



# THE SCOOP

*December 2008*



## Clearwater Senior and Community Center

921 Janet Avenue  
Clearwater, Kansas 67026  
620.584.2332

## **'Center Updates'**

The Center has been fortunate to have Bill Hammers and his Southwind Ramblers come for the second time this year! The group plays a variety of Country/Western, Blue Grass and Gospel songs. I didn't see anyone that wasn't toe-tapping or moving with the beat. You really missed out on some very fine music if you didn't attend. If Sunday afternoon isn't a good time for you to attend activities here, please let us know. If we're not informed, we can't make changes to increase your participation.

We want to welcome **MARLENE HAND** to the Center's Advisory Board. She is replacing Judy Armstrong, who got her house sold and closed and has moved on to Arizona to be with her husband, Bernie. She did a wonderful job for us on the board and will be missed. **MARLENE** will also be a big help to the board as she has lived in or near Clearwater all her life. Please make her feel welcome when you see her!

So far this year we have taken in over \$2,000.00 from the R.S.V.P. program. This is just a fraction of what we could make on this program. It's possible that we could make up to \$22,000.00 a year. To work toward that goal, we really need to get as many drivers as possible to sign up and fill out the paper work for all trips. All trips to a doctor's office, grocery store, hair salon, etc, count as a trip for which the Center makes \$7.00 per trip. It was noted in last month's "Scoop" that we would have drivers to get folks to the voting site. There were NO takers. If you need someone to drive you, please call the Center, 584-2332.

We had a VERY GOOD turnout for the monthly 'carry-in dinner'. Becky Zook, from the Clearwater Recreation Center, spoke briefly on the activities offered by the Rec Center. She then led the diners in several sitting exercises. When Becky finished her presentation, June Finney spoke to the group of several upcoming events to end a successful 2008 and begin 2009 with enthusiasm.

**LOUIS KELLOGG** and **DAVID CREWS** were two of the five veterans from this area who left on Nov. 11 for Washington D.C. where they were involved with programs to honor World War II veterans—and to see the memorial built to honor them. All of the men are true heroes! But we must NOT overlook all the men and women back here at home who did a fantastic job doing their part in supporting our troops in the war effort. It is truly amazing what the American people can do when united—even when losing loved ones.

Webster's Collegiate Dictionary defines the word **SUPPORT** as: "to endure bravely, to uphold or defend as valid or right, vote for, assist, or help." I want to thank everyone for his or her support while I have been gone. Everything seems to be going really good and I can hardly wait to get back to work. It seems that everyone has stepped up, and the "Center" is moving along smoothly. A big **THANK YOU** is due to each one of you. I really appreciate your efforts. Keep up the good work and let's finish the year with a very good report to the Department on Aging.

(Carl Shaffer compiled the above while he was waiting to come back to work. Monday, Nov., 17 was his first full day back.) rmf

### Christmas Jokes - Laugh or Cry

As Carl read through the information for this month's Scoop, he asked, "How come you never hear anything about the 10<sup>th</sup> reindeer, Olive?"

"Olive?" I asked, not understanding his question.

"Yeah," he replied, "You know, Olive, the other reindeer, used to laugh and call him names."

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Question: Why is Christmas just like a day at the office?

Answer: You do all the work and the fat guy with the suit gets all the credit.

## ***BRAIN TEASERS***

\*The same five letters, if rearranged, will make two different words to fill the blanks in the following sentence: Those who wish to be good -----, it is said, must have excellent memories, otherwise their stories run off the -----.

\*\*I have 100 legs but cannot stand, a long neck but no head, and I eat the maid's good humor. What am I?  
\*\*\*What runs but never walks, has a mouth and never talks, has a bed but never sleeps, has a body and never leaps?

