

The Scoop

August 2010



CLEARWATER COMMUNITY CENTER & SENIOR HAPPENINGS

921 Janet Avenue
Clearwater, Kansas 67026

620-584-2332

commcenter@sktc.net



Happy Birthday

- 01 Roy Honn
- 01 Thelma Wohlford
- 06 Roy Heard
- 06 Carol Loker
- 06 Maxine Mikesell
- 07 Carl Conley
- 08 Gordon Mikesell
- 08 Kay Shaffer
- 09 Ruth Davis
- 09 Joan Flippin
- 10 LeRoy Eaton
- 10 Marge Caruthers
- 15 Lois Winter
- 16 Evelyn Curtis
- 17 Carl Shaffer
- 18 Maggie Liebold
- 18 Pat Parmele
- 19 Jean Medley
- 19 Laura Walker
- 20 Ruby Fisher
- 20 Joan Fleming
- 20 Joyce Freeman
- 20 Mary Jo McMahan
- 20 Lois Webb
- 23 Terry Sullivan
- 24 Janet Jackson
- 25 Gary Wise
- 26 Dorothy Gay
- 28 Kay Sands
- 29 Jereleen Barrow
- 29 Eldon Nelson
- 30 Donna Penley
- 31 Bobby Robbins

Interesting Weather Fact

Checking up through August, 2007, the US experienced its hottest year ever. During the month of August, more than 8,000 new heat maximum and minimum records were set or tied across the country.

(Make sure your AC is OK)

JULY'S POT LUCK LUNCHEON

We began with the flag salute and national anthem led by Marlene Parret. Barbara Hufford was the only July birthday person present. Devotions were presented by Mary Jo McMahan. Carl Shaffer gave the prayer before the meal.

Bruce and Jan Hopson introduced their luncheon guest to the group. Jim Kendrick, their friend, lives south of Clearwater and is a volunteer fireman and EMS in Clearwater. We were pleased to have him join us.

After all the folks had served themselves at the bountiful buffet, Carl made a report on events coming up. 1) Reservations for "Murder One" need to be made by August 12th for the August 20th show. 2) If anyone wishes to volunteer baked goods for the Fireman's Bake Sale at the end of the month, sign the sheet. 3) Volunteers are needed to bring salads and desserts to the Annual Fish Fry. 4) Please call the Center if you need a ride to go vote in the primary on August 3, or if you need a ride to the doctor or beautician or church or grocer or who knows where. The RSVP program pays the Center for each trip we make for a person 55 or older. 5) Entertainment for the August luncheon hasn't been determined at this time. The speaker for the September luncheon will be Officer Gene Garcia, Clearwater PD telling us how to mark personal property to deter thieves. 6) The food handler's class will be August 7th. If you haven't signed up to go yet, please get your name on the list. 7) There's a Senior Spelling Bee in August. If interested call the center 584-2332. 8) We always need help with the Biscuits and Gravy. Can we count on you?

Barbara Hufford announced the July movie to be "The Men Who Stare At Goats".

Peggy Brockman reported on the quilters' activities.

I asked for people to send me items for the Scoop. We need more local interest items about the community as well as the senior population. I also told of John & Peggy Chitwood's picnic at The Barn on July 17th.

We ended the meeting by singing 'Happy Birthday' to Barbara!



Barbara Hufford's Birthday



Marilyn Stroda & Carrie Barker

LUNCHEON SPEAKERS

A 2 Z, In-Home Care Agency located at 205 W. Crestway in Derby, was explained to us by Carrie Barker and Marilyn Stroda, Associates. A 2 Z is an in-home service specializing in the care and needs of the elderly and the physically disabled client. Their goal is to help the clients remain independent and safe in their own homes and community.

They were quite interesting as they told of their type of care for their clients. Clients are both private pay and Medicaid recipients. They left us with more knowledge, neat brochures, and pens. Good presentation!

AUGUST 18th MOVIE MATINEE

The movie this month is "Precious." This synopsis was taken from one of the Google reviews.

Set in Harlem in 1987, it is the story of Claireece "Precious" Jones, a morbidly obese sixteen-year-old African-American girl born into a life no one would want. She's pregnant for the second time by her absent father; at home, she must wait hand and foot on her mother, a poisonously angry woman who abuses her emotionally and physically. School is a place of chaos, and Precious has reached the ninth grade with good marks and an awful secret: she can neither read nor write. Precious may sometimes be down, but she is never out. Beneath her impassive expression is a watchful, curious young woman with a dull but unshakeable sense that other possibilities exist for her. Threatened with expulsion, Precious is offered the chance to transfer to an alternative school, Each One/Teach One. Precious doesn't know the meaning of "alternative," but her instincts tell her this is the chance she has been waiting for. In the literacy workshop taught by the patient yet firm Ms. Rain, Precious begins a journey that will lead her from darkness, pain and powerlessness to light, love and self-determination.

