

The Scoop



December 2009



CLEARWATER COMMUNITY CENTER & SENIOR HAPPENINGS



921 Janet Avenue
Clearwater, Kansas 67026

620-584-2332

commcenter@sktc.net



December Birthdays

- 01 - Fern Topham
- 07 - Barbara Callaway
- 12 - Ruby Morehead
- 13 - Alvin Hoelscher
- 13 - Austin Pond
- 13 - George Rudy
- 15 - Mary McDonald
- 18 - Gordon Smith
- 19 - Velma Skinner
- 20 - Ardena Maffack
- 21 - Aaron Finney
- 21 - Art Bodin
- 22 - Carla Butterfield
- 22 - Larry Decker
- 22 - Norma
Richardson
- 25 - John Dillon
- 26 - Betty Eaton



THE YEAR 1909

As we come to the end of the year 2009, let's look back 100 years.

*Only 14% of homes had bathtubs.

*Only 8% of homes had telephones.

*The maximum speed limit in most cities was 10 mph.

*The average wage was 22 cents per hour.

*More than 95% of all births took place at home.

*Ninety percent of all doctors had no college education!

*Sugar cost four cents a pound. Eggs were 14 cents a dozen. Coffee was 15 cents a pound.

*The American flag had 45 stars.

Friendship Luncheon, Program, & Meeting

The meeting began with the Clearwater EMS talking to the group assembled for the Turkey & Dressing luncheon. Mike Snyder and Bill Kenney each spoke to the assembly regarding do's and don't's when calling for the EMS. They also had one of the ambulances at the front door for folks to tour it and ask questions. Karen Matzen was also available with handouts full of important information we all should know.

Following the EMS presentation, over 40 people enjoyed the many dishes awaiting them as they served themselves a delicious Thanksgiving Dinner. Of the 40+ diners, nine (9) were of the male variety, quite an improvement over the 2 or 3 who are usually present.

Deana Chapman of Hart Drugs in Wichita spoke to the group concerning shots for shingles. While she spoke of the dangers caused by shingles, she explained that the shots are only available for people 60 and older.

Farol McMillan, chairman of the planning committee, called the business meeting to order. Marlene Parret led the flag salute and the singing of the National Anthem. Wanda Stitt presented the devotions.

Since there were no minutes of the last meeting available due to the secretary, Barbara Hufford, having hip surgery and being in the convalescent care in Haysville, Farol read the notes taken at the planning committee meeting the previous Thursday:

The Planning Committee met Nov. 5, 9 am, to discuss and determine the events for the next several weeks. Present were Carl Shaffer, Angie Shaver, Joan Fleming, Ruby Fisher, and Chairman Farol McMillan.

Carl checked with Rita Linnens concerning her having the program for our Friendship Luncheon on Tues., Nov. 10. She is unable to be here at that time, but set a date for Dec. 8 at 11:30 am. She is with Kansas Truck Mobility and will have a Mobility car here to demonstrate on that date.

It was determined to use the donations received each month at the luncheon to buy the meat dish for the upcoming luncheon each month. It was discussed that since there will be no kitchen committee each month, that volunteers will be needed so that the same 2 or 3 people are not doing clean-up each month.

A discussion concerning using some of the money from the RSVP program to benefit the volunteers who give their time, their necessary items to complete jobs, and their automobiles was held. Carl felt that these people need to be acknowledged in some way for all their volunteer work.

It was brought to the attention of the group that those people using the Arts & Crafts room need to clean up after themselves when they finish each time they use the room.

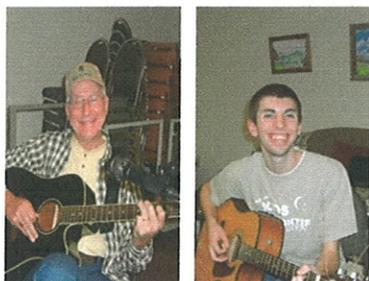
Chairman Farol adjourned the meeting at 10 am.

Volunteer hostesses for the December luncheon will be Val Lange and Maggie Liebold.

Donations from the folks enjoying the Thanksgiving Dinner came to the grand total of \$66.00.

