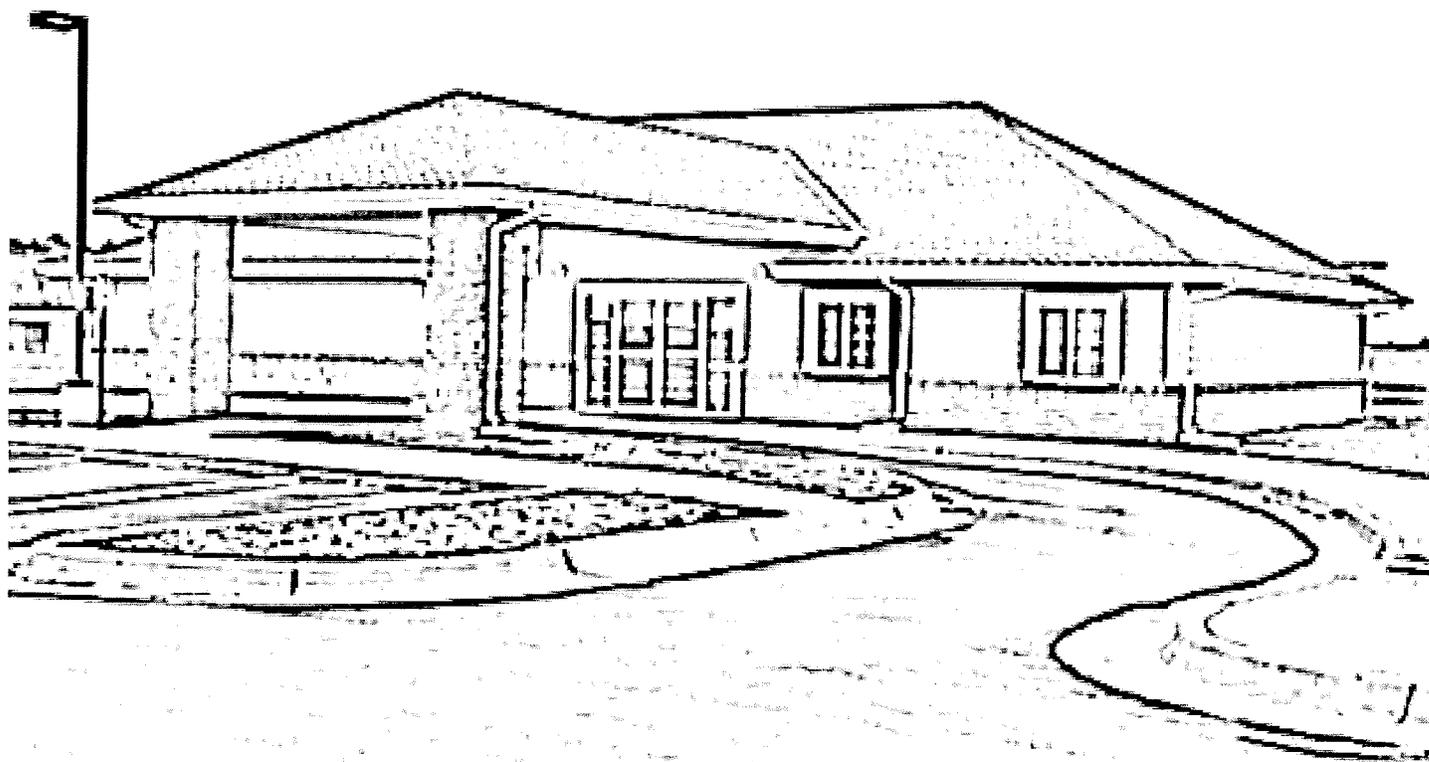




THE SCOOP

September 2008



Clearwater Senior and Community Center

921 Janet Avenue
Clearwater, Kansas 67026
620.584.2332

CENTER UPDATES

We had a great turnout to hear Bill Hammers and his Bluegrass Band, "THE SOUTH WIND RAMBLERS." The group included: Dale and Sharyn Morris, Dan and Joan Wilbert, Duane and Amydell Burns, and Mike Whitman. Everyone enjoyed and participated in the activities.

Several of the ladies went to Derby on the 6th for their food handler's license. It takes about 2 hours for the class. To work in the kitchen a license is necessary. There is no cost to obtain it. The license is good for 4 years.

