

The Scoop

SEPTEMBER 2010



CLEARWATER COMMUNITY CENTER & SENIOR HAPPENINGS

921 Janet Avenue
Clearwater, Kansas 67026

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UPDATE PRESENTED TO MAYOR AND CITY COUNCIL

On August 10 we were honored at the center to have the American Legion Ernest Gordon Post #93 here at The Center to dedicate the flag and flag pole. We should be very proud of the men and women who did an outstanding job for our country. **Jim Hawthorne, 5th District Commander**, was also in attendance. Veterans of Post #93 who participated in the ceremony are listed showing their name, the number of years as members of #93, and the conflict they were in: **David Crews**, 22 years, WWII Army; **Lewis Kellogg**, 5 years, WWII Army Air Force; **Wayne McEntire**, 5 years, WWII Army; **Ernie Love**, 19 years, Korea Navy; **Charles McCoy**, 30 years, Marine Korea; **Robert Pugh**, 5 years, Army Korea; **Darrell Crafton**, 5 years, Air Force Viet Nam; **Phil Wise**, 21 years, Navy Viet Nam; **Sid Wise**, 4 years, Air Force Viet Nam; **Auxiliary President Marlene Parret**, 21 years in the Auxiliary, married to Bill Parret (deceased), Army WWII.

I often hear people say "I wouldn't go down to The Center and volunteer my time." The greatest Master Of All Time was here to serve without pay --except to pay with his life! The Lord also said "It is better to give than to receive."

Speaking of giving or donating, here are some examples of what your neighbors do. **Charles Engineering** donates time and money in printing 275 copies of "The Scoop" each month. Plus **Jimmy Charles** helps me with computer problems here at the center. **Ruby Fisher** spends hours on "The Scoop". It can now be seen in color on the City's web site. She also is in charge of the monthly Jam Sessions. **Kay Shaffer** is blind but donates to almost every fund raising activity because she is unable to bake, sew, or work in the kitchen. **Wayne and LaVina McEntire** are always looking for things to do for the center or crocheting at home. **Patty Egan** (very crippled with arthritis before she died) crocheted helmet liners for the troops. **Barbara Hufford**, one of the tireless workers, donates time and money to the center. **Angie Shaver** is always willing to help wherever she can. Her motto is "If I see something that has to be done I'll be there to help!" And there are those who donate their money because they are physically not able to help. Included in that group are **David Crews, Ruby Morehead and Al and Wilda Coleman**. They all attend nearly every function when they are able. **Lewis Kellogg** leads our exercise group twice a week which is also vital to our health and well being.

I also hear "All that's down there are old people!" That comment infers that they choose to not be around the old people. If you are over 40, then your parents are over 55, in the 'Older People Category.' Does that mean you do not want to be around your parents?

Let's look at some of the activities at the center which includes benefits of socializing. (The last conference I went to, they were saying that talking and working with people outside of your family is very beneficial to your health.) The sense of accomplishment in making items together is a good thing. We are making 'Quilts of Valor' for our injured service people. If you don't want to sew, there are card and domino games, painting classes, movies, Wii games, dinners (we can always use more help), pool table, out of town trips plus other activities. The exercise class is at a slower tempo than other sponsored exercise classes and it isn't competitive. It gets the heart rate up, the blood circulating better, helps get the good air in and the bad air out, and helps with balance. (Falling is more common in older people - especially with those who are not exercising to keep fit.)

One of the more important activities is the RSVP Program. This program allows a volunteer driver to take their fellow community members to various places. In return, the center gets money from the program. The driver is NOT paid, so it is always nice if the rider can give a donation for gas. Places that a person over 60 can be taken include shopping to a variety of stores, to hair or nail appointments, to any senior functions here at the center, the bank, post office, the doctor, dentist, optometrist, and many other places. As of July 31, 2010, we have made over 1,160 trips in less than 3 years. As you can see, this program is a real service to this community.

UPDATE CONTINUES - PAGE 2

Older people have a sense of respect and responsibility that many of the younger generation lack. They grew up in a different world without all the luxury that we take for granted today. The older generation knows how to work and retains a great deal of wisdom. Let's take a look at what the 'old people' (as many folks say today) have done for this community.

