

# THE SCOOP



**Clearwater Community Center**  
**921 Janet Ave Clearwater, KS 67026**  
**620-584-2332**  
**communitycenter@clearwaterks.org**

## FARMERS MARKET ON WHEELS

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For Donna Pearson McClish, it all started with a question. It wasn't her question, not then, though it would become hers in the weeks and months and years to come, and uttered in such a way that while anyone in that room could put forth a response, by familial hierarchy the answer was hers alone to give. As the eldest of 12 siblings, it was her birthright, her responsibility, her duty, and she felt the weight and gravity of it as surely as the chair she was sitting on. Three years ago, it was, three momentous years. She and her brothers were sitting around the table of the Pearson family farm, a small operation at the end of a dead-end road on the outskirts of Wichita, when the conversation turned to an excess amount of fresh produce that remained unsold. "What are we going to do with it," one brother asked, and before the question had time to grow stale McClish took charge and said, "Let's do something with it." Which, of course, invited even more questions, most of them without even a glimmer of an answer. Not that she was too concerned. Questions were powerful, more summons than inquiry. Answers were what happened when questions were raised. And if her voice sounded light and airy whenever she said, "Every question has an answer," there was steel inside of it. Finding those answers would require an act of such audacity and ingenuity that even now government agencies struggle to categorize the nature of the business she created, even though she works closely with some of them. "The government doesn't know what we are or how to characterize it, because most farmers markets are stationary," McClish said. "I think we're the only one that's mobile." Mobile, as in, on wheels. Or, as she liked to think of it, takin' it to the streets. McClish, founder and director of Common Ground Producers and Growers, Inc.,

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## JUNE BIRTHDAYS

- |                         |                     |                        |
|-------------------------|---------------------|------------------------|
| Lee Wallis 6/01         | Gary Freed 6/11     | Joe Eash 6/23          |
| Christene Robinson 6/02 | June Finney 6/12    | Leora Jeffries 6/24    |
| Betty Batten 6/04       | CP Comegys 6/14     | Janice Headgepath 6/26 |
| Valorie Glaser 6/07     | Sandra Cummins 6/15 | Lonnie Stieben 6/28    |
| Larry Nickels 6/10      | Richard Vogel 6/17  | Mike Elliott 6/29      |
| Kenny Hughes 6/11       | Farol McMillan 6/18 | Linda Marshall 6/30    |
| Robert Pugh 6/11        | Tom Hess 6/18       | Paula Soliz 6/30       |
|                         | Jim Kendrick 6/18   |                        |

## UPCOMING EVENTS

### Schedule of Events

- 6/5 Zumba
- 6/12 Zumba
- 6/13 Carry In Lunch
- 6/16 Color Me Mine Trip
- 6/17 Biscuits & Gravy
- 6/19 Zumba
- 6/24 Mobile Farmers Market
- 6/26 Zumba

#### Carry-In-Lunch

Join us for a great lunch made by the best cooks in town. We will have speakers who will present different topics. We ask that everyone brings in a dish to share.

Date: Tuesday, June 13th  
Time: 12:00 noon  
Location: Main room at Center  
Cost: Free

#### Painting Group

Come down and paint with friends. This group of ladies are willing to help beginners. Just stop by and join in the creativity!

Date: Every Monday  
Day: Monday  
Time: 1pm-3pm  
Location: Art & Crafts room  
Cost: Free



#### Tai Chi & Exercise Class

Tai Chi is a Chinese system of slow meditative physical exercise designed for relaxation and balance and health. Come down and enjoy this class which is taught by Lew Kellogg. All ages welcome!



Date: Every Tuesday & Friday  
Time: 8:45 am  
Location: Centers Main Room  
Cost: \$8 per month

#### Blood Pressure Checks

Has your Dr told you to monitor your blood pressure? Do you not have a blood pressure machine at home? Stop by the Center to have your blood pressure checked for free

Date: Every Monday  
Time: 10 am – 12 noon  
Location: Center Main Room  
Cost: Free



#### Morning Coffee

Have you been looking for a place to come have morning coffee and visit with friends? The Center is now offering morning coffee. This is open to everyone. We will have a donation jar out for coffee.

