

# The Scoop



March, 2012

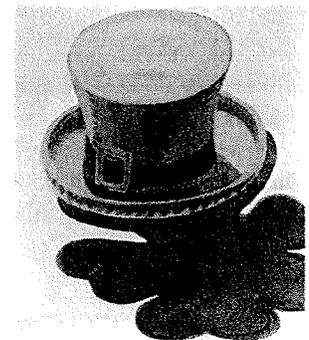
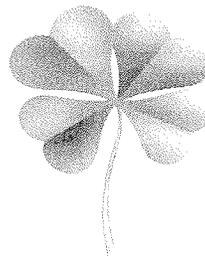


## CLEARWATER

## COMMUNITY CENTER & SENIOR HAPPENINGS

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On a positive note we had 45 people at our carry-in-lunch on Tuesday the 14<sup>th</sup>. Every one enjoyed the ham loaf prepared by Ardena Matlock, Reba Gross, and Janie Winter. We had five speakers starting with Danielle Reiks from the Manor Care Home and she talked about the up coming Health Fair on the 29<sup>th</sup> of February. There will be over a dozen booths set up for people to go by and talk with about a certain subject. There will also be about 4 speakers from the different professions. The Manor will be providing a free lunch to those that come to the fair. Next was Judy Beall from AARP and she talked about taxes and what to bring to at your appointment time. Then Rita Linnen from Kansas Truck Mobility. She had a short video of different on some new equipment from getting around and for those that miss it missed a lot of good information. Next was Brian Horsley from Angels Care Home Health and his topic was on CPOD. His main message was with you don't smoke don't or if you do smoke stop. There is no cure for this disease. Last was Police Chief Gene Garcia and he said check and empty your mail box every day. People are stealing your mail and YOU WILL have identity theft. We gave away 7 paintings done by our art class and 7 people won a box of chocolates. On the 15<sup>th</sup> we had 14 people watch the movie "HELP". There were a lot of good comments about the movie and everyone enjoyed it very much. It was announced that we will have election of officers at the March 13<sup>th</sup> luncheon. Our next planning meeting will be on the 6<sup>th</sup> of March. Some of the ladies have been on the committee for several years and it is time to get some new blood and ideas in our meeting and they are open to any one that wants to be there an express an idea. The meeting is at 9:00 AM. Another item was the spaghetti dinner on March 3<sup>rd</sup> starting at 5:00 PM and it will be followed by the jam session. So everyone came and eat and stay for the entertainment.

Never test the depth of the water with both feet!

\*\* The name of this story is called the "Wooden bowl."

A frail old man went to live with his son, daughter-in-law, and four year old grandson. The old man's hands trembled, his eyesight was blurred, and his step faltered. The family ate together at the table. But the elderly grandfather's shaky hands and failing sight made eating difficult. Peas rolled off his spoon onto the floor. When he grasped the glass, milk spilled on the tablecloth. The son and daughter-in-law became irritated with the mess. "We must do something about father," said the son. "I've had enough of his spilled milk, noisy eating, and food on the floor." So the husband and wife set a small table in the corner. There, Grandfather ate alone while the rest of the family enjoyed dinner. Since Grandfather had broken a dish or two, his food was served in a wooden bowl. When the family glanced in Grandfather's direction, sometimes he had a tear in his eye as he sat alone. Still, the only words the couple has for him were sharp admonitions when he dropped a fork or spilled some food. The four-year-old watched all this silence. One evening before supper, the father noticed his son playing with wood scraps on the floor. He asked the child sweetly, "What are you making?" Just as sweetly the boy responded, "Oh, I am making a little bowl for you and mama to eat your food in when I grow up." The four-year-old smiled and went back to work. The words so struck the parents so that they were speechless. Then tears started to stream down their cheeks. Though no words were spoken, both knew what must be done. That evening the husband took Grandfather's hand and gently led him back to the table. For the remainder of his days he ate every meal with the family. And for some reason, neither the husband or the wife seemed to care any longer when a fork was dropped, milk spilled, or the tablecloth soiled.