Let's consider the Community Building and the grounds and let me show you what donations have done to improve the site since the building was opened in June of 2007. Donations installed a back door in the Arts and Crafts room with a sidewalk leading in and out. Donations bought and installed 5 ceiling fans, a new copier and printer, a 5-shelf book case for the office, wind deflectors at both the front and back doors. Donations paid for purchasing and installing the flag, flag pole and light at the front of the building. Donations are responsible for the center to have 6 wire racks in the Arts & Crafts room, 4 chair carriers and 1 table carrier, 8 round tables, 3 oblong tables, and 7 wire racks in the kitchen and storage area. Donations made it possible for people to have the use of the pool table and the large-screen TV. These are just a few of the improvements since June 2007.

YES, this 'old man' got on his soap box. But we have to remember, this is a replacement business. Just as in life, we will all be replaced some day. In the words of Abraham Lincoln, "The world will little note, nor long remember, what we did here." Or we can compare this replacement business with a Team. There is a starting Team and Substitutes. The team can only be as strong as the subs. We are looking for substitutes. We need people to start learning some of our key positions at The Center as we are not promised all of today and none of tomorrow. We need someone to work with Ruby Fisher to learn from her about putting "**The Scoop**" together each month. Having been a teacher, she can surely help a journalist (or wannabe journalist) start learning some of the ropes. Another important part of our operation is the **RSVP program**. Farol McMillan heads up this program. She keeps track of the drivers, the hours drivers spend, the number of trips each driver takes, makes calls to assign drivers, and does the paper work to turn into to Active Aging so that we get paid for the trips we make. This is the biggest fund raiser we have at this time. This program has raised over \$8,000.00 in less than 3 years. That's a lot of volunteer hours and over 1,160 trips. Farol could use a helper right now. Where would the program be if she was suddenly unable to continue? We need a person to be in charge of the **Arts & Crafts** programs. Since Geri Deninger moved from Clearwater those people enrolled in the classes have continued, but a leader/organizer is needed. The **Painting Classes** can use another person to help in that field right now. **The Good Neighbor Nutrition Program** which is vital to shut-ins getting meals, needs to get more people to either dine in or have meals delivered to their homes. If the numbers don't increase we may lose the program, which would be devastating to our shut-ins. We also need volunteer drivers for each day of the week to deliver the meals.

We've made much progress in the past 37 months, but we still need help --- and we can do better. Some of our younger volunteers are **Peggy Brockman, June Finney, Bruce & Jan Hopson, Val Lange, Jerry Stitt, and Richard Vogel**. Their energy and enthusiasm is inspiring. Just as it is when kids and parents came to our different activities, it is so great to see the really young kids with their energy and pep enjoying themselves.

Older people do enjoy serving ALL the people in this community. We are pleased for the cooperation we get from the business community - letting us put up flyers and making their own donations for our projects. A special thanks goes to SKTC and Channel 2 for the variety of help they give us, with a heartfelt thanks to Kathleen Smothers for designing our ads.

I continue to pray for the Advisory Board, the Planning Committee, all our Volunteers, Drivers, and the support of this facility for all our activities. And I pray that what we are doing will build a strong foundation for those who come afterwards, so they can enjoy and improve on what we have started.

Submitted by Carl Shaffer, Director of the Clearwater Community/Senior Center

SEPTEMBER BIRTHDAYS



- 01 Renee Tjaden
- 01 Van Tjaden
- 02 Sid Wise
- 02 Sondra Chambers
- 03 Bert Morrison
- 04 Marion Johnson
- 06 Ava Dawn McGeary
- 07 Beverly Hammers
- 09 Harry Crum
- 09 Val Lange
- 12 Mary Ann Love
- 13 John Chitwood
- 13 Madeline McMillen
- 13 Suzi Wilbert
- 14 Laurie Johnson
- 15 Don Osment
- 15 Ollie Robbins
- 17 Mary Jane Hoelscher
- 18 Betty Harbour
- 22 Helen Fesnock
- 22 Betty Schmidt
- 23 Louise Stockhaus
- 24 Mary Fleming
- 25 Norma Schwind
- 26 Marion Barrow
- 26 Irline Kellogg
- 26 Wanda Stitt
- 27 Wayne McEntire
- 27 Frank Gerlach
- 29 Mike Machart
- 29 Jeanne McCoy
- 30 David Fitzgerald
- 30 John Johnson
- 30 Valeta Nelson



