

The Scoop

January 2011

Happy

New

Year



CLEARWATER COMMUNITY CENTER & SENIOR HAPPENINGS

921 Janet Avenue
Clearwater, Kansas 67026

620-584-2332

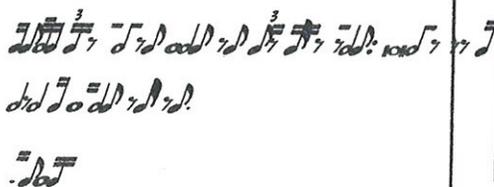
commcenter@sktc.net

Happy Birthday!

January Birthdays

- 01 Ima Kinkaid
- 02 Jerry Anstadt
- 03 Loran Glidewell
- 04 Sheila Zimmerman
- 07 Robert McElroy
- 09 Butler Kinkaid
- 09 Lewid Kellogg
- 10 Alice Hahn
- 13 Mary Miller
- 14 Maynard Lemon
- 14 Jerri New
- 14 Steve McMillen
- 16 Reid Williams
- 18 Dick Croft
- 18 Melvin Nelson
- 23 Beverly Shue
- 24 Veda Ruth Tjaden
- 25 Sachiko Montgomery
- 26 Bob Parmele
- 27 Phil Wise
- 29 Kenneth Coy
- 30 Mike Robinson
- 32 Stephanie Lamb





DECEMBER LUNCHEON

By Cindy Eason



Carl opened the luncheon with a brief message about the humble beginnings of Jesus from the Gospel of Luke. Pastor Gene Eason blessed the meal. The salute to the flag and the singing of the national anthem were led by Marlene Parret.

The speaker for the December Pot Luck Luncheon was Clearwater Mayor Mike Justice. Mayor Justice spoke about the recycling program for Clearwater to begin in January. He reminded us all that even if Clearwater does not impose recycling program, Sedgwick County will be doing so in the future. So Clearwater will try a six month trial program.



Mayor Justice went over the basics of the program: a bin will be issued to each household with trash pickup; a list of items to be recycled will be on the bin; pickup will be twice a month; bins will be left on the curb with trash can; and if anyone has trouble getting bin to curb Mayor Justice and his high school students will be available to help as part of their community service projects.

The Mayor took questions from the audience. There was a lively discussion of the details of the program. If you would like further information please call city hall.

Carl spoke a few words about the closing of Kabredlo's and Duckwall's leading up to a concern that Bale's Pharmacy may need to close if business does not pick. He reminded us that we need to support our local businesses as much as possible.



In accordance with the season, Marlene Parret led us in a few Christmas hymns, which John Chitwood played beautifully. Ruby Fisher ended the hymn sing with a hymn guess won by Peggy Brockman, who received a nifty little gift,

a paperweight with a Sedgwick County logo.

The December birthdays in attendance were:



Ruby Morehead



Peggy Chitwood



Cindy Eason

A NOTE FROM CARL

This is a reminder of something I am sure we all already know. When we have guest speakers it is very rude to get up and wander around while they are talking, or try to talk over them as they are giving their speech. They have prepared material for us based on their knowledge and experience. Yes, we have probably heard some of it before but did we retain it?

I went to a real estate seminar and heard a motivating presenter talk about people going to a seminar and listening to speakers tell how they make money. These speakers always have something to sell. They get the people all worked up to run out and buy the speaker's material. The presenter explained how much one loses what they hear in a short period of time. So, after the listeners buy their material and go back to their offices, being tired from sitting in the seminar all day, they open their desk drawer and put the material in the drawer and close it and go home. Most never look at the material again and therefore the desk is smarter than they are as it retains the material. Truly the more you hear something the more you retain.

Here are two examples of help that came from speakers who have presented at the Center:

First: Jim and Nedra Seal were having trouble and needed some help. They called me and it was more than I could do, but one of the speakers had talked about in-home-care. I got in touch with them for the Seals. They came out and got Jim some therapy. Jim has gotten his balance back. Moral of the story, Jim and Nedra had their need met.