The Primary Election is being held August 3rd. If you need a ride to go vote, please call the Center, 584-2332 to sign up. The RSVP program pays the Center to offer this service.

I received an email from State Representative for the 81st District, Pete DeGraaf. He says "Primaries are CRITICAL to getting the RIGHT people in office." He is seeking his present position with no opposition. If he can help you in any way, he'll do his best.

July 15th Wichita Eagle gave a website that I found quite interesting: <http://www.thevoterguide.org/v/wichita/index.do>. It gave all the candidates' names with background information: personal, community, schooling, political and asked questions for the candidates to answer. I spent several hours checking both the democrat and the republican candidates.

Candidates were listed for State offices of Governor & Lt. Gov., Sec. of State, Attorney General, State Insurance Commissioner, State Treasurer, US Senator, US 4th Dist. Congress, KS 81st District Representative. If you have a computer and the time prior to the Primary, you might find this very beneficial.
- Ruby Fisher

Mark Twain said, "Patriotism is supporting your country all the time and your government when it deserves it."



The above log cabin design quilt will be presented to the lucky winner at the Annual Fish Fry on Aug. 28th.

August sales of tickets will be Fridays at Mize's Thriftway from 2 to 6 pm and Saturdays at Casey General Store from 10 am to 2 pm. Ticket prices are \$1.00 each or 6 for \$5.00. Proceeds from the ticket sales will go toward the purchase and installation of a lighted flag pole at the Center. We thank our kind local businesses for allowing us to use their space and time.

Clearwater's Ole Sew & Sew's

Our Friday Sewing and Quilting group has a new name. (It's the title of this article by Peggy Brockman.)

The group has now completed four quilt tops for Quilts of Valor. We have chosen to do six tops for the Kansas QOV group. We will make others for wounded soldiers with a connection to our community. We welcome information about any wounded soldiers who would accept a quilt from us as a Thank You for their service to the country.

The Sew & Sew's meet each Friday 9:30 on----. We break for lunch at about 11:30 then come back to continue sewing. Several times we have gone to garage sales or fabric shopping on our way back from lunch.

The group has enjoyed field trips to Newton for clothes shopping and quilt shops. We attended the Common Threads Quilt Show at Century II. All our outings include lots of talk, laughing and food.

We are in the process of planning our next raffle quilt. We want to make it something very special.

A couple of younger women have joined us for a day of sewing. We get very excited to pass our passion for quilts on to the next set of caring and creative hands.

Submitted by Peggy Brockman.

'DESIGN TO GROW' SEMINAR

By Carl Shaffer, 'The Center' Director

The seminar, 'Design to Grow' was held June 23rd at the Airport Hilton for directors of Senior Centers in a three county area: Sedgwick, Butler, and Harvey. Several topics were presented for discussion. The topic, depression of the senior citizen, gave several helpful suggestions to follow.

Older adults are more apt to have depression than young people. Depression affects a person's thinking, emotional state and behavior. Causes are grief, the loss of a loved one, anxiety, staying indoors (long cold spells), lack of social activities and lack of exercise. Depression without being treated can lead to suicide. Highest rate of suicide is in white men over 75 and the rate goes up the older they get. Example: the man works until 65 without having a lot of social activities - loses spouse - stops eating - smoking and drinking increase - sleeps a lot - becomes less active - more isolated.

Doctors give them anti-depression medication. They stop taking it after a few days, saying that it doesn't work. It takes 30+ days for the medication to work. Besides medication, exercise, eating, and social activities are most important. We have an exercise class every Tuesday and Friday morning for one hour. Some of the benefits from the exercise are getting air into the lungs, getting the heart to stay healthy and work harder, helping with circulation. People who exercise have less falls. You develop a team work atmosphere and your social circle will increase. Our instructor is 86 and the oldest participant is 93. Anyone younger than that is really missing the boat to having a better, more enjoyable life.

Remember to exercise, eat good nourishing food, smile a lot, socialize, and love one another. Above all, have a good, positive attitude. You have lots of blessings given to you from the big man upstairs.

The Center offers many more activities. If you want to try something, it doesn't cost anything and there are many times nothing is going during the day. Come enjoy! Return, enjoy! Make us a part of your life!