**Birthdays are good for you;
the more you have,
the longer you live.**

AUGUST FRIENDSHIP LUNCHEON

Prior to the luncheon, American Legion Post #93 veterans dedicated the new flag and flagpole erected in front of the Community Building. Following the dedication, all the veterans were invited to enjoy our monthly luncheon with us. John Olson, photoJournalist from KWCH, Channel 12 was on hand to record the event and interview Carl Shaffer. On page 1 Carl has listed the names of the veterans who participated in the dedication.

The flag salute and National Anthem were led by Marlene Parret.

"Happy Birthday" was sung to the August birthday people in attendance: Carol Loker, Lois Winter, Carl Shaffer, Ruby Fisher, Joan Fleming, and Mary Jo McMahan.

Seven tables of guests, which included 16 men, chose from the serving table. Hostesses for the day were Peggy Brockman and Cleta Cornell. It was determined that next month would be another 'Pot Luck'.

Devotions were given by Wanda Stitt. September devotions will be by Barbara Hufford.

Carl Shaffer gave a quick review of events in July then told of upcoming events for August. He encouraged us to get chances on the quilt that will be given away at the Fish Fry on Aug. 28. He spoke of the Food Handlers certification. He made sure that all who wished to go on the First Council Casino trip had an opportunity to get their names on his list.

The guest speaker this month was Robert Schmidt of Hart Pharmacy who talked to us about apparel and accessories for diabetics. He fielded a number of questions from his audience. He also displayed several articles that are helpful aids to diabetics. Very informative.

Next month's speaker will be Officer Gene Garcia of the Clearwater Police Department. Several months ago we had an officer from the Wichita Police Department who spoke to us on bilking the elderly and giving examples of larceny. Officer Garcia will continue with some of that in addition to telling and showing how we can mark our personal property so that it can be identified in case of theft.

Summer Heat Isn't over Yet!

As the summer temps continue to rise outside, you likely have your air conditioner working overtime to keep cool inside. Here are some additional tips for keeping cool that will give your air conditioner and your wallet a break.

***Make friends with your microwave.** Nothing is more energy efficient for cooking than your microwave. It uses 2/3 less energy than your stove and won't add unnecessary heat to the house. Another alternative is firing up the grill for a little outdoor cooking.

***Use the dishwasher.** Your dishwasher uses less water than washing dishes by hand. Turn off the drying cycle to reduce extra heat and save more energy.

***Keep your fridge fully stocked.** Filling your refrigerator with food keeps it from warming up too fast when the door is open. Your fridge won't have to work as hard to stay cool.

***Turn it up a notch.** Set your thermostat to 80 degrees or higher for times when you are away from home. Set a lower temp when at home and use a fan to keep cool air moving through a room.

Helpful Hints from Kay Sands, Farm Bureau Ins. Representative

Always keep several get well cards on the mantle so if unexpected guests arrive, they will think you've been sick and unable to clean. - Maxine

Clearwater Schools Alumni Reunion

The Alumni Reunion will be held on Saturday, October 23, 2010 at the Clearwater High School Commons. The doors will open at 5:00 p.m. with dinner at 6:30 p.m. Cost is \$10 per person with reservations due by Tuesday, October 19, 2010. Call Betty Jo House at 620.584.2407 for more information. All Alumni, Former Students and CHS Faculty invited to attend!

Sign up for Flu Shots

Wendy from the Sedgwick County Health Department will be here Thursday, Sept. 16 from 9:30 to 11:30 to give flu shots.

Please sign up at The Center by calling 584-2332 on or before the 12th. The health dept. needs to know the approximate number of shots they'll be giving. Last year we miscalculated. We don't want to do that again. Remember, we all need to take that shot.

