

FRIENDLY NEIGHBORS' NEWSLETTER

JULY/AUGUST 2007

VOLUME 8 / ISSUE 4

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Greetings From President Ollie

I need to share with you some important information about the Friendly Neighbors meal site. It has been more than a year since we received any commodities from the USDA; this part of the commodity program has been canceled for the foreseeable future. That means we are required to spend more of our funds toward basic foods such as meat, flour, cheese, canned and dried fruits, and vegetables.

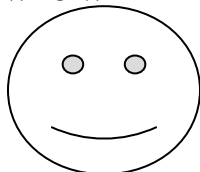
The financial situation is such that the Friendly Neighbors Board is trying to find a way to continue the meals without raising the senior meal donation price.

We wish to thank all our volunteers... with a special thank you to those who are now staying after the meal to clean-up and put away the tables. Your attendance and fellowship are always appreciated.

Life is a great big canvas; throw all the paint on it you can. ---Danny Kaye

Live simply. Love generously.
Care deeply, Speak kindly.
Leave the rest to God.

You cannot live in a perfect day without doing something for someone who will never be able to repay you.
---John Wooden



My Spring Break

By: Karon Aronson - March 12-27, 2007

A friendly neighbor and I went on an excursion to Moose Creek Reservoir both the twelfth and fifteenth of March. The day began auspiciously with intermittent drizzle, but I decided to go despite the weather report. I did so because I remember how much fun it was to fish with my Dad, even inclement weather.

My friend arrived in a well equipped but ancient pick-up truck, outfitted with the finest fishing gear to make our task easy on the ice on the lake. After about a forty minute ride we drove up to the side of the lake, parked and proceeded towards the wooden ramp that was a forty-five degree angle toward the water. Wouldn't you know that on testing the edge of the lake with his waterproof boots, on the edge of the lake, he covered his boot up to the water? I remember how I used to do this inevitably when I went with my Dad, but neither Herb nor I complained. I was always trying to get closer to the fish as a kid. I don't know why Herb tested the water that way. Nevertheless, he didn't complain despite our fishing all day. In fact we caught our limit of fish for the day, something I hadn't done in almost forty years.

We didn't have to hand auger through the ice because the holes were open this time of year. They were dug earlier in the season and were still about eight inches deep a few feet from shore.

We set up five fishing lines the first day, but caught the most trout, rainbow variety, because the lakes in Idaho are well stocked. My friend broke the Canadian night crawlers with his bare hands and baited the hooks. There is a real art in doing this dirty work.

We washed and gutted the fish before bringing them home. Then, we dredged them in flour, salt and pepper and fried them in a pan with two tablespoons of bacon grease. The first night, we accompanied the fish with steamed asparagus and head lettuce with blue cheese dressing. The second night when we caught fish we shared them with another friendly neighbor, Marge Raunio. The second night, we had head lettuce with real blue cheese dressing and peas.

The first day it rained, but we had water repellent rain gear. We ate a delicious lunch packed by Herb in the truck while we watched the lines. We had peanut butter, jelly and cheese sandwiches and bologna, too.... plus hard-boiled eggs, potato chips and pretzels. I ate so much the first day I fasted the next.

Tangy, my trusted pet made sure none of the fish went to waste. She ate the fried fish heads mixed with crunch choice fish blend dog feed.


For desert Monday night we all ate homemade applesauce from the trees of the apples down the block from another friendly neighbor. The second night we didn't have dessert only the main course.

I have got to say that this was about as much fun as I've had in many years fishing with any body. I have the gear to go myself, but it is no fun to go alone and stand out in the rain. It is better to have someone to talk to about things of life, friends and family.

I was so surprised we caught so many fish. I didn't think I would find such fun out in the cold and wilds of Idaho. One thing I forgot to mention is that we had all the nutritional groups of food because I mixed in some red peppers with the salad (being a red vegetable, it contain carotene). We also had some real blue cheese mixed in with the low calorie purchased blue cheese dressing. Since everyone at the table had some disability, either in their dentition or corpulent body, accommodations were made to satisfy everybody.

Herb laments the end of the ice fishing season, as did I very much. But at least we had a total of three days perfect fishing out of the year for 2007. One of those fine sunny days we even took a snow dog that sat on the fresh fallen soft crystals of snow at Spring Valley Reservoir. So we need the license a total of three days in the year 2007 and we hope for many more days in the future.

There is not one word to describe the serenity one feels when all is well with the spirit of our land and our great country.




Your retirement years should be easier.

As a resident of Good Samaritan Village and Fairview Village Estates, you'll enjoy priority access to all services offered through out both campuses.

Fairview Village Estates is located on the east side of town, with beautiful views of Moscow Mountain and Paradise Ridge. You can find that care-free retirement lifestyle you've longed for. With brand new, personalized Twinhomes and a new apartment complex, The Lodge, our residents 55 and older can enjoy a maintenance-free home and the freedom they deserve.