The meeting was adjourned.

Nov. Jam Session



Four musicians showed for the November music. Listed clockwise from upper left are Ben Geltner, playing the violin and mandolin; Nathan Brown, playing rhythm guitar and bass guitar; Tyler McGrath, playing rhythm and bass guitar; and Bruce Hopson, playing rhythm guitar and doing vocals.

In addition to the live musicians, I brought my karaoke machine w/TV (for viewing the lyrics) and played some classic country that the audience joined in with a sing-along.

The three young men are all Seniors at Clearwater High School. Bruce, who has spent much too long in California, made it back home in time for the session.

With so many activities in the city on Saturday evenings, we were pleased to have over 25 folks join us for the fun and fellowship.

Did You Know? Merle Travis was born 11/29/1917, Ferlin Husky, 12/3/25, & Janie Fricke, 12/19/47.

REVIEW OF THE SCOOP'S INFO FOR 2009

January: As I mentioned earlier, our goals for this year, 2009, are to have at least 320 participants, at least 10 base line activities, at least 15 special events, and over 40 educational programs. These are goals to maintain our Level II status. We also need to increase the attendance to our daily Good Neighbor Nutrition meals. Please be AWARE that these meals can be delivered to those of you who do not drive or are shut-ins. If you need a ride to the "Center," give us a call (584-2332) and we will attempt to have someone pick you up and deliver you to the front door.

(The above was composed by Carl. Next month hopefully we'll find out if goals were reached.)

February: The outstanding even this month was the Valentine Dance. Over forty folks turned out for it and most of them danced.

March: The ceiling fans were installed. Penny Johnson donated signed for the Center to use in promoting events. Donna Penley, Haysville's cowboy poet entertained at the monthly Jam Session. Fifty-four folks had chili and/or soup preceding the monthly Jam Session. Life in Kansas music makers was the entertainment for the monthly luncheon.

April: Kansas Rep. Pete DeGraaf surprised us by attending the April Biscuits and Gravy breakfast. Donations received from various activities at the Center have helped in the installation of towel racks, paper towel holder and half-shelves in the lower cabinets in the kitchen.

May: Krista Lovette and Lt. Mark Chairs of the Wichita Fire Control Assn. were the guest speakers at the May luncheon. Jimmy Charles was featured in the May Scoop for all the computer and communication help he has given Car. The sidewalk connecting the Center with the Assisted Living complex was completed.

June: Diane Nickelson donated a queen-size quilt for the Center to use for promotional purposes. Dawn VanAuken, Southern Care Hospice, Inc spoke to the lunch group on June 23. Detective Jameson spoke to the monthly luncheon group about a newly organized group called S.E.N.I. O.R.S. The Southwind Ramblers entertained on June 7. Wayne Larson, Pollution Prevention Institute spoke to the lunch group on June 8. Southern Care Hospice entertained with sloppy joes and bingo.

July: Deana Chapman spoke at the monthly luncheon.. Group from Center attended the Kechi Playhouse to see "Getting Sarah Married."

August: Dan Freed spoke at the monthly luncheon on Reverse Mortgages. Carl explained how the Center went from \$5,000 to \$18,000 from the Govt. and the Dept. on Aging.

September: Alma Jarboe was featured as she celebrated her 102nd birthday Sept. 16. Gala fish fry and quilt drawing was held on the 12th. Mary Fleming won the quilt. Terry Shinkle spoke to the folks at the monthly luncheon.

October: First time The Scoop came out in color on the internet.

Sojourners performed at the monthly luncheon. The north door was installed.

November: Listed and honored were the Ernest Gordon American Legion veterans. Garage sale, and other activities were part of the city's Fall Fest.

(I know there were activities that I've missed, but just from what is listed above, we see that it has been a year of upward growth & involvement).

WHO TO CALL !

The Scoop is a monthly newsletter of the Clearwater Community Center, 921 Janet, Clearwater, KS 67026.

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The Scoop can also be seen online by going to City of Clearwater's website: <http://www.clearwaterks.org>.