On a positive note, I've learned that, no matter what happens, how bad it seems today, life goes on, and it will be better tomorrow. I've learned that you can a lot about a person by the way he/she handles four things, a rainy day, the elderly, lost luggage and tangle Christmas tree lights. But, if you focus on your family, your friends, the needs of others, your work and doing the very

best you can, happiness will find you. I've learned that whenever I decide something with an open heart, I usually make the right decision. I've learned that when I have aches and pains, I DO NOT have to be one.

Back to a sadder note, we have cancelled the SQUARE DANCES at the center as we could not get enough people at any age to come to this fun exercise class. I have heard there is nothing to do, but you also do not tell me what activity you would support. I am willing to try any thing you suggest, but very few people ever come to our planning meeting or come into the center to say what they would support or like to see if we could do a certain activity.

Humor: Never test the depth of the water with both feet.

Epitaph of an attorney in Rockford, Illinois: The defense rest

Epitaph: On a tombstone of an auctioneer: Going, going, gone

Epitaph: on a hypochondriac's grave: I told you I was sick

The first half of our lives is ruined by our parents and the second half by our kids.—Clarence Darrow

Old age is the most unexpected of all the things that happen to a man.—Leon Trosky

As mentioned earlier in the paper the people from AARP came on the 20<sup>th</sup> to do taxes at the Center. They were headed by Floyd Huddleston, Judy Beall, and Cleo Koehler. Bob Dare give everyone a ticket and looked over their paper work before he sent to the preparer. They had trouble getting the computers to work, but they worked very hard to get caught up. They did an ADMIRABLE job, as they worked right thru lunch time to get our people out before the storm. Before they could finish the electricity went out. It's a good thing they had battery back ups and every got thru with their taxes. GREAT JOB AARP PREPARERS!!!! One more thing is that not every has to be a senior to have their taxes completed by AARP.

When I am an old coot---I will call up life insurance salesmen and asked them why they don't bug me anymore.

Letters to Ann Landers---quips from some local welfare applications for support.

"Mrs. Jones does not have any clothes for a year and a half and has been visited regularly by the clergy."

"I am glad that my husband, who is missing, is dead."

"I am annoyed to find that you brand my son illiterate (sic). This is a dirty lie, as I was married a week before he was born."

"I am forwarding my marriage certificate and six children. I had seven, but one died which was baptized on a half sheet of paper."

"Please find out for certain if my husband is dead? The man I am living with can't eat or do anything until he knows."

"I am forwarding my marriage certificate and three children, one of which was a mistake as you can see."

"Unless I get my husband's money pretty soon, I will be forced to live an immortal life."

"My husband got his project cut off two weeks ago, and I haven't had any relief since."

"You have changed my little boy into a girl, will this make any difference?"

"I want money quick as I can get it. I have been in bed with a doctor for two weeks, and he doesn't do me any good."

## *Getting to know .... Wayne and LaVina McEntire*

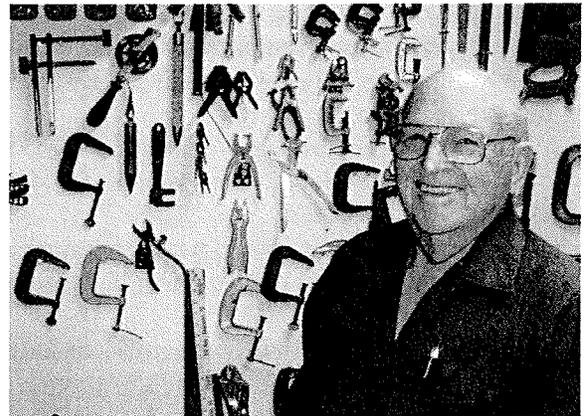
by Anne Tjaden

Wayne and LaVina McEntire aren't Clearwater natives, but by now, they feel like they are. They both grew up in rural areas, Wayne, in Barber County, and LaVina in Pratt, though for the first three years of her life, she lived in Oklahoma. In their early 20s they met at a gathering that LaVina describes as what preceded square dancing. She said young people would meet in someone's home, roll up the rugs and play a variety of party games.