Mc ENTIRE'S ANNIVERSARY

Wayne and LaVina McEntire had their 67th wedding anniversary last month. When asked if they were planning a celebration, they said they were going to wait for their 70th to celebrate!

Congratulations to you!!!!

If you'd like to get on Big John's email list so you know what's cooking for the month, give them a call (or better yet, just drop in.)

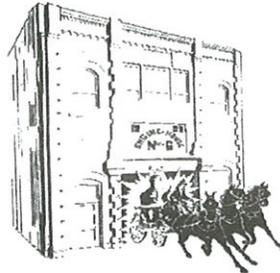
Fall Fest Next Month

FallFest has been changed from the last of September to October. It will start Thursday, Oct. 21 at 7 pm and last thru Sun, Oct. 24. To keep up with events check <http://www.clearwaterfallfestival.com/events.php>.

Fire Fighters Museum

Several of us signed up to go to the Food Handlers Seminar. They only allowed 4 of us to attend, due to lack of seating space. The rest of us took a side trip. We toured the **Kansas Firefighters Museum & Memorial** (now on the National register of Historic Places) located at 1300 So. Broadway in Wichita.

The station was built in 1910, and known as Engine House No. 6. It was closed in 1953, then reopened in 1993 as the museum.



This was an interesting, entertaining and informative two hours.

Celebrate 125 Years

A full day of events is planned in Clearwater on Sat., Sept. 11, from 9:30 am at the Historical Museum to 4 pm for the Ice Cream Social and Birthday Cake with music by John Chitwood. Check posters down town for more information.

Then on Sept. 18th there's fun at the Golf Course. A motorcycle show starts at 10 am, a Poker Run starts at the golf course at 12:30 pm and a Concert at 3 pm. Check with your local businesses for further information. They're sponsoring the events.

****A truly happy person is one who can enjoy the scenery on a detour.**

****How long a minute is depends on which side of the bathroom door you're on.**

The Jamboree

The August Jamboree was really jumping! We're always pleased with Charlotte, Roger, Bruce, Bob and Jerry's music. This time we had quite a surprise. Dave Beck sauntered in the door about 10 minutes after we started. Didn't take long to get the piano unloaded, turned around and the bench in place. Everyone enjoyed the evening!

FishFry and Quilt

This event didn't make this month's 'Scoop', but hopefully we will have some pictures next month. The Fish Fry is from 5 to 7 pm on Sat. Aug. 28 with the quilt drawing at 7 pm.



Dedication of new flag & pole, 8/10/10

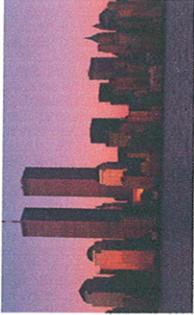
August Biscuits & Gravy

The morning started off rather slow but traffic built as time passed.

It was interesting to see a family gathered at one table. Three sisters, Mary Miller, Vivian Maechtlen, and Lois Webb along with their brother, Wayne Dunn, were there with their daughters, Renee, Terry and Sonnie. Also in the group was Renee's husband, Van Tjaden. They enjoyed the visiting and the meal.

Next B&G is Sat., Sept. 18th.

