

Friendly Neighbors Newsletter

Volume 13 – Issue 4 – July/August 2012

Founder – Doris D. Norman

Publisher/Editor – Kay Keskinen

Moscow Senior Meal Site and Senior Center

1912 Center, 412 East Third Street, Moscow, ID 83843

Phone: (208) 882-1562

Web Page: <http://users.moscow.com/srcenter> Email: friendly.neighbors@yahoo.com

President's Message



I am honored to be the President of Friendly Neighbors as I consider all the members as my friends. Our finances are in an acceptable condition, and the kitchen staff is doing a wonderful job of providing delicious and affordable meals to our members.

The available meal-tickets have been well received. People are allowed eleven meals for the normal donation amount of ten meals. Also, the new carry-out containers are helping people transport fresh meals and leftovers.

We are always looking for members that have the skills and desire to assist at the meal site. Some of the tasks include setup and breakdown of tables and chairs. People interested in assisting should speak to the people at the sign-in table. Additionally, advise the people at the sign-in table if the address and phone number information listed for you in the member directory is incorrect.

Friendly Neighbors relies on donations and grants for us to continue to provide services to seniors and meet our expenses. We recently learned that Moscow/Latah County United Way has approved us to receive United Way funds in 2013. We are very grateful for their financial support.

by *Linn Craig Lindsey*, President

Kitchen Update

by Ellen Roskovich, Kitchen Manager

The 1912 Center kitchen had a big upgrade during the first week of July when the building was closed for maintenance. The very old linoleum in the kitchen and in the storage room in the back of the kitchen was replaced by new ceramic tiles. This upgrade was done by our landlord, Heart of the Arts, Inc. The storage room was also painted!

But one item the Friendly Neighbors board of directors had to address immediately was that our very old refrigerator died on July 2, which meant we were down to one refrigerator. Luckily I noticed this right away, and no food was lost, but we had to rely on one of our members to store some food in his home refrigerator.

We couldn't manage on our one, "newer" commercial refrigerator. It is at least 13 years old, and within the last 2 years we have had to replace a compressor, thermostat, and its door gaskets to the tune of about \$1,500. Luckily, the FN board acted quickly and purchased a new, energy-efficient, double-door commercial refrigerator (see photo). It was installed on July 17, so now we have space to safely refrigerate all of our food.



Dining Room News

by Helen Sasse

Friendly Neighbors Board Member

Friendly Neighbors always welcomes guests for meals. If you are planning to bring more than four guests to a meal, please give the Meal Site adequate advance notice by calling earlier that morning (882-1562). The kitchen and dining room staff need to plan accordingly to be certain there will be enough food and tables set for everyone.

We have a new red plastic Sharps Container for disposing of syringes, injectable pens, and lancets. Syringes should never be discarded directly in any kind of garbage container. Doing so could present a danger to anyone handling these items. If you need assistance using the Sharps Container that's on the table with the name tags, ask at the meal site sign-in desk.

A reminder that we have a suggestion box at the meal site. If you have a suggestion on how to make your meal site experience better, please share your comments with us.



Friendly Neighbors Senior Citizens, Inc. is pleased to have been selected by the Moscow/Latah County

United Way to be a United Way agency beginning in 2011.

Senior Meal Site/Senior Center

Friendly Neighbors operates a senior lunch meal site on Tuesdays and Thursdays in the Great Room of the 1912 Center in Moscow. The salad bar is available at 11:30 AM, and the main meal is served at noon.

Suggested donation for the meal is \$4.00 for seniors 60 and older; for anyone under 60 the price is a flat \$6.00. A "meal ticket" for seniors is available for \$40; the ticket is good for 11 meals.

Monthly menus are available at the meal site and on our web page.

Friendly Neighbors is a non-profit 501(c)(3) organization whose purpose is to provide important nutrition and social services for Moscow area seniors.

