPS' Umbrella Project. Children, some of them dead, who lost family in the service include: June 15, 2001, outside the entrance. The exhibit will be at the mall Monday through July 21, with the opening at 10 a.m.

TAPS was founded in 1984 by a widow in Alaska, but got word enough to help King, his



Virginia King and her son, Mikah, had a military funeral one better several years ago. They support the Umbrella Project, part of the Tragedy Assistance Program for Survivors.

with Mikah, or his mother. "I wish I had the support of other young widows," said King's mother, Virginia King, whose husband, Lance, 36, died of a reported brain aneurysm while on sea duty in 1995.

At her church, the next

The Umbrella Project was born by international artist Mai-Lac, who wanted to give children an opportunity to express their grief through art after the Sept. 11 attacks. Last night of a memorial, a symbol of protection, said Carol Christie, TAPS special projects director.

Christie in Washington, D.C., pointed both sides of umbrellas during the 500 National Military Memorial service there. The umbrella needs the design, she said: good grief, a project that says, while the outside "is a symbol of strength and hope."

Lac had organized the exhibit in one exhibit making it very around the country.

Local children, who lost a loved one in the service attacks, got their umbrellas under the tent and gave umbrellas will be added to the display, Christie said.

Bruce King began to help the children, acknowledge grief and pain, which he felt over the years but was unable express.

"Art therapy is really effective," he said. "It gets the kids together in a group doing something they are used to at school. They are able to contribute to express their ideas."

Stacie Corbett, 24, lost her husband, Rick, a chief petty officer, in the bombing of the guided missile destroyer Cole in Yemen harbor, Oct. 17, 2000. She was left to raise three sons, ages 16, 8 and 6.

She has been involved with TAPS for just a few months. Her youngest son, Brady, and Brian, are among the children who passed umbrellas.

The peak of the exhibit will be a gala and auction at 7:30 p.m. Friday at the Norfolk Sheraton. Mikah, J.P. and one of Virginia Beach, retired Seppies Men in America in USA, National representative will emcee. Tracie Mary Ellis and Suzanne Pearty were co-chair. Rudy Bussch, also of Virginia Beach, will be a special guest.

For more information or reservations, call 754-9377.

# FRIDAY FOLLIES

Immediately after the Gala, we are leaving for South Carolina for Roman Gabriel's Celebrity NFL Golf Tournament for the weekend. J.P. is to speak there, too. I am anxious to see Roman again. (and Jeff Severson, Billy Ray Barnes, Red, and Benny Snipes). They were so sweet and so much fun the last time we saw them. They have been very good about keeping in touch. I promise to do a better job of picture taking.

Now for some big, exciting news! After going back and forth a number of times the past couple of weeks, I think we have finally settled on a final proof for our label for the first pasta sauce. Here it is. On a tall jar with yellow pasta sauce inside, it looks stunning. We even took it to a local gourmet market and put it on the shelf with the other jars to see how it looked. It was great fun! We are going to the

"The Happiest Man in America," J.P. "Gus" Godsey, and his wife, Judi, have put together an absolutely dazzling "Pasta Sauce" made with only the freshest, Yellow Roma tomatoes, sweet Vidalia onions, red and orange bell peppers, and a slew of secret herbs and spices that would make even the "Colonel" proud. This is the "Good Stuff." It's perfect with beef, pork, sausage, chicken, fish or any type of pasta...or eat it right out of the jar. We guarantee it will leave your mouth "HAPPY!"

J.P. "Doc" Godsey  
named "The Happiest Man in America"  
by USA Weekend Magazine  
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**gus and judy's**

**Sunshine Pasta Sauce**

made with Yellow Roma Tomatoes  
Net Wt 1.6oz (45.3g)

Nutrition Facts	
Serving Size 1/2 cup (125g)	
Servings Per Container 4	
Amount Per Serving	
<b>Calories</b> 170	Calories from Fat 140
% Daily Value*	
<b>Total Fat</b> 15g	<b>24%</b>
Saturated Fat 2g	11%
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 250mg	<b>11%</b>
<b>Total Carbohydrate</b> 7g	<b>2%</b>
Dietary Fiber 2g	6%
Sugars 4g	
<b>Protein</b> 1g	
Vitamin A 25%	Vitamin C 80%
Calcium 2%	Iron 4%

\*Percent Daily Values are based on a diet of 2,000 calories a day. Your daily values may be higher or lower depending on your actual needs.