September 2010

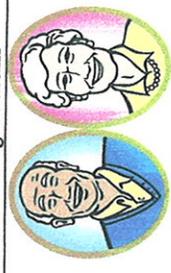
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2 Knitting: 9:30 to 11:30 am AA & AIAnon : 7 pm	3 Quilting 9:30 to ????? Exercise: 10 to 11 am Cards & Games 1 pm to ???
5	6 Painting - both Beginners & Advanced 1 to 3 pm	7 Arts & Crafts 9:30 to 11:30 am Exercise: 10 to 11 am Planning Meet: 10 am AA & AIAnon : 7 pm	8	9 Knitting: 9:30 to 11:30 am AA & AIAnon : 7 pm	10 Quilting 9:30 to ????? Exercise: 10 to 11 am Cards & Games 1 pm to ???	11 CLEARWATER'S 125TH CELEBRATION
12	13 Painting - both Beginners & Advanced 1 to 3 pm	14 Arts & Crafts 9:30 to 11:30 am Exercise: 9:30-10:30 am LUNCHEON: 12 noon AA & AIAnon: 7 pm	15 MOVIE MATINEE 1:30 PM	16 Knitting: 9:30 to 11:30 am Flu Shots 9:30 to 11:30 AA & AIAnon : 7 pm	17 Quilting 9:30 to ????? Exercise: 10 to 11 am Cards & Games 1 pm to ???	18 BISCUITS & GRAVY 7 TO 10 AM
19	20 Painting - both Beginners & Advanced 1 to 3 pm	21 Arts & Crafts 9:30 to 11:30 am Exercise: 10 to 11 am AA & AIAnon : 7 pm	22	23 Knitting: 9:30 to 11:30 am AA & AIAnon : 7 pm	24 Quilting 9:30 to ????? Exercise: 10 to 11 am Cards & Games 1 pm to ???	25
26	27 Painting - both Beginners & Advanced 1 to 3 pm	28 Arts & Crafts 9:30 to 11:30 am Exercise: 10 to 11 am AA & AIAnon : 7 pm	29	30 Knitting: 9:30 to 11:30 am AA & AIAnon : 7 pm		

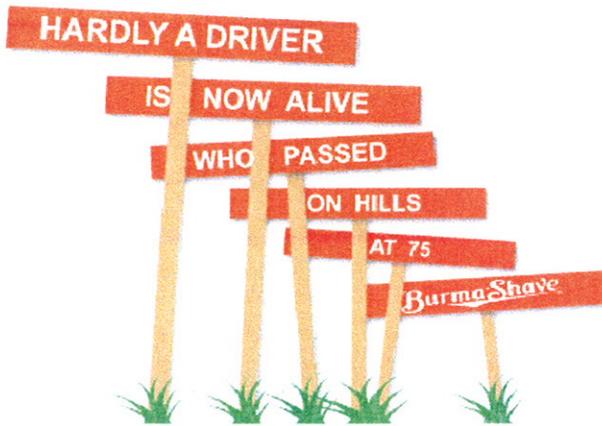
Watch for students crossing the streets on their way to school.

GOOD NEIGHBOR NUTRITION PROGRAM

GNNP MENU (menu is subject to change)

