

# Friendly Neighbors' Newsletter

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## President's Message

Here we are in the middle of **summer**. Many people are still on vacation and school doesn't start for another month and a half. Our attendance has been below par, but that will change come September.

We have hired a new assistant cook. Her name is **Shara Osborne**, she is working out very well. I want to thank **Mike Linderman** for all his hard work. He has really filled in the gap when and where it was needed.

The *Friendly Neighbors Board of Directors* decided at last meeting to return to the old system of making out the menus, beginning the 1<sup>st</sup> of August. I truly hope this will be a better system.

Thank you ♦ Jim Maley, President

## Continuing Education Committee Report

The **Moscow Senior Center** has four computers available for use by **senior citizens** whenever the center is open (M-F between 9 AM and 4 PM except for holidays).

For those **seniors** who would like assistance with using computers, twice a week there are volunteers at the center to help. **Doris Norman** and **Kay Keskinen** offer free assistance to seniors who have questions or want to learn the basics about personal computers. Help may be received

from **Doris** and **Kay** on **Mondays** between 9:30 AM and noon and **Wednesdays** from 1 PM to 3 PM. They can help with word processing, Internet searches, e-mail, how to use anti-spam and anti-virus software, and more. All four PCs can access the Internet at high speeds, so you can get on the **Internet Superhighway** in the fast lane. And, thanks to generous donors, there are a few PCs that can be loaned to seniors at no cost for a few months for seniors to take home and learn on in the comfort and privacy of their own home. **Contact Doris, Kay, or Scotte Hecht** if you are interested in trying out a PC at home.

The **Continuing Education committee** of the **Friendly Neighbors** was a recent recipient of a **\$700** grant from the **Latah County Community Foundation**. **Mary Wood**, a member of the committee, spearheaded the writing of the grant proposal last spring. We are grateful to the support of the **Latah County Community Foundation** for their commitment to their goal of community building, and we thank the foundation for their generosity.

**Doris** and **Kay** have already spent much of the grant money to get new supplies and equipment that will support the four PCs in the computer corner of the **Moscow Senior Center**. The two donated dining room chairs will soon be replaced by two ergonomic chairs for those seniors who use the two PCs on the north wall.

The **Continuing Education** committee also wants to thank **Office Depot of Moscow** for providing us generous discounts on the items purchased from them. If you know members of the **Latah County Community Foundation** or if you shop at **Office Depot**, please let them know that you appreciate their support of the **Moscow Senior Center**.

Don't be afraid to get on the **Internet Superhighway**. **Doris** and **Kay** will be glad to show you how to merge with all the many others who have found computers to be very helpful tools.... And now you can sit in comfort when you use two of the PCs!

◆ **Kay Keskinen** ` member of the **Continuing Education Committee**

Paid advertisement



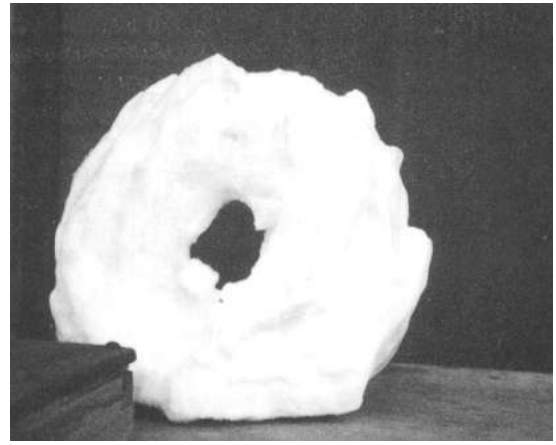
## **New In-Patient/Out-Patient Therapy Center**

**With Speech, Occupational,  
And Physical Therapies**

**\*Specializing in Senior Therapy\***

**NOW OPEN**

Please call 882-6560 for information



Snow Roller ~ Photo by: Ned Cantrell

This picture of a **Snow Roller** was taken by **Ned Cantrell** one fine winter day in Xenia, Clay County, Illinois, about 90 miles due east of St. Louis, Missouri. Although there is nothing in the picture to compare size... the outside diameter of the snow roller was about **12"**. There were at least a few thousand in that one field, and we found 2 other fields with some, but none with anywhere near as many as the first one. **Ned**

### **Jigsaw, Jigsaw, Jigsaw & Bingo**

**Mike and Bernita Linderman** of **Friendly Neighbors** keep the discussions and fellowship lively in the **Moscow Senior Center** with their endless collection of **Jigsaw Puzzles**. They have at least two puzzles being completed and one or two being displayed at all times.

**Anyone** wishing to participate in this popular activity and hobby is welcome to come into the **Moscow Senior Center** in the **1912 complex** 412 East Third Street, **Moscow**, at any time Monday through Friday 9 o'clock A. M. to 4:30 P. M. There is also **Bingo** on Friday Mornings, 10 o'clock A. M., with **Bill and Bette Mitchell**. This group has been observed having a most enjoyable time together, with some 12 or more players striving to be the first to "**BINGO**" and win the prize as well as choose the next type game to be played.



**Lois Granlund**

Photo by: dn

By: Lois Granlund

Our new Friendly Neighbor, **Lois Granlund**, formerly of **Troy, Idaho**, has again joined us at the ***Friendly Neighbors' Meal Site*** in recent months. She had been married for 49 years when her husband died in 1998.