Second: My wife is blind, wears hearing aids, and has arthritis that is getting worse as time goes by. At one of our monthly luncheons we had a lady talk about coming and helping with the cleaning, the washing, and other items around the house. We have started using her company for an hour and a half every two weeks. It has been a great help to us.

Also remember, we need 40 plus educational talks each year in order to stay within guidelines for Active Aging to meet the goals for senior groups to get money from the state. We will receive \$18,000 this year because we have met all the goals. We are working toward receiving \$35,000 next year. If we have two speakers at each luncheon and they talk 5 to 10 minutes each or go over a few minutes, let's still be courteous. They are helping us meet the requirements of the Department on Aging. By Cindy Eason

Kansas Bluegrass Association Youth Band - The KBA Treblemakers



KANSAS BLUEGRASS ASSOCIATION YOUTH BAND, THE KBA TREBLEMAKERS AND THE SOUTHWIND RAMBLERS

The Kansas Bluegrass Association Youth Band, the KBA Treblemakers and the Southwind Ramblers will be appearing at the Community Center on January 9, 2011 from 2:00 to 4:00 p.m.

The KBA Treblemakers is the youth band sponsored by the KBA to further the interest of youth in bluegrass.

There will be two 45 minute sets with the first by the KBA Treblemakers, and the second set by the Southwind Ramblers.

The KBA Treblemakers will also be performing at the KBA Winter Bluegrass Festival at the Wichita Marriott hotel on February 19 2011 and at the Colby Bluegrass Festival in July.



The Southwind Ramblers

-- by Cindy Eason

*January 23, 1996 - Kansas State House of Representatives
Guest Chaplin, Pastor Joe Wright's Prayer*

IN MEMORIAM

2010

Ruth Waugh

Feb. 10

Alma Jarboe

March 10

Athol Reusser

April 14

Les Langston

April 16

Herman Tjaden, Jr

May 5

Patty Eagan

May 11

Leota Keeler

Aug. 27

Eldon Nelson

Aug. 28

Vera Lindamood

Oct. 5

Ray Reusser.

Oct. 16

Evert Gannaway

Nov. 4

Marge Allison

Nov. 6

Twyla Wiggins

Nov. 8

David Crews

Nov. 10

Ronald Brasher

Nov. 12

Betty Finney.

Nov.14

Bob Stewart

Nov.15

Ray Hopson

Nov.19

Virginia Burke

Nov. 29

Harry Crum

Dec. 2

Floyd (Irish) Light

Dec. 10

Heavenly Father, we come before You today to ask Your forgiveness and seek Your direction and guidance. Lord, we know Your Word says, "Woe to those who call evil good," but that's exactly what we've done. We have lost our spiritual equilibrium and inverted our values.

We confess that we have ridiculed the absolute truth of Your Word and called it moral pluralism.

We have worshipped other gods and called it multi-culturalism.

We have endorsed perversion and called it an alternative lifestyle.

We have exploited the poor and called it the lottery.

We have neglected the needy and called it self-preservation.

We have rewarded laziness and called it welfare.

We have killed our unborn and called it choice.

We have shot abortionists and called it justifiable.

We have neglected to discipline our children and called it building esteem.

We have abused power and called it political savvy.

We have coveted our neighbors' possessions and called it ambition.

We have polluted the air with profanity and pornography and called it freedom of expression.

We have ridiculed the time-honored values of our fore-fathers and called it enlightenment.

Search us oh God and know our hearts today; try us and see if there be some wicked way in us; cleanse us from every sin and set us free.

Guide and bless these men and women who have been sent here by the people of Kansas, and who have been ordained by You, to govern this great state. Grant them Your wisdom to rule and may their decisions direct us to the center of Your will. I ask it in the name of Your Son, the Living Savior, Jesus Christ.

Amen.