Fairview Village Estates A Good Samaritan Senior Living Facility

Open Now!



DID YOU KNOW... Within two or three years after someone stops smoking, their risk for a heart attack is the same as that of a person who never smoked.



Photo by: Doris Norman

Mock Wedding

by: Bette The Bard

**At Friendly Neighbors center where
We had mock wedding with that pair
Of folks who willingly agreed to say "I
Do"**

**Oh yes indeed! The cast was made up of
fun folk**

{keep this in mind, 'tis just a joke}

That we performed with gaiety

Mike was the Bride, the groom was Me!

The preacher, Jim, gave it his all

He really truly had a Ball!

Bride's father, Lou, bride's mother Pat

Now who could ask for more than that?

The Flower Girl was Doris, she

Strued the rose petals perfectly

While Lois held that pillow tight

Because she was afraid she might

Lose that special ring she carried

For those waiting to be married

Julia sang the Wedding song

as Lou said "the key was wrong"

Mary Ann took care of stuff

That need doing, more than enuff

And that is just how all this went

The Friendly Neighbors Big event!

Alas! Now how could I forget

Lucille was she in charge? You Bet!

She instigated this and planned

the entire show – give her a Hand!

Her costume was cleverly done

By Lucille – She was Number One.



Photo by Scotte Hecht.

Tom Lamar, executive director of the *Palouse-Clearwater Environmental Institute* for the past 17 years, is now our newest member of the **Moscow City Council**.

Tom recently stopped by the **Moscow Senior Center** and **Heart of the Arts** office in the 1912 building for a visit. He found the **Senior Center** jig saw puzzle intriguing and began helping put it together and enjoying every minute of the experience.



Beatrice Bunch

Sept. 2, 1922 – May 16, 2007

Bea was a member of the **Eagles** and **Moose Lodges** in **Moscow** and an active member of the **Friendly Neighbors Club**. **Bea** enjoyed playing bingo, watching wrestling on TV, camping and traveling as a member of the **Good Sam Camping Club**, the **Old Time Fiddlers**, and will be especially remembered as a friend and for always being ready to help others in need. **Bea** and **Ernie** were instrumental in the establishment of our **Friendly Neighbors' Meal Site**.

**Some people dream of success-while
others wake up and work hard at it.**

Special Thanks

Karen Rivera, van driver for the Good Samaritan Village, wishes to express her **MANY THANKS TO Friendly Neighbors and Mike and Bernita Linderman** for the day-old bread given to the residents of Good Sam each Tuesday and Thursday. **ALSO, MANY THANKS TO Heart of the Arts and Jenny Sheneman** for the loading cart recently provided for hauling the **HEAVY** bread to the Village van. Administration and residents of Good Sam are also very appreciative of the shared bread, and it is put to good use by all.

Norma Johnson

I would like to thank all the Friendly Neighbors who sent me get-well cards and prayed for me. It really helped me get through the long days and nights.

I'm going to take treatments now, and should be fully recovered.

Calling all seniors who like kids and cooking!

We are hosting our very first multi generational cooking class in which senior helpers will be partnered with children ages 4 to 8.

Saturday, August 18 from 3 to 5 pm we will be there to read recipes and assist without taking over so the little people develop a "can do" attitude about cooking. The kids will prepare a full meal to take home to serve to their families. If you can help, please sign- up with Jenny in the Heart of the Arts, Inc. office or let Scotte Hecht know that you are available to participate. We will have an organizational meeting at 11 a.m. Tuesday, August 14 in the Senior Center.

Moscow Senior Center

1912 Center – 312 East 3rd Street

Moscow Senior Center is open Monday through Friday with a volunteer present to assist you if you have questions.



Coffee hour begins at 10 o'clock a. m. Coffee is courtesy of Jeff Bollinger and Edward Jones Finical Services.

Friendly Neighbor's Meal Site News

What is the most popular Senior gathering point in Moscow, Idaho? Well, it is the **Friendly Neighbors' Meal Site** gatherings each **Tuesday and Thursday** (except holidays) beginning about 11:30 (the meal served at 12 o'clock Noon) and extending through an hour or two of fellowship and good food!

For the delicious food (with salad bar and dessert bar included, as well as **HOT SOUP** in the winter months), the suggested donation is a mere \$3.00 for those 60 or over and \$5.00 for those under 60. Of course, there is **milk, coffee, tea, and hot chocolate** for all.

There is entertainment and an enjoyable visitation time with old and new friends.

On **Tuesdays** after the meal, the seniors meet in the **Moscow Senior Center** for **pinochle**, and on **Thursdays** they meet for serious games of **bridge**.

The Meal Site as well as the Moscow Senior Center is located in the **1912 Center** located across from **Moscow High School** at **312 East Third Street, Moscow, Idaho.**

SEE YOU THERE!!

To me, old age is 15 years older than I am. ---Bernard Baruch