	2008	2006
Total Fat	Less than 85g	85g
Saturated Fat	Less than 30g	25g
Cholesterol	Less than 30mg	30mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	270g
Dietary Fiber	75g	75g

Calcium (approx):  
Fat 15g, Carbohydrate 4g, Protein 4g

Yellow tomatoes, yellow tomato puree, vidalia onions, extra virgin olive oil, red bell peppers, orange bell peppers, garlic, salt, spices, crushed red pepper flakes, calcium chloride, ascorbic acid.

manufacturer Tuesday to oversee the production of the first batch. We have had such glowing remarks about it, already. I am hoping it does well. It is truly a labor of love. We also have other recipes that might be fun to mass-produce as well.

The kick-off for local stores and restaurants is coming along nicely. I will give you final details as soon as we have everything nailed down. J.P. has done a superb job of creating this event. (I personally think he should have been an event planner) I have never seen anyone just jump in and get things done the way he does. Wish us luck, and PLEASE, PLEASE . . . order or buy some...even if it is just one jar! (smile)

# FRIDAY FOLLIES

Vol. 9, No. 1, Spring 2003 THE WORLD'S FAVORITE VOCAL GROUP ISSN - 1082-4707

**REMEMBERING THE MILLS BROTHERS**  
Voice of the International Mills Brothers Society

**INTERNATIONAL CONVENTION—SEPTEMBER 4-7, 2003**

**LODGING RESERVATION DEADLINE—AUGUST 4—see Page 7**

**J. P. GODSEY IS HAPPIEST FELLOW**  
*(Our thanks to Judi Godsey's Internet column, Friday Follies, for first-person recollections of this happy moment—DNC)*

After Society Officer J. P. "Gus" Godsey "...steered off the chart on every objective measurement we tested," USA Weekend—Sunday insert in some 600 newspapers with 48 million readers—proclaimed Gus as their happiest person in America!

It all happened so fast. Gus and wife Judi are still spinning in disbelief! The Virginia Beach resident who—in his spare time—in coordinating the Society's 2nd International Convention, became an instant national celeb, following the cover story in USA Weekend's March 7-9, 2003 edition.

Actually it started before the publicity. ABC-TV flew the Godseys to NYC today, March 2. On Monday morning, Gus experienced a TV make-up and a sit in the greenroom. He then appeared on *Good Morning America*. That evening, he and Judi were guests on the *Connie Chung Show*.

*(Continued on page 12)*

GUS AND JUDI pose with Connie Chung.

We received our copy of *The International Mill Brothers' Society Newsletter* this month, and they had a nice article about Mr. Happy, too. The convention is here in Virginia Beach in early September. (All of this is on the website in much more detail if you care to read it.) John and Elmer, we can't wait to see you. Jeff and Ray, we will miss you terribly this year. More details on this event closer to September.

**J. P. Godsey (from page 7)**

We are not sure who had the best experience—J.P. on camera, or Judi sitting near Diane Sawyer and Robin Roberts. Classy company. And Mr. Happy made appearances on CNN, CNBC and FOX, too.

The trip included whirlwind visits to many same places—Time Square Millennium, Rockefeller Center, the Rainbow Room where the manager—after learning the Godseys would appear of TV with Connie Chung—seated them in front of a TV. The staff and dinner guests joined them to watch, and gave them a round of applause after the TV interview. Also—JRs on Broadway, an emotional stop at "ground zero," Mark Joseph's restaurant, Mickey Mantle's place, and so on.