## ***WORD***

### ***SCRAMBLE***

Unscramble the letters to form a word associated with Christmas. – *from bank bus trip to Iola, Dec., 2007.*

Lacsor, Aritsshem  
Nsamnwo, Oenggg  
Earhwt, Siktnocg  
Tisghl, Ileesmtot  
Dpohlru, Lohly  
Glean, Shgile  
Rsptnsee, Atsna  
Edneriree, Mcdbdreee  
Litens, Flwonkase  
Lvsee, Tars

### ***Famous Folks Born on Christmas Day***

Humphrey Bogart, Jimmy Buffett, Cab Calloway, Rod Serling, Sissy Spacek, Robert (Believe it or Not) Ripley, Sir Isaac Newton.

## **DECEMBER EVENTS!! WILL YOU JOIN US?**

**Dec. 2** – A trip to Wyldewood Cellars Winery is planned. We'll be traveling in cars. So if you would be able to drive, let us know. If you wish to ride let us know. Call the Center, 584-2332 to get your name added. We can see how wine is made, tour the facility and have the opportunity to taste their product. We plan to leave the Center at 10:30 AM.

**Dec. 6**- We plan to go by bus to the Henry Candy Factory in Dexter. The bus will leave the Center at 8:00 AM. Sign up as soon as possible or call 584-2332 to get your name added to the list. Cost to you will be what candy you purchase and your lunch in Winfield.

**Dec. 6**- Saturday night is the Jam Session! We set up 36 chairs for the audience and hope we need to set up more. If you have an instrument bring it along and join the group to play some good old country music!

**Dec. 9**- The Carry-In dinner is a 12 noon. The program will be by a couple from Wichita who will talk about support for care-giving. They also have some good advice to share with us.

**Dec. 12**-The 'cards and games' has been changed from 5 to 9PM to 1 to 5 PM. Entertainment on this day is Ruby Fisher who will bring some Christmas songs.

**Dec. 17**- The bus will be leaving the Center at 6:30PM to go tour Christmas lights. If you wish to be a part of the group, please sign the list in the Center or call to have your name added – 584-2332.

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**Every Wednesday Night For A Year-** The Center has been rented by the Ark Church of Maize. They bring a bus to the Center at 5:30 PM to pick up teens to take them back to the church for the evening, then bring them back at 9:30 to be picked up by their parents.

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**Answers to the Christmas Songs:** 1. Joy To The World, 2. Walking In A Winter Wonderland, 3. What Child Is This, 4. I Saw Three Ships A Sailing, 5. The Christmas Song (Chestnuts Roasting...), 6. Jingle Bells, 7. Silent Night, 8. We Three Kings, 9. O Holy Night, 10. I'm Dreaming Of A White Christmas, 11. Away In A Manger, 12. Deck The Halls, 13. Let It Snow, Let It Snow, Let It Snow, 14. I Saw Mommy Kissin' Santa Claus, 15. O, Christmas Tree.

### ***December Days in History***

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**Dec 1, 1955**- Rosa Parks was jailed in Montgomery, AL. **Dec, 7, 1941**- Japan bombed Pearl Harbor. **Dec. 16, 1773**- The Boston Tea Party. **Dec. 18, 1787**- New Jersey became the 3<sup>rd</sup> state.



**DEC. BIRTHDAYS**

- Dec. 1- Roger Tjaden  
Valeri Blackburn
- Dec. 2- Greg York  
Steve Charles
- Dec. 3- Ronda Dunn  
Townsend  
Carol Williamson
- Dec. 4- Wesley Wilbur
- Dec. 9- Donna Whitney
- Dec. 10- Steve Yost  
Jennifer Lindsay Suttles
- Dec. 13- Alvin Hoelscher  
George Rudy
- Dec. 14- Penny Johnson
- Dec. 15- Page M. House
- Dec. 17- Janet Merine  
Wayne Berntsen
- Dec. 20- Ardena Matlack  
Steve Cotton
- Dec. 25- Dennis Johnson
- Dec. 30- Elsie Wortham  
Loretta York



**DEC. ANNIVERSARIES**

- Dec. 7- M&M Steve  
Cotton
- Dec. 12- M&M John  
McMillen
- Dec. 18- M&M Tom Castor
- Dec. 21- M&M Brian  
Hartman
- Dec. 27- M&M Paul Clark
- Dec. 30- M&M Jack Bates  
M&M Gary Woods



**Scrap Booking**

I am interested in starting a Scrap Booking class after the first of the year. If you are interested in participating please call me, TERESA RATCLIFF at 620-584-2616 for further details. I would like a meeting ASAP to decide how many are interested and etc. The classes would probably be in the afternoon at the Community Center in Clearwater.

