The Scoop

November, 2011

CLEARWATER COMMUNITY CENTER & SENIOR HAPPENINGS

921 Janet Avenue

Clearwater, Kansas 67026

commcenter@sktc.net

Phone:620-584-2332

Tuesday, October 11, 2011, Senior Luncheon

Sec., Marlene Parret

Chair., Barbara Hufford

After Carl gave the blessing for the food, Marlene led the group in the Flag Salute and the National Anthem. Jackie Matthews was the only birthday girl we sang to. City officials in attendance were Police Chief Gene Garcia and new officer Rebecca Schauf, City Fire Department personnel Marvin & Mary Schauf and Jim Kendrick, and Councilman Jim Frischenmeyer.

The first speaker was **RN Susan Neinhaus from The Manor** who explained Seasonal Affective Disorder (or SAD). Probably, we all have had it to some degree and didn't know there was a name for it. As the days get shorter and less sunlight we can get depressed, or have mood swings we can't explain or maybe even suffer nausea. What we are suffering from is Vitamin D that we get only from the sun, and it seems to affect women more than men. It tends to be worse in Jan., Feb., and Mar. One way to 'trick' our bodies into conquering the disorder is by turning on lots of lights in our homes and opening drapes or curtains during peak sunlight, especially mornings.

Susan brought a gift basket with Wayne McEntire being the fortunate winner.

Our next speaker was **Rod Frederking from Memory Video Presentations** in Wichita who gave an interesting presentation on how his business can up-date old and/or damaged photos. Some of his magic might include converting pictures onto videos, or maybe merge two photos together into one or maybe superimpose different backgrounds. For more information on his presentation, contact Carl at The Center, 584.2332 or by several other methods: call 316.204.6651, or go to his website, rod@memoryvideopresentations.com or his studio address is 2142 West Maple, Wichita, KS 67213.

Peggy Brockman talked about the quilt show to be included as part of the Fall Festival. The Sew & Sewers recently completed another red, white, and blue **Quilt of Valor** which was presented to **Charles "Oats" McCoy**, who has been a local area resident for many years. Oats, who is having health difficulties, was a Korean War era military veteran who the sewers felt was worthy of their latest creation. His wife, Jeannie, helped keep him 'in the dark' for this surprise presentation. The sewers include Peggy Brockman, Barbara Hufford, June Finney, Angie Shaver, Pat Stewart and Becky Shifelbein.

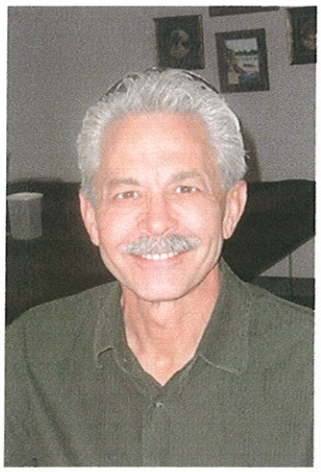
The October Jam Session had 37 in attendance.

Barbara announced that a booth doing health screening, a mobile unit, is to be part of the Fall Festival.

Joan Fleming volunteered to be the hostess for the November luncheon.

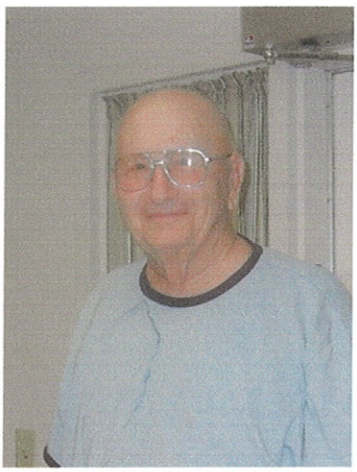
Marlene Parret, assisted by Angie Shaver, Farol McMillen and Mildred Chitwood, hosted the October luncheon.