That must have been enough for Wayne because he came home on a 3-day pass from Camp Chaffee in Arkansas (later named Ft. Chaffee) and married LaVina. After Wayne's stint in the army, they moved to Wichita where he worked in the automotive business for about 10 years and then started at Boeing. He worked on the flight line and said, "I did a little bit of everything, including armament stuff." They raised their two daughters and a son in Wichita.

What brought them to Clearwater was the desire to get out of Wichita. Their first contact was with Bill Hammers who had a house advertised. They drove to Clearwater, and although they didn't buy that house, they were persuaded by what Bill said. "You will like this town," he told them, and "You'll love our church." He was referring to the Methodist Church where the McEntires have been members since they moved to Clearwater in May of 1981.

They ended up building the house they now live in on South Prospect. They'd found a house they liked in Derby and Wayne used that house as a model and drew up his own plans for the house. They had it built and Wayne did the finish work. He can do just about anything with tools.



Asked how he got started on his hobby working with wood, LaVina provided the answer. "I got him started." She said one December they didn't have any extra money for Christmas, and they were going to visit their daughter in Colorado. LaVina said "Find a board and make a shelf for our daughter." He ended up making a quilt rack. He transported it in pieces and assembled it in Colorado.

That was the beginning of years of woodworking. He has a well-equipped shop in his basement that has all kinds of saws and implements for crafting wood. When he retired in 1983 he devoted even more time to his hobby. Some of the things he's made include tables, stools, shelves, quilt racks, photo holders, decorative shelving with glass, and smaller items like recipe holders, back scratchers, and toys of all kinds. He's sold many items at craft shows. His latest project is making string-pulled two-piece spinning tops. He said a good spinner will go for up to three minutes.



LaVina has her own projects that she can do from her chair, since her mobility is not what it used to be. She has knit hundreds of caps that have been distributed to people who've lost their hair due to cancer treatment. Some of the hats have been sent to children's homes, and

others have been sent to the military in cold climates so soldiers can have a warm hat to wear under their helmets.

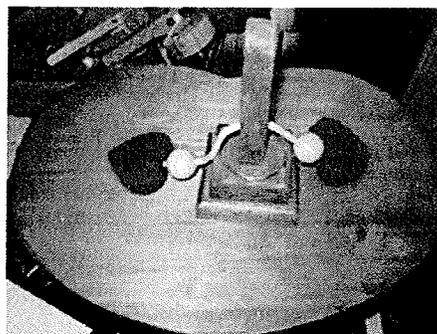
For her own children, grandchildren and great grandchildren, LaVina has made baby blankets along with matching doll blankets. All of them are made with soft fleece that she embroiders with tiny flowers on the edges, closer than an inch apart.

LaVina insisted that their lives were “nothing to write about.” But the McEntires have something that a lot of families don’t ~ intact families that are well connected. They have three children and seven grandchildren (including one in Ireland) who are all married to their original spouses. LaVina said she doesn’t know what they did right, but said, “We were always home and even though we didn’t have lots of money, but we always had love for our kids and their friends.”

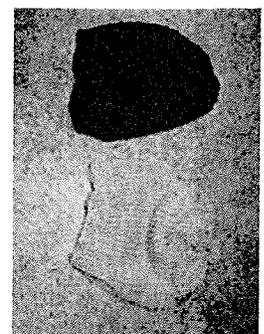
Some of that love is being returned by way of a present Wayne and LaVina received from their seven grandkids this past Christmas. They gave them a card that said, **“Every two weeks for a year, one of us will come to your house and clean.”** That special gift is something that reflects the love that the family knew because of the environment Wayne and LaVina created in their home during their nearly 69 years of marriage, and *that is* something to write about.