MENNONITE MUSEUM AT GOESSEL TOUR

By Carl Shaffer, 'The Center' Director

Six Seniors from 'The Center' went to Goessel to the Mennonite Museum on June 24. The museum consists of eight (8) buildings. With the exception of the Wheat Building, all the buildings were 96 years or older. There is a replica of the Liberty Bell made out of wheat straw. It took over 2,000 hours to complete.

The Mennonite history goes back past 1640, which is the oldest papers they have on record. They started out in The Netherlands, then to Prussia (now Germany). Catherine the Great gave them swamp land in Russia where they moved next. Being from The Netherlands, they knew how to reclaim the land and it became very fertile. Then after Peter the 2nd came to power he changed the rules and took over the land that was given to them by Catherine. They moved again. This move brought them to North America.

The buildings housed many interesting displays. One building was a one-room school, another was a barn which the family shared with the animals, another was an old church, etc. Lots of machinery was on display, even some horse and oxen drawn buggies.

This was truly a good place to visit. Marge Shoemaker did a great job leading us through. She had much knowledge of their history.

Everyone enjoyed the trip which included KFC and some home-made rolls. Yum-Yum!

LETTER TO CARL FROM SEDG. CO. DEPT. ON AGING

Dear Carl:

I conducted a mill levy program assessment on May 27, 2010. The purpose of the visit was to monitor the Clearwater Senior Center that is funded by mill levy dollars.

There were no corrective actions noted. You are to be commended for doing a fine job. If you have any questions, please give me a call.

Sincerely,

Stacy Nilles

Program Manager

(We're all quite proud of Carl as he keeps working toward higher goals for the Seniors of the community. Ed.)



Clearwater Community Center invites you to join us on a trip to the First Council Casino, Newkirk, OK, Wednesday, August 25, 2010. We'll leave the Center at 9 am and return between 5 & 5:30 pm.

Reservations must be made on or before 2 pm, August 18. Stop by the Center at 921 Janet between 8am and 2pm, or call 584-2332. If you're 21 or older, join us for a day of fun and games.

Your cost will be a donation toward gasoline for the trip, all your food, and all of your fun and games.

BLACKJACK CRAPS POKER VIDEO POKER SLOTS
\$

DRIVER SAFETY TIPS

by Kay Sands - Farm Bureau Insurance

Students aren't the only ones who have to make adjustments when school reopens in the fall. Drivers need to make some major changes as well. When school is in session, the driving environment presents a variety of serious hazards.

*Children behaving unpredictably, *Changes in speed limits, *New areas of traffic congestion.

When the kids go back to school, drivers must go back to stricter driving rules.

School Zones: Warning signs are posted several hundred feet before you enter a school zone.

School Crossings: Watch for the warning signs indicating a school crossing where children will be walking across the roadway. Check the areas on both sides of the crossing zone to make sure no children are approaching, keep you speed low, and use extreme caution.

School Bus Stops: These may be located anywhere on your route and are typically NOT marked with warning signs. Lookout for children gathered along the sides of the roadway in anticipation of arriving school buses.

Following School Buses: School buses make frequent stops. Maintain a safe distance and NEVER pass a stopped bus.

5K and 1 Mile Run/Walk

The Clearwater Summer Scorcher 5K and 1 mile run/walk is scheduled for Saturday, August 14th. 1 miles starts at 7:00 am and 5K at 7:30. Contact Jeff Laha, jlaha@usd264.org or 584-6471 for info. Discounts for 60+ and under 12.

Jeff Laha, Race Director

Dr. Troy J. Losh, 119 E. Ross, has new hours and a new phone number. He is open Monday, Wednesday, and Friday from 12 noon to 6:30 pm. Saturdays he's here by appointment only. His new phone number is (620)-803-2211.

He says "regular chiropractic spinal checkups are vital! Make sure your body's natural processes of rejuvenation are allowed to function properly. As more birthdays pass, your body may not adapt as easily to illness and stress as it once did. Muscles, ligaments, and joints all tend to lose tone and flexibility as the years go by. Proper chiropractic care of your body can help assure that the free, full flow of nerve energy is continually revitalizing cells throughout your body."

CROSSING BORDERS

If you cross the NORTH KOREAN border illegally you get 12 years hard labor.

If you cross the IRANIAN BORDER illegally you are detained indefinitely.

If you cross the AFGHAN BORDER illegally, you get shot.

If you cross the SAUDI ARABIAN border illegally you will be jailed.

If you cross the CHINESE BORDER illegally you may never be heard from again.

If you cross the VENEZUELAN BORDER illegally you will be branded a spy and your fate will be sealed.

If you cross the CUBAN BORDER illegally you will be thrown into political prison to rot.