Advisory Committee Members

Chairperson- Terry Sullivan

Co-Chair- Joan Fleming

Secretary- Carla Butterfield

Member at Large- James Charles

Member at Large- Marlene Hand

Planning Committee Members

Chairperson – Farol McMillan

Co-Chair – Angie Shaver

Secretary – Barbara Hufford

Historian – Helen Fesnok

Education – June Finney

RSVP program – Farol McMillan

CHRISTMAS LIGHT TOUR

A bus from USD 264 has been scheduled for December 16 for a tour of Christmas lights in Wichita, Derby, and Mulvane.

The bus seats 60 so there's plenty of room.

The bus will leave the Center at 6 pm. Before returning home by 9 or 9:30 a stop for some refreshments will be made.

There is no charge for the tour but you MUST SIGN UP TO GO. Call 584-2332 to get your name on the list.

Better yet, get two or three of your friends to go with you.

Something about a Particular Christmas

Terry Sullivan told of the time when he was a youngster that he and his brother were hoping for fishing reels for Christmas. They looked in all the hiding places in the house but were unable to come up with anything that looked like fishing reels. Just before Christmas they discovered an oatmeal box in the pantry that didn't shake as if it has oatmeal in it. Sure enough, it didn't. They found the long-awaited reels but never told their parents they knew what their presents would be.

Gladys Trindle said when she was 3 or 4 years old, she was to be a part of the church's Christmas pageant. Her mother coached her, telling her to say that Santa was a short, fat, jolly old man. But when Gladys' turn came, she said that her mama said to say that Santa was a short, fat, jolly old man but she just said that Santa was a tall, skinny man just like her daddy.

Just Me: Patty was expecting her first child, living with me while her husband was in Korea. She woke Christmas morning saying "This is it!" We spent the entire day in the maternity ward at the hospital but didn't get our Christmas present. Angela was born 4 minutes after midnight.



Dr. Steve Asbury of the Galitia Group pictured on the left, was here in September to do men's and women's Heart Health Screening. This was a free screening procedure for anyone who signed up.



These folks waited patiently for their flu shots in October. Nurses from the Sedg. Co. Health Dept. administered the shots.

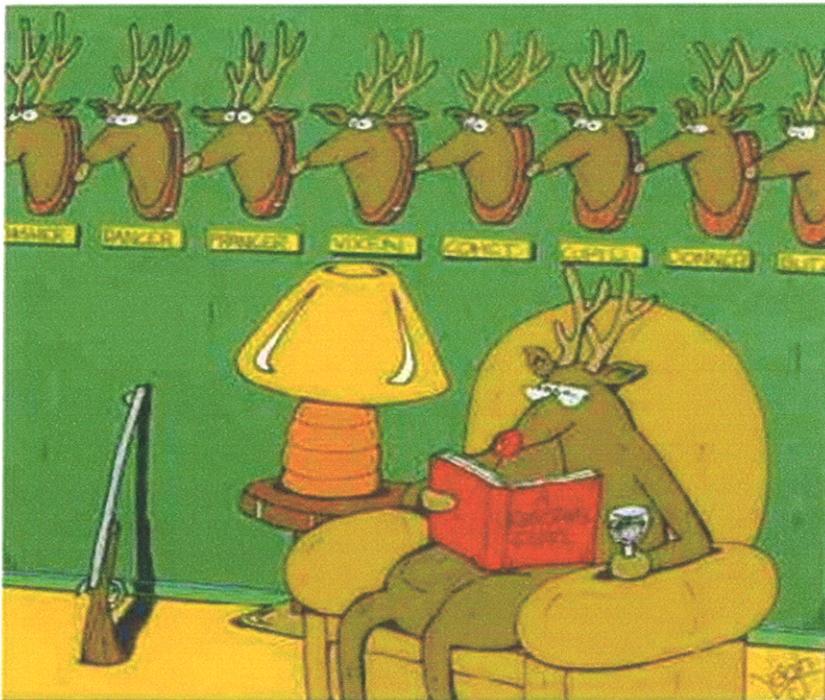


Karen Matzen, EMS, with Jerry Stitt & Carl Shaffer - Nov. luncheon.



Mike Snyder and Bill Kenney EMS, talking at Nov. luncheon

CHRISTMAS SCENES AROUND THE WORLD



All of the other reindeer used to laugh and call him names.



