

# Friendly Neighbors News Letter

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## Outgoing president's message

I have enjoyed being your president for two years and I'd like to tell you about those who have helped make our organization more successful than ever before.

**Duane Le Tourneau**, as vice president, was wonderful. He knows just about everyone in town and when we needed a contact he was successful in getting what we wanted. He reported on our budget/financial progress at each board meeting and helped me immeasurably. He's also our Thursday **Master of Ceremonies**. I feel confident that **Friendly Neighbors** will prosper even more with his leadership as president next year.

**Sharon Rieser** is quietly efficient as our secretary. A former legal secretary, she kept me on track with her minutes, letters, and good suggestions.

**Ida Pepe**, our able treasurer, takes care of the financial end of our operation by making bank deposits, reimbursements, and reports, and sending reports to our bookkeeper, **Steve Rieser**, so he could write the nutrition checks.

**Al Pepe** is essential to our smooth running operation, arranging for our server volunteers among other things.

**Mel Jackson** wore three hats: as a board member, publicity chairman, and liaison with our cooks, taking inventory of our supplies in that capacity. He did a great job with all of them.

**Doris Norman**, also a board member, is our newsletter editor, doing a superlative job of telling us what is going on in **Friendly Neighbors**. She also oversees the attendance

reports that go to LCSC for our reimbursement from them.

**Lou Stevens**, our third board member, is our membership chairman, taking dues and keeping the board informed of our membership. She adds good ideas to our board meetings.

**Bette Mitchell** is in charge of our programs, and **Bill Mitchell** entertains us often with his inspired piano playing. They both do a great job.

**Ernie Bunch**, acting on the board as our past president, gave us the benefit of his many years of experience in **Friendly Neighbors**. When I accepted the office of president and said I hate to go to meetings, **Ernie** volunteered to go to the out-of-town meetings, which he did, representing **Friendly Neighbors** very well.

**Jim Maley** lent lots of enthusiasm to his job of **Promotional Activities Chairman**. He came up with some excellent ideas and did a great job.

**Mike & Bernita Linderman** do lots of behind the scenes work such as setting up and taking down the podium and microphone as well as the table settings. We thank them for this.

**Lois Leonard** was our able **Greeter Coordinator**, making sure we were greeted in a friendly manner when we came to the meal site. **Bob Leonard**, along with **Julie Ann Peterson**, performed the necessary job of taking the home delivered meals.

**Scottie Hecht** had the job of **Nutrition Educator**, making sure we were aware of the valuable information on the back of our monthly menu sheets. He is also our

informal photographer, recording in pictures what goes on at the *Friendly Neighbor* meal site.

*Virginia Hayes, Marge McBride, and Marian Crossin* always came up with the creative table decorations we all enjoy so much.

*Nancy Nuhn* is another worker who serves *Friendly Neighbors* ably in many capacities. She has helped me in many ways.

Then there is that guy, what's his name, who edits all my stuff with his red pen and knows only one prayer when he is *Master of Ceremonies* on Tuesdays.

There are others, too numerous to mention, who greet us, serve in the kitchen, take our donations, and help out wherever we need them. I thank you all.

We have had a good two years, going from fewer than 100 members in 2001 to 131 in 2003. Our badge program, inaugurated so we could call each other by name, and our "*Bring a Friend to Lunch*" program helped to make *Friendly Neighbors* successful. We furnished the *Moscow Senior Center*, provided volunteers to staff it, and set up the programs there that are becoming more and more popular. Let's keep up the good work and bring even more friends into our organization.

Dorothy Nichols

### News from Duane Le Tourneau

The fact that *Thanksgiving Day* is only a few days away also means that the annual meeting of *Friendly Neighbors Senior Citizens, Inc.* is coming up shortly. The time for the meeting has been tentatively set for *11:30 a.m., Thursday, December 18*. A definite time will be decided at the November board meeting.

A major item of business for the annual meeting is the election of board members for 2004. As spelled out in our Bylaws, our board consists of the immediate past president, president, vice president, secretary and treasurer, who all serve one-year terms, and three at-large board members who serve three-year-terms, with one member's term expiring every year.