Life goes on, but not in any normal fashion.

Gus is co-authoring a book, *Be Happy: The Ultimate Guide To Happiness By The Happiest Man In America*, with Dennis McCafferty, Senior Writer for *USA Weekend*... J. P. signed with American Programs Bureau, one of the premier speakers bureaus in the country...the Godseys have been contacted by a six-star cruise line about doing a cruise to Bermuda...Their "Gus and Judi's Sunshine Pasta Sauce" has been scientifically tested and labels are being prepared...Virginia Beach City Council and Mayor declared March 25 as J. P. Godsey Day.

Oh, yes. There's this Web site—[www.mrhappysa.com](http://www.mrhappysa.com). Go there, and learn the rest of the story.

Our sincere congrats to Gus and Judi. We are proud to have them as part of TIMH Society.

On another front, J.P. signed a contract this week with Sherry Spillane. If the name sounds familiar, it is because she has represented some pretty big names over the years. She was also once married to Mickie Spillane, A.K.A. Mike Hammer. Her company specializes in high profile clients & instant celebrities, i.e. original cast members of the hit CBS series 'Survivor', Here is her contact information:

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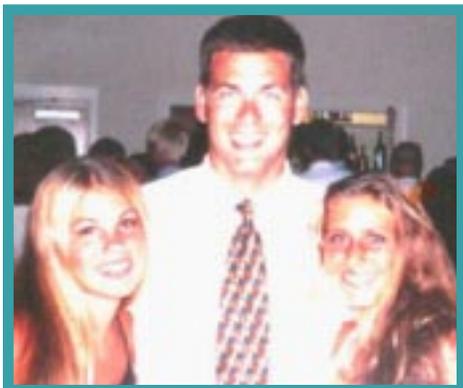
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J.P.'s Perfect Match ad appeared in this month's *Virginia Living* and also the *Valley Times Magazine* in Baltimore is doing a story. (Hey, Jessica. That is Tom Gill, "The Sexiest Bachelor in America" on the cover...your old boss!)



## THE HAPPIEST PERSON IN AMERICA LIVES IN VIRGINIA BEACH



J.P. "Gus" Godsey Named the "Happiest Person" in the "Best Place to Live" according to USA Weekend Magazine (May 2003)

When USA Weekend Magazine set out to find the Happiest Person in America, they began their search in the Best Place to Live. For that designation, the editors chose Virginia Beach, basing their decision on a study performed by Oregon-based [www.best-places.net](http://www.best-places.net) which rated hundreds of communities for environmental quality, housing affordability, cost of living, education system, public safety and other factors.

And in Virginia Beach they discovered J.P. "Gus" Godsey (above) who attributed much of his excellent disposition to where he lives and work. Our city of 437,000 has everything a talented person and a quality employer would want, including an outstanding workforce, wonderful climate and a host of recreation opportunities.