SEPTEMBER 2010

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<ul style="list-style-type: none"> ● CONTAINS TURKEY ● CONTAINS PORK 	 <p>AUTUMN BEGINS 23RD</p>	<ul style="list-style-type: none"> ● HAM & BEANS w/ONIONS SPINACH MANDARIN ORANGES CORNBREAD 	<ul style="list-style-type: none"> OVEN ROASTED CHICKEN GARDEN RICE PILAF PICKLED BEETS CANTALOUPE WEDGE WHOLE WHEAT BREAD 	<ul style="list-style-type: none"> ● BRATWURST on a BUN CALICO BAKED BEANS CORONADO SALAD APRICOT MIX
<p>CLOSED FOR LABOR DAY HOLIDAY</p>	<p>CHEESEBURGER on BUN WHOLE KERNEL CORN ITALIAN PASTA SALAD CINNAMON APPLESAUCE</p> <p>28 Gm Fat 772 Calories 736 mg Sodium</p>	<ul style="list-style-type: none"> 12 Gm Fat 669 Calories 1059 mg Sodium ● SPAGHETTI w/MEATSAUCE MEDITERRANEAN VEGETABLES PINEAPPLE BREADSTICKS 	<ul style="list-style-type: none"> 23 Gm Fat 657 Calories 737 mg Sodium ● TURKEY TORTILLA SOUP MIXED GREEN SALAD w/DRSG FRESH ORANGE TAPIOCA PUDDING 	<p>32 Gm Fat 824 Calories 1087 mg Sodium</p> <p>3</p>
<p>ITALIAN CHICKEN CASSEROLE CAULIFLOWER SLICED PEACHES OATMEAL COOKIES WHOLE WHEAT BREAD</p> <p>23 Gm Fat 696 Calories 864 mg Sodium</p>	<p>TUNA SALAD on WHEAT TOMATO SOUP CITRUS SECTIONS SUGAR COOKIES</p> <p>17 Gm Fat 654 Calories 1108 mg Sodium</p>	<ul style="list-style-type: none"> 17 Gm Fat 654 Calories 778 mg Sodium ● PORK STROGANOFF CALIFORNIA VEGETABLES FRESH APPLE WHOLE WHEAT BREAD 	<ul style="list-style-type: none"> 20 Gm Fat 633 Calories 961 mg Sodium SOFT TACO CALICO CORN BERRY FRUIT MIX CHOCOLATE PUDDING 	<p>30 Gm Fat 810 Calories 800 mg Sodium</p> <p>10</p>
<p>BEEF PATTY w/ONION GRAVY MASHED POTATOES PEAS & CHEESE SALAD APRICOTS WHOLE WHEAT BREAD</p> <p>32 Gm Fat 840 Calories 975 mg Sodium</p>	<p>CHILI CHEESE POTATO COMBINATION SALAD w/DRSG MIXED FRUIT CUP WHOLE WHEAT BREAD</p> <p>17 Gm Fat 654 Calories 1108 mg Sodium</p>	<ul style="list-style-type: none"> 19 Gm Fat 672 Calories 610 mg Sodium BEEF STEW GREEN BEANS ROSY APPLESAUCE BISCUIT 	<ul style="list-style-type: none"> 24 Gm Fat 725 Calories 983 mg Sodium BEEF & MACARONI BUTTERED CABBAGE SPRING FRUIT MIX WHOLE WHEAT BREAD 	<p>19 Gm Fat 730 Calories 1257 mg Sodium</p> <p>17</p>
<p>SLOPPY JOE on BUN BRUSSELS SPROUTS MACARONI SALAD FRUIT COCKTAIL</p> <p>32 Gm Fat 840 Calories 975 mg Sodium</p>	<p>TACO SALAD GREEN PEAS MANDARIN ORANGES</p> <p>18 Gm Fat 665 Calories 667 mg Sodium</p>	<ul style="list-style-type: none"> 22 Gm Fat 670 Calories 1101 mg Sodium ● TURKEY TETRAZINNI CAPRI VEGETABLES JELLIED STRAWBERRY PEAR SAL. WHOLE WHEAT BREAD 	<ul style="list-style-type: none"> 22 Gm Fat 672 Calories 652 mg Sodium ● HAM LOAF w/CREAM GRAVY MASHED POTATOES TOSSED SALAD w/DRSG FRESH BANANA POTATO ROLL 	<p>24 Gm Fat 773 Calories 662 mg Sodium</p> <p>24</p>
<p>24 Gm Fat 717 Calories 676 mg Sodium</p> <p>27</p>	<p>27 Gm Fat 669 Calories 805 mg Sodium</p> <p>28</p>	<p>20 Gm Fat 632 Calories 1129 mg Sodium</p> <p>29</p>	<p>22 Gm Fat 742 Calories 1004 mg Sodium</p> <p>30</p>	 <p>GRANDPARENT'S DAY SEPTEMBER 12TH</p>



**DON'T LOSE YOUR HEAD
TO GAIN A MINUTE
YOU NEED YOUR HEAD
YOUR BRAINS ARE IN IT
BURMA SHAVE**

**NO MATTER THE PRICE
NO MATTER HOW NEW
THE BEST SAFETY DEVICE
IN THE CAR IS YOU
BURMA SHAVE**

For those who never saw any of the Burma Shave signs, here is a quick lesson in our history of the 1930's, '40's and '50's. Before there were interstates, when everyone drove the old 2 lane roads, Burma Shave signs would be posted all over the countryside in farmers' fields. They were small red signs with white letters. Five signs, about 100 feet apart, each containing 1 line of a 4 line couplet.....and the obligatory 5th sign advertising Burma Shave, a popular shaving cream. Here are more of the actual signs:

**PASSING SCHOOL ZONE
TAKE IT SLOW
LET OUR LITTLE
SHAVERS GROW
BURMA SHAVE**

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Clearwater, KS 67026