**COUNT YOUR BLESSINGS**

- Count your blessings instead of your crosses;
- Count your gains instead of your losses.
- Count your joys instead of your woes;
- Count your friends instead of your foes.

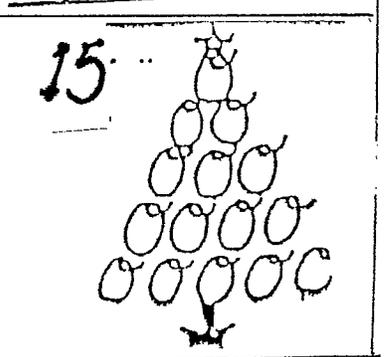
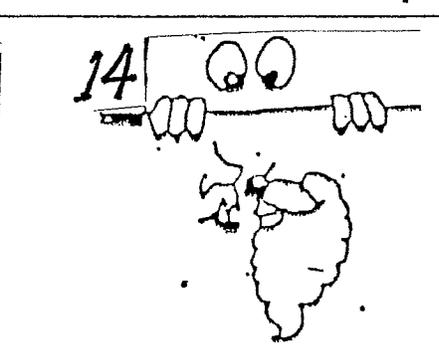
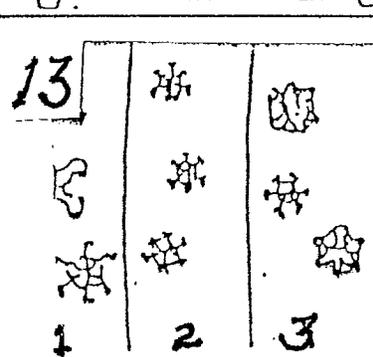
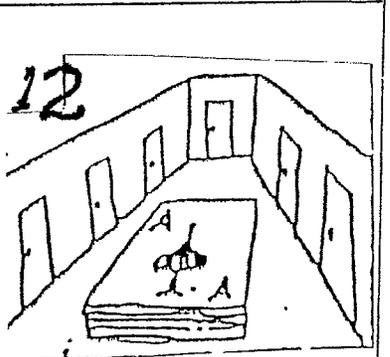
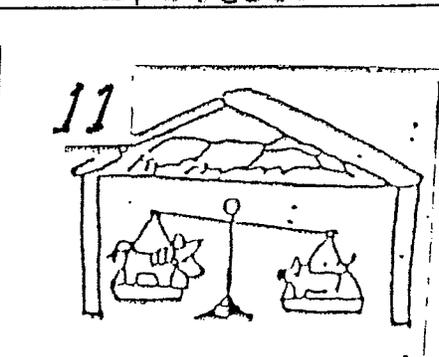
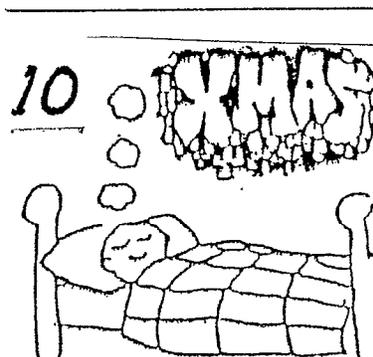
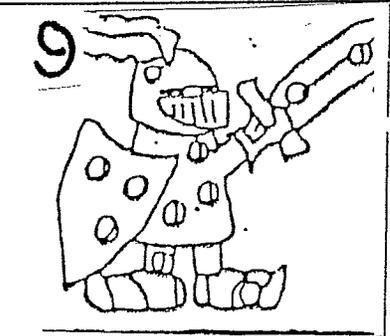
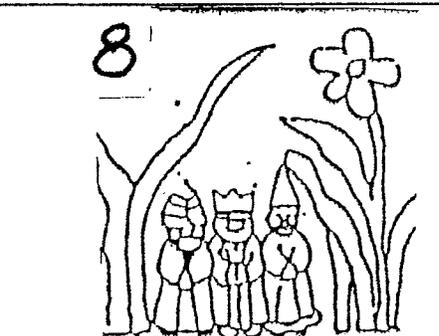
