

Friendly Neighbors Newsletter

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Doris Norman – Editor/Publisher

Kay Keskinen – Reporter

President's Report

Leonard Johnson, President

The business affairs of the Friendly Neighbors club are progressing fairly smoothly, thanks in no small part to the help of more experienced board members.

A fiscal budget has been adopted, nearly identical to our 2008 budget in total amount of anticipated income and expenditures, with some minor internal alterations in budget categories reflecting reporting requirements.

We have received donations of \$4,500 from the **Latah County Board of Supervisors**, and **\$500 from Tri-State Distributors**, for which we are most grateful.

Kay Keskinen has written a detailed outline of the duties and tasks required of our treasurer. It has been reviewed by me and others, and is on a path to completion.

When finished it will be very helpful. Also, a rough draft outlining the duties of the Meal Site Arrangements committee has been written, and is under review.

Our by-laws require that we have a Menu Review Committee, and steps are being initiated to revitalize that committee. It seems appropriate that our members, as users and beneficiaries of our meal site operation, should have an opportunity in a systematic and positive way to advise our kitchen staff regarding their menu preferences, their likes and dislikes, as our monthly menus are being composed. The principal purpose of the Menu Review Committee would be to provide a mechanism for achieving this. Any member who wishes to serve on this committee is invited to let me know.

I urge that all of us be alert to opportunities to invite friends and acquaintances that are not members of the Friendly Neighbors, and are 60 years of age or older, to consider joining us.

❖ I know I got a lot of exercise the last few years,

... just getting over the hill

❖ We all get heavier as we get older,

... because there's a lot more information in our heads.

That's my story and I'm sticking to it!

HELP!!

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Have you read something recently that has changed the way you do things? I did, and I hope this will change you too.

I read an article that starts, "It turns out that "paper or plastic?" is a life or death decision for our environment." That got my attention!

Do plastic bags accompany you home every time you go shopping? It did for me. 500 billion plastic bags are given to shoppers each year. Most end up in a landfill, and they don't break down like you'd expect them to. Loose, many drift on the wind to decorate our trees, adorn our chain link fences, swirl about in our oceans, and choke animals who unwisely swallow them. If they do disintegrate, their toxic particles become part of our soil and water. (I have a picture in my head of the Almighty sitting on a smoggy cloud shaking His head at what we're doing to His beautiful creation.)

When you're asked, "Paper or plastic," your answer should be "neither." Even using paper bags hurts us because 14 million trees are cut down to provide the 10 billion paper bags we use.

This is a plea for you to buy and take along reusable cloth bags to contain your purchases. After I read the article I rooted around and found several suitable cloth bags that I have accumulated. I put them in my car, and I feel very environmentally friendly when I use them.

I haven't gotten any weird looks at my shopping bags with logos like "Twist-n-Shout" (Endless Summer blooms) and Corona (Bob tells me this is a Mexican beer.) But I have gotten some amused smiles from residents of our friendly town.

Will you join me in this small but vital effort to do some good and save our planet?

Dorothy Nichols

What's this Hype About "Skype?"

Perhaps you've noticed on TV a visual that shows "Skype" when someone is appearing on TV remotely. Some news stations and "Oprah" use Skype to add people to their shows. Skype is a free computer program that allows people to connect via computers with a web camera (webcam). Connections between people who each use a Skype account are free; they can see each other via the webcam and talk using headphones or microphones and computer speakers.

The "Computer Corner" of the Moscow Senior Center now has a webcam and we've made a Friendly Neighbors Skype account. If you have friends or family who have a Skype account, now you can stop by the Senior Center when Doris or Kay are there and ask them to set up the webcam so you can call, or be called, by another person with a Skype account.

We only have one webcam, and Doris and Kay are only at the Senior Center Monday mornings and Wednesday afternoons, so please schedule Skype time with

them. Perhaps your friends or family already have a Skype account; or encourage them to do so. What a great way to keep in contact!

If you'd like more information about Skype, their web site is <www.skype.com>.

-Kay Keskinen

Friendly Neighbors Finances

Friendly Neighbors Senior Citizens, Inc. is a non-profit corporation whose mission is to offer services and programs for senior citizens by serving nutritious meals (at the meal site or home delivered) and by providing the Moscow Senior Center as a social center for seniors.