(If you'd like to read more about this prayer by Pastor Joe Wright, who at that time was the Senior Pastor of Central Christian Church in Wichita, go to

http://www.eaec.org/desk/joe_wright_prayer.htm

The above prayer was given 15 years ago at the beginning of a new session of Congress. As I re-read the prayer, my one thought is "Have we seen any positive responses in the last 15 years?" - Ruby)

*Life Brings Tears,
Smiles and Memories.
The Tears dry,
The Smile Fades,
But the Memories
Live on Forever.*



LETTERS TO THE EDITOR

Ruby,

As I read the Dec. Scoop there is a VERY UNEEDED apology. Where on earth did we go wrong, that Christmas shouldn't be Merry. We have given in to a minority of people on so many fronts. These people need to be put on an island somewhere. It is and should very well be "MERRY CHRISTMAS... If people don't like it then they are lost.

Please keep up the great political incorrectness. Maybe those few just need to be reminded what life is all about. Especially Christmas.

One of The Elves.....

Ruby, re: Cell Phone Numbrs Given to Telemarketers.

I thought you might find the following article from snopes.com interesting:

<http://www.snopes.com/politics/business/cell411.asp>

Gene Garcia, Chief of Police

Last month an article in the Scoop said there is a deadline for registering their numbers with the national 'Do Not Call' directory regarding telemarketers.

Snopes says this is FALSE. According to the Snopes article: "Cellular users can choose to register their cell umbers with the national Do Not Call registry, but doing so provides only a small additional measure of protection, since FCC regulations already in place block the bulk of telemarketing calls to cell phones.

If you'd like to see the rest of the article and DO NOT have a computer, drop by the Center and someone will help you find your subject on the internet.

Communicate, Communicate, Communicate!!!!

PLAN AHEAD: WINTER DRIVING SAFETY ON THE ROAD

By Kay Sands, Farm Bureau Agt.

Keep your car in top operating condition. Have it checked by qualified mechanic before your winter trip. Check the brakes, battery, fluid levels, tire pressure, tire treadwear, windshield wipers and light bulbs.

Make sure you have emergency equipment: first-aid kit, flashlights, battery-powered radio, blankets, drinking water, snacks, shovel, jumper cables, ice scrapers, extra cash or credit cards, tow rope, bright-colored flag and sack of sand or cat litter.

Take fully charged cell phone - and pack your vehicle phone-charging unit.

Make sure ALL your passengers wear seat belts.

Keep the gas tank at least half full at all times.

Let someone at your destination know your timetable.

Don't assume the posted speed is safe under anything but dry, clear conditions. On snow or ice, traction generated by your tires is only from one-half to one-tenth as great as you are used to on dry pavement.

Be alert for deer near roadways, especially at dawn and dusk.



News from Center's Historian, Helen Fesnock

This job hasn't been easy for me as I was not raised in the Clearwater area. In fact, I'm a New Mexican by birth. The kind people here have been a big help in answering the questions I've had to ask in order to know the people of Clearwater.

I've tried to keep some books available for whoever wants to look through them. They are kept above the sign-in book. The building is open from 8 am to 2 pm weekdays. Anytime something is going on at the Center, the books can be viewed. They date from the first meeting of the Clearwater Group.

HAPPY NEW YEAR?

By Lew Kellogg & Bob Pugh

How lucky can we be to have good health with sharp mental alertness during our senior years. Many believe this condition will continue without taking some action to ensure it does. Remember **We only get out of life what we put into it. If we don't use it we lose it!**

How many of you made New Years Resolutions that included some form of physical or mental exercise? Now you need to follow through with a program that provides mind sharpening, body toning, balance, joint flexibility, proper breathing, body stamina, and social activities. It just happens that your local Senior Center has a Senior Exercise Class that is available to you. Please come and join us. Lew Kellogg and Robert Pugh are at the Center to help you with those goals. Come join our classes on each Tuesday and Friday at 10 AM. We don't expect any pay or dues, but any donations do go to the Senior Center. Please come and join us. We want you to feel comfortable during your workouts, just have some fun with a great class and meet your health goals too.

RSVP PROGRAM - by Farol McMillan

Since July of 2007 the Clearwater RSVP program has earned over \$9,000.00 from the Dept. of Active Aging. When the money is received it goes into a fund. Then when a purchase is necessary, it has to be approved by the Center's advisory committee and the City of Clearwater.

