

The Scoop

January 2010



CLEARWATER COMMUNITY CENTER & SENIOR HAPPENINGS

921 Janet Avenue
Clearwater, Kansas 67026

620-584-2332

commcenter@sktc.net



January

- 01 Jim Kunkle
- 07 Ronald Sanders
- 08 ELVIS PRESLEY
- 09 Lewis Kellogg
- 09 Jan Vogel
- 10 Ima Kinkaid
- 10 Aileen Lauterbach
- 10 SAL MINEO
- 12 Richard Hayworth
- 12 James Richarson
- 13 Don Fitch
- 13 Mary Miller
- 13 SOPHIE TUCKER
- 14 Maynard Lemon
- 14 Steve McMillen
- 16 Paul Clark
- 16 Reid Williams
- 18 Melvin Nelson
- 20 Pete Kester
- 20 SLIM WHITMAN
- 21 Lynn Crist
- 24 RAY STEVENS
- 25 Vada Ruth Tjaden
- 25 Judith Cumming
- 26 Ruby Darling
- 27 Phil Wise
- 29 Kenneth Coy
- 31 Norma Schoeppel



The State Of Kansas will be 149 years old on Jan. 29, 2010.



Wishes and Stories to start 2010 with a SMILE!

New Year's Prayer for the Elderly

God, grant me the senility to forget the people I never liked anyway, the good fortune to run into the ones that I do, and the eyesight to tell the difference.

A New Year's Wish

On New Year's Eve, Marilyn stood up in the local pub and said that it was time to get ready. At the stroke of midnight, she wanted every husband to be standing next to the one person who made his life worthwhile.

Well, it was kind of embarrassing. As the clock struck midnight the bartender was almost crushed to death.

***** I wish rest for our Service Personnel and that all in harm's way will find rest and peace. - Lois Croft

*****My wish is for everyone to have good health, happiness, and lots of laughter all year long. - Helen Fesnock

Lecture Tour With A Difference

On New Year's Eve, Daniel was in no shape to drive, so he sensibly left his van in the car park and walked home. As he was wobbling along, he was stopped by a police officer.

"What are you doing out here at four o'clock in the morning?" asked the officer.

"I'm on my way to a lecture," answered Daniel.

"And who on earth, in their right mind, is going to give a lecture at this time on New Year's Eve?" enquired the officer sarcastically.

"My wife," slurred Daniel grimly.

*****I wish my son and daughter-in-law would be able to come home. - Jean Watts

*****My wish is for good health and to be happy, and be a good friend to all people. - Angie Shaver

*****I want progress in the wars in Iraq and Afghanistan so all military personnel can come home. - Jim Seal

How To Quit Smoking

Peter, at a New Year's party, turns to his friend, Ken, and asks for a cigarette.

"I thought you made a New Year's resolution to quit smoking," Ken responds.

"I'm in the process of quitting," replied Peter with a grin. "Right now, I'm in the middle of phase one."

"Phase one?" Ken wonders. "Yeah, I've quit buying," laughs Peter.

WHO TO CALL !!

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

Publisher: Carl Shaffer, 620-584-2332, commcenter@sktc.net

Editor: Ruby Fisher, 620-584-2866, ruby67026@sktc.net

Print Engineer: Jimmy Charles, Charles Engineering, Clearwater.

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Advisory Committee Members

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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

Dec. Jam Session

Dawson Tarrant, 10 year-old son of Mr. and Mrs. Kevin Tarrant, Conway Springs, joined us with some great guitar picking. Arnold Gregg, Haysville, was the only other musician to show this month. Arnold said he was a plunker and Dawson was a picker.

Dawson was accompanied by his grandparents Mr. & Mrs. Jerry Cornett. Later his other grandparents, Mr. and Mrs. Wayne Tarrant joined in the fun. They're all from Conway Springs.

The crowd totaled about 25! We also enjoyed the sing-along!



From Left to Right: Chief John Daily, Bel Aire P.D., Sheriff Robert Hinshaw, Chief Harold Bishop, Cheney P.D., and Kent Brown, Clearwater City Administrator, visit with Kansas Attorney General Steve Six.