Bill Gale, Sedgwick County Election Commissioner, was here on the 12th and gave us a talk on advanced voting. He left several applications for those people who will not be able to go to the polls. This makes it easy for those shut-ins or who cannot drive to be able to vote.

Paul Scrivener talked about storm shelters at the Friday night get together on Aug. 1. He handed out brochures of the different types of shelters, their sizes, and the costs. It was every informative. He explained that the shelters he sells are basically for folks who live in the country or don't have basements.

Vance and Marsha Burns gave us an update as to the activities going on with the Ninnescah Valley 4H Club. Marsha told of the services the Club participates in. Her husband presented a slide show as she talked. Several of the club members will come in after the State Fair.

On August 8th, Rachel Mayberry, Via Christi Hope, gave a short talk on the Services at Via Christi. She also brought root beer floats to all who came to play games.

COMING ATTRACTIONS

September 5th is a city wide garage sale and is also the first day of Fall Festival.

September 6th, "The Center" will have a booth at the United Methodist Church. We will be just inside the door. The ladies have a wide variety of Arts and Craft items to sell, plus a baked sale to help raise money for "The Center." Every one is welcome to come, browse, and purchase a treasure for your home.

September 7th at 12:00 noon everyone is invited to a birthday party in honor of Ollie and Bobby Robbins at the "Center." It will be hosted by their daughters, Kelsey and Deloris. They have asked for an RSVP answer. Ollie and Bobby have requested **NO GIFTS**.

The telephone numbers to reply are 620-223-1973 or 417,-887-5080. Cards will be appreciated. Come celebrate with the Robbins.

Due to the closeness of the Fall Festival and the 2nd Tuesday of the month, there will be **no carry-in-lunch** in September. Be sure to mark your calendars.

Also the **Jam Session for the 6th will be cancelled** for September due to the Fall Festival.

September 13th please mark your calendar for our CATFISH FRY. Everyone one is invited to attend this all you can eat from 5 to 8 PM affair.

We are saddened by the loss of one of our original members this last week. Izetta Henderson helped form the Clearwater Senior Club before it became known as the Golden Chain Club. Over the years she held several leadership positions, but is probably best known for getting the hot meals started at the center. She will be missed as are all our members who have passed on.

As we all know, this life is just a replacement - just like a school. The seniors graduate and the juniors move up to take their place. We need to get more of the younger people involve in our activities at the center. Jerry and Helen Stitt are part of the juniors moving up. They are a **BIG** help to us already!.

Team work is very vital for the survival of almost every thing we do. Just like a ball team, no one person can do it all. Just as Mike Phelps needed his team mates to do the best, they could to help him win the gold medals. We need more than just a few faithful folks to pitch in and help. We need more volunteers when we have a heavy work load. We need more folks to help spread the load!

October 15th we are going to have a shoe drive. Any old shoes that you may have laying around, bring them to the center and we will take them to Wichita so they can be cleaned up and given to charity. The goal of the podiatry groups in Central Kansas is to collect 3,000 pairs of shoes - all sizes from children to adults. If you have some gently-worn cast-offs, please bring them to "The Center" by Oct. 15.

SEPTEMBER BIRTHDAYS

1 Van Tjaden	2 Sid Wise
7 John Mc Millen	7 Beverly Hammers
9 Harry Crum	13 Madeline Mc Millen
13 Suzi Wilber	15 Don Osment
17 Mary Jo Hoelcher	18 Betty Harbour
18 James Stodder	22 Helen Fosnock
23 Zona Stout	24 Mary Fleming
25 Norman Schwind	26 Wanda Stitt
26 Irlene Kellogg	27 Wayne Mc Entire
27 Frank Gerlach	29 Jeanne Mc Coy
29 Louise Stockhaus	30 David Fitzgerald
30 John Johnson	30 Valeta Nelson

A moment's insight is sometimes worth a life's experience

Life is a continuous process of getting used to the things we hadn't expected.

If you don't care where you are going, any road will get you there.

Love always finds a warm home in the heart of a friend.

The factory that produces the most important product is the home.

Peace is a sunset and knowing whom to thank.