Her son, **Milton Granlund** and his wife **Donna** are living on the family farm. **Ray** is deceased. Son **Eric** and his wife **Nancy** live in **Coeur d'Alene**. Daughter, **Joanne** and her husband **Dave Clovis** live in **Boise**. **Joanne and Dave** have a son who graduated from the **University of Idaho** and a daughter who is a senior this year.

**Lois** taught school in **Troy** for 35 years before moving into an apartment at **Good Samaritan Village** in March 2005.

We extend a heart-felt welcome to **Lois** as she joins us for good food, good friends and happy fellowship at the:

***Friendly Neighbors Meal Site.***



**Frances Hirschi**

Photo by: dn

By: Fran Hirschi

**Frances Hirschi** recently joined our **Friendly Neighbors** group, also. She is a 40-year resident of **Moscow, Idaho**, who has now lived at **Good Samaritan Village** for one year.

A native of **Texas**, **Frances** married **Melvin Hirschi**, a naval aviator, in 1943. In the course of his naval assignments, the family lived in **eleven states**, **Japan** (twice) and **Cuba**. **Mel** died suddenly in December 2003. While **Fran** enjoyed living east to west (and sometimes in between), **Moscow** is her home.

Her attentive daughters are **Anne Stevenson** of **Traverse City, Michigan**, and **Claire Hirschi** of **Bellingham, Washington**. Four adult grandchildren are **Fran's** pride and joy.

Our **Friendly Neighbor**, **Ned Cantrell**, is sharing his picture of a '**Sun Dog**' sunset. This is a unique phenomena when atmospheric conditions are such it causes a red ring around the sun. Photo was taken near **Xenia, Illinois**.



Photo by: dn

### **Vivian Hofmann: The Homecoming**

Lots of families have “homecomings” ~ Large, happy get-togethers they are!

**Vivian Hofmann** is looking forward to one a weekend of July 2005.

About fifty people are expected. They stay in motels or with relatives or just camp-out.

It will be a great joy to “catch-up” with some of the young ones. I am sure that some of the youth of the family will have grown two feet in height since I last saw them.... Especially the ones from **Texas**.

**The Hofmanns** have gathered every two years in **Idaho, Washington, or Oregon**. It takes a bit of planning, but there are always special programs, activities and treats; there is something for everyone and **lots** of visiting!

The youngsters happily flock to Moscow’s new swimming pool and the city parks.... and Oh, how they do eat! They are lean and lank.

I’m sure that I am the oldest of the clan ~ no medals for that!

The **Hofmanns** have lived in this region for many years. There were seven children; three are left: **Helen, Bob, and Jeanne**. They and their families will all be here.

\*\*Let’s hear about **your** travels and get-togethers. Computers are great to help with the planning. **By: Vivian Hofmann**



Photo by: dn

### **Alma and Gil Anderson**

By: Vivian Hofmann

**Gil and Alma Anderson** are long time members of **Friendly Neighbors of Moscow**. They both were greeters and before that they worked in other capacities.

**Gil** had a very serious case of pneumonia. **He and Alma** went to **Aspen Park HealthCare** to recuperate. Finally, after months, **Gil** got to go home, but Alma has stayed on at **Aspen Park**.

They now have had their **70<sup>th</sup> Wedding Anniversary**!

**We wish them the best....**

### **Chocolate Zucchini Bread**

- 2 c. grated zucchini
- 3 eggs, well beaten
- 2 c. sugar
- 1 c. oil
- 3 tsp. vanilla
- 2 1/2 c. flour
- 1 tsp. salt
- 1/2 tsp. baking powder
- 1 tsp. baking soda
- 3 tsp. ground cinnamon
- 1/2 c. cocoa
- 1 c. chopped nuts (optional)

Blend all ingredients until just mixed. Pour into 2 greased bread pans. Bake at 350 degrees for 1 hour or until toothpick comes out clean.

## Programs & Entertainment

**Bette Mitchell** is our dedicated **Programs Director**. She is greatly appreciated by each **Friendly Neighbor**. Finding and arranging enjoyable entertainment is a gift few of us have.

**Bette** has a plan to establish a list of "**Theme Programs**" relating to each month of the year. The "**Theme**" for the month will be in keeping with the important dates falling within that month of our calendar. There will be "**Themes**" dedicated to such things as Ethnic Heritage, Country/Western entertainment, Valentine's Day, Halloween, Christmas, Thanksgiving, and various other parts of our **Country's History**.

If you have ideas and sources of entertainment, be sure to get in contact with **Bette** and give her your encouragement and assistance when needed.

We will continue to be delighted with piano playing and singing presented by our talented friends. There will also be days for a "Sing-a-Long", and all can raise their voices and make the beautiful music of friendship and fellowship.



## Fresh Cherry Pie INGREDIENTS:

- 1 recipe pastry for a 9 inch double crust pie
- 4 tablespoons quick-cooking tapioca
- 1/8 teaspoon salt
- 1 cup white sugar
- 4 cups pitted cherries
- 1/4 teaspoon almond extract
- 1/2 teaspoon vanilla extract
- 1 1/2 tablespoons butter

**DIRECTIONS:** Preheat oven to **400 degrees F** (205 degrees C). Place bottom crust in pie pan. Set top crust aside, covered.

1. In a large mixing bowl combine tapioca, salt, sugar, cherries and extracts. Let stand 15 minutes. Turn out into bottom crust and dot with butter. Cover with top crust, flute edges and cut vents in top. Place pie on a foil lined cookie sheet --- in case of drips!
2. Bake for 50 minutes in the preheated oven, until golden brown.