Several of the projects that have been paid for with RSVP money were improvements to the facility. The windbreaks on both the east and west doors have been appreciated by nearly all who enter on a windy day. The installation of a new exterior door on the north that enters into the craft room has been a blessing for those folks moving materials in and out of the building. The City installed the electric door opener on the west doors, but the RSVP money paid for the electric door opener on the east door. In addition to aiding those folks with motorized chairs, walkers and canes, it has been a great help to musicians as they cart their instruments in for the Jamboree each month.

The newest acquisition for the building is a new desk with storage space for the RSVP paper work - and anyone else who needs a place to work without disturbing Carl in his office.

At the present time we have 22 drivers signed up. These people donate their time, vehicle and gas. If any of the passengers feel they can afford it, they can reimburse the driver for the gas. It's also helpful if a person needing a ride will call two days ahead to make sure a driver is available. The week before Christmas was slow with only 3 trips made. Other weeks there are between 7 and 8 trips per week.

One important duty of the drivers is to be sure to turn in their trip sheets each month so Clearwater gets credit for the work the volunteers do.

BENEFITS OF EXERCISE



Lowers blood pressure & total cholesterol



Lowers resting heart rate



Increases metabolism, immune function, & helps control weight



Increases circulation, flexibility & range of motion



Increases bone density



Decreases low back injury



Psychological benefits

Clearwater Ole Sew and Sew's

By Peggy L. Brockman

Our quilting group took a break from meeting for a couple of weeks in Nov. Dec. the 3rd we went to the "Cup & Saucer Tea Room" in Wichita. We attended their "White Christmas" high tea. Taking part were: June Finney, Pat Stewart, Kate Brinkerhoff, Ima Kinkaid, Angie Shaver, and Peggy Brockman.

The group met again for quilting, at the Center on the 10th of Dec. Our project at this time is to work out details of the design for the 2011 raffle quilt. In addition to sewing on the class team project, we share tips, techniques, patterns, and stories about our home quilting efforts.

In 2011 we will gather at the center on Friday's at 9AM until we dismiss.

We have a place for anyone interested in sewing and quilting.

Senior Government Class Community Service

Each semester Mr. Justice requires his senior government students to perform community service hours for his class. Each student is required to complete 15 hours first semester and 10 hours second semester. If you need assistance with a project at home; yard work, cleaning, or whatever, you can contact Mr. Justice and he will list the opportunity on the board in his classroom. It is up to the student to contact the individual and set up a time to complete the work. **You can contact Mr. Justice at school, 584-2361, or at home, 584-2460.** If you know a senior who attends CHS you may contact them directly. Students can not be paid for the work or it will not count as community service. If you have any questions feel free to contact Mr. Justice at the numbers listed above.

Submitted by Govt. teacher, Mr. Justice



Here's what to put in the recycle cart when it's delivered to you this month.



ALL TOGETHER NOW!

MIX THE FOLLOWING RECYCLABLES IN HERE:





Glass jars & bottles



Aluminum cans



Tin, steel, or aerosol cans



Plastic tubs, jars, & trays



Plastic bottles
All plastics #1 - #7



Food boxes

PLEASE NO:

- styrofoam
- electronics
- ceramics or dishes
- food waste
- plastic grocery bags
- motor oil containers
- household hazardous waste
- light bulbs, window glass, or mirrors
- yard waste or trash



Books (hard or paperback)



Junk mail



Cardboard
(flatten all boxes)



Magazines & catalogs



Newspaper & inserts



Office paper & file folders



Paper bags



WASTE CONNECTIONS INC.
Connect with the Future™
316-838-6664

RecycleBank®
REWARDS/FOR PEOPLE & PLANET

40618

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
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<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

******HAPPY NEW YEAR******

December Biscuits & Gravy

The total number served was much better than the past two months. It was good to see so many folks out enjoying the almost winter (Winter starts Dec. 21) weather.

One family had a gathering for breakfast as they visited with other relatives from out of town. It was nice to see folks using the Center as a meeting place. And the biscuits and gravy was pretty good, too.

Branden Hill, a Middle School 8th grader helped with the serving as he worked on community service hours. He did a great job. Thanks, Braden!

