

The Scoop

February 2010



CLEARWATER COMMUNITY CENTER & SENIOR HAPPENINGS



921 Janet Avenue
Clearwater, Kansas 67026

620-584-2332

commcenter@sktc.net

February Birthdays



02 Jean Richardson
03 Janetta Burris
03 Donna Lewis
04 Marlene Parret
06 Yvonne Coon
06 Ruth Waugh
08 Jim Lynn
09 Vivian Maechtlen
09 Lawrence Reeser
12 Richard Freeman
13 Diane Truax
14 Ron Higgins
14 Val Perez
17 Shirley McBride
17 Patty Obrock
17 Merle Wilcox
19 Dan Wilbert
20 Wayne Heard
21 Peggy Brockman
21 Sandy McDonald
21 Nobuko Osborn
21 Charles Rinehart
22 Betty Jo House
23 Lorena Hinkley
26 Vela Osment
28 Betty Gannaway

FEBRUARY 30TH

The Swedish Empire (which included Finland at the time) planned to change from the Julian calendar to the Gregorian calendar beginning in 1700 by omitting leap days for the next 40 years. Although the leap day was omitted in February 1700, the Great Northern War began later that year, diverting the attention of the Swedes from their calendar so they did not omit leap days on the next two occasions, causing 1704 and 1708 to remain leap years. To avoid confusion and further mistakes, the Julian calendar was restored when, in 1712, one extra leap day was added, thus giving that year a 30th of February.

Friendship Luncheon

The January Luncheon was held on the 12th at noon with 28 folks enjoying the chicken and noodles and mashed potatoes prepared by Maggie Liebold and Val Lange. Everyone brought a covered dish to share. There was fantastic food to accompany the entrée!

Following the meal a short business meeting was held, led by Chairperson Farol McMillan. After the group said the flag salute, the devotions were presented by Mary Mitchell.

Carl Shaffer gave a brief review of 2008 & 9, and explained the goals set for this year, 2010.

Farol gave a brief summary of the Seniors' December events and outlined the coming events for February. Feb. 6th the building is rented all day so there will be NO Jam Session. The Planning Committee will meet Feb. 4 to determine necessary steps to take for the coming events. The Friendship Luncheon will be held on Feb. 9, a Chili & Soup Supper will be held on Sat., Feb. 13 from 5 to 7 pm. A Sunday afternoon Tea Dance will be held on Feb. 14 from 3 to 5 pm. Biscuits & Gravy will be served from 7 to 10 am on the 20th.

Volunteers for some of the upcoming events are: Kathleen Mourning volunteered to give the devotions on the 9th of February and Mary Jo McMahan volunteered to give the devotions at the March luncheon meeting.

Due to health reasons, Farol resigned as Chairperson. In her place as acting Chair will be volunteer Ruby Fisher.

Carl Shaffer and Jerry Stitt will be in charge of preparing the entrée for the luncheon. They will be serving (according to them) Roadkill and Wild Bird.

Some people were interested in learning dance steps prior to the Tea Dance on Valentine's Day. On the 19th of January, instruction for the two step will be presented. On Jan. 26th there will be instruction on three ways to waltz. The polka will be on the agenda for Feb. 2, and a review of all of them will be held on the 9th. The group meets at 1 pm. If you have a partner or just want to learn the steps feel free to drop in. There is no charge.



**Welcome to Clearwater,
Dr. Losh !!!**

Dr. Troy J. Losh, D.C. has opened **Clearwater Chiropractic**, at 119 East Ross in Clearwater. He can be reached at 620-584-2800 if you wish to make an appointment.

"Maintaining health through a balance of good nutrition, rest, and a properly functioning nervous system is the concept behind chiropractic. Regular spinal care from your Chiropractor helps maintain this balance," is a statement from Dr. Losh.

He also says, "The stresses and strains from daily living are enough to cause frequent nerve interference which, if not corrected, may well undermine your general health and show up sooner or later in a number of ways."

He continued, "As you grow older, maintenance of health and prevention of health problems are priceless!"

His hours Monday through Friday are 9am to 12 noon and 1:30 pm to 6:30 pm. Saturday appointments are from 9 am to 1 pm.

CHILI/SOUP SUPPER

The Community/Senior Center is hosting another Chili/Soup Supper **Feb. 13th from 5 to 7 pm**. Last year's supper was such a success we're doing it again. This year the soup will be homemade potato soup. They didn't give me a cost per person, but I know it will be within everyone's budget. Y'ALL COME!!!!!!!!!!!!!!!!!!!!!!