If you cross the U.S. BORDER illegally you get:

01. A job.
02. A drivers license.
03. A social security card.
04. Welfare
05. Food Stamps.
06. Credit Cards.
07. Subsidized rent or a loan to buy a house.
08. Free education.
09. Free health care.
10. A lobbyist in Washington
11. Billions of dollars worth of public documents printed in YOUR language
12. And the right to carry YOUR country's flag while YOU protest that YOU don't get enough respect.

I JUST WANTED TO MAKE SURE I HAD A FIRM GRASP ON THE SITUATION!!!!!!!!!!!!!!

August 2010

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 	2 Painting - both Beginners & Advanced 1 to 3 pm	3 Arts & Crafts 9:30 to 11:30 am Exercise: 10 to 11 am Planning Mect: 10 am AA & ALAnon : 7 pm	4	5 Knitting: 9:30 to 11:30 am AA & ALAnon : 7 pm	6 Quilting 9:30 to ????? Exercise: 10 to 11 am Cards & Games 1 pm to ???	7 Food Handlers 12:30 pm COUNTRY MUSIC JAMBOREE 7 TO 10 pm
8 	9 Painting - both Beginners & Advanced 1 to 3 pm	10 Arts & Crafts 9:30 to 11:30 am Exercise: 9:30-10:30 am LUNCHEON: 12 noon	11	12 Knitting: 9:30 to 11:30 am AA & ALAnon : 7 pm	13 Quilting 9:30 to ????? Exercise: 10 to 11 am Cards & Games 1 pm to ???	14 5K & 1 mile WALK/RUN 7 AM
15 	16 Painting - both Beginners & Advanced 1 to 3 pm	17 Arts & Crafts 9:30 to 11:30 am Exercise: 10 to 11 am AA & ALAnon : 7 pm	18 MOVIE MATINEE 1:30 PM "Precious"	19 Knitting: 9:30 to 11:30 am AA & ALAnon : 7 pm	20 Quilting 9:30 to ????? Exercise: 10 to 11 am Cards & Games 1 pm to ??? "MURDER ONE"	21 ***BISCUITS*** And GRAVY 7 TO 10 am
22 	23 Painting - both Beginners & Advanced 1 to 3 pm	24 Arts & Crafts 9:30 to 11:30 am Exercise: 10 to 11 am AA & ALAnon : 7 pm	25 First Council Casino Trip Leave here At 9 am	26 Knitting: 9:30 to 11:30 am AA & ALAnon : 7 pm	27 Quilting 9:30 to ????? Exercise: 10 to 11 am Cards & Games 1 pm to ???	28 FISH FRY- 5 TO 7 PM QUILT DRAWING 7 PM
29 	30 Painting - both Beginners & Advanced 1 to 3 pm	31 Arts & Crafts 9:30 to 11:30 am Exercise: 10 to 11 am AA & ALAnon : 7 pm	WOW!! Lots of events this month! In addition, School Starts this month. "Life may not be the party we hoped for... but while we are here We Might As Well Dance." -Author Unknown			

GOOD NEIGHBOR NUTRITION PROGRAM

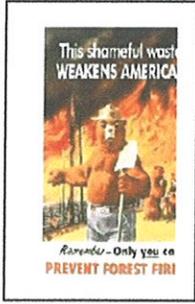
GNNP MENU (menu is subject to change)