As this goes to press we have two cars of folks signed up to go to the Prairie Rose show on Dec. 23.

******HAPPY NEW YEAR******

**** As we look at the holiday seasons, it's interesting to remember that "stressed" spelled backwards is "desserts."**

**** Remember:** A New Year's resolution is something that goes in one year and out the other.

**** Many people** look forward to the New Year for a new start on old habits. - Anon.

I hope each of the Scoop's readers have had a good year. So much is happening throughout the world each day it is difficult to keep up with all the changes, but we try.

I've enjoyed bringing some news, some jokes, some entertainment to each of you this past year. I hope you've enjoyed the efforts Carl and the volunteers have extended.

HAPPY NEW YEAR to YOU! -Ruby

January 2011



HAPPY NEW YEAR

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

								1 NO MUSIC JAMBOREE NEW YEAR'S DAY
2	3 Painting - both Beginners & Advanced 1 to 3 PM	4 Exercise: 10 to 11 am Planning meet: 10 am AA & AI Anon: 7 pm	5 FOR MEN ONLY Pool, Cards, Dominos 1 pm to ????	6 Knitting: 9:30 to 11:30 am AA & AI Anon: 7 pm	7 Quilting: 9:30 to ??? Exercise: 10 to 11 am Cards & Games 1 pm to ????	8		
9	10 Painting - both Beginners & Advanced 1 to 3 PM	11 Exercise: 10 to 11 am Luncheon: Starts at 12 noon AA & AI Anon: 7 pm	12 FOR MEN ONLY Pool, Cards, Dominos 1 pm to ????	13 Knitting: 9:30 to 11:30 am AA & AI Anon: 7 pm	14 Quilting: 9:30 to ??? Exercise: 10 to 11 am Cards & Games 1 pm to ????	15 BISCUITS & GRAVY 7 TO 10 AM		
16	17 Painting - both Beginners & Advanced 1 to 3 PM	18 Exercise: 10 to 11 am AA & AI Anon: 7 pm	19 MOVIE: 1:30	20 Knitting: 9:30 to 11:30 am AA & AI Anon: 7 pm	21 Quilting: 9:30 to ??? Exercise: 10 to 11 am Cards & Games 1 pm to ????	22		
23	24 Painting - both Beginners & Advanced 1 to 3 PM	25 Exercise: 10 to 11 am AA & AI Anon: 7 pm	26 FOR MEN ONLY Pool, Cards, Dominos 1 pm to ????	27 Knitting: 9:30 to 11:30 am AA & AI Anon: 7 pm	28 Quilting: 9:30 to ??? Exercise: 10 to 11 am Cards & Games 1 pm to ????	29 KANSAS DAY		
30	31 Painting - both Beginners & Advanced 1 to 3 PM							

GOOD NEIGHBOR NUTRITION PROGRAM

(menu is subject to change)