SOUP



CHILIES

**VALENTINE'S DAY
TEA DANCE**

This year's Valentine Dance is being held Sunday afternoon, Feb. 14th from 3 to 5 pm at the Clearwater Community and Senior Center, 921 Janet.

There is no admittance charge and is open to all ages.

Some of the selections will be fun ones: YMCA, The Chicken Song, and even a few polkas.

If you plan to attend, *and we hope you will*, please bring finger food to share.



Friday, Feb. 5th -

Wendy Irwin from Angels Hospice will be here at 11:30am to talk to the lunch group and other interested folks on 'Stress and Emotions.'

Saturday, Feb. 6th -

NO JAM SESSION! Building has been rented for the entire day.

Tuesday, Feb. 9th -

Joe Benter, Marketing Director of Promises Kept Hospice, will be the monthly luncheon's guest speaker.

Monday, Feb. 15th

Since this is a national holiday, no Red Cross Lunches will be served.

Friday, Feb. 26th -

A representative from Angels Hospice in Wichita will give a short talk on Dehydration during the noon meal.

The large copy machine in Carl's office has been taken to the recycle store. It has been replaced by a new fax, printer, copier, scanner purchased from RSVP monies.

**"We Do The TAX
While You Relax!"**

The motto above was chosen by Lynden Speer for his CLEARWATER INCOME TAX business.

The tax service is located at 120 E. Ross and will be open on a daily basis until sometime in April.

You can call for an appointment at 584-3298.

Business hours are:

Monday thru Friday - noon to 7pm.

Saturday - 9 am to 1 pm.

**QUOTATIONS BY:
GEORGE WASHINGTON**

* If the freedom of speech is taken away then dumb and silent we may be led like sheep to the slaughter.

* Government is not reason; it is not eloquent; it is force. Like fire, it is a dangerous servant and a fearful master.

* It is impossible to rightly govern a nation without God and the Bible.

* It is better to be alone than in bad company.

**QUOTATIONS BY
ABRAHAM LINCOLN**

*A house divided against itself cannot stand.

*America will never be destroyed from the outside. If we falter and lose our freedoms, it will be because we destroyed ourselves.

*Any people anywhere, being inclined and having the power, have the right to rise up, and shake off the existing government, and form a new one that suits them better. This is a most valuable - a most sacred right - a right, which we hope and believe, is to liberate the world.

WHO TO CALL

THE SCOOP is a monthly newsletter of the Clearwater Community Center, 921 Janet, Clearwater, KS 67026.

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275 copies are printed monthly for free distribution.

THE SCOOP can also be seen online, in color, by going to City of Clearwater's website:

<http://www.clearwaterks.org>

ADVISORY COMMITTEE MEMBERS

Chair - Terry Sullivan

Co-Chair - Joan Fleming

Secretary - Carla Butterfield

Member at Large - James Charles

Member at Large - Marlene Hand

PLANNING COMMITTEE MEMBERS

Chair Pro Tem - Ruby Fisher

Co-Chair - Angie Shaver

Secretary - Barbara Hufford

Historian - Helen Fesnok

Education - June Finney

RSVP Program - Farol McMillan

13 of 45 of Life Lessons written by Regina Brett, 90 years old, of The Plain Dealer, Cleveland, Ohio, in October, 2009. She says her odometer rolled over to 90 in Aug.

- *Life isn't fair, but it's still good.
- *When in doubt, just take the next small step.
- *Life is too short to waste time hating anyone.
- *Your job won't take care of you when you are sick. Your friends and parents will. Stay In touch.
- *Pay off your credit cards every month.
- *You don't have to win every argument. Agree to disagree.
- * Cry with someone. It's more healing than crying alone.
- *It's OK to get angry with God. He can take it.
- *Save for retirement starting with your first paycheck.
- *When it comes to chocolate, resistance is futile.
- *Make peace with your past so it won't screw up the present
- *It's OK to let your children see you cry.

Credits and Concerns

By Carl Shaffer, the Center's Director

THE U.S. CENSUS BUREAU IS LOOKING FOR PEOPLE TO DO THE CENSUS IN OUR AREA. THE PAY IS \$12.75 PER HOUR, PLUS MILEAGE. YOU WILL HAVE TO TAKE A SHORT 30 MINUTE TEST AND IF YOU PASS, YOU WILL BE CALLED. IF YOU FAIL, YOU CAN TAKE THE TEST OVER. SHOULD YOU BE INTERESTED, THE NUMBER TO CALL IS 1.800.923.8282. YOU WILL NEED YOUR SOCIAL SECURITY CARD AND DRIVER'S LICENSE TO SHOW BEFORE TAKING THE TEST.