The Attorney General discusses current law enforcement issues with Sedgwick County area chiefs.

Sedgwick County Area Law Enforcement Officers Meet

The Clearwater Police Department hosted the Sedgwick County Chiefs of Police monthly meeting on November 12th and was fortunate to have Kansas Attorney General Steve Six as the guest speaker. The Kansas Attorney General is the chief law enforcement officer for the state of Kansas. The Attorney General addressed many current law enforcement issues with the Chiefs from all of the Sedgwick County communities as well as entertained a question and answer session afterwards. Many issues regarding corrections, fraud and the need for funding of the Criminal Laboratories continuing assistance to the law enforcement community were addressed. The event was held at the Clearwater Community Center.

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The December Friendship Luncheon was cancelled Tuesday the 12th due to the drastic change in the weather that morning. At the time of this writing, no other date has been set for a Dec. lunch.

*** **

There will be NO Jam session in January. Since the session falls on the 2nd of the month, the Center management chose to give all of us a day of rest after welcoming in the new year.

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Last year we had a good turn out for the Valentine's Day dance that was held. This year we will again be encouraging all lovers, wannabe lovers, and usedtobe lovers to join together for a **Sunday afternoon Tea Dance** on Feb. 14, 2010, from 3 to 5 pm. Music will include love songs from the decades of the 30's to the 60's. Put it on your calendar now! If you want to learn some of the older dances, like the two-step or the waltz, let us know, we'll be glad to help you learn. Please remember, **this is not an activity for only senior citizens, but for all the folks in the community.**

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WEIRD LOVE POEMS: Most romantic first line, Least romantic second line.

I thought that I could love no other, that is, until I met your brother.

Of loving beauty you float with grace, if only you could hide your face.

What inspired this amorous rhyme? Two parts vodka, one part lime...

I love your smile, your face, your eyes. Darn, I'm good at telling lies.

New Cards Needed

Each year visitors who are over 55 years of age are asked to fill out an information card for use by The Center. This information is used by the Sedgwick County Commissioners Dept. of Active Aging to help determine how their money is distributed. It is also necessary to sign the attendance book each time a person visits the facility. This information is also sent to their Dept. of Aging to help them determine the amount of activity of the facility.

If, when you fill out the card, you would include your email address, it would help us contact you about upcoming activities or when Information needs to get to the people with speed concerning particular events or happenings.

Please help us to get enough cards this year to exceed the 2009 hoped for number of 320.



As you sit in front of the tube this month watching your favorite sports, think about these:

***New Orleans Saint RB George Rogers when asked about the upcoming season: "I want to rush for 1,000 or 1,500 yards, whichever comes first."

***Torrin Polk, Univ. of Houston receiver, on his coach, John Jenkins: "He treats us like men. He lets us wear earrings."

**Stu Grimson, Chicago Blackhawks left wing, explaining why he keeps a color photo of himself above his locker: "That's so when I forget how to spell my name, I can still find my clothes."

A FEW WORDS FROM OUR FACILITY DIRECTOR, CARL SHAFFER

As we embark on a new year at the "Center" we want to reflect on some of the past accomplishments. For the third year in a row we exceeded all of the goals for the Senior Level II guide lines which will again be our minimum goal for 2010. A priority: we need to start preparing LEARNERS to replace some of our key people. So, If one goes down, a replacement is ready to step in and not have to learn from scratch. I know - the same old story - 'I can't do it the way they can.' Learn the basics and then add your own touch. It works! Amazing! One example of this is Ollie Robbins. She had to quit the calling committee due to poor eyesight. Carol Loker took over and is doing a great job. To me, the biggest highlight was being awarded the "Senior Level I" status. With the economy in such a mess, we're very lucky to get the increase in funds - from \$5,000 to \$18,000 per year. A big thank you goes to the Sedgwick County Commissioners, the Department on Aging, and especially to everyone in the community who, through their hard work, should be very proud of their effort in making this possible. It makes no difference as to who did what, or how much or how little, it has been a great effort over the last 2+ years.