Date: Every Wednesday morning  
Time: 9:00 am—until you are done  
Location: Centers Main Room  
Cost: donations for coffee



#### BIBLE STUDY

Pastor Lyle Hinsdale with the Clearwater Church of Christ leads a bible study that is open to all.

Date: Every Monday  
Location: Craft Room  
Time 9:30 am



#### BIBLE STUDY

Pastor Joe Eash with the Clearwater E-free church leads a bible study that is open to all

Date: Every Thursday  
Location: Craft Room  
Time 10:00 am

#### BYOD

Bring Your Own Device! Bring in your new technology and we can assist you in figuring out or setting things up. We help with laptops, tablets, smart phones, cell phones, digital picture frames, digital cameras, you name it and we can probably help you figure it out and show you how to use it.

Date: Every Thursday except 2nd Thursday  
Location: Pam's office  
Time 9:30 am  
Cost: Free



Summer Summer Summer

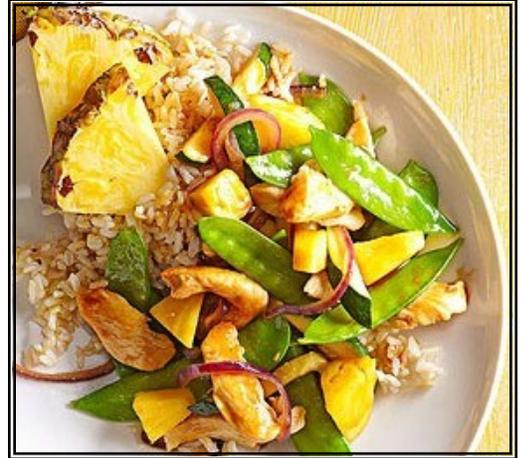
## PINEAPPLE CHICKEN STIR-FRY

### INGREDIENTS:

- 1 medium red onion, halved lengthwise & sliced.
- 4 tsp vegetable oil
- 3/4 cup thin, bite size strips zucchini
- 3/4 cup trimmed fresh pea pods, tips and strings removed
- 2 skinless, boneless chicken breast halves, cut into thin bite-size strips
- 1 cup fresh pineapple cubes
- 3 Tbs bottled stir-fry sauce
- Brown rice (optional)
- Fresh pineapple wedges

### DIRECTIONS:

1. In a wok or large skillet, heat 2 tsp of the oil over medium-high heat. Stir-fry red onion in hot oil for 2 minutes. Add zucchini and pea pods. Stir-fry for 2 minutes more. Remove mixture from wok.
2. Add the remaining 2 tsp oil to hot wok. Add chicken. Stir-fry for 2-3 minutes or until chicken is tender and no longer pink. Return onion mixture to wok. Add pineapple and stir-fry sauce. Cook and stir about 1 minute or until heated through. If desired, serve over brown rice with fresh pineapple wedges.



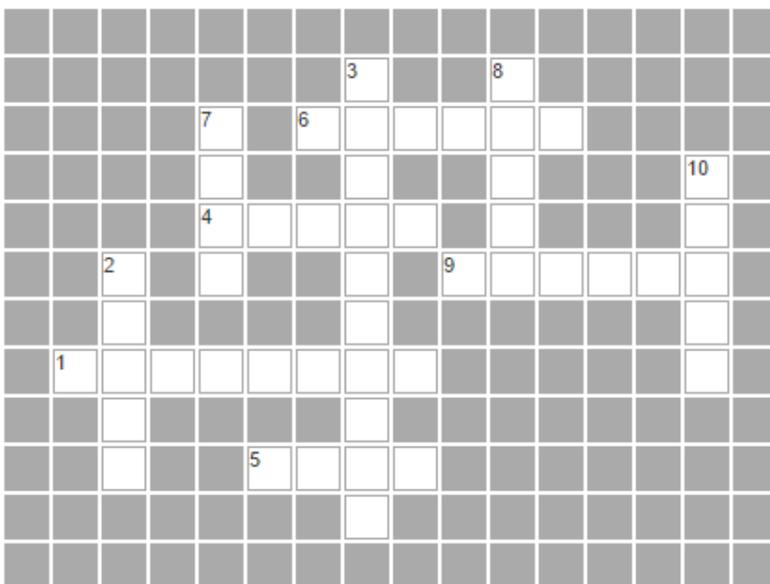
### BITS & PIECES (FROM PAM'S DESK)