AUGUST 2010

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CHICKEN & NOODLES GREEN BEANS MANDARIN ORANGES CHOCOLATE PUDDING WHOLE WHEAT BREAD 23 Gm Fat 782 Calories 807 mg Sodium	PEPPER STRIP STEAK MASHED POTATOES PICKLED BEETS SLICED PEACHES WHOLE WHEAT BREAD 26 Gm Fat 752 Calories 954 mg Sodium	BBQ PORK ON BUN CALICO BAKED BEANS MIXED GREEN SALAD w/DRSG CINNAMON APPLESAUCE 15 Gm Fat 724 Calories 699 mg Sodium	SPAGHETTI w/MEATSAUCE CALIFORNIA VEGETABLES CANTALOUPE WEDGE BREADSTICKS 18 Gm Fat 630 Calories 804 mg Sodium	APPLE WALNUT TURKE ON WHEAT BREAD SPINACH SALAD w/DRSG PINEAPPLE & STRAWBERF OATMEAL COOKIES 20 Gm Fat 648 Calories 1066 mg Sodium
CHILI CHEESE POTATO RANCH BROCCOLI SALAD APRICOT MIX WHOLE WHEAT BREAD 23 Gm Fat 745 Calories 728 mg Sodium	GROUND BEEF STROGANOFF BUTTERED CABBAGE BLUEBERRY CRISP WHOLE WHEAT BREAD 36 Gm Fat 897 Calories 767 mg Sodium	OVEN ROASTED CHICKEN CREAMY SCALLOPED POTATOES LOOSE LEAF SALAD w/DRSG FRESH APPLE WHOLE WHEAT BREAD 22 Gm Fat 761 Calories 489 mg Sodium	HAM & BEANS WITH ONIONS DICED CARROTS JELLIED STRAWBERRY PEAR SALAD CORNBREAD 12 Gm Fat 675 Calories 1062 mg Sodium	CRANBERRY MEATBALL MASHED POTATOES COMBINATION SALAD w MIXED FRUIT CUP POTATO ROLL 25 Gm Fat 812 Calories 1205 mg Sodium
BEEF & MACARONI CAULIFLOWER PINEAPPLE CHUNKS SUGAR COOKIES WHOLE WHEAT BREAD 25 Gm Fat 720 Calories 719 mg Sodium	CHICKEN FAJITA CALICO CORN FRESH ORANGE TAPIOCA PUDDING 25 Gm Fat 772 Calories 910 mg Sodium	TURKEY POT PIE BRUSSELS SPROUTS SLICED PEACHES BISCUIT 27 Gm Fat 701 Calories 1219 mg Sodium	CHEESEBURGER ON BUN MEDITERRANEAN VEGETABLES POTATO SALAD QUICK FRUIT CUP 26 Gm Fat 760 Calories 946 mg Sodium	ROAST PORK IN GRAY MASHED POTATOES THREE BEAN SALAD SUMMER LIME GELATIN POTATO ROLL 19 Gm Fat 802 Calories 808 mg Sodium
BBQ RIBBETTE ON BUN WHOLE KERNEL CORN ITALIAN PASTA SALAD FRUIT MIX w/STRAWBERRIES 20 Gm Fat 676 Calories 968 mg Sodium	BEEF PATTY WITH ONION GRAVY MASHED POTATOES CARROT RAISIN SALAD ROSY APPLESAUCE WHOLE WHEAT BREAD 29 Gm Fat 841 Calories 817 mg Sodium	TACO SALAD GREEN PEAS CITRUS FRUIT MIX 27 Gm Fat 662 Calories 804 mg Sodium	TURKEY TETRAZINI BROCCOLI AUTUMN GELATIN SALAD WHOLE WHEAT BREAD 20 Gm Fat 673 Calories 1162 mg Sodium	BEEF MINESTRONE SOL GARDEN VEG. SALAD w/ FRESH BANANA SPICE CAKE w/TOPPING SALTINE CRACKERS 23 Gm Fat 757 Calories 867 mg Sodium
SLOPPY JOE ON BUN CAPRI VEGETABLES MACARONI SALAD SLICED PEACHES 24 Gm Fat 730 Calories 687 mg Sodium	MEATLOAF w/TOMATO SAUCE CREAMY SCALLOPED POTATOES ROMAINE SALAD w/DRSG FRUIT MIX w/BLUEBERRIES WHOLE WHEAT BREAD 20 Gm Fat 670 Calories 919 mg Sodium	25	26	CONTAINS TURKEY CONTAINS PORK



BACK TO SCHOOL



On August 9, 1944, the first poster of Smokey Bear was prepared. The poster depicted a bear pouring a bucket of water on a campfire. Smokey Bear soon became popular, and his image began appearing on other posters and cards.

We still have a lot of work to do. There are children and adults who need to hear and learn about Smokey Bear and his forest fire prevention message and there are still people who need to be continually reminded of the need to prevent forest fires.



REMEMBER, ONLY YOU CAN PREVENT FOREST FIRES!

When it gets too hot to cook and you're tired of zapping something for your solitary meal, why don't you check out Big Johns with a friend. Big Johns' special dinners are now on Friday night from 5 to 8 pm.

August 6 - Roast Beef, Mashed Potatoes, Gravy, vegetable & dinner rolls.

August 13 - BBQ Chicken, Potato Salad, Corn on the Cob & Cole Slaw.

August 20 - no special this week

August 26 - Smothered Chicken in a Cream Sauce, Mashed Potatoes & vegetable.

Big Johns now serves dinner 7 days a Week ----- 3 choices:

Chicken Fried Chicken, Mashed Potatoes, Country Gravy & Vegetables ----- or-----

Chicken Fried Steak Mashed Potatoes, Country Gravy & Vegetables -----or-----

Battered Fish, Cole Slaw, and French Fries.

**Clearwater Community/Senior Center
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