Besides managing the senior meal site, Friendly Neighbors operates the Moscow Senior Center, a drop-in center with various activities for seniors, located on the first floor of the 1912 Center and open from 9 am – 4 pm Monday through Friday (closed holidays).

Senior Center daily activities include:

Monday AM: Computer help

Monday PM: Jigsaw puzzles

Tuesday PM: Pinochle

Wednesday AM: Blind and Diabetic Support Group at 10:30

Wednesday PM: Word games, jigsaw puzzles, and computer help

Thursday PM: Bridge

Friday AM: Bingo

Fun Facts



The record for the most Olympic medals ever won is held by Soviet gymnast Larissa Latynina. Competing in three Olympics, from 1956 and 1964, she won 18 medals.

The five Olympic rings represent the five major regions of the world – Africa, the Americas, Asia, Europe, and Oceania.

Upcoming Events

Thu-Sun, September 13-16: Latah County Fair, at the county fairgrounds on Harold Street.

Friday, September 14: The Latah AARP chapter meets at 11:30 AM at the University Inn/Best Western in Moscow. Lunch is at 11:30 AM; program/guest speaker is at noon.

Parking Lot Improvements

The 1912 Center parking lot improvement project that began in mid-April was completed in mid-July. The west end of the 1912 Center now has a paved lot with space for about 16 parking spots, including one handicapped spot.



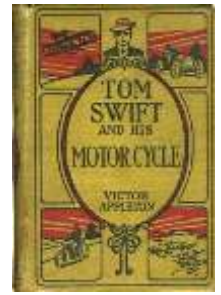
The spaces on the northwest side of the building are marked for "compact cars." There is a new stairway from Adams Street to the building's west side. The east entrance to the building now has bike racks and a sloping path without a curb for walker and wheelchair users.

Friendly Neighbors is grateful that Heart of the Arts, Inc. continues to move forward with enhancements to the 1912 Center.

Words at Play: Tom Swifties

Do you remember the Tom Swift adventure books? They were like the Hardy Boys and Nancy Drew books. In this series, the young scientist hero, Tom Swift, experienced adventures involving rocket ships, ray-guns, and other things he had invented.

A stylistic idiosyncrasy of at least some books in this series was that the author Victor Appleton went to great trouble to avoid repetition of the unadorned word "said." Since many adverbs end in "ly," this kind of pun was originally called a Tom Swiftly, the archetypal example being "*We must hurry,*" said Tom Swiftly. At some point, this kind of humor was called a *Tom Swifty*, and that, though incorrect, name is now more prevalent. The Tom Swifty, then, is a parody of this style with the incorporation of a pun.



- "I'm an ordained minister," said Tom reverently.
- "I've struck oil," Tom said, crudely.
- "Boy, will I give YOU a haircut!" said Tom barbarously.
- "Buy me something to drink?" said Tom dryly.
- "It's freezing," Tom muttered icily.
- "Give me some more macaroni and cheese, and I'll tell you," said Tom craftily.
- "I'd love some Chinese food," said Tom wantonly.
- "I collect fairy tales," said Tom grimly.
- "I forgot what to buy," Tom said listlessly.
- "I MUST patch this coat." Tom said raggedly.
- "I need a home run hitter," Tom said ruthlessly.
- "I need a pencil sharpener," said Tom bluntly.
- "I think I'll use a different font," said Tom boldly.
- "I want to date around," said Tom unsteadily.
- "I won the daily double," Tom cried hoarsely.
- "I don't like hot dogs," Tom said frankly.
- "I'll try and dig it up for you," Tom said gravely.
- "I'm back from my lobotomy," said Tom absentmindedly.
- "It's the maid's night off," said Tom helplessly.
- "Keep an eye on that orbit," Tom said watchfully.
- "Let's get married," said Tom engagingly.
- "Let's visit tombs," said Tom cryptically.
- "Look at those newborn kittens," said Tom literally.
- "Mush!" Tom said huskily.
- "My pencil is dull," said Tom pointlessly.
- "Hurry up and get to the back of the ship," Tom said sternly.