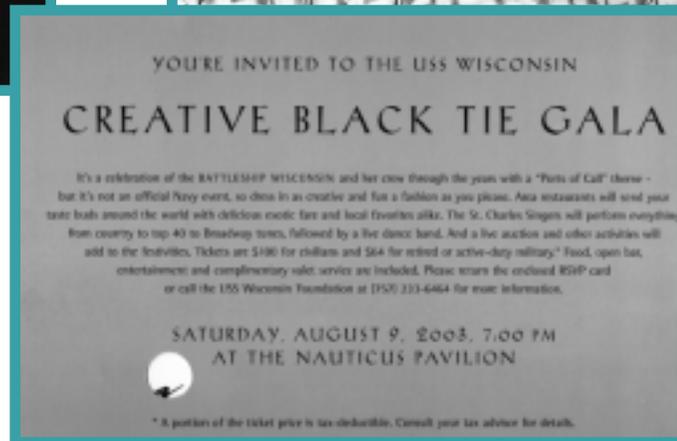
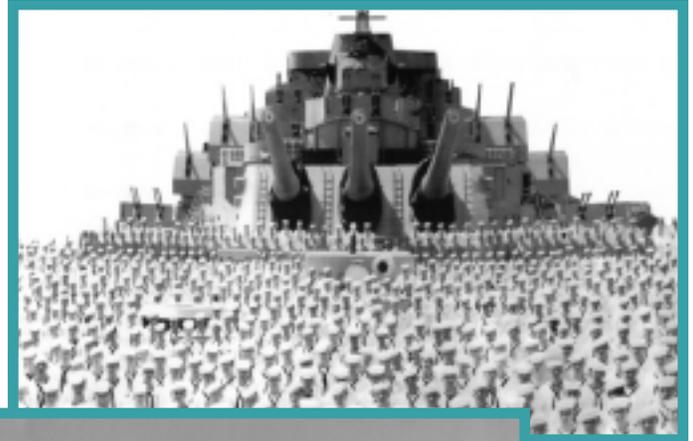
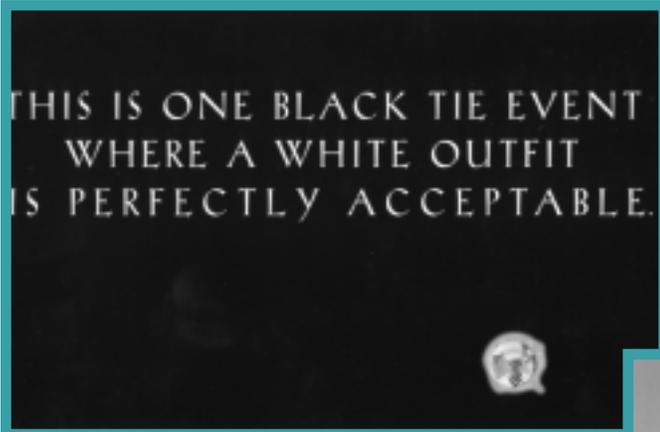
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# FRIDAY FOLLIES

Then this invitation came in the mail this week, and I just wanted to share it with you because I thought it was so cool. They really did a nice job. This is a fundraiser in Norfolk for Nauticus & The Wisconsin in early August. J.P. has been asked to emcee. Should be fun.



And last but not least, the details came through for the cruise this week. The date has changed to the middle of September, but everything else is the same. There will be at least two speaking engagements for J.P. on the Radisson Seven Seas cruise ship, the Navigator. All 400 plus rooms are suites, and it is to be an 8 day cruise to Bermuda. Needless to say, with no break in as long as either of us can remember, we are looking forward to that.

Please join us! We owe it all to our dear friends **Bill and Babs Lyons** who specialize in luxury cruises. You can contact them at [blyonsvabeach@mindspring.com](mailto:blyonsvabeach@mindspring.com)

3520 S. Sandpiper Road  
Virginia Beach, Virginia 23456

757-721-5827

Fax: 757-721-9447

Just think what fun we could have if we ALL went!

# FRIDAY FOLLIES

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LUXURY BOARDS EXPLORE US

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MAY 27; JUNE 3, 10, 17, 24; JULY 1; SEPTEMBER 2, 9, 16, 2003

MR. SEVEN SEAS NAVIGATOR

Cheryl and Wallace are friends of ours in Bermuda, and we cannot wait to catch up with them. Sir John Swan, the former Premier of Bermuda, also went to college with J.P. at WWWC so we are hoping to see him on this trip. He was out of the country the last time we made a trip to Bermuda.

OK. I guess that is it for this week. Do you think that is enough? Can you believe all of this is going on just since March! Life changes on a dime, sometimes.

Once again, I will leave you with a few wonderful summer-time recipes. Our garden is just PITYFUL this year! It looks great, but it is not producing anything at all. Maybe later in the summer. We just have not had enough sunshine! Enjoy!



### Judi's Favorite Squash Casserole

UMMMMM!