Communications are so vital these days and it would help us if we had your email address. Several items come up after The Scoop is printed that may be of benefit to you. Also by going on the internet you and pull up The Scoop from the City's website (in color) and check back issues if you desire. An example is that some of you have asked about taxes. We have contacted AARP and they are working on dates and times. As soon as we know something, we will contact you. By using email, you will have it in writing. Our calling committee will still contact those of you without computers by phone.

We are thankful for our volunteers. However, we can use about another 10 more people to join the exercise class held on Tuesday and Friday mornings. Exercise not only helps with muscle control, but also helps with your balance in preventing falls. It gets more good air into your lungs and blood system, and makes you feel better. We also have bridge club, pitch club, pinochle, dominoes, and the Wii for helping keep your mind active and sharp. We also have special events and educational classes that can be very beneficial to most of us. The educational programs are designed to keep us informed of the latest changes in the medical field, what is available, who to contact. If you do not believe, just think of the advances medicine has made in your own lifetime. We encourage you to be more active in these programs.

Reminder on the RSVP program -- Please, please give us a 24 hour notice to take you to the doctor, shopping, or other appointments. Many of the drivers also have appointments and are able to take you with less than an hour's notice. If we cannot accommodate you on such a short notice, do not blame us if you have a cancellation charge.

No one knows better than I do, but it takes a lot of people working together to get the many projects going and getting them completed. We are very thankful for our volunteers and their time, energy, attitude, and their ideas. We are thankful for all the support we get in the community. Let's not forget to support our local businesses for all the help they give us. For example: Duckwall's are now selling Swan frozen products.

Benjamin Franklin once said, "If you did everything you were capable of, you would surprise yourself and astonish others." What a great saying!!! We had 44 people attend the volunteer night, Sat., Jan. 23, which was for those who worked on the calling committee, advisory committee, planning committee and put in over 50 hours of volunteer work on our different projects, such as the quilt and its related activities. The dinner was catered by Mike Snell. You can also enjoy his talent when you drop in at Big John's for a meal.

As I Grow Older

One yellow pill I have to pop
Goes to my heart so it won't stop.
A little white one that I take
Goes to my hands so they won't shake.
The blue ones that I use a lot
Tell me I'm happy when I'm not.
The purple pill goes to my brain
And tells me that I have no pain.
The capsules tell me not to wheeze
Or cough or choke or even sneeze.
The red ones, smallest of them all
Goes to my blood so I won't fall.
The orange ones, very big and bright,
Prevent my leg cramps in the night.
Such an array of brilliant pills
Helping to cure all kinds of ills.
But what I'd really like to know.....
Is what tells each one where to go!

***There's always a lot to be thankful for
if we take time to look for it.***

***For example,
I'm sitting here right now thinking
How nice it is
That wrinkles don't hurt.***

Author Unknown

A LITTLE HOME-GROWN WISDOM

- **Be kinder than necessary because everyone you meet is fighting some kind of battle.
- **A sharp tongue can cut your own throat.
- **Of all the things you wear, your expression is the most important.
- **The best vitamin for making friends...B1
- **The happiness of your life depends on the quality of your thoughts.
- **One thing you can give and still keep...is your word.
- **If you lack the courage to start, you have already finished.
- **One thing you can't recycle is wasted time.
- **Your mind is like a parachute...it functions only when open.
- **Life is too short to wake up with regrets. So love the people who treat you right. Forget about the ones who don't. Believe everything happens for a reason. If you get a second chance, grab it with both hands. It it changes your life, let it. Nobody said life would be easy, they just promised it would be worth it.
- **The 10 commandments are not a multiple choice.

FAMOUS FOLKS' SAYINGS

Lillian Carter: Sometimes, when I look at my children, I say to myself, "Lillian, you should have remained a virgin."------(mother of Jimmy Carter)

Eleanor Roosevelt: I had a rose named after me and I was very flattered. But I was not pleased to read the description in the catalog: - 'No good in a bed, but fine against a wall.'

Mark Twain: Last week I stated this woman was the ugliest woman I had ever seen. I have since been visited by her sister, and now wish to withdraw that statement.

George Burns: The secret of a good sermon is to have a good beginning and a good ending; and to have the two as close together as possible.

Victor Borge: Santa Claus has the right idea. Visit people only once a year.