Neighbor News

Mary Ann Moser had terrific time on the Roadrunners San Juan Islands trip in June.

Helen Sasse visited family in Massachusetts in late July.

Lino Condotta's son Harold Stansberry visited from Nashville, Tenn for two weeks in July.

Gloria Brix visited her daughter in Cary, NC in late June. She added that it was 105 degrees there when she left.

Bernice Brooks traveled to Plano, TX in early June to celebrate her daughter's 60th birthday.

Herb Uttoff and **Kay Keskinen** participated in the North Idaho Senior Games in early June in Lewiston. Each "brought home the gold."

Ernie Bunch continues to take chemotherapy; he reports he is doing okay.

Jan Jensen was gone for two weeks in late June; she spent time in Yachats, OR where she and husband Eric enjoyed the ocean and saw many whales. They also visited their daughter in Ketchum, ID.

It's not often the newsletter gets to announce an engagement. **Judy Cornish** and **John (Jack) Miller** became engaged on their June trip to Hawaii. Our best wishes to them!

Lois Gilbert's brother, Allan, visited Lois and George from Akron, Ohio in late June. It had been over 15 years since Lois had last seen her brother. It was a busy week catching up and showing Allan around the Palouse.

George Gilbert had an MRI on his lower back and left hip at Northwest Specialty Hospital in Post Falls on July 10th. The MRI is a new step in the quest to find the source of the pain he has been experiencing in his hip since February.

Friendly Neighbors member **Adele Wallace** passed away on July 12. We will miss her friendship.

Birthdays:

August 2: Clara Dockter
August 8: Mertia Kohl
August 21: Al Pepe
August 25: Patty Wade
August 28: Janet George
August 31: Joy Irving
August 31: George Gilbert



September 3: Dean Taylor
September 6: Glenna Taylor
September 16: Gerald Schutz
September 14: Karon Aronson
September 19: Karen Davis
September 19: Odessa Johnson
September 28: Frankie Yockey

Anniversaries:

August 3: Ida and Al Pepe, 1941
August 7: Elna and Bart Barton, 1971

North Idaho Senior Games

by Herb Uttoff

On June 23 I had the pleasure of competing in the North Idaho Senior Games in Lewiston in track and field. It was a fun event with sportsmanship and camaraderie all around.

Although I competed in track events in high school, I had never done field events, so I had to give that a try. The University of Idaho was generous enough to loan me a shot put and a javelin to practice with. Also I had several track people help correct my form, which helped very much. I participated in five events: javelin, shot put, the 60 meter dash, 200 meter dash, and the 1600 meter run. I earned five medals: four gold and one silver. The weather was pleasantly mild, but there weren't as many participants as there had been in past years.

One admonition: if you've ever thought about participating in any of the events, from horseshoes to bowling to target shooting, please do so. One of the best things is re-living your youth--events that we haven't done since high school or college! Seeing old friends and meeting new ones make it all worth it.

Computer in Spanish

contributed by Leonard C. Johnson

A SPANISH Teacher was explaining to her class that in Spanish, unlike English, nouns are designated as either masculine or feminine.

“House” for instance, is feminine: “la casa.”

“Pencil,” however, is masculine: “el lapiz.”

A student asked, “What gender is 'computer?’” Instead of giving the answer, the teacher split the class into two groups, male and female, and asked them to decide for themselves whether “computer” should be a masculine or a feminine noun. Each group was asked to give four reasons for its recommendation.

The men's group decided that “computer” should definitely be of the feminine gender (“la computadora”) because:

1. No one but their creator understands their internal logic;
2. The native language they use to communicate with other computers is incomprehensible to everyone else;
3. Even the smallest mistakes are stored in long term memory for possible later retrieval; and
4. As soon as you make a commitment to one, you find yourself spending half your paycheck on accessories for it.