JANUARY 2011

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>BEEFY MACARONI & CHEESE CALIFORNIA VEGETABLES APPLE JUICE OATMEAL COOKIES WHOLE WHEAT BREAD 30 Gm Fat 750 Calories 884 mg Sodium</p> <p>3</p>	<p>OVEN ROASTED CHICKEN CHEESY POTATOES TOSSED SALAD w/DRSG CITRUS SECTIONS WHOLE WHEAT BREAD 26 Gm Fat 692 Calories 672 mg Sodium</p> <p>4</p>	<p>Ⓞ ROAST PORK w/GRAVY MASHED POTATOES THREE BEAN SALAD APRICOT MIX POTATO ROLL 18 Gm Fat 708 Calories 680 mg Sodium</p> <p>5</p>	<p>CHILI w/BEANS DICED CARROTS BANANAS & STRAWBERRIES TAPIOCA PUDDING SALTINE CRACKERS 23 Gm Fat 746 Calories 984 mg Sodium</p> <p>6</p>	<p>● TURKEY TETRAZINNI BROCCOLI AUTUMN GELATIN SALAD WHOLE WHEAT BREAD 20 Gm Fat 673 Calories 1162 mg Sodium</p> <p>7</p>
<p>SWISS STEAK MASHED POTATOES PEA & CHEESE SALAD SLICED PEACHES WHOLE WHEAT BREAD 32 Gm Fat 822 Calories 913 mg Sodium</p> <p>10</p>	<p>● HAM & BEANS with ONION SPINACH MANDARIN ORANGES CORNBREAD 12 Gm Fat 669 Calories 1059 mg Sodium</p> <p>11</p>	<p>GROUND BEEF STROGANOFF MEDITERRANEAN VEGETABLES JELLIED STRAWB. PEAR SALAD WHOLE WHEAT BREAD 27 Gm Fat 679 Calories 750 mg Sodium</p> <p>12</p>	<p>Ⓞ BBQ RIBETTE on BUN CALICO BAKED BEANS CORONADO SALAD PINEAPPLE CHUNKS 18 Gm Fat 700 Calories 1127 mg Sodium</p> <p>13</p>	<p>BEEF STEW WHOLE KERNEL CORN CINNAMON APPLESAUCE BISCUIT 22 Gm Fat 716 Calories 932 mg Sodium</p> <p>14</p>
<p>CLOSED FOR MARTIN LUTHER KING JR'S BIRTHDAY</p>	<p>BEEF & MACARONI GREEN BEANS STRAWBERRY CUP SUGAR COOKIES WHOLE WHEAT BREAD 25 Gm Fat 784 Calories 883 mg Sodium</p> <p>18</p>	<p>TACO SALAD CALICO CORN FRESH ORANGE 28 Gm Fat 657 Calories 769 mg Sodium</p> <p>19</p>	<p>● TURKEY & CAVATAPPI BRUSSELS SPROUTS PEACH CRISP WHOLE WHEAT BREAD 23 Gm Fat 723 Calories 939 mg Sodium</p> <p>20</p>	<p>● HAM LOAF w/CREAM GRAVY MASHED POTATOES COMBINATION SALAD w/DRSG QUICK FRUIT CUP POTATO ROLL 21 Gm Fat 772 Calories 1167 mg Sodium</p> <p>21</p>
<p>BEEF MINESTRONE SOUP BAKED POTATO ROSY APPLESAUCE SALTINE CRACKERS 21 Gm Fat 757 Calories 592 mg Sodium</p> <p>24</p>	<p>LIVER & ONIONS CREAMY SCALLOPED POTATOES TOSSED SALAD w/DRSG FRUIT COCKTAIL WHOLE WHEAT BREAD 16 Gm Fat 686 Calories 706 mg Sodium</p> <p>25</p>	<p>● SOUTHWEST TURKEY PASTA CAPRI VEGETABLES FRESH BANANA ORANGE GELATIN WHOLE WHEAT BREAD 15 Gm Fat 638 Calories 1198 mg Sodium</p> <p>26</p>	<p>Ⓞ PORK PATTIES w/GRAVY MASHED POTATOES MIXED GREEN SALAD w/DRSG MANDARIN ORANGES WHOLE WHEAT BREAD 31 Gm Fat 738 Calories 1251 mg Sodium</p> <p>27</p>	<p>SLOPPY JOE ON BUN GREEN PEAS PEACH CUP SPICE CAKE w/TOPPING 27Gm Fat 870 Calories 989 mg Sodium</p> <p>28</p>
<p>HAMBURGER on BUN POTATO ROUNDS RANCH BROCCOLI SALAD HARVEST FRUIT MIX 28 Gm Fat 764 Calories 669 mg Sodium</p> <p>31</p>			<p>● MAY CONTAIN TURKEY Ⓞ MAY CONTAIN PORK</p>	

HAPPY HAPPY NEW YEAR



*After Thanksgiving
And Christmas And
Celebrating, Is it time
To DIET?*

Dieting - New Year Resolutions

2007: I will get my weight down below 180 pounds.

2008: I will follow my new diet religiously until I get below 200 pounds.

2009: I will develop a realistic attitude about my weight.

2010: I will work out 3 days a week.

2011: I will try to drive past a gym at least once a week.

**Clearwater Community/Senior Center
921 Janet Avenue
Clearwater, KS 67026**