#### CATFISH FRY VOLUNTEERS

The Annual Catfish Fry was scheduled to take place in September and we were planning on reaching out to people in this months SCOOP to get volunteers. Unfortunately we had some appliance failure and have lost about 80+ lbs of frozen and packaged Catfish. This is a very crucial part of our Fish Fry and not something that we can afford to purchase. So now our plea is to the public. If you or someone you know is a fisherman.... We need more

fish! Our amazing volunteers who initially caught the fish will be fishing again to try to catch us back up again, but they need some help. If you know someone who may be able to help please have them contact Pamela at 620-584-2332. Once this is done we will need more people to sign up to help work the event. We have Four The Cross scheduled to perform again and it looks like it will be a fun night. Please help us in any way you think you can. Thank you!

**“No act of kindness, no matter how small, is ever wasted.”**  
-Aesop



## *Summer Crossword*

### Across

1. Frozen treat on a stick
4. Flower planted as a bulb
5. Has feathers and flies
6. Has eight legs and spins a web
9. A short, brief rain

### Down

2. Flower on a plant
3. Used to water your lawn
7. It flies and is attached to a string
8. Along the shoreline of an ocean or lake
10. Areas of open space for recreational use

## UPCOMING EVENTS

### Cards & Puzzles

Gather some friends and come out to the Community Center on Wednesdays to play a few card games or work on a puzzle or two. It is much more fun to do these activities with other people. We have the cards and the puzzles. Just bring a friend and come spend some time with others.

Date: Every Wednesday  
 Time: 9:00 am—3:00 pm  
 Location: Centers Main Room



### Pottery Painting Trip

Join us as we take a trip to the “Color Me Mine” pottery barn in Wichita. The studio fee covers all of your tools, colors to paint with, glazing, firing and hands on assistance of the amazing staff. Staff will call you when your piece is ready, 5-7 days after painting!



Date: Friday June 16th  
 Time: 1:30 pm  
 Location: In Wichita (meet here)  
 Cost: \$10 for adults, \$5 for kids 12 and under

### Mobile Farmers Market

The Mobile Farmers Market will be making a stop in Clearwater on the 4th Saturday in June and July. This group will have fresh produce from local farmers and will sell them to the public. Read the article on the main page to learn more about the great program!

Date: Saturday, June 24th  
 Time: 9 am—noon  
 Location: In front of Community Center  
 Cost: prices vary



### Summer Zumba

The fun, upbeat Zumba dance fitness program is back on at the Center. Jennifer Clark will lead the class on Monday nights. Zumba involves dance and aerobic movements performed to energetic music. Open to all.



Date: Mondays  
 Time: 7pm—8pm  
 Location: Main room of Community Center  
 Cost: \$1 per class



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addressed members of the Kansas Farmers Union during their annual state convention held Dec. 7 and 8 in Wichita. The convention's theme, "Helping Communities Help Themselves," focused heavily on the need for individuals, families and communities to work together in the face of an increasingly uncertain future as a new presidential administration takes office. Topics included Managing Change in Turbulent Times, A New Vision for Agriculture, Cultivating Accessible Agriculture, Responding to the Next Farm Crisis, and policy and legislation updates on both state and national levels.

Common Ground Producers was an example of agricultural innovation providing solutions to problems increasingly endemic to urban areas. In McClish's thinking, it was all about connecting the dots. If every question had an answer, then it stood to reason that every problem had a solution. But before she could connect a solution to the problem, she first had to define the scope of the problem, and that wouldn't happen until the problem manifested itself.

Her first order of business was to arrange an interview with Bev Dunning, director of the Sedgwick County Extension Office. The meeting went well even if her questions remained unanswered. Dunning recalled working with McClish's mother during the 1980s teaching sewing classes on the front porch of the farm, so there was a warm connection between them.

Shortly afterward, McClish was on her way to a meeting when her phone started ringing. Friends and family members were asking if she'd seen that morning's newspaper, where an article announced Dunning's retirement after 50 years of service. She hadn't but promised to grab a copy after the meeting.

The calls intensified, only now people were asking about her plans for the farm. Plans? At the first opportunity, she bought a paper and started reading. The first sentence stunned her: "Donna Pearson McClish wants to start a farmers market in Wichita."