Socrates: By all means, marry. If you get a good wife, you'll become happy; if you get a bad one, you'll become a philosopher.

Groucho Marx: I was married by a judge. I should have asked for a jury.

Jimmy Durante: My wife has a slight impediment in her speech. Every now and then she stops to breathe.

Joe Namath: Until I was thirteen, I thought my name was SHUT UP.

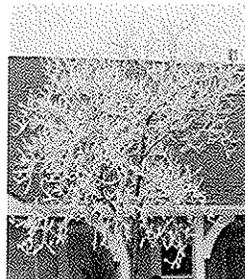
Bob Hope: I don't feel old. I don't feel anything until noon. Then it's time for my nap.

Winston Churchill: Don't worry about avoiding temptation. As you grow older, it will avoid you.

Phyllis Diller: Maybe it's true that Life begins at fifty .. But everything else starts to wear out, fall out, or spread out.

Billy Crystal: By the time a man is wise enough to watch his step, he's too old to go anywhere.

Alex Levine: Only Irish coffee provides in a single glass all four essential food groups: alcohol, caffeine, sugar and fat.



The picture to the left was taken the morning of Jan. 11. We woke up to trees covered with a thin coat of ice. I had just parked behind the Center on my way to enjoy the monthly luncheon, and decided to snap a tree across the parking lot. Glad I did! When we left the luncheon, the ice had melted and the sun was shining on another beautiful day.

February 2010

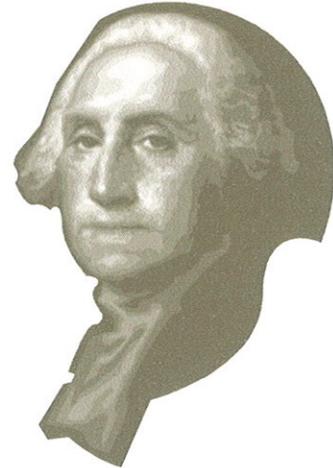
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<p>1 Painting for both Beginners & Advanced: 1 - 3 pm</p> <p>GROUND HOG DAY</p>	<p>2 Arts & Crafts: 9:30 - 11:30 am Exercise: 10 to 11 am Dance Lesson: 1 pm AA & AI Anon: 7-9pm</p>	<p>3</p>	<p>4 Knitting: 9:30-11:30 Plan Comm.: 9 am AA & AI Anon: 7 - 9 pm</p>	<p>5 Quilting: 9:30-11:30 Exercise: 10 - 11 am Angels: 11:30 - 11:45 Cards & Games: 1 to 5? pm</p>	<p>6 NO JAM SESSION Building is rented for the full day.</p>
<p>7</p>	<p>8 Painting for both Beginners & Advanced: 1 - 3 pm</p>	<p>9 Arts & Crafts: 9:30 - 11:30 am Exercise: 10 to 11 am Dance Lesson: 1 pm Luncheon: 12 noon AA & AI Anon: 7-9pm</p>	<p>10</p>	<p>11 Knitting: 9:30-11:30 AA & AI Anon: 7 - 9 pm</p>	<p>12 Quilting:9:30-11:30 Exercise: 10 - 11 am Cards & Games: 1 to 5? pm LINCOLN'S BIRTHDAY</p>	<p>13 CHILI & SOUP SUPPER 5 TO 7 PM</p>
<p>14  TEA DANCE 3 - 5 pm VALENTINE DAY</p>	<p>15 Painting for both Beginners & Advanced: 1 - 3 pm No Red Cross Meals PRESIDENT'S DAY</p>	<p>16 Arts & Crafts: 9:30 - 11:30 am Exercise: 10 to 11 am AA & AI Anon: 7-9pm</p>	<p>17  ASH WEDNESDAY</p>	<p>18 Knitting: 9:30-11:30 To Walmart: ? am AA & AI Anon: 7 - 9 pm</p>	<p>19 Quilting: 9:30-11:30 Exercise: 10 - 11 am Cards & Games: 1 to 5? pm</p>	<p>20 BISCUITS AND GRAVY 7 TO 10 AM</p>
<p>21</p>	<p>22 Painting for both Beginners & Advanced: 1 - 3 pm WASHINGTON'S BIRTHDAY</p>	<p>23 Arts & Crafts: 9:30 - 11:30 am Exercise: 10 to 11 am AA & AI Anon: 7-9pm</p>	<p>24</p>	<p>25 Knitting: 9:30-11:30 AA & AI Anon: 7 - 9 pm</p>	<p>26 Quilting: 9:30-11:30 Exercise: 10 - 11 am Angels: 11:30 - 11:45 Cards & Games: 1 to 5? pm</p>	<p>27</p>
<p>28</p>						