Submitted by Sec. Marlene Parret



Rod Frederking, Memory Video Presentations

Susan Neinhaus
The Manor



Charles 'Oats' McCoy gets Quilt of Valor

Happy November Birthdays

02 Joe Caster
04 Mattie Hardesty
O5 Grace Webb
05 Sharyn Morris
07 Frankie Valens
08 Angie Shaver
09 T L Pearson
10 Cindy Peitz
10 Ed Shaffer
13 Eugene Kelley
15 Rita Georges
16 Roger Lange
17 Martena Gerlach
20 Kathleen Mourning
20 Richard Zarich
21 Ginger Murphy
24 James Liebold
25 Cleta Cornett
25 Jo Ann Coy
25 Judith Cumming
25 Phyllis Yost
27 Grace Godwin
27 Bea Wittorff
29 Kenneth Coy
30 Roger Dawson
30 Jim Seal

THE FOLLOWING ARE SOME COMMENTS MY FRIEND IN AUSTRALIA ENJOYS:

1. I don't have an attitude, ***I have a personality you can't handle.***
2. Judging a person does not define what they are, *it defines who you are.*
3. I'm a member of the C.S.I. ***I Can't Stand Idiots.***
4. Be who you are and say what you feel because ***those who mind don't matter, and those who matter, don't mind.***
5. If I want your opinion, ***I'll ask you to fill in the necessary forms.***

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God gives us people to love and things to use, NOT things to love and people to use.....

Ladies Night Out

By Ruby Fisher

The Clearwater Church of Christ held their annual Ladies Night Out on Oct. 6 in their Friendship Hall.

The room was filled with ladies from nearly all the churches in the Clearwater area. After the prayer the ladies filled their plates with a variety of salads. Each and every salad was a palate's delight.

Following the dinner, a game started the evening's program. For lack of a better name, I'll call the game 'Stand Up----Sit Down'. Annabel Bentley asked all the ladies to stand and the first question she asked, she said if the answer was 'yes', to sit down. Her first question was "Did you make your bed when you got up this morning? I was so pleased to find that nearly half the ladies sat down with me.

Michelle Bentley, Wichita, sang three songs. She has a beautiful soprano voice that intrigued the listeners.

The main event was a talk by Elaine Denman of Wichita who spoke on "God's Little Helicopter". The helicopters turned out to be humming birds. She related God's care of the birds to the care he has for each of us. During her talk she told several stories of specific instances to make her points.

Millie Whitlow was at the door to greet us as we entered, and again as we left. A thoroughly enjoyable evening!

Michelle Bentley Elaine Denman

DAYLIGHT SAVINGS TIME ends Sunday, the 6th at 2 am.

Before you go to bed on Saturday night, Nov. 5, remember to turn your clocks back an hour.

It's time to 'fall back for fall'. This gives you an extra hour for another 40 winks before getting ready for church!

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CLEARWATER CHRISTMAS FAIR
Sat. Nov. 12th - 9am to 3pm
CLEARWATER MIDDLE SCHOOL
140 SO. 4TH, CLEARWATER

For vendors & Shoppers Information ----- 620-584-6884 or pwalker@sktc.net

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Ernest Gordon Post

Bob Pugh and Sid Wise, Clearwater's Ernest Gordon Post, American Legion members will give a talk to the 7th and 8th graders at the Clearwater Middle School on 'Citizenship' **Veterans Day, Friday, Nov. 11.** They are hoping to get some inter-reaction with the students during a question and answer period following their talks.

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Veterans Day, originally known as Armistice Day became a legal holiday in 1938 to honor WWI veterans on the day the Armistice was signed Nov. 11 (1918). In 1954 the name was changed to Veterans Day to include military personnel in WWII and the Korean War.

Veterans Day is set aside to thank and honor **LIVING** veterans who served honorably in the military - in wartime or peace time .

ITEMS FROM CARL'S DESK

After attending a recent meeting, we have to be very careful as to what we do at The Center. We are going to have to change some names of some of our activities to be more in line with a Senior and Community Center. The bridge club, the pitch club, and exercise club will now be called the Bridge class, the pitch class and the exercise class. We will not have an activity known as 'club.' The Shamrock Club can still use their name as they do not meet at The Center. A club has to have officers, by-laws, rules and regulations to govern that club. We are a Center and everyone who comes into the door is a volunteer. When a new person comes into The Center who wants to learn a game or other activity, we must be sure we make them welcome. We need every person we can get to be a participant in some activity.

Should someone come in that wants to learn to play a card game, someone needs to take time to find out what game they are interested in learning and how much cards they have played. Then we have to sit down and explain the game as best we can to them and be courteous and polite in doing it. Not say "Here are your cards, bid." The same goes for the exercise class; we must explain and show them how to do the exercise. Then allow them to work at their own pace, as those who have been here are more advanced. In the Art Class they pick out the scene they want to paint and the instructor helps them to get started, how to mix colors, the brush to use. Helen is very good in doing this. When the painting is done, that scene belongs to whoever painted it and they have the option to do with their work as they please. Quilt class, when they make a Quilt-of-Valor or one to be raffled off, The Center will pay for the material needed to start and finish the quilt. If everyone wants a quilt for themselves, The Center will not buy the material and again, this borders on a club activity.