"This wasn't even on the drawing board," she said. "It was just an idea we had talked about."

Dunning went on to say that normally she wouldn't have been directly involved in such a meeting but because she had worked with McClish's mother, it was very important to her. McClish found herself tearing up.

And so she had her answer, even if in a most unexpected way.

That first year, 2014, the family was ready for business. The amount of produce they had amassed was matched only by their enthusiasm, and far, far greater than the number of customers that showed up. The response was, frankly, underwhelming.

A few weeks later a friend dropped by.

"We have a problem," her friend said.

The problem had nothing to do with McClish and the Pearson family farm, though directly or indirectly they might provide a solution, her friend said. The problem was Wichita itself, and a growing lack of access to fresh, affordable food and vegetables. Mom and pop grocery stores had closed down, leaving only a scattering of big box stores to fill the gap. When Wal-Mart closed five smaller stores in the inner city, that gap widened. Many residents had to travel miles for groceries, a considerable handicap for people with limited means of transportation, or the elderly. The elderly were particularly affected by the loss. Nationally, the trend had left more than five million citizens aged 60 or older facing hunger. And while retailers like Dollar General and Family Dollar and others had trickled in, their food items were packaged in cans or boxes or flash frozen in the freezer section.

That hollowing out of the inner city wasn't peculiar to Wichita, her friend said, but was taking place all across America. There was even a term for it—a food desert—and Wichita had 44 square miles of it.

Her friend, a coordinator for a senior citizen high rise facility, asked if she could deliver fresh produce to the center. By doing so, it would solve problems for both the residents and McClish. A supplemental food assistance program for residents aged 60 and older left them trapped in a virtual Catch 22, she explained. Though they were provided vouchers to use at farmers markets, they had neither transportation nor a farmers market. Pearson farm, on the other hand, had produce that it needed to sell.

McClish didn't hesitate. Since customers weren't coming to the farm, the farm would go to the customers. And so Common Ground Producers and Growers was born.

She and her grandson piled as much as they could squeeze into a 2000 Honda van and hit the road. By the time they



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arrived, residents were lined up waiting for them. The produce was an instant hit, and the deliveries so successful that the Sedgwick County Department on Aging asked if they would deliver to all of the facilities.

“Seniors are an overlooked population,” McClish said. “In the food desert areas they have limited resources and limited transportation, so the senior residents of Wichita became our target audience.”

In 2014, Common Ground served 11 senior centers and residences. The following year that number increased to 16, and in 2016 they expanded to 23 centers. They deliver twice monthly on a rotating schedule that includes the towns of Haysville, Derby, Eldorado, Augusta, Andover and Wichita. Currently they serve a total of 1,239 senior citizens and other community customers, she said. At each delivery site, tables are set out with ample room for residents with wheelchairs and walkers. For their part, the residents are delighted to be able to pick their own produce, even if they don’t always know what to do with it. McClish discovered early on that people had a lot of questions about fresh produce, such as how to take care of it, how to cook it, can it be frozen, what recipes would they recommend, and she knew that they had to be prepared to answer their questions. The Sedgwick County Department on Aging is now working with some of the centers to provide on-site cooking classes, and Common Ground supplies recipes. For the rest, McClish has to be the resident expert on cooking.

“We learned that I’m going to have to know how to cook all this stuff,” she said. “So the other day, I cooked acorn squash. I hadn’t cooked it before and they kept asking me about it, so I tried it. Delicious. Delicious.”

One resident suggested that instead of telling them how to cook the produce, she should cook it herself and deliver it ready for consumption. “I told her I’m not going to start that,” she said.

Pricing has to be kept to a manageable level because they can’t sell at regular farmers market prices. “Ours is not a bottom-line system, ours is a if-you-need-food, we-can-provide-food-for-you system,” McClish said. “Our motto is, all are fed and no one is hungry. We don’t turn anyone away. We take all forms of payment, but if they don’t have any money, they get fed anyway. We’ll even barter.”

Doing that requires a network of community growers, which in turn sells their surplus produce to Common Ground. In order to keep up with demand, the company intends to increase that network as they reach out to several new communities next year.