As mentioned in the last newsletter, the Friendly Neighbors budget is tight. Our expenses increase each year. Every donation is important to keep our operations running. Again, the Latah County Commissioners are very generous in supporting us; without their funding we would operate in the red each year.

Tri-State also is very generous to community organizations, and this year they more than doubled their past year's contribution to Friendly Neighbors. Tri-State will be sponsoring five of our noon meals; the menus will indicate which meals Tri-State is sponsoring.

Friendly Neighbors was formed as non-profit organization in 1978, but many grants are only available to organizations with IRS 501(c)(3) charitable status. To increase opportunities for additional funding sources, Friendly Neighbors has recently filed an application with the IRS to receive 501(c)(3) status. The process is long (it can take more than six months) as well as expensive (the user fee for filing is \$750). We are hoping that the investment in the IRS status (assuming our application is accepted) will pay off with additional grants and more contributions by individuals and businesses; contributions would then become tax-deductible. We are accepting donations to help pay for the IRS user fee.

Thank you for your continued support of Friendly Neighbors and your membership in Friendly Neighbors. It is important for all of us to work together to continue to meet the needs of area senior citizens.

-Kay Keskinen

Friendly Neighbors Co-Treasurer/Co-Secretary

"I lose my temper, but it's all over in a minute," said the student. "So is the hydrogen bomb," I replied. "But think of the damage it produces!"
.....George Sweeting

COFFEE FILTERS Not just for making Coffee....

1. Cover bowls or dishes when cooking in the microwave. Coffee filters make excellent covers.
 2. Clean windows and mirrors. Coffee filters are lint-free so they'll leave windows sparkling.
 3. Protect China. Separate your good dishes by putting a coffee filter between each dish.
 4. Filter broken cork from wine. If you break the cork when opening a wine bottle, filter the wine through a coffee filter.
 5. Protect a cast-iron skillet. Place a coffee filter in the skillet to absorb moisture and prevent rust.
 6. Apply shoe polish. Ball up a lint-free coffee filter.
 7. Recycle frying oil. After frying, strain oil through a sieve lined with a coffee filter.
 8. Weigh chopped foods. Place chopped ingredients in a coffee filter on a kitchen scale.
 9. Hold tacos. Coffee filters make convenient wrappers for messy foods.
 10. Stop the soil from leaking out of a plant pot. Line a plant pot with a coffee filter to prevent the soil from going through the drainage holes.
 11. Prevent a Popsicle from dripping. Poke one or two holes as needed in a coffee filter.
 12. Do you think we used expensive strips to wax eyebrows? Use strips of coffee filters.
 13. Put a few in a plate and put your fried bacon, French fries, chicken fingers, etc on them. This soaks out all the grease.
 14. Keep in the bathroom. They make Great Razor Nick fixers.
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Larry Kirkland, Bob Dudley, Lois Ball, Loris Dudley

Playing bridge in the 1912 Building Moscow Senior Center on a Wednesday afternoon.



Hearts of Appreciation

By Jenny Sheneman

Heart of the Arts, Inc. (HAI), the managers of the 1912 Center, hosted a brunch on February 14 to celebrate the people who help make daily operations go so smoothly.

Valentine's Day was the perfect day for a celebration of all the care that our volunteers put into the 1912 Center. Along with a brunch, HAI also presented beautiful steel hearts, made by local artist Jenny Rod, to volunteers who had gone above and beyond over the past year.

Friendly Neighbors' own **Doris Norman, Mike & Bernita Linderman, and Leslie Leeper** were given awards for all the little things that they do to help Heart of the Arts, Inc. to take such great care of the building. I count on the seniors who manage the Senior Center a great deal as a one person management office and I wanted everyone to know how much I appreciate all that they do for the 1912 Center.

If you would like to become a volunteer in the Senior Center, even as a substitute for a regular volunteer who is going away on vacation, you too can help to make a difference in the operations of the 1912 Center. Please contact Mary Ann Moser at (208) 882-6174 to get involved. And thanks so much for all your fabulous support!



Doc Ron entertained on March 19th with guitar and vocal music. THANKS, RON!!




**Senior Center Coffee
BY: Jeff Bollinger of
Edward Jones Investments**

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