As I said earlier, we can't have a club at The Center and everyone is a volunteer and we need as many as we can get, no matter what age or gender. New people must be made to feel welcome here at The Center and let us be courteous and helpful to all people. Forgot some helped you? Please return the favor.

Let's review our baseline activities at The Center

Let's start with a painting class on **Monday**. We have several painters. But have room for several more in the class. Helen Fesnock has been painting for several years and we could use new people who would like to paint. The class is open to all ages and both men and women for beginning and advanced painters.

Tuesday: We started a new Tai-Chi class that has been approved by the arthritis foundation. We have several members now, but could use 4 or 5 more for a full class. It helps you with balance, breathing, coordination, relaxing, mind, and discipline. It is a very healthy exercise. Fifteen minutes later is our regular exercise program. Both of these are geared to the older generation. On the first Tuesday of each month at 9am the planning committee meets. Come and express your ideas as this is your center. The second Tuesday of each month is our famous carry-in luncheon.

Wednesday: Our bridge class meets. If you are interested in learning to play or an experienced come and enjoy the afternoon. Both men and women can play and we can use more players. Let's get up a group to play at other centers.

Thursday: We have started a line dancing class. Here again is a chance to enjoy the dancing type of exercise. This is open to all ages, both sexes, as are most of our activities. Cara Gorges, former Miss Kansas, is the instructor and she is NOT a senior citizen.

Friday: Tai-Chi, then exercise, quilting are all in the morning and cards and games are in the afternoon.

Saturday: First Saturday is our jam session, live music, open to all ages. Come enjoy the fun and sing along. Third Saturday is the Biscuits and Gravy and again everyone is welcome. We have booster seats and a high chair for the real young.

We have a pool table that can be used most morning and afternoons when the building is open.

RED CROSS MEALS are served 5 days a week, except on holidays. **The cost is only $2.00 for people over 60**. We have lots of room for more people to take advantage of this noon meal. **Call Cindy at 584-2332** to set up the paper work and explain the details.

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
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Editor: Ruby Fisher, 620-584-2866
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Print Engineer: Jimmy Charles Charles Engineering, Clearwater.
275 copies are printed monthly for free distribution.
THE SCOOP can also be seen online, in color, by going to City of Clearwater's website:
http://www.clearwaterks.org

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ADVISORY COMMITTEE MEMBERS

Chair - Terry Sullivan
Co-Chair - Joan Fleming
Secretary - Carla Butterfield
Member at Large - James Charles
Member at Large - Marlene Hand

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PLANNING COMMITTEE MEMBERS

Chair - Barbara Hufford
Co-Chair - Angie Shaver
Secretary - Marlene Parret
Historian - Helen Fesnock
Activity Leader - June Finney
RSVP Program - Farol McMillan

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History Thru Threads Quilt Show

There were 55 quilts on display at the River Community Church during Fall Festival. This was sponsored by the Old Sew and Sews who meet together at the Community/Senior Center each week.

The first quilt to the right was made by the Clearwater Piecemaker Guild for the Centennial 1985. It was raffled off and is now owned by Mary Jo McMahan.

The Second quilt, the wedding ring pattern, was made by the Schulte Altar Society as a wedding gift to Bill & Mary Maechtlen in 1931. It is now owned by their daughter Joan Fleming.

The third quilt was made by the Old Sew & Sews. This is one of the several Quilts of Valor the group has made for people, both locally and nationally.

This last picture is of June Finney (L) and Ima Kinkaid (R) as they worked on quilt pieces while they greeted and visited with those who came to view this fantastic collection of Artistic Talent. Working with them but not shown was Peggy Brockman, who organized this two-day display.

Lucille Charles

When the Golden Chain Club was meeting at the school building on South Prospect, Lucille Charles was quite active in the club.

She composed a monthly news letter that was shared by all the members at their monthly luncheon. At one of their meetings in the mid '80's the group felt that the newsletter should have a name. During their business session, a number of names were suggested, both serious and humorous, but they finally voted on the name, The Scoop, for their newsletter. Lucille included the happenings of the Golden Chain Club and also had stories and jokes for the club members to enjoy. Lucille compiled information for The Scoop for a number of years.