“What is happening just thrills my heart,” McClish said. “Everyone is benefitting on both ends. The growers are making extra income during the growing season, and the seniors are getting fresh produce at a reduced cost.”

Purchasing additional delivery vans, delivering year round and adding staff are also goals they’re exploring. “My grandson and I have done a good job holding it down, but there comes a time when you can’t do everything,” she said.

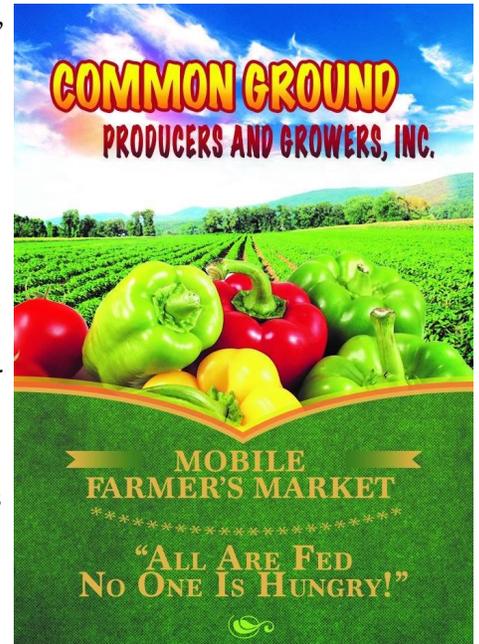
Getting people to take control of their food by teaching them how to cook and prepare it as well as to store it continues to be a major emphasis. “We are preparing people for winter,” McClish said. “More and more people need food, and we need to tackle these issues now and be prepared for what’s coming ahead.” she said.

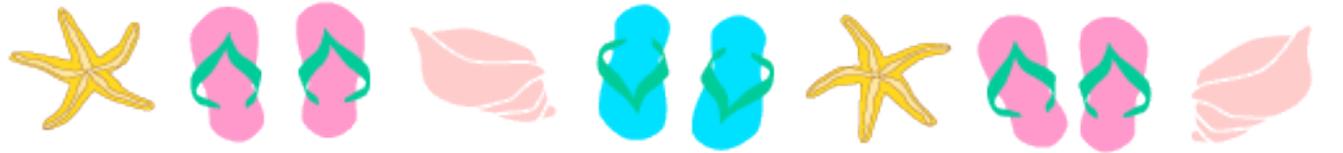
McClish’s mother tried to instill the same concept into the community back in the 1980s, she recalled. “All the time, over and over, my mother used to ask, what are we going to do when we don’t have grocery stores to go to? And guess what, in my lifetime I have seen that take place,” she said. “This legacy my mother and father left us is a lot of hard work, a lot of due diligence, but we are on the cutting edge of meeting the needs of people in a food desert and food insecurity area. I say like we’ve never meant it before, we can do it. I think we can get together and we can get it done.”

For every question, an answer.

The Kansas Farmers Union is the state’s oldest active general farm organization working to protect and enhance the economic interests and quality of life for family farmers, ranchers and rural communities. Sponsors for the convention included Midwest Regional Agency, Farmers Union Insurance and the Kansas Center for Sustainable Agriculture and Alternative Crops.

**Common Ground Producers and Growers will be in Clearwater at the Clearwater Community Center on Saturday, June 24th from 9am to noon as well as July 22nd from 9am to noon. This is open to the public. They accept cash, checks, credit cards, as well as vouchers and Vision card.**





May Carry In Lunch 5-9-2017

After Pam greeted everyone and stated that there were no May birthdays present, Marlene led the Flag Salute, National Anthem, and blessing of the meal. Then later 2 birthday ladies arrived, Laura Papish and Mary Stafford. Happy Birthday ladies!