SEPTEMBER ANNIVERSARIES

1 Mr. and Mrs. Russell Mills	1 Mr. and Mrs. Hugh Williamson
2 Mr. and Mrs. Roger Mrasek	7 Mr. and Mrs. Jerry Pelzi
12 Mr. and Mrs. Curt Sullivan	12 Mr. and Mrs. Matt Stafford
12 Mr. and Mrs. Gary Ward	14 Mr. and Mrs. Kevin Mc Cune
16 Mr. and Mrs. David Hartman	16 Mr. and Mrs. Greg Fleming
19 Mr. and Mrs. Oran Sullivan	20 Mr. and Mrs. Lance Ragan
30 Mr. and Mrs. Mike Adamosky	

LAUGHTER OR POINTS TO PONDER

As a senior citizen was driving down the freeway, his car phone rang. Answering, he heard his wife's voice urgently warning him, "Herman, I just heard on the news that there's a car going the wrong way on Interstate 77. Please be careful!"

"Heck," said Herman, "it's not just one car. It's hundreds of them!"

An elderly Floridian called 911 on her cell phone to report that her car had been broken into. She was hysterical as she explains: They've stolen the stereo, the steering wheel, the brake peddle and the accelerator!

The dispatcher said, "Stay calm. An officer is on the way."

A few minutes later, the officer radios in. "Disregard, she got into the back seat by mistake."

Three retirees, each with a hearing loss, were playing golf one fine March day.

One remarked to the other, "Windy, isn't it?"

"No," the second man replied, "it's Thursday."

"And the third man chimed in, "So am I. Let's have a beer."

APHORISM: A SHORT, POINTED SENTENCE EXPRESSING A WISE OR CLEVER OBSERVATION OR A GENERAL TRUTH; ADAGE

Be careful reading the fine print. There is no way you're going to like it.

I've reached the age where the happy hour is a nap.

There are no new sins; the old ones get more publicity.

Money can buy a dog, but only kindness will make him wag his tail.

The only trouble with bucket seats is that not everybody has the same size bucket.

Money can't buy happiness—but somehow it's more comfortable to cry in a Corvette than in a Yugo.

How come it takes so little time for a child who is afraid of the dark to become a teenager who wants to stay out all night.

Why is it at class reunions you feel younger than everyone else looks?

Scratch a cat and you will have a permanent job.

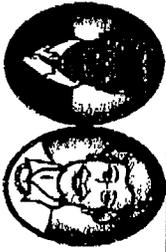
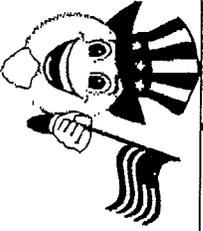
September 2008

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 10 AM Sewing	2 7 PM AA 10 AM Exercise 12:30 Pitch Club	3 1 PM Planning	4 7 PM AA	5 10 AM Exercise 4-8 PM GAMES FALL FESTIVAL	6 FALL FESTIVAL BUILDING RENTED CLASS REUNION
7 BUILDING RENTED-- ROBBINS BIRTHDAYS	8 10 AM Sewing	9 7PM AA 10 AM Exercise NO-CARRY-IN	10	11 7 PM AA	12 10 AM Exercise 4-8 GAMES	13 5 TO 8 PM FISH FRY
14	15 10 AM Sewing NO ADVISORY Meeting	16 7 PM AA 10 AM Exercise 1 PM Bridge	17	18 7 PM AA	19 10 AM Exercise 4-8 GAMES	20 7-10 AM BISCUITS AND GRAVY
21	22 10 AM Sewing	23 7 AM AA 10 AM Exercise	24	25 7 PM AA	26 10 AM Exercise 4-8 GAMES	27
28	29 10 AM Sewing	30 7 PH AA 10 AM Exercise				

GOOD NEIGHBOR NUTRITION PROGRAM

GNMP MENU (menu is subject to change)