Lucille passed away Tuesday, October 18, 2011, but her work with and for the Seniors in the Clearwater Community will continue as long as The Scoop continues to keep the Seniors informed.

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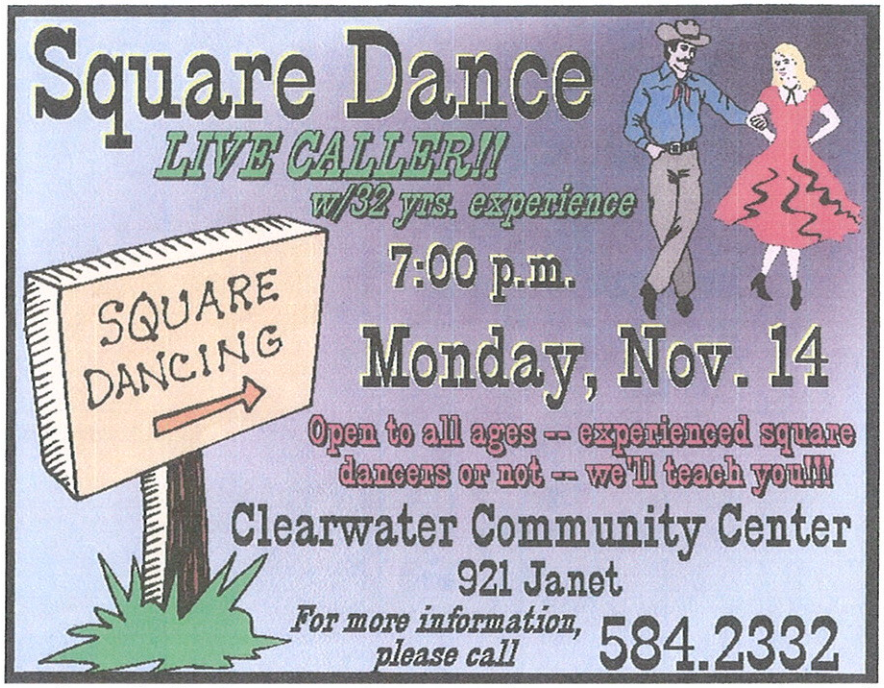
"Bye Bye Birdie"

The musical "Bye, Bye Birdie" is being presented by the CHS drama and music students Nov. 4 and 5, starting at 7:00 pm in the High School Theater. If you have a Senior Pass you can enjoy the musical free. If not, the tickets are only $5.00 each.

You'll hear some fantastic music!!



Notes from Carl's Computer: We are trying to get a square dance class started. We have a caller, Fred Trujillo of Andover, who has 32 years experience. He has called dances in Canada, Mexico, and eleven different states which includes Branson, MO. We may get some couples to come up from Harper to help us get started. That would be a big blessing for us. You do not have to be an experienced dancer to start. I started two weeks ago and have really enjoyed the dancing. It is also a very good exercise. The caller is a very good teacher and can help you get started. The dance will take place on Nov. 14 at the Clearwater Community Center, located at 921 E. Janet. The square dancing will continue each Monday evening at 7 so come join us!

Note #2: We also need a volunteer to be in charge of our Arts & Crafts class. We have a ceramic kiln but we need someone to teach us how to do ceramics. We also have some molds to help us get started. Can You Help????????

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Notes from Ruby's Computer:

During the month of Nov., 2008, Carl Shaffer was hospitalized for major surgery. I put together The Scoop that month, then continued assembling it up to this time. December, 2011 will be the last issue I will be compiling. I have enjoyed visiting with the people in the community, getting acquainted with many residents, and reestablishing friendships with school friends, local relatives and former neighbors.

I have saved most of the community information on my computer that should be a help to the person(s) responsible for keeping The Scoop going. The past three years have added much community information to my computer storage. I will be pleased if the person(s) continuing The Scoop will allow me to help them get started. Or - if they want a completely different format from what I chose, he/she/they should have the chance to do so.

If YOU or someone you know might be interested in this venture, PLEASE get in touch with Carl Shaffer at 584-2332 as soon as possible to plan ahead for the coming year!

I have enjoyed working on this community project and know that Lucille would be pleased with my results.

TWAS THE NIGHT OF THANKSGIVING,
BUT I JUST COULDN'T SLEEP.
I TRIED COUNTING BACKWARDS,
I TRIED COUNTING SHEEP.