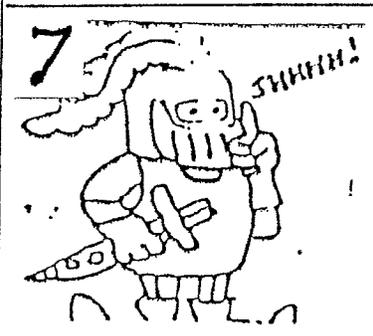
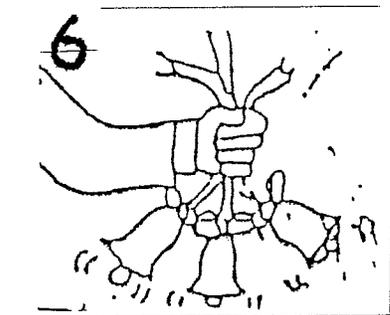
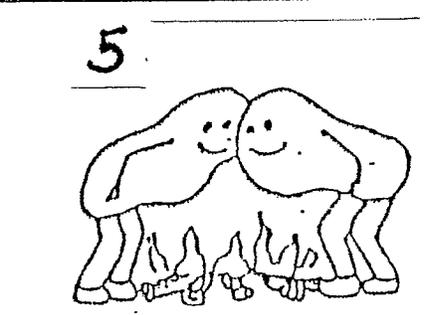
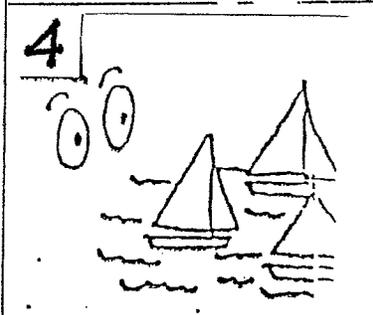
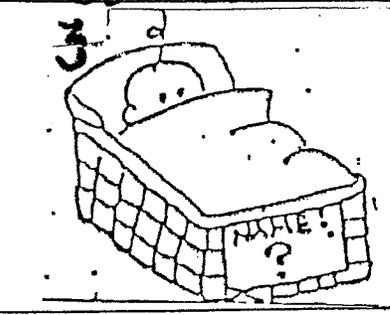
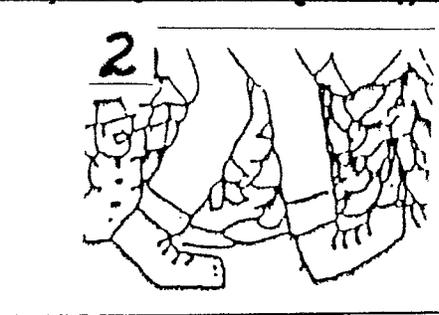
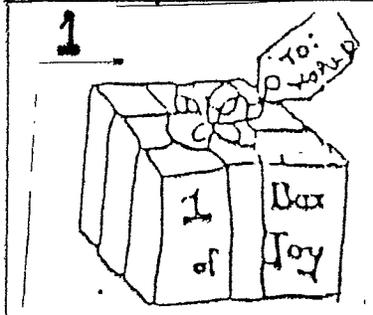
- Count your smiles instead of your tears;
- Count your courage instead of your fears.
- Count your full years instead of your lean;
- Count your kind deeds instead of your mean.
- Count your health instead of your wealth;
- Count on God instead of yourself.