SEPTEMBER 2008

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>CLOSED FOR LABOR DAY</p>	<p>CHICKEN STEW BAKED POTATO PINEAPPLE CHUNKS SODIUM FREE CRACKERS</p>	<p>BEEF & MACARONI CALIFORNIA VEGETABLES APRICOT MIX TAPIOCA PUDDING WHOLE WHEAT BREAD</p>	<p>SALISBURY STEAK MASHED POTATOES MARINATED GREEN BEANS PEACHES WHOLE WHEAT BREAD</p>	<p>● TURKEY CHEF SALAD CREAMY POTATO SOUP FRESH BANANA OATMEAL COOKIES SODIUM FREE CRACKERS</p>
<p>ASIAN BEEF WRAP PEAS & MUSHROOMS FRUIT COCKTAIL FORTUNE COOKIE</p>	<p>ITALIAN CHICKEN CASSEROLE MEDITERRANEAN VEGETABLES CINNAMON APPLESAUCE FRENCH BREAD</p>	<p>BEEF PATTY with ONION GRAVY MASHED POTATOES PICKLED BEETS MIXED FRUIT CUP WHOLE WHEAT BREAD</p>	<p>● BBO RIBETTE on BUN CORN COBBETTE GARDEN VEGETABLE SAL. w/DRSG CHERRY GELATIN SALAD</p>	<p>SOFT TACO RED BEANS & ONIONS PINEAPPLE & STRAWBERRIES</p>
<p>26 Gm Fat 695 Calories 927 mg Sodium</p>	<p>25 Gm Fat 762 Calories 1088 mg Sodium</p>	<p>23 Gm Fat 749 Calories 822 mg Sodium</p>	<p>27 Gm Fat 754 Calories 824 mg Sodium</p>	<p>19 Gm Fat 648 Calories 1127 mg Sodium</p>
<p>SOUTHWEST CHICKEN & BEANS STEAMED CARROTS TROPICAL FRUIT MIX SODIUM FREE CRACKERS</p>	<p>SLOPEY JOE on BUN BLUTERED CABBAGE PEACHES SUGAR COOKIES</p>	<p>● TURKEY PRIMAVERA MIXED GREEN SALAD w/DRSG FRESH APPLE WHOLE WHEAT BREAD</p>	<p>TACO SALAD PEAS MANDARIN ORANGES</p>	<p>● HAM LOAF with CREAM GRAVY MASHED POTATOES DILLY CUCUMBER SALAD HARVEST FRUIT MIX WHOLE WHEAT BREAD</p>
<p>20 Gm Fat 660 Calories 972 mg Sodium</p>	<p>17 Gm Fat 707 Calories 1072 mg Sodium</p>	<p>25 Gm Fat 757 Calories 754 mg Sodium</p>	<p>25 Gm Fat 722 Calories 1123 mg Sodium</p>	<p>21 Gm Fat 684 Calories 939 mg Sodium</p>
<p>GROUND BEEF STROGANOFF BROCCOLI ROSY APPLESAUCE WHOLE WHEAT BREAD</p>	<p>OVEN ROASTED CHICKEN TARRAGON GREEN BEANS CITRUS FRUIT MIX PUMPKIN SURPRISE WHOLE WHEAT BREAD</p>	<p>BBO BEEF BRISKET on BUN CORN TOSSED SALAD w/DRSG STRAWBERRY PEACHES</p>	<p>SENIOR EXPO CHILI CHEESE POTATO CAPRI VEGETABLES PEARS WHOLE WHEAT BREAD</p>	<p>● GLAZED PORK ROAST MASHED POTATOES ROMAINE SALAD w/DRSG FRUIT COCKTAIL SPICE CAKE DINNER ROLL</p>
<p>27 Gm Fat 673 Calories 699 mg Sodium</p>	<p>23 Gm Fat 693 Calories 681 mg Sodium</p>	<p>19 Gm Fat 685 Calories 965 mg Sodium</p>	<p>27 Gm Fat 669 Calories 820 mg Sodium</p>	<p>25 Gm Fat 736 Calories 968 mg Sodium</p>
<p>HAMBURGER on BUN MIXED VEGETABLES PICKLED BEETS MANDARIN ORANGES</p>	<p>● HAM & BEANS w/ONIONS CARROTS & ZUCCHINI STRAWBERRY PEARS GINGERSNAP COOKIES CORN BREAD</p>	<p>25 Gm Fat 652 Calories 425 mg Sodium</p>	<p>18 Gm Fat 671 Calories 689 mg Sodium</p>	<p>24 Gm Fat 959 Calories 800 mg Sodium</p>
<p>18 Gm Fat 638 Calories 573 mg Sodium</p>	<p>17 Gm Fat 683 Calories 1101 mg Sodium</p>	<p>● CONTAINS TURKEY ● CONTAINS PORK</p>	<p>GRANDPARENT'S DAY SEPTEMBER 9TH</p> 	<p>PATRIOTS DAY SEPTEMBER 11TH</p> 
<p>29</p>	<p>22</p>	<p>24</p>	<p>25</p>	<p>26</p>

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