THE LEFTOVERS BECKONED -
THE DARK MEAT AND WHITE,
BUT I FOUGHT THE TEMPTATION
WITH ALL OF MY MIGHT.

TOSSING AND TURNING WITH ANTICIPATION,
THE THOUGHT OF A SNACK BECAME INFATUATION.
SO, I RACED TO THE KITCHEN, FLUNG OPEN THE DOOR,
AND GAZED AT THE FRIDGE, FULL OF GOODIES GALORE.

GOBBLED UP TURKEY AND BUTTERED POTATOES,
PICKLES AND CARROTS, BEANS AND TOMATOES.
I FELT MYSELF SWELLING SO PLUMP AND SO ROUND,
'TIL ALL OF A SUDDEN, I ROSE OFF THE GROUND.

I CRASHED THROUGH THE CEILING, FLOATING INTO THE SKY,
WITH A MOUTHFUL OF PUDDING AND A HANDFUL OF PIE.
BUT, I MANAGED TO YELL AS I SOARED PAST THE TREES....
HAPPY EATING TO ALL - PASS THE CRANBERRIES, PLEASE.

MAY YOUR STUFFING BE TASTY,
MAY YOUR TURKEY BE PLUMP.
MAY YOUR POTATOES 'N GRAVY HAVE NARY A LUMP.
MAY YOUR YAMS BE DELICIOUS.
MAY YOUR PIES TAKE THE PRIZE,
MAY YOUR THANKSGIVING DINNER STAY OFF OF YOUR THIGHS!!

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American Legion Float in the 2011 Fall Fest Parade

Pics of Fall Fest Parade

CHS Class of '71

CHS Class of '61

CHS Class of '59

Clearwater Historical Society

Post-Parade Pleasure

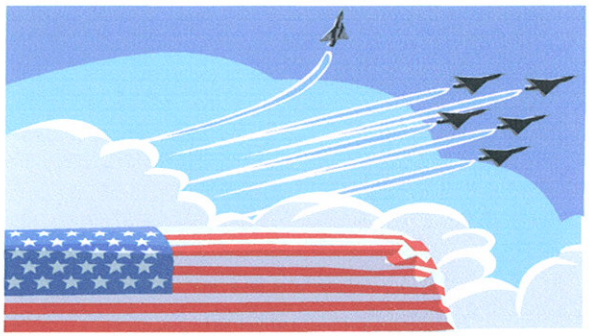
GOOD NEIGHBOR NUTRITION PROGRAM **GNNP MENU (menu is subject to change)** **NOVEMBER 2011**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	BEEF PATTIE w/ONION GRAVY MASHED POTATOES MIXED GREEN SALAD w/DRSG SLICED PEACHES POTATO ROLL 25 Gm Fat 741 Calories 681 mg Sodium 1	SPAGHETTI w/MEATSAUCE GREEN BEANS PINEAPPLE & STRAWBERRIES BREADSTICKS 17 Gm Fat 673 Calories 936 mg Sodium 2	TUNA PASTA CASSEROLE GREEN PEAS ROSY APPLESAUCE WHOLE WHEAT BREAD 13 Gm Fat 671 Calories 974 mg Sodium 3	HAMBURGER on BUN POTATOES ROMANOFF CORONADO SALAD FRUIT MEDLEY w/PEARS 30 Gm Fat 837 Calories 911 mg Sodium 4
BEEF STROGANOFF MEDITERRANEAN VEGETABLES PINEAPPLESAUCE DINNER ROLL 27 Gm Fat 663 Calories 695 mg Sodium 7	OVEN ROASTED CHICKEN GARDEN RICE PILAF PICKLED BEETS MANDARIN ORANGES WHOLE WHEAT BREAD 23 Gm Fat 710 Calories 734 mg Sodium 8	SOFT TACO RED BEANS & ONIONS BANANAS & STRAWBERRIES 21 Gm Fat 713 Calories 939 mg Sodium 9	☺BBQ RIBBETTE on BUN SWEET YELLOW CORN COMBINATION SALAD w/DRSG STRAWBERRY APPLE GELATIN 16 Gm Fat 737 Calories 1583 mg Sodium 10	CLOSED FOR VETERAN'S DAY 11
ITALIAN CHICKEN CASSEROLE CAPRI VEGETABLES FRESH APPLE WHOLE WHEAT BREAD 17 Gm Fat 639 Calories 775 mg Sodium 14	MEATLOAF CREAMY SCALLOPED POTATOES PEA LETTUCE SALAD FRUIT COCKTAIL POTATO ROLL 23 Gm Fat 741 Calories 1060 mg Sodium 15	CHILI COOKED CARROT SLICES BANANAS & STRAWBERRIES VANILLA PUDDING SALTINE CRACKERS 24 Gm Fat 764 Calories 957 mg Sodium 16	☺HAM & BEANS w/ONION BUTTERED CABBAGE SPICED PEACHES CORNBREAD 14 Gm Fat 687 Calories 1008 mg Sodium 17	SLOPPY JOE POTATO ROUNDS COLESLAW MIXED FRUIT CUP 28 Gm Fat 760 Calories 789 mg Sodium 18
☺SCALLOPED POTATOES With HAM GREEN BEANS PINEAPPLE CHUNKS STRAWBERRY APPLE GELATIN WHOLE WHEAT BREAD 17Gm Fat 690 Calories 998 mg Sodium 21	TACO SALAD GREEN PEAS CINNAMON APPLESAUCE 28 Gm Fat 806 Calories 931 mg Sodium 22	☻ROAST TURKEY& GRAVY MASHED POTATOES TOSSED SALAD w/DRSG PUMPKIN PIE DINNER ROLL 24 Gm Fat 708 Calories 1284 mg Sodium 23	CLOSED FOR 24	CLOSED FOR DAY AFTER THANKSGIVING 25
BEEFY MAC & CHEESE CALIFORNIA VEGETABLES PEACH SLICES WHOLE WHEAT BREAD 24 Gm Fat 629 Calories 797 mg Sodium 28	CHICKEN TORTILLA SOUP ROMAINE SALAD w/DRSG FRESH ORANGE TAPIOCA PUDDING CORN CHIPS 34 Gm Fat 834 Calories 664 mg Sodium 29	☻TURKEY POT PIE BRUSSELS SPROUTS FRESH BANANA BISCUIT 27 Gm Fat 731 Calories 1213 mg Sodium 30	☻ CONTAINS TURKEY ☺ CONTAINS PORK	