MERRY CHRISTMAS TO ALL

December 2009

SUNDAY	MONDAY	TUESDAY	WEDNESD	THURSDAY	FRIDAY	SATURDA
<p>##### Don't forget! Rita Linnens will be here at the Dec. Friendship Luncheon to display a Mobility Car from Kansas Truck Mobility. Dec. 8, 11:30 AM #####</p>	<p>1 Arts & Crafts- 9:30 to 11:30 AM Exercise: 10 to 11 AM AA & Al-Anon 7 to 9 PM</p>	<p>2 </p>	<p>3 Knitting 9:30 to 11:30 AM Planning Meeting 9 to 11 AM AA & Al-Anon: 7 to 9 PM</p>	<p>4 Quilting: 9:30 to 11:30 AM Exercise: 10 to 11 AM Cards & Games: 1 to 2 PM</p>	<p>5 <i>CLAM SESSION</i> 7 to 10 PM</p>	
<p>6 </p> <p>7 Painting 9:30 to 11:30 AM for both Beginning & Advanced painters</p>	<p>8 Arts & Crafts- 9:30 to 11:30 AM Exercise: 9 to 10 AM Friendship Luncheon: 12 noon to 2 PM AA & Al-Anon 7 to 9PM</p>	<p>9</p>	<p>10 Knitting 9:30 to 11:30 AM AA & Al-Anon 7 to 9 PM</p>	<p>11 Quilting: 9:30 to 11:30 AM Exercise: 10 to 11 AM Cards & Games: 1 to 2 PM</p>	<p>12</p> <p>HANUKKAH</p>	
<p>13</p>	<p>14 Painting 9:30 to 11:30 AM for both Beginning & Advanced painters</p>	<p>15 Arts & Crafts- 9:30 to 11:30 AM Exercise: 10 to 11 AM AA & Al-Anon 7 to 9 PM</p>	<p>16** Christmas Lights Tour*** **Leave Center At 6 PM****</p>	<p>17 Knitting 9:30 to 11:30 AM WAL- AA & Al-Anon 7 to 9 PM MART: 10 AM to ?</p>	<p>18 Quilting: 9:30 to 11:30 AM Exercise: 10 to 11 AM Cards & Games: 1 to 2 PM</p> <p>19 <i>Biscuits & GRAVY</i> 7 to 10 AM</p>	
<p>20 </p> <p>21 Painting 9:30 to 11:30 AM for both Beginning & Advanced painters WINTER BEGINS</p>	<p>22 Arts & Crafts- 9:30 to 11:30 AM Exercise: 10 to 11 AM AA & Al-Anon 7 to 9 PM</p>	<p>23 </p>	<p>24 Knitting 9:30 to 11:30 AM AA & Al-Anon 7 to 9 PM</p>	<p>25 CHRISTMAS DAY </p>	<p>26</p>	
<p>27 </p> <p>28 Painting 9:30 to 11:30 AM for both Beginning & Advanced painters</p>	<p>29 Arts & Crafts- 9:30 to 11:30 AM Exercise: 10 to 11 AM AA & Al-Anon 7 to 9 PM</p>	<p>30</p>	<p>31 Knitting 9:30 to 11:30 AM AA & Al-Anon 7 to 9 PM NEW YEAR'S EVE</p>	<p></p>		