--Anonymous

**WORD GAME**

- Arbitrator: A cook that leaves Arby's to work at McDonalds
- Avoidable: What a bullfighter tries to do
- Bernadette: The act of torching a mortgage
- Burglarize: What a crook sees with
- Control: A short, ugly inmate
- Counterfeiters: Workers who put together kitchen cabinets
- Eclipse: What an English barber does for a living
- Eyedropper: A clumsy ophthalmologist
- Heroes: What a guy in a boat does
- Left Bank: What the robber did when his bag was full of money
- Misty: How golfers create divots
- Paradox: Two physicians
- Parasites: What you see from the top of the Eiffel Tower
- Pharmacist: A helper on the farm
- Polarize: What penguins see with
- Primate: Removing your spouse from in front of the TV
- Relief: What trees do in the spring
- Rubberneck: What you do to relax your wife.
- Selfish: What the owner of a seafood store does
- Sudafed: Brought litigation against a government official

# CAN YOU NAME THESE CHRISTMAS SONGS?



## THINGS YOU MIGHT HAVE FORGOTTEN

A CALLING COMMITTEE provides reminders of coming event at the Center. If you aren't getting a call, call the center, 584-2332, and your name will be added to the list. *More volunteers are needed to help.* If you can dial the numbers and can talk, you can help.

### WELLNESS CALLING

Callers check on shut-ins, folks living alone, and non-drivers. Each of us may be included in the above categories. We'd welcome the call, even if it was just to tell the caller that we feel fine and have no problems. More volunteers are needed to begin this program. "The life you save could be your Best Friend."

BOTH LARGE AND SMALL PRINT BOOKS are in the Center Library: non-fiction, novels, mysteries, science fiction, romance, historical romance, and western. Something for everyone! "Be careful about reading health books. You may die of a misprint."-- Mark Twain

PHYSICAL AIDS are on loan at no cost to the borrower: canes, walkers, wheel chairs, etc. Call the Center: 584-2332  
"We could certainly slow the aging process down if it had to work its way through Congress." -- Will Rogers

"THE SCOOP" can be found on the 'city's' website or sent to you e-mail if the Center has your e-mail address. Upcoming events can be seen on Cable Channel 2

MANY PROGRAMS NEED A SET NUMBER to continue at the Center. The old saying, "If you don't use it, you lose it." Applies.

Can You Help As A VOLUNTEER??????  
584-2332~~584-2332~~584-2332~~584-2332  
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### ANSWER TO BRAIN TEASERS