Many improvements were made during 2009 by both the city and by the volunteer's donation and the RSVP program.

Donations, volunteers and the RSVP program were responsible for the following: four (4) ceiling fans were purchased and installed, an outside door was put into the arts and crafts room with a sidewalk from the north door, two (2) small concrete pads were placed in the front of the building, one wind deflector has been installed, a drain were added on the north side of the building, two (2) small concrete pads were placed in the front of the building, lower shelves were built to extend the existing shelves in the kitchen and main room, towel racks were installed in the kitchen, a new sprayer was installed in one of the kitchen sinks to help washing and rinsing dishes, five wire racks used to rework the arts and crafts room were purchased, installed shelf and reorganized the mechanical room, work was done on the east door of the main room, another rack was made for our chairs so that all chairs are now on wheeled carts.

The City of Clearwater has been involved with the improvements, as well. In addition to paying the taxes on the facility, they have been responsible for the maintenance of both the building and the landscaping. Their ongoing help with improvements to the facility include: material has been purchased for three more wind deflectors, a new copy-fax-printer has been purchased, a drain line was added on the north side of the building.

I truly believe that our donation monies were well spent and that all the improvements are for the benefit of and for everyone using our facility. We should be very, very thankful for what has been accomplished. Every little thing done is a benefit to someone - even though some people may not think so - and you may never know the end result - it is worth the effort. Five great words we should all be aware: Be kind, love one another.

My heartfelt thanks goes out to so many people. To **Charles Engineering** for printing the 275+ copies of The Scoop each month. To **Ruby Fisher** who has worked this past year as editor of The Scoop and made numerous structural

MORE WORDS FROM CARL -----

improvements. To the **City of Clearwater** for including The Scoop on its website. If you want to see The Scoop in color, go to the website at <http://www.clearwaterks.net/> to read it each month. That should cut down on the number of copies Charles Engineering needs to print. To **Wayne McEntire** and **Jerry Stitt** for all their extra efforts (sometimes at a moment's notice.) To **Farol McMillan** who heads the RSVP and is chairperson of the Senior's planning committee. To **June Finney** who heads the education committee, finding business people willing to come talk to our groups. To **Lew Kellogg** and **Robert Pugh** who are in charge of the exercise program that meets every Tuesday and Friday. To all those nice people who worked so hard in the arts and crafts, and those folks with nimble fingers who made the helmet liners, the caps for cancer patients, lap robes and other various projects that kept volunteers busy throughout the year. To the **MANY, MANY volunteers** who donated their time to help with the various fund raisers. To the folks who gave of their time to present the educational talks. To those groups who rented the facility.

Numerous activities have been planned for the benefit of the Community as a whole. People of all ages have enjoyed participating in activities that are provided through The Center. If you haven't come to join in some of the festivities, please consider joining in 2010.

There have been bake sales, garage sales, soup suppers, chili suppers, cat fish dinners, and biscuits & gravy breakfasts.

There have been fun things for all ages like the Valentine and St. Patrick's dances, the monthly Jam session, cards and games and pool.

There have been opportunities to get help with your taxes from AARP and flu shots from Sedgwick Co. Health Department.

Highlights of the monthly luncheon programs were the EMS and the Making of the Flag.

Two of the non-Center functions were the Law Enforcement meeting with Kansas Attorney General Six as the speaker, and the Sedg. Co. Commissioners Area on Aging meeting.

As we go into 2010 **let's all thank The City of Clearwater**. They stuck out their necks for this facility, not knowing where things were headed. As plans were generated for the facility, it was not possible for all the original plans to be incorporated into the final decisions. The **City Council** had some tough decisions to make, based on the their knowledge at that time, the money available, what could be budgeted without taxing you out of your home, restrictions and constraints that most of us are not aware of on the different policies that they had to abide by. Their jobs were tough, their decisions tougher. They have supplied us with a beautiful facility that is available to **ALL community residents**, not just a chosen few elderly folks.