**GOOD NEIGHBOR NUTRITION PROGRAM (219-4020)
GNNP MENU (menu is subject to change) DECEMBER 2009**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	SALISBURY STEAK MASHED POTATOES TOSSED SALAD w/DRSG FRUIT COCKTAIL WHOLE WHEAT BREAD	● HAM & BEANS w/ONIONS SPINACH MANDARIN ORANGES VANILLA PUDDING CORNBREAD	● TURKEY & CAVATAPPI CALIFORNIA MIX VEGETABLES SLICED PEACHES CHOCOLATE CHIP COOKIES WHOLE WHEAT BREAD	SOFT TACO CALICO CORN FRESH BANANA
● CONTAINS TURKEY ☉ CONTAINS PORK	23 Gm Fat 662 Calories 613 mg Sodium 1	15 Gm Fat 710 Calories 1244 mg Sodium 2	22 Gm Fat 676 Calories 1049 mg Sodium 3	21 Gm Fat 651 Calories 881 mg Sodium 4
☉ CHICKEN & SAUSAGE JAMBALAYA GREEN PEAS JELLIED STRAWBERRY PEAR SALAD WHOLE WHEAT BREAD 20 GM fat 683 Calories 730 mg Sodium 7	SPAGHETTI WITH MEATSAUCE GREEN BEANS FRESH ORANGE BREADSTICKS	LEMON CHICKEN w/MUSHROOM SAUCE GARDEN RICE PILAF MIXED GREEN SALAD w/DRSG PINEAPPLE & STRAWBERRIES POTATO ROLL	MINESTRONE SOUP BAKED POTATO APRICOT MIX CHOCOLATE PUDDING SALTINE CRACKERS	CRANBERRY MEATBALL MASHED POTATOES SPINACH SALAD w/DRSG CINNAMON APPLESAUCE WHOLE WHEAT BREAD
● HOT TURKEY SANDWICH with GRAVY MASHED POTATOES PICKLED BEETS SLICED PEACHES OATMEAL COOKIES 16 Gm Fat 695 Calories 715 mg Sodium 14	BEEF HASH GREEN PEAS PINEAPPLE AMBROSIA WHOLE WHEAT BREAD	● HAM LOAF w/CREAM GRAVY CREAMY SCALLOPED POTATOES LOOSE LEAF SALAD w/DRSG AUTUMN GELATIN SALAD WHOLE WHEAT BREAD 24 Gm Fat 820 Calories 1121 mg Sodium 16	25 Gm Fat 857 Calories 728 mg Sodium 10	25 Gm Fat 794 Calories 1177 mg Sodium 11
GROUND BEEF STROGANOFF BROCCOLI FRUIT COCKTAIL CHERRY GELATIN WHOLE WHEAT BREAD 27 Gm Fat 709 Calories 724 mg Sodium 21	OVEN ROASTED CHICKEN CALICO BAKED BEANS ROMAINE SALAD w/DRSG CITRUS FRUIT MIX WHOLE WHEAT BREAD	● HAM LOAF w/CREAM GRAVY CREAMY SCALLOPED POTATOES LOOSE LEAF SALAD w/DRSG AUTUMN GELATIN SALAD WHOLE WHEAT BREAD 24 Gm Fat 820 Calories 1121 mg Sodium 16	CHEESEBURGER ON BUN CAPRI MIXED VEGETABLES POTATO SALAD FRESH APPLE	CHILI w/BEANS DICED CARROTS COMBINATION SALAD w/DRSG STRAWBERRY SHORTCAKE SALTINE CRACKERS 23 Gm Fat 715 Calories 1050 mg Sodium 18
		SLOPPY JOE on BUN BRUSSELS SPROUTS MACARONI SALAD STRAWBERRY PEARS	SLICED ROAST BEEF w/GRAVY MASHED POTATOES PEA & LETTUCE SALAD w/DRSG CHERRY PIE POTATO ROLL	CLOSED FOR CHRISTMAS 
		24 Gm Fat 741 Calories 675 mg Sodium 23	30 Gm Fat 888 Calories 955 mg Sodium 24	25
BEEF & MACARONI MEDITERRANEAN VEGETABLES ROSY APPLESAUCE SUGAR COOKIES WHOLE WHEAT BREAD 25 Gm Fat 766 Calories 742 mg Sodium 28	TACO SALAD WHOLE KERNEL CORN FRESH ORANGE	BEEF PATTIE w/ONION GRAVY MASHED POTATOES RANCH BROCCOLI SALAD SLICED PEACHES WHOLE WHEAT BREAD	© BBQ PORK on BUN BLACK-EYED PEAS CORONADO SALAD QUICK FRUIT CUP	
	28 Gm Fat 654 Calories 738 mg Sodium 29	29 Gm Fat 767 Calories 686 mg Sodium 30	17 Gm Fat 818 Calories 603 mg Sodium 31	

HO HO HO MERRY MERRY CHRISTMAS TO YOU!!!



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