A collection of spinning tops



A puzzle made of hearts,  
wooden balls and rope

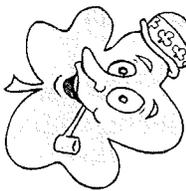


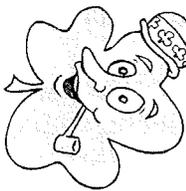
LaVina knits  
caps in  
different sizes

**GOOD NEIGHBOR NUTRITION PROGRAM**

**GNNP MENU (menu is subject to change)**

**MARCH 2012**



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>ST. PATRICK'S DAY</b> <b>MARCH 17TH</b> 	● MAY CONTAIN TURKEY ⊕ MAY CONTAIN PORK		CHICKEN & NOODLES SMOKY GREEN BEANS FRUIT MEDLEY CHOCOLATE PUDDING WHOLE WHEAT BREAD 20 Gm Fat 708 Calories 795 mg Sodium	BBQ BEEF on BUN CAPRI VEGETABLES POTATO SALAD STRAWBERRY PEARS 22 Gm Fat 689 Calories 1077 mg Sodium
CABBAGE ROLL CASSEROLE YELLOW SWEET CORN FRESH APPLE CHOCOLATE PUDDING WHOLE WHEAT BREAD 23 Gm Fat 824 Calories 902 mg Sodium	OVEN ROASTED CHICKEN ROASTED GARLIC MASHED POTATOES ROMANIE SALAD w/DRSG PINEAPPLE AMBROSIA WHOLE WHEAT BREAD 29 Gm Fat 736 Calories 464 mg Sodium	CHEESEBURGER on BUN CALICO BAKED BEANS MACARONI SALAD MANDARIN ORANGES 26 Gm Fat 875 Calories 1019 mg Sodium	⊕ HAMI & BEANS w/ ONION COMBINATION SALAD w/DRSG MIXED FRUIT OATMEAL COOKIES CORNBREAD 17 Gm Fat 661 Calories 1075 mg Sodium	TACO SALAD GREEN PEAS CINNAMON APPLESAUCE 28 Gm Fat 806 Calories 931 mg Sodium
● TURKEY TETRAZINI BROCCOLI PEACHES & PEARS CHOCOLATE PUDDING WHOLE WHEAT BREAD 24 Gm Fat 766 Calories 1206 mg Sodium	CHICKEN NOODLE SOUP BAKED POTATO COMBINATION SALAD w/DRSG ORANGE FRUIT MIX CRACKERS 19 Gm Fat 677 Calories 361 mg Sodium	⊕ BRATWURST on BUN CABBAGE & KRAUT POTATO SALAD STRAWBERRY BANANAS 32 Gm Fat 729 Calories 1165 Sodium	CHICKEN CACCIAIORE GARDEN RICE PILAF SPINACH SALAD w/DRSG FRESH APPLE WHOLE WHEAT BREAD 20 Gm Fat 656 Calories 1050 mg Sodium	SWISS STEAK POTATOES O'BRIEN MIXED GREEN SALAD w/DRSG GREEN CAKE w/BERRY TOPPING POTATO ROLL 26 Gm Fat 886 Calories 1072 mg Sodium
● BBQ RIBBETTE on BUN CHEESY POTATOES FRUIT SLAW JELLIED STRAWBERRY PEAR SALAD 21 Gm Fat 778 Calories 1272 mg Sodium	BEEF STEW BUTTERED CABBAGE MIXED FRUIT CUP BISCUIT 25 Gm Fat 686 Calories 959 mg Sodium	CHICKEN PRIMAVERA LOOSE LEAF SALAD w/DRSG QUICK FRUIT CUP WHOLE WHEAT BREAD 24 Gm Fat 748 Calories 691 mg Sodium	SPAGHETTI w/ MEATS/SAUCE CARROTS & ZUCCHINI STRAWBERRY BANANAS BREADSTICKS 21 Gm Fat 746 Calories 802 mg Sodium	MEATLOAF MASHED POTATO CASSEROLE PEALLETTEUJE SALAD w/DRSG FRUIT COCKTAIL WHOLE WHEAT BREAD 22 Gm Fat 636 Calories 949 mg Sodium
APPLE WALNUT CHICKEN SALAD on WHEAT BREAD TOMATO SOUP SMOKEY GREEN BEANS ROSY APPLESAUCE 20 Gm Fat 668 Calories 987 mg Sodium	SLOPPY JOE on BUN POTATOES ROMANOFF CORONADO SALAD CITRUS FRUIT MIX 25 Gm Fat 686 Calories 959 mg Sodium	BEEF & MACARONI CALIFORNIA VEGETABLES TROPICAL FRUIT TAPIOCA PUDDING WHOLE WHEAT BREAD 23 Gm Fat 737 Calories 819 mg Sodium	BBQ BAKED CHICKEN HERB POTATOES MIXED GREEN SALAD w/DRSG MANDARIN ORANGE GELATIN POTATO ROLL 22 Gm Fat 742 Calories 629 mg Sodium	CHILI CHEESE POTATO CAPRI VEGETABLES FRESH BANANA WHOLE WHEAT BREAD 19 Gm Fat 723 Calories 680 mg Sodium