1, Liars & Rails—2. A Broom—3. A River

### ANSWER TO WORD SCRAMBLE

carols, 2. Christmas, 3. snowman, 4. egg nog, 5. wreath, 6. stocking, 7. lights, 8. mistletoe, 9. Rudolph, 10. holly, 11. angel, 12. sleigh, 13. present, 14. Santa, 15. reindeer, 16. December, 17. silent/listen, 18. snowflake, 19. elves, 20. star  
~~~~~

## WHAT I WANT EVERY CHRISTMAS

By Kimberly L. Keith

How many times do we say it to children? "What do you want for Christmas?" For kids, Christmas is magical; and I wouldn't have it any other way. But as a parent, what I want for Christmas can't be found in a beautiful box. The celebration of Christmas symbolizes three guiding principles that I insist on during the holiday season.

*Christmas should be a time of rest from the cares, anxieties, and sorrows of this world.* I have a Mary Englebreit ornament that says 'You better not pout.' I hang it in my car to remind me that if I'm not feeling joyful, then I need to change what I'm doing or change my attitude. *Christmas should be a time to enjoy the love we give to the people in our lives, and be blessed by their love in return.* For my family and friends this means gathering for a meal with lots of laughter and catching up on each other's lives. With family, it's Christmas breakfast and a lazy day of playing new games and trying new toys. With friends, it's a girl dinner with great wine and better food (and the best gossip). *Gift giving at Christmas is a celebration of the real gift of Christmas, the Prince of Peace, Jesus.* You can feel it on the still, cold nights that come at Christmas time -- the stars in the black sky and the calm in the air. We have a God who loves us and protects us with His real presence. I sigh with joy as I'm reminded of the greatest gift at Christmas. Then, I go inside and joyfully check my Christmas list for each child, my family and friends; and with anticipation of another wonderful Christmas, ask my child, "What do you want for Christmas?"

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*Kimberly is a licensed professional counselor specializing in work with parents and children. In her work with families referred for abuse and neglect, she provided intensive family preservation services and parenting skills training. Kimberly performs psycho/educational assessment of children with learning and other disabilities in school systems. She is an instructor of social work and advocate for children and families.*

### Education:

*Kimberly holds a Bachelor's degree in Psychology from The University of Texas at Dallas and a Master's degree in Agency Counseling from Southern Arkansas University.*

## A MOST MEMORABLE CHRISTMAS



It was the last day of school in Miss Eddington's third grade class. We'd had our Christmas party with a gift exchange, and we were all excited to be out of school for two whole weeks for Christmas Vacation. The excitement lasted until I got home.

Arriving home I found that our house had been quarantined as Dad had been diagnosed as having scarlet fever. That meant that we couldn't go caroling with the Church group, couldn't visit with any of the neighborhood kids, couldn't go to the grocery store, couldn't go see Santa Claus when he came to our main street, couldn't have company. We were on our own little island right in the middle of Clearwater, Kansas.

Dad was really sick and we all took turns doing what we could to help him. Mom had her hands full with a sick husband and five kids who were not real happy at the turn of events. Mom would tell one of the neighbors what groceries we needed, then someone would deliver them to us, putting them on the back porch. We took turns helping Dad to eat, drink, read the paper (even rolled his cigarettes for him when he started feeling better.)

Mom told us that since we were quarantined, Santa would be afraid to stop at our house so we should make presents for each other. She showed us how to put together puzzles, make rubber guns and clothespin dolls. We even made many of the decorations for the Christmas tree that Mr. Horsburg said he'd find for us.