Yes, we have much to be thankful for here at "The Center", and with everyone's help and cooperation 2010 will also provide us with many blessings. -----**Carl Shaffer, Director of "The Center."**

What do you study if you pursue the following ologies?

1. Agrostology
2. Pseudology
3. Hopology
4. Bryology
5. Vexillology
6. Cryptology
7. Podology
8. Oenology
9. Hypnology
10. Graphology

Answers are somewhere else in this issue.

JANUARY QUIZ

1. Who seized power in Cuba on New Year's Day 1959?
2. The oldest US president was inaugurated in Jan., 1981. Who was he?
3. Which founder of the FBI was born on New Year's Day, 1895?
4. Which supersonic airliner entered service in the new year of 1976?
5. How many days does January have?

Answers are somewhere else in this issue.

GREAT QUOTES:

Joe Namath: Until I was 13 I thought my name was SHUT UP.

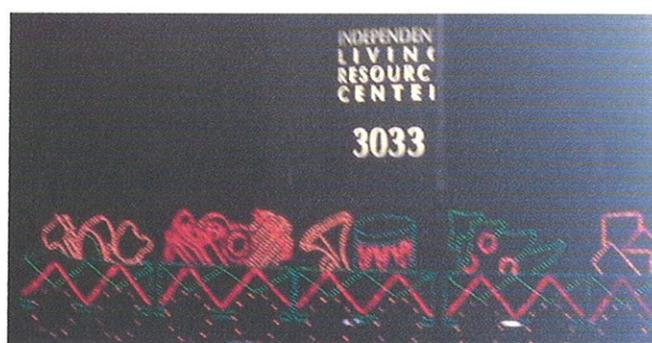
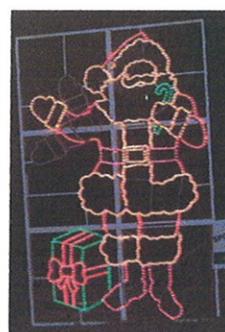
Will Rogers: we could certainly slow the aging process down if it had to work its way thru Congress.

Zsa Zsa Gabor: I have never hated a man enough to give his diamonds back.

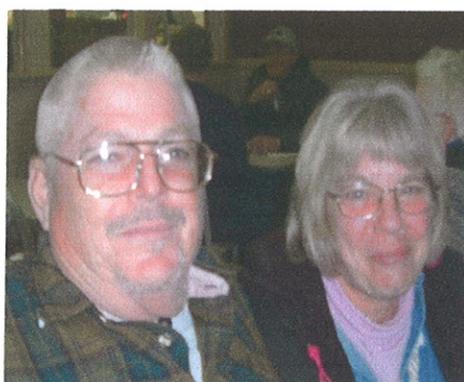
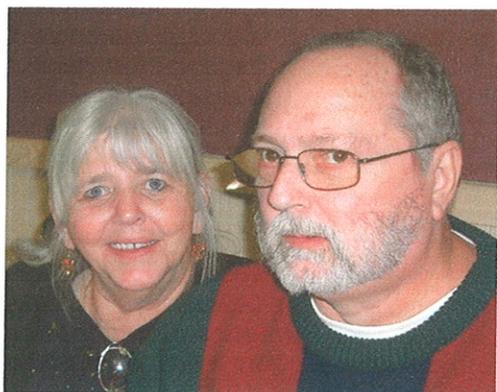
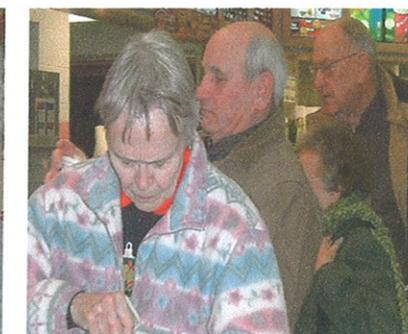
Groucho Marx: I was married by a judge. I should have asked for a jury.