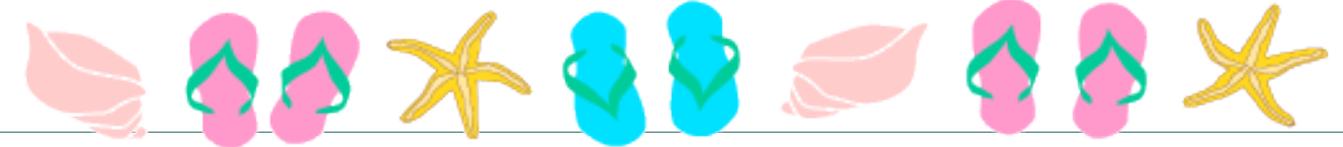
Courtney, City Clerk for Clearwater gave the presentation of the "Light Up Clearwater" project. The City will be working with the County in the 100 block of E Ross as the street and sidewalks will be updated in a move to have a more attractive design. Some of the changes will include 8 new street lights, 13 decorative trees, 6 benches, 4 decorative trash receptacles, bike racks, and flower beds. The flag pole that is now in front of the City building will be moved out into the configuration. The City will be responsible for the maintenance of this. This project will be done with no tax increase. There has already been monies donated to the program but the public can also make donations. Donations over \$200 will go through the Clearwater Foundation. For all other donations please drop off with the City. The project is scheduled to begin in June and hopefully be completed by Fall Festival in September 2017. Lonnie Stieben & Cathleen Smothers were present to answer questions pertaining to the project as well.

Courtney & Lonnie answered questions regarding the Chisholm Trail 150 celebrations. The scheduled time is to be around Fall Festival. There will be several activities with the parade and tent performances. Announcements: 5/20 Biscuits & Gravy, 5/12 Hearing Evaluations, 5/15 Foot Care clinic

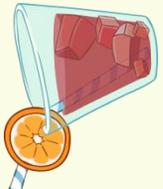
Pottery painting class in June

To go along with the beautification of downtown, Marlene based the trivia game on beauty also. The following were some answers of the ABC's of beauty around us. A-air, B-birds, C-clouds, D-dogs, E-eagle, F-friends, G-gardens, H-homes, I-iris, J-jaybird, K-kites, L-lightening, M-morning, N-night, O-old people, Q-quartz, R-roses, S-stars, T-tulips, U-unity, V-violets, W=wooden fences, X-crossing signs, Y-yards, Z-zennia.

Marlene Parret,  
Secretary



# June 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				<b>1</b> BYOD 9am Bible Study (E-free) 10am AA 7pm-9pm	<b>2</b> Tai Chi 8:45 am Exercise 10:00 am	<b>3</b>
<b>4</b> 	<b>5</b> Blood pressure ✓ 10am-12 Bible Study (COC) 9:30 a Painting 1pm-3pm Summer Zumba 7pm	<b>6</b> Tai Chi 8:45 am Exercise 10 am AA/Al Anon 7pm-9pm	<b>7</b> Morning Coffee 9am Cards & Puzzles 9am – 3pm	<b>8</b> Bible Study (E-free) 10am AA 7pm-9pm	<b>9</b> Tai Chi 8:45 am Exercise 10:00 am	<b>10</b>
<b>11</b> 	<b>12</b> Blood pressure ✓ 10am-12 Bible Study (COC) 9:30 a Painting 1pm-3pm Summer Zumba 7pm	<b>13</b> Tai Chi 8:45 am Exercise 10:00 am <b>Carry In Lunch noon</b> AA/Al Anon 7-9 pm	<b>14</b> Morning Coffee 9am Cards & Puzzles 9am – 3pm	<b>15</b> BYOD 9am Bible Study (E-free) 10am AA 7pm-9pm	<b>16</b> Tai Chi 8:45 am Exercise 10:00 am Color Me Mine Trip 1:30 p (Pottery Painting) call for reservations.	<b>17</b> Biscuits & Gravy 7am – 10 am
<b>18</b> 	<b>19</b> Blood pressure ✓ 10am-12 Bible Study (COC) 9:30 a Painting 1pm-3pm Summer Zumba 7pm	<b>20</b> Tai Chi 8:45 am Exercise 10 am AA/Al Anon 7pm-9pm	<b>21</b> Morning Coffee 9am Cards & Puzzles 9am – 3pm	<b>22</b> BYOD 9am Bible Study (E-free) 10am AA 7pm-9pm	<b>23</b> Tai Chi 8:45 am Exercise 10:00 am	<b>24</b> Mobile Farmers Market 9am - noon
<b>25</b> 	<b>26</b> Blood pressure ✓ 10am-12 Bible Study (COC) 9:30 a Painting 1pm-3pm Summer Zumba 7pm	<b>27</b> Tai Chi 8:45 am Exercise 10 am AA/Al Anon 7pm-9pm	<b>28</b> Morning Coffee 9am Cards & Puzzles 9am – 3pm	<b>29</b> BYOD 9am Bible Study (E-free) 10am AA 7pm-9pm	<b>30</b> Tai Chi 8:45 am Exercise 10:00 am	

June 2017

AGING PROJECTS, INC.