HAPPY THANKSGIVING

November 2011

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Remember to display your FLAG On Veterans Day		1 Tai Chi: 8:45 to 9:45 Exercise: 10 to 11am Plan Meeting: 10am AA & Al Anon: 7 pm	2	3 Knitting: 9:30 to 11:30 am AA & Al Anon: 7 pm	4 Quilting: 9:30 to ? Exercise: 10 to 11 am Cards & Games 1:30 pm to ????	5 **JAM SESSION 7 TO 9 PM**
6 Daylight Savings Time ENDS !	7 Painting - both Beginners & Advanced 1 to 3 PM	8 Tai Chi EXERCISE 9:30 to 10:30 am **LUNCHEON: NOON** AA & Al Anon: 7PM	9	10 Knitting: 9:30 to 11:30 am AA & Al Anon: 7 pm	11 *VETERANS DAY* Quilting: 9:30 to ? Exercise: 10 to 11 am Cards & Games 1:30 pm to ????	12
13	14 Painting - both Beginners & Advanced 1 to 3 PM Square Dance - 7pm	15 Tai Chi: 8:45 to 9:45 Exercise: 10 to 11am Plan Meeting: 10am AA & Al Anon: 7 pm	16	17 Knitting: 9:30 to 11:30 am AA & Al Anon: 7 pm	18 Quilting: 9:30 to ? Exercise: 10 to 11 am Cards & Games 1:30 pm to ????	19 **BISCUITS & GRAVY 7 TO 10 AM**
20	21 Painting - both Beginners & Advanced 1 to 3 PM	22 Tai Chi: 8:45 to 9:45 Exercise: 10 to 11am Plan Meeting: 10am AA & Al Anon: 7 pm	23	24 *THANKSGIVING DAY*	25 Quilting: 9:30 to ? Exercise: 10 to 11 am Cards & Games 1:30 pm to ????	26
27	28 Painting - both Beginners & Advanced 1 to 3 PM	29 Tai Chi: 8:45 to 9:45 Exercise: 10 to 11am Plan Meeting: 10am AA & Al Anon: 7 pm	30			



VETERANS DAY

NOVEMBER 11, 2011

Clearwater Community/Senior Center
921 East Janet
Clearwater, KS 67026