Christmas morning came to our house, and what a surprise it was. In the middle of our round oak table was a Christmas tree, all decorated, surrounded with gifts of all kinds for each of us, boxes of groceries, and below, on the floor, were more boxes and wrapped packages. In addition to that, we had a cooked turkey and all the fixings, including several kinds of pies and cakes.

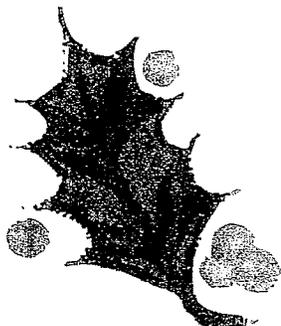
At the time, I thought that Santa had been allowed to come to our house after all. Later I learned that the people of Clearwater had united to help our family have a good Christmas – the churches, the clubs, the business community, and individuals working together to make that Christmas, a most memorable one for my family and me.

Ruby Freeman Fisher



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*May the joy they knew that Silent Night  
Upon the Christ child's birth  
Continue through the years to bring  
Good Will and Peace On Earth*



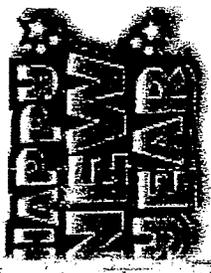
# December 2008

| Sunday | Monday                                        | Tuesday                                                                                                   | Wednesday                                | Thursday                                                           | Friday                                                                       | Saturday                                                  |
|--------|-----------------------------------------------|-----------------------------------------------------------------------------------------------------------|------------------------------------------|--------------------------------------------------------------------|------------------------------------------------------------------------------|-----------------------------------------------------------|
|        | 1<br>9AM-Painting                             | 2<br>10AM-Exercise<br>10AM-Crafts<br>11AM-Trip to The Winery, Mulvane<br>12:30PM-Pitch<br>7PM- AA Meeting | 3<br>5:30 to 6:30PM--<br>The Ark Church  | 4<br>10AM- Crafts<br>10AM- Planning Committee Meet<br>7PM- AA Meet | 5<br>10AM-Exercise<br>1 to 5 PM---<br>Cards & Games                          | 6<br>8:30AM- Leave for Dexter Candies<br>7PM- Jam Session |
| 7      | 8<br>9AM-Painting                             | 9<br>10AM-Exercise<br>10AM-Crafts<br>12 Noon- Carry In Lunch<br>7PM- AA Meeting                           | 10<br>5:30 to 6:30PM--<br>The Ark Church | 11<br>10AM- Crafts<br>7PM- AA Meet                                 | 12<br>10AM-Exercise<br>1 to 5 PM---<br>Cards & Games                         | 13<br>11:30AM to 2 PM<br>Building Rented                  |
| 14     | 15<br>9AM-Painting<br>12 Noon- Advisory Board | 16<br>10AM-Exercise<br>10AM-Crafts<br>1PM-Bridge Club<br>7PM- AA Meeting                                  | 17<br>5:30 to 6:30PM--<br>The Ark Church | 18<br>10AM- Crafts<br>7PM- AA Meet                                 | 19<br>10AM-Exercise<br>11:30AM--Angel Home Health<br>11:30 AM- Shamrock Club | 20<br>7 to 10 AM---<br>Biscuits & Gravy                   |
| 21     | 22<br>9AM-Painting                            | 23<br>10AM-Exercise<br>10AM-Crafts<br>12:30PM-Pitch<br>7PM- AA Meeting                                    | 24<br>5:30 to 6:30PM--<br>The Ark Church | 25<br>CHRISTMAS<br>7PM- AA Meet                                    | 26                                                                           | 27<br>4 to 9 PM---<br>Building rented                     |
| 28     | 29<br>9AM-Painting                            | 30<br>10AM-Exercise<br>10AM-Crafts<br>7PM- AA Meeting                                                     | 31<br>5:30 to 6:30PM--<br>The Ark Church |                                                                    |                                                                              |                                                           |

GOOD NEIGHBOR NUTRITION PROGRAM 219-4020)

GNP MENU (menu is subject to change)

DECEMBER 2008