MEALS ON WHEELS/FRIENDSHIP MEALS

22 - SERVING DAYS

Mon	Tue	Wed	Thu	Fri
Birthday Day - June 8 Choice Days - June 1 and June 22 Circled Days - meals that freeze well				
5 Beef outlet with Spanish sauce over Rice 1/2c Cooked cabbage 1/2c Stewed apples 1/2c Bread Milk	6 Egg salad 1/2c sandwich Spilt pea soup 1/2c Mixed greens salad 1/2c Salad dressing 1oz Spiced peaches 1/2c Crackers - 2 Bun Milk	7 Taco salad 1c (lettuce/tomato/corn chips) Salsa Pickled beets 1/2c Banana Cinnamon roll Milk	8 Oven fried chicken Potato salad 1/2c Green beans 1/2c Mixed fruit 1/2c Chocolate cake Wheat roll Milk	9 Ham & beans 1c Potatoes & onions 1/2c Tomato slices 1/2c Plums 1/2c Cornbread Milk
12 Tuna salad 1/2c sandwich Three bean salad 1/2c Apple juice 1/2c Strawberries Brownie Bun Milk	13 Baked chicken Cauliflower 1/2c Green lentil salad 1/2c Apricots 1/2c Wheat roll Milk	14 Meatloaf 3oz Mashed potatoes 1/2c/Gravy Parslled carrots 1/2c Applesauce 1/2c Bread Milk	15 Easy chicken & broccoli pie 1c Pickled beets 1/2c Mandarin oranges 1/2c Oatmeal cookie Milk	16 BBQ pork 3oz on a Bun Oven brown potatoes 1/2c Cole slaw 1/2c Mixed fruit 1/2c Lemon bar Milk
19 Swedish ham balls 3oz Sweet potatoes 1/2c Calico salad 1/2c Pineapple 1/2c Sweet muffin Milk	20 Salmon patty 3oz Creamed peas 1/2c Cuke & onion salad 1/2c Strawberries 1/2c Bread Milk	21 Chicken chef salad 1c (lettuce & tomato) Salad dressing 1oz Mandarin oranges 1/2c Bread pudding 1/2c Bread stick Milk	22 Liver & onions OR Salisbury steak Mashed potatoes 1/2c/gravy Mixed vegetables 1/2c Apricots 1/2c Wheat roll Milk	23 Chicken salad sand. 1/2c Mixed green salad 1/2c Salad dressing 1oz Sliced tomatoes 1/2c Blushing pears 1/2c Fruit crisp 1/2c Bun Milk
26 Chicken fried steak 3oz Mashed potatoes 1/2c with Cream gravy Green beans 1/2c Mixed fruit 1/2c Roll Milk	27 Turkey 3oz with gravy Cooked cabbage blend 1/2c Sliced tom. 1/2c Pineapple 1/2c Wheat roll Milk Gingersnap cookie	28 Pork tips 3oz over Rice 1/2c Milk Combination salad 1/2c Salad dressing 1oz Mandarin oranges 1/2c Carrot cake Bread	29 Mexican lasagna 1c Lima beans 1.2c Carrot raisin salad 1/2c Apple juice 1/2c Gelatin 1/2c Milk	30 Creamed chicken 1/2c over a Biscuit Broccoli 1/2c Beets 1/2c Apricots 1/2c Milk

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### **Clearwater Community Center**

#### **Mission Statement:**

To provide services and programs for people of all ages, that promote their well being, support their independence and encourage their involvement in community life.

#### **Staff**

### **Clearwater Community Center**

Pamela Riggs, Director  
Farol McMillan Administrative Assistant  
Marlene Parret Assistant

### **Advisory Committee Members**

Terry Sullivan - Chairperson  
Joan Fleming - Co-Chair  
Barbara Hufford – Member at Large  
James Charles - Member at Large  
Marlene Hand - Member at Large