GOOD NEIGHBOR NUTRITION PROGRAM

GNNP MENU (menu is subject to change)

FEBRUARY 2010

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
GROUND BEEF STROGANOFF CALIFORNIA VEGETABLES FRESH APPLE DINNER ROLL	CHICKEN FAJITAS WHOLE KERNEL CORN JELLIED STRAWBERRY PEAR SALAD	© HAM & BEANS w/ONIONS SPINACH TROPICAL FRUIT CHOCOLATE PUDDING CORNBREAD	BEEF & MACARONI CAULIFLOWER SLICED PEACHES OATMEAL COOKIES WHOLE WHEAT BREAD	CRANBERRY MEATBALLS MASHED POTATOES TOSSED SALAD w/DRSG FRUIT COCKTAIL WHOLE WHEAT BREAD					
27 Gm Fat 722 Calories 693 mg Sodium	22 Gm Fat 668 Calories 753 mg Sodium	14 Gm Fat 663 Calories 1169 mg Sodium	25 Gm Fat 723 Calories 714 mg Sodium	25 Gm Fat 769 Calories 1160 mg Sodium					
● TURKEY & CAVATAPPI GREEN PEAS BERRY FRUIT MIX SUGAR COOKIES WHOLE WHEAT BREAD	SWISS STEAK MASHED POTATOES SPINACH SALAD w/DRSG APRICOT MIX POTATO ROLL	CHILI CHEESE POTATO CAPRI VEGETABLES FRESH BANANA WHOLE WHEAT BREAD	© BBQ PORK on BUN BRUSSELS SPROUTS MACARONI SALAD PINEAPPLE AMBROSIA	BEEF STEW COMBINATION SALAD w/DRSG CINNAMON APPLESAUCE BISCUIT					
18 Gm Fat 665 Calories 659 mg Sodium	26 Gm Fat 732 Calories 659 mg Sodium	19 Gm Fat 723 Calories 680 mg Sodium	26 Gm Fat 831 Calories 638 mg Sodium	22 Gm Fat 660 Calories 937 mg Sodium					
 CLOSED FOR PRESIDENT'S DAY	HAMBURGER on BUN CALICO BAKED BEANS POTATO SALAD FRESH ORANGE	OVEN ROASTED CHICKEN MASHED POTATOES MIXED GREEN SALAD w/DRSG QUICK FRUIT CUP POTATO ROLL	SPAGHETTI w/MEATSAUCE BROCCOLI AUTUMN GELATIN SALAD BREADSTICKS	● APPLE TURKEY WALNUT SALAD on WHEAT BREAD PEA & LETTUCE SALAD PINEAPPLE & STRAWBERRIES CHOCOLATE CHIP COOKIES					
24 Gm Fat 728 Calories 710 mg Sodium	25 Gm Fat 789 Calories 782 mg Sodium	22 Gm Fat 740 Calories 685 mg Sodium	17 Gm Fat 729 Calories 874 mg Sodium	21 Gm Fat 680 Calories 1141 mg Sodium					
SLOPPY JOE on BUN MEDITERRANEAN VEGETABLES SLICED PEACHES TAPIOCA PUDDING	LEMON CHICKEN with MUSHROOM SAUCE GARDEN RICE PILAF LOOSE LEAF SALAD w/DRSG STRAWBERRIES & APRICOTS WHOLE WHEAT BREAD	BEEF PATTY w/ONION GRAVY MASHED POTATOES CARROT RAISIN SALAD ROSY APPLESAUCE WHOLE WHEAT BREAD	© HAMLOAF w/CREAM GRAVY CREAMY SCALLOPED POTATOES ROMAINE SALAD w/DRSG FRUIT MIX w/BLUEBERRIES WHOLE WHEAT BREAD	ITALIAN CHICKEN CASSEROLE GREEN BEANS MANDARIN ORANGES GELATIN CAKE WHOLE WHEAT BREAD					
24 Gm Fat 728 Calories 710 mg Sodium	25 Gm Fat 789 Calories 782 mg Sodium	29 Gm Fat 841 Calories 817 mg Sodium	24 Gm Fat 743 Calories 1013 mg Sodium	20 Gm Fat 739 Calories 1195 mg Sodium					
	 VALENTINE'S DAY FEBRUARY 14TH			● CONTAINS TURKEY © CONTAINS PORK					



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