1 lb. squash  
1 teaspoon sugar  
1/2 cup mayonnaise  
1/2 cup chopped onions  
1 egg  
1 cup grated cheese  
1/2 stick oleo  
salt and pepper to taste  
cracker crumbs



Cook squash until tender, drain and mash. Mix sugar, mayonnaise, onion, egg, salt and pepper together and combine with squash. Place in casserole and top with crumbs, cheese, and butter. Cook at 300 degrees until bubbly, about 35-40 minutes.

### Black Eyed Pea Casserole

(Sometimes I make this as a dip. No one can ever guess the ingredients!)

1 pkg. Hidden Valley salad dressing mix  
1/2 cup mayonnaise  
1/2 cup sour cream  
1 cup artichokes, drained and chopped  
1 cup black eyed peas  
1 medium onion, chopped  
1 tablespoon butter  
2 tablespoons Parmesan cheese  
2 tablespoons Mozzarella cheese

Sauté onion in butter. Mix all ingredients and pour into casserole. Sprinkle with cheese. Bake for 20 minutes at 350 degrees. \*NOTE: May also use this side dish as a dip.



### Tomato Napoleon

8 oz. Fresh mozzarella cheese, cut into 8 slices  
3/4 C Fresh Tomato Dressing (see below)  
3 large tomatoes, each cut into 4 slices  
1 teasp. Salt  
1 teasp. Pepper  
24 fresh basil leaves, shredded



Place cheese in shallow dish. Pour Fresh Tomato Dressing over cheese; cover and chill 1 hour. Remove cheese slices, reserving Tomato Dressing marinade. Sprinkle tomato slices evenly with salt and pepper. Place 1 tomato slice on each of 4 salad plates; top each with 1 cheese slice and 2 shredded basil leaves. Repeat with tomato slice, cheese slice, and basil. Top with remaining tomato slice and basil. Drizzle evenly with reserve Tomato Dressing marinade. Serves 4.

### Fresh Tomato Dressing

- 1 C olive oil
- 1/2 cup balsamic vinegar
- 3 garlic cloves, sliced
- 1 tablespoon sugar
- 1 tablespoon salt
- 1 teaspoon pepper
- 4 large tomatoes, peeled and chopped
- 2 tablespoons fresh thyme leaves or 4 thyme sprigs.

Whisk together first 6 ingredients in a large glass bowl. Stir in tomato and fresh thyme. Cover and let stand at room temperature 1 hour, stirring occasionally. Cover and chill 8 hours. Yields: 4 cups.

\*NOTE: Dressing may be stored in refrigerator up to 1 month. Stir additional fresh chopped tomato into dressing after each use.

### Judi's Gourmet Tomato Sandwiches

(This recipe sounds WEIRD but, honestly, it is "Out Of This World!")

- 1 large ripe tomato, peeled
- 1 large onion
- 3 tablespoons mayonnaise
- 1 tablespoon mustard
- 16 sandwich bread slices
- 1/8 teaspoon salt
- 1/8 teaspoon pepper



Cut tomato and onion into 8 (1/4 inch thick) slices. Layer slices in a shallow dish; cover and chill for 8 hours. Discard onion slices (I use them in another recipe). Stir together mayonnaise and mustard; spread on 1 side of each bread slice. Place 1 tomato slice on each of the 8 bread slices; sprinkle lightly with salt and pepper. Top with remaining bread slices. Cover and chill up to 2 days. (No joke!) Serves 8.

**\*NOTE:** Large beefsteak tomatoes are best for this recipe since they have a rich and juicy flavor.



### Tomato Pie

1 deep dish pie shell, baked until lightly browned.  
2 large, ripe tomatoes, peeled and sliced  
Blot tomato slices with a paper towel and place in crust. Salt and pepper to taste.

#### **Mix:**

1 cup mayonnaise

1 cup shredded sharp cheese

1 tablespoon basil

1 bunch chopped green onions

Mix above together and spoon over tomatoes. Bake 25 to 30 minutes at 350 degrees.