Ologies: 1.Grasses, 2.Lying, 3.Weapons, 4.Mosses, 5.Flags,6.Codes,7. Feet, 8.Wines, 9.Sleep, 10.
Jan. Quiz: 1. Fidel Castro, 2. Ronald Regan, 3. J. Edgar Hoover, 4. Concorde, 5. 31.

Ready for an evening of fun and entertainment, over forty (40) folks met at "The Center" on Wednesday evening, Dec. 18, to tour Wichita and see some of the Christmas lights. The bus left at 6 pm to begin the tour. Below are some of the Christmas Lights that were viewed.



Some of the folks enjoying the Christmas lights tour are shown below. The bus made a stop at Braum's before heading back to Clearwater. This gave me a chance to put my camera to work. These folks had a great time on the way home, singing carols and visiting with one another. I had a list of names and I had the pictures, but you, my dear reader, should have fun putting names and faces together. I'll give you the first one, June Finney, the hostess for the evening.



January 2010

SUNDAY	MONDAY	TUESDAY	WEDNESDA	THURSDAY	FRIDAY	SATURDAY
						
3	4 Painting 9:30 to 11:30 am Beginning & Advanced	5 Arts & Crafts: 9:30 to 11:30 Exercise: 10 to 11 am AA & Al-Anon: 7 to 9 pm	6	7 Knitting: 9:30 TO 11:30 am Plan Comm.: 9 am AA & Al-Anon: 7 to 9 pm	1 Quilting: 9:30 to 11:30 am Exercise: 10 to 11am Cards & Games: 1 to 5? pm	2 Jam Session has been CANCELLED for January
10	11 Painting 9:30 to 11:30 am Beginning & Advanced	12 Arts & Crafts: 9:30 to 11:30 Exercise: 9:30 to 10:30 Friendship Lunch: 12:00 AA & Al-Anon: 7 to 9 pm	13	14 Knitting: 9:30 to 11:30 am AA & Al-Anon 7 to 9 pm	15 Quilting: 9:30 to 11:30 am Exercise: 10 to 11am Cards & Games: 1 to 5? pm	16 BISCUITS & GRAVY 7 TO 10 AM
17	18 Painting 9:30 to 11:30 am Beginning & Advanced	19 Arts & Crafts: 9:30 to 11:30 Exercise: 10 to 11 am AA & Al-Anon: 7 to 9 pm	20	21 Knitting: 9:30 to 11:30 am AA & Al-Anon 7 to 9 pm	22 Quilting: 9:30 to 11:30 am Exercise: 10 to 11am Cards & Games: 1 to 5? pm	23
24	25 Painting 9:30 to 11:30 am Beginning & Advanced	26 Arts & Crafts: 9:30 to 11:30 Exercise: 10 to 11 am AA & Al-Anon: 7 to 9 pm	27	28 Knitting: 9:30 to 11:30 am AA & Al-Anon 7 to 9 pm	29 Quilting: 9:30 to 11:30 am Exercise: 10 to 11am Cards & Games: 1 to 5? pm	30
31						

Looking forward to the Valentine's Day Tea Dance !

GOOD NEIGHBOR NUTRITION PROGRAM GNNP MENU (menu is subject to change) JANUARY 2010