The women's group, however, concluded that computers should be masculine (“el computador”), because:

1. In order to do anything with them, you have to turn them on;
2. They have a lot of data but still can't think for themselves;
3. They are supposed to help you solve problems, but half the time they ARE the problem; and
4. As soon as you commit to one, you realize that if you had waited a little longer, you could have gotten a better model.

The women won.



“Healthy Summer Eating Tips”

by Kali Gardiner, RD
U of I Extension Nutrition Program
Taken from the June 2012
“Senior Nutrition News”

Stay hydrated, rely mostly on water from the tap:

Drink water throughout the day and evening. An occasional sweetened beverage is fine as long as it is occasional.



Practice portion control: Using smaller plates is a proven method of consuming fewer calories effortlessly.

Purchase plant foods in season: These are readily available at this time of year. They will taste fresh and should be lower in cost since they are in abundance.

Go meatless on Mondays: You can lower your food bill while improving your health by eating meatless meals more often.

Choose a Healthy Refreshing Summer Treat: Frozen yogurt is generally fat-free and you have the option of adding fresh fruit toppings. This is a tasty, satisfying, and healthy treat that you can feel guilt-free about.

Produce spoils quickly so buy the amount you can use: Plan to shop every 3 days or so and plan your trips to the grocery so you don't spend too much time or overspend your budget. Meals will taste best with the freshest ingredients.



Plant your own garden: It's fun and extremely rewarding to grow your own food. Gardening can be as ambitious as farming a plot of land or as simple as planting seeds in a container on your deck or windowsill.

Celebrating a 90th Birthday

Ruth Smith celebrated her 90th birthday with a party held in her honor at the American Legion Cabin in Moscow on Saturday, June 16. Family, friends, and “friendly neighbors” attended. Happy birthday, Ruth!



I'd Walk a Mile for a Camel by Frankie Yockey



Frankie Yockey and Joy Irving (L-R) spent the month of June traveling in Europe. Frankie's son is stationed in Spain, so they home-based there and then traveled to

Portugal, Italy, Morocco, Cadiz Island, and Amsterdam. Joy also spent some time in England.

Can you believe? Frankie actually drove through Spain to Portugal and then back down the Portuguese coast...only had one small fender-bender. The GPS got them lost in Lisbon, but Joy's map skills saved them. They had lots of great adventures, including boat trips in Italy and Amsterdam, gladiators in Rome hugging them, camel-riding in Tangiers, and Frankie with a snake around her neck! They saw so many historical places and beautiful vistas. Also drank lots of great wine and beer, and ate like gourmets. Fortunately, they walked so much, even climbed the Vatican Cupola (320 stairs), that neither woman gained weight.

Both agree that they were really glad to get back to the good ol' USA to family, friends, and friendly neighbors. There's no place like home!

Lino Condotta Honored at Clark Fork Homecoming by Harold Stansberry



As a young man beginning his working career, Lino was station agent for the Northern Pacific Railway in the small northern Idaho town of Clark Fork for nearly two decades. He was community-oriented during his tenure in Clark Fork and at one time or another wore a number of hats in addition to his railroad job. He sat on city council. He was the city clerk. He helped



initiate the Rod & Gun Club, which remains active to date. For a few years prior to leaving, he was also

the Clark Fork Fire Chief.

As fire chief and a member of city council, Lino was instrumental in the city's purchase of a new 1958 Ford fire truck with state-of-the-art American LaFrance equipment. The truck has since been retired, but is still available for special events.

As a surprise, his sons made arrangements with the Clark Fork Mayor, an old friend, for Lino to ride in that truck he helped purchase in the city's annual 4th of July Homecoming parade. After the parade a number of the locals that date back to Lino's time in Clark Fork, sought him out for a little re-acquaintance visit. It was a most memorable day and one that Lino will no doubt not soon forget.