### “Real Good” Mississippi Ice Cream

6 eggs

6 tablespoons flour

2 large cans pet milk, chilled

2 quarts milk

2 1/2 cups sugar

flavoring (I like vanilla)

pinch of salt

Scald milk and pour over mixture of sugar, flour, flavoring, and egg yolks. Beat egg whites and add to above. Chill pet milk and whip. Add pet milk after other mixture is thoroughly cooled. Place in Ice Cream maker and follow directions for freezing.

# FRIDAY FOLLIES

## Spicy Stuffed Acorn Squash

4 large Acorn Squash  
4 cups chopped onions  
3 tablespoons salad oil  
2 pounds ground beef  
1 med. green pepper, diced  
2 teaspoons seasoning salt  
1/4 tsp. pepper  
1/8 tsp. cayenne pepper  
1 1/2 tsp. oregano  
2 cloves garlic minced  
1 (8 oz.) can tomato sauce  
1/4 cup chopped pimiento stuffed olives  
3 eggs, beaten



Wash squash and cut in half. Scoop out seeds. Place in large saucepan of boiling salted water and boil for 10-15 minutes. Remove/drain/set aside. Saute onion in oil until tender. Add beef and brown well. Stir in green peppers, and remaining seasonings. Cook, stirring 3 minutes. Cool slightly and stir in eggs. Sprinkle inside of each squash with seasoning salt. Spoon filling into each squash. Place in a large shallow baking dish and bake at 350 degrees for about 30 minutes. Let stand ten minutes before serving.

## Green Tomato Marmalade

1 cup water  
2 oranges, thinly sliced  
1 lemon, thinly sliced  
6 large green tomatoes, chopped (about 4 pounds)  
4 cups sugar  
1/2 teaspoon salt

Cook first 3 ingredients in a dutch oven over medium heat 17 to 20 minutes or until fruit is tender. Add tomatoes and remaining ingredients, stirring until sugar dissolves. Bring to a boil, stirring constantly; reduce heat, and simmer, stirring occasionally, 3 hours and 30 minutes or until mixture thickens. Pour hot mixture into hot jars, filling to 1/4 inch from top. Remove the air bubbles; wipe jar rims. Cover at once with metal lids, and screw on bands. Process in boiling-water bath 10 minutes. Yields 3 pints.

# FRIDAY FOLLIES

Sorry if the Follies this week seem like an ad for Mr. Happy. It normally isn't like this, but there has just been so much going on this week. See you next week.

To all of you on my Friday Follies List, whether you are in Manila, Singapore, Kuwait, Bermuda, Virginia Beach, Mississippi, Los Angeles, San Francisco, Minnesota, Indiana, Colorado, Philadelphia, Key West, New Jersey, Washington D.C., Maryland, West (By-God) Virginia, Nashville, New York, Oregon, Maine or Europe, have a wonderful, wonderful weekend, and . . .



*God bless.*

*Remember, life is short...we need to make it a good one.*

*Grow in peace and wisdom.*

*Your Friday Friend,*

## JUDI GODSEY

*P.S. NOTE OF CAUTION... 20 employees were fired from The New York Times here in Norfolk for sending lewd and indecent e-mails. (To my knowledge, none of the 20 were on our joke list - even though some of the attorneys who represent the company were!) I have asked each and every one of you on this list to tell me if the jokes that accompany these "Follies" place you in jeopardy, or even if they offend you. Please understand that they are intended to be light-hearted and are not mean-spirited in any way. If you are ever offended, do not hesitate to ask to be taken off the Friday Follies Joke List.*

*PSS. If you send a joke and I don't use it, it is because it has been used before, and I try not to repeat. Remember, I have been sending these since August of 1997. One tends to go through huge numbers of jokes that way.*

*Disclaimer: When anyone asks if I type all of these jokes, the answer is, "No!" I cut and paste one evening during the week (30 minutes, TOPS). Obviously I don't have time to sit, read, and retype jokes all day!*