# MARCH 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4	5 PAINTING 1 PM TO 3 PM BOTH BEGINNING AND ADVANCED 7 TO 8 QUILT ORGANIZATIONAL MEETING	6 EXERCISE 9 TO 10 AM PLANNING COMMITTEE 9 AM AA & AL-ANON 7 TO 9 PM	7	8 KNITTING 9 TO 11 AM AA & AL-ANON 7 TO 9 PM	9 QUILTING 9:30 TO 11:30 AM TAL-CHI 8:45 AM EXERCISE 10-11 AM CARDS AND GAMES 1 PM	10 3 SPAGHETTI DINNER 5 TO 7 PM 7 TO 10 PM JAM SESSION
11	12 PAINTING 1 TO 3 PM BOTH BEGINNING AND ADVANCED	13 TAL-CHI 8:30 AM EXERCISE 10:30 AM CARRY-IN-LUNCH 12 PM AA & AL-ANON 7 TO 9 PM	14	15 KNITTING 9:30 TO 11:30 AM	16 QUILTING 9:30 TO 11:30 AM TAL-CHI 8:45 AM EXERCISE 10-11 AM CARDS & GAMES 1 TO 4 PM	17 BISCUITS & GRAVY 7 TO 10 AM
18	19 PAINTING 9:30 TO 11:30 AM BOTH BEGINNING AND ADVANCED	20 TAL-CHI 8:45 AM EXERCISE 10-11 AM AA & AL-ANON 7 TO 9 PM	21	22 KNITTING 9:30 TO 11:30 AM AA & AL-ANON 7 TO 9 PM	23 QUILTING 9:30 TO 11:30 AM TAL-CHI 8:45 AM EXERCISE 10-11 AM CARDS & GAMES 1 TO 4 PM	24
25	26 PAINTING 1 TO 3 PM BOTH BEGINNING AND ADVANCED	27 TAL-CHI 8:45 AM EXERCISE 10-11 AM AA & AL-ANON 7 TO 9 PM	28	29 KNITTING 9:30 TO 11:30 AM AA & AL-ANON 7 TO 9 PM	30 QUILTING 9:30 TO 11:30 A.M. TAL-CHI 8:45 AM EXERCISE 10-11 AM CARDS & GAME 1:00 PM.	31

**SPRING IS JUST AROUND THE CORNER!!!!!!**



Thanks to Barbara Byrd for this picture.

Clearwater Community/Senior Center  
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