| MONDAY                                                                                                                                                   | TUESDAY                                                                                                                                                            | WEDNESDAY                                                                                                                                            | THURSDAY                                                                                                                                                           | FRIDAY                                                                                                                    |
|----------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------|
| BEEF & MACARONI<br>BROCCOLI<br>APRICOT MIX<br>VANILLA PUDDING<br>WHOLE WHEAT BREAD<br>25 Gm Fat<br>752 Calories<br>784 mg Sodium                         | CHICKEN FAJITA<br>RED BEANS & ONIONS<br>ROSY APPLESAUCE<br>17 Gm Fat<br>655 Calories<br>987 mg Sodium                                                              | CHEESEBURGER ON BUN<br>GREEN BEANS<br>MANDARIN ORANGES<br>SUGAR COOKIES<br>25 Gm Fat<br>664 Calories<br>696 mg Sodium                                | ● HAM SLAF WITH CREAM GRAVY<br>MASHED POTATOES<br>LOOSE LAF SALAD w/DRSG<br>FRUIT CRACKTAIL<br>WHOLE WHEAT BREAD<br>21 Gm Fat<br>57 Calories<br>5 mg Sodium        | BEEF MINESTRONE SOUP<br>BAKED POTATO<br>CHERRY CRISP<br>SALTINES<br>29 Gm Fat<br>956 Calories<br>674 mg Sodium            |
| BEEF AND CABBAGE HASH<br>SPINACH<br>APRICOT JELLO SALAD<br>WHOLE WHEAT BREAD<br>22 Gm Fat<br>767 Calories<br>1011 mg Sodium                              | PEPPER STRIP STEAK<br>MASHED POTATOES<br>COMBINATION SALAD w/DRDG<br>SUGAR & SPICE APPLE SLICES<br>WHOLE WHEAT BREAD<br>26 Gm Fat<br>685 Calories<br>840 mg Sodium | ● PORK PATTIE SANDWICHES<br>SWEET POTATOES<br>RANCH BROCCOLI SALAD<br>FRESH BANANA<br>31 Gm Fat<br>810 Calories<br>1201 mg Sodium                    | ● APPLE WALNUT TURKEY SALAD<br>ON WHOLE WHEAT BREAD<br>PEA LETTUCE SALAD<br>TROPICAL MIXED FRUIT<br>OATMEAL COOKIES<br>20 Gm Fat<br>662 Calories<br>1098 mg Sodium | ● HARVEST PORK STEW<br>GREEN BEANS<br>APPLESAUCE<br>BANANA CAKE<br>BISCUIT<br>39 Gm Fat<br>974 Calories<br>1073 mg Sodium |
| TUNA PASTA CASSEROLE<br>CALIFORNIA VEGETABLES<br>HARVEST FRUIT MIX<br>TAPIOCA PUDDING<br>WHOLE WHEAT BREAD<br>17 Gm Fat<br>675 Calories<br>994 mg Sodium | TACO SALAD<br>PEAS<br>FRESH ORANGE<br>28 Gm Fat<br>651 Calories<br>795 mg Sodium                                                                                   | BBQ CHICKEN ON BUN<br>DICED CARROTS<br>MACARONI SALAD<br>PINEAPPLE & STRAWBERRIES<br>20 Gm Fat<br>714 Calories<br>628 mg Sodium                      | CRANBERRY MEATBALL<br>MASHED POTATOES<br>SPINACH SALAD w/DRSG<br>PEARS<br>WHOLE WHEAT BREAD<br>24 Gm Fat<br>33 Calories<br>1163 mg Sodium                          | CLOSED FOR DAY AFTER CHRISTMAS<br>     |
| CHILI<br>CAPRI VEGETABLES<br>PEACH CUP<br>GINGERSNAP COOKIES<br>SALTINES<br>22 Gm Fat<br>724 Calories<br>877 mg Sodium                                   | CHICKEN PRIMAVERA<br>CARROT RAISIN SALAD<br>PINEAPPLE CHUNKS<br>WHOLE WHEAT BREAD<br>26 Gm Fat<br>755 Calories<br>1175 mg Sodium                                   | SLICED ROAST BEEF & GRAVY<br>MASHED POTATOES<br>MIXED GREEN SALAD w/DRSG<br>CHERRY PIE<br>POTATO ROLL<br>30 Gm Fat<br>881 Calories<br>939 mg Sodium  | CLOSED FOR CHRISTMAS<br>                                                        | 26<br>CONTAINS TURKEY<br>CONTAINS PORK                                                                                    |
| SPAGHETTI WITH MEATSAUCE<br>MEDITERRANEAN VEGETABLES<br>CINNAMON APPLESAUCE<br>FRENCH BREAD<br>17 Gm Fat<br>747 Calories<br>982 mg Sodium                | LEMON PEPPER CHICKEN<br>GARDEN RICE PILAF<br>ROMANE SALAD w/DRSG<br>MANDARIN ORANGE GELATIN<br>WHOLE WHEAT BREAD<br>13 Gm Fat<br>632 Calories<br>734 mg Sodium     | ● STEWED BLACK EYED PEAS<br>AND HAM<br>CAULIFLOWER<br>FRESH BANANA<br>GINGERSNAP COOKIES<br>CORNBREAD<br>17 Gm Fat<br>673 Calories<br>1227 mg Sodium | 25<br>                                                                          | 26<br>CONTAINS TURKEY<br>CONTAINS PORK                                                                                    |

HO HO HO MERRY MERRY CHRISTMAS TO YOU!!!

Clearwater Senior and Community Center  
921 Janet Ave.  
Clearwater, KS 67026

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