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<ul style="list-style-type: none"> ● CONTAINS TURKEY ⊙ CONTAINS PORK 				<p>CLOSED FOR NEW YEAR'S DAY HAPPY 2010!!</p>
<p>MEATLOAF with TOMATO SAUCE CALIFORNIA MIX VEGETABLES POTATO SALAD FRESH APPLE WHOLE WHEAT BREAD</p> <p>21 Gm Fat 663 Calories 990 mg Sodium</p>	<p>● HAM & BEANS with ONION DICED CARROTS BERRY FRUIT MIX VANILLA PUDDING CORNBREAD</p> <p>15 Gm Fat 700 Calories 1174 mg Sodium</p>	<p>PEPPER STRIP STEAK MASHED POTATOES SPINACH SALAD with DRSG FRUIT COCKTAIL WHOLE WHEAT BREAD</p> <p>26 Gm Fat 668 Calories 824 mg Sodium</p>	<p>● TURKEY RICE CASSEROLE GREEN BEANS MANDARIN ORANGES CHOCOLATE CHIP COOKIES WHOLE WHEAT BREAD</p> <p>24 Gm Fat 683 Calories 898 mg Sodium</p>	<p>SPAGHETTI with MEATSAUCE GREEN PEAS JELLIED STRAWBERRY-PEAR SALAD BREADSTICKS</p> <p>17 Gm Fat 722 Calories 876 mg Sodium</p>
<p>LIVER & ONIONS CREAMY SCALLOPED POTATOES THREE BEAN SALAD MIXED FRUIT CUP WHOLE WHEAT BREAD</p> <p>19 Gm Fat 758 Calories 848 mg Sodium</p>	<p>CHICKEN & NOODLES BROCCOLI PINEAPPLE CHUNKS CHOCOLATE PUDDING WHOLE WHEAT BREAD</p> <p>19 Gm Fat 625 Calories 672 mg Sodium</p>	<p>⊙ BBQ RIBETTE on BUN CORN COBBETTIE COMBINATION SALAD with DRSG CINNAMON APPLESAUCE OATMEAL COOKIES</p> <p>22 Gm Fat 684 Calories 1012 mg Sodium</p>	<p>CHILI with BEANS BUTTERED CABBAGE BLUEBERRY CRISP SALTINE CRACKERS</p> <p>29 Gm Fat 810 Calories 856 mg Sodium</p>	<p>⊙ ROAST PORK with GRAVY MASHED POTATOES TOSSED SALAD with DRSG FRESH BANANA POTATO ROLL</p> <p>17 Gm Fat 671 Calories 519 mg Sodium</p>
<p>CLOSED FOR MARTIN LUTHER KING JR'S BIRTHDAY</p>	<p>BEEF PATTY with ONION GRAVY MASHED POTATOES PICKLED BEETS FRUIT COCKTAIL WHOLE WHEAT BREAD</p> <p>25 Gm Fat 747 Calories 754 mg Sodium</p>	<p>OVEN ROASTED CHICKEN GARDEN RICE PILAF MIXED GREEN SALAD w/DRSG STRAWBERRY PEACHES WHOLE WHEAT BREAD</p> <p>23 Gm Fat 635 Calories 610 mg Sodium</p>	<p>CHEESEBURGER on BUN CALICO BAKED BEANS MACARONI SALAD MANDARIN ORANGES</p> <p>26 Gm Fat 877 Calories 1018 mg Sodium</p>	<p>● TURKEY TETRAZINNI BRUSSELS SPROUTS AUTUMN GELATIN SALAD WHOLE WHEAT BREAD</p> <p>20 Gm Fat 680 Calories 1163 mg Sodium</p>
<p>ITALIAN CHICKEN CASSEROLE MEDITERRANEAN VEGETABLES PINEAPPLE CHUNKS CHERRY GELATIN WHOLE WHEAT BREAD</p> <p>17 Gm Fat 635 Calories 813 mg Sodium</p>	<p>TACO SALAD CALICO CORN FRESH ORANGE</p> <p>28 Gm Fat 857 Calories 777 mg Sodium</p>	<p>⊙ SCALLOPED POTATOES With HAM GREEN PEAS ROSY APPLESAUCE SUGAR COOKIES WHOLE WHEAT BREAD</p> <p>21 Gm Fat 751 Calories 1036 mg Sodium</p>	<p>SMOTHERED CHICKEN MASHED POTATOES LOOSE LEAF SALAD with DRSG QUICK FRUIT CUP POTATO ROLL</p> <p>16 Gm Fat 690 Calories 768 mg Sodium</p>	<p>SLOPPY JOE ON BUN CAPRI MIXED VEGETABLES APRICOT MIX CHOCOLATE CAKE</p> <p>26 Gm Fat 744 Calories 796 mg Sodium</p>

HAPPY HAPPY NEW YEAR

DUFFY®

by BRUCE HAMMOND



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