As indicated in her message elsewhere in the newsletter, *Dorothy Nichols* is relinquishing her position as president after serving two terms in that capacity. She will become the immediate past president, replacing *Ernie Bunch*. I have agreed to have my name placed in nomination for president, and I am pleased to report that *Sharon Rieser* and *Ida Pepe* have indicated their willingness to serve another year as secretary and treasurer, respectively.

*Doris Norman's* term as an at-large board member expires; continuing board members are *Mel Jackson* and *Lou Stevens*.

A Nominating Committee (*Virginia Hayes, Fred Kohl, and Phyllis Le Tourneau*) appointed by *President Nichols* has nominated *Robert (Bob) Newbre* for vice president and *James (Jim) Dunn* for the three-year board term. Both men have agreed to serve. Additional nominations may be made from the floor at the annual meeting.

In her outgoing president's message *Dorothy Nichols* thanked many people for their volunteer efforts. In turn, please join me in thanking her for the countless hours and tireless efforts in steering *Friendly Neighbors* through some challenging times. I'm pleased that she will continue as a board member and continue to be a resource to me and the organization.

On another topic, please invite your friends and neighbors to join us for lunch on ***Tuesdays and Thursdays***. It is a sad fact of life that some of our friends who were with us in January can no longer join us. With fewer in attendance, our budget suffers. In order to maintain our great meal site as a viable program, we need to have new folks join our ranks.

Happy Turkey Day and a Joyous Holiday Season!

Duane Le Tourneau

### A Few News Tidbits

***Friendly Neighbors*** recently bought a new freezer (\$350) for the meal site in order to accommodate frozen foods we receive from Nutrition Services and Commodities.

Once again the ***Moscow Central Lions Club*** has donated **\$400** to benefit ***The Friendly Neighbors Meal Site***. All of us at the ***Meal Site*** wish to express our many thanks and gratitude for their support and caring.

Our membership dues are **\$2.00 per year**, and will be collected in December and January. You will be given a membership card for you wallet.

Last year, we had **130 members** join throughout the year and we hope for that many or more in **2004**. If you are going to be away part of the year, do go ahead and join anytime.

*Lou Stevens~*

*Membership Chairman*

November entertainment consisted of Bill Mitchell at the piano with a few Friendly Neighbors joining in on the "Familiar Old Songs" that we all love.

Don Oleson played beautifully on his harmonica on the 30<sup>th</sup>. The Old Time

Fiddlers did not perform their usual day and we missed them terribly!

Hopefully our Holiday entertainment will make up for the November shortage.

*Bette Mitchell~*

*Entertainment Chairman*

### Project Warm Up!

Join the fun! Get involved in Project Warm Up!

***Project Warm Up***, a program sponsored by the ***Retired and Senior Volunteer Program***, is expanding to ***Latah County***. Through ***Project Warm Up***, volunteers knit and crochet hats, mittens, scarves, lap robes and various baby items, which are then donated locally. Items are collected throughout the year and can be turned in at anytime to the ***Retired and Senior Program Office***. Yarn and patterns are available. For more Information about this program and how you can get involved, contact Linda Pike, ***Moscow Program Coordinator, at 882-4906***.

### Chronic Obstructive Pulmonary Disease

***Pegasus*** will evaluate the effects of an investigational study medication on the pulmonary function and respiratory, symptoms of patients with ***chronic obstructive pulmonary disease (COPD)***, commonly known as chronic bronchitis, emphysema, or smoker's lung. The goal is to determine the study medication's effectiveness in treating ***COPD***. If you qualify, you'll receive study-related medication including an inhaler for your symptoms, medical exams, lab tests, and financial compensation for time and travel. For more information about participating in this study call: 1-866-483-0550 or visit [www.PegasusCOPD.com](http://www.PegasusCOPD.com)

### Up Date on Computer Classes

A new volunteer at the *Moscow Senior Center* brings over thirty years of computer experience to share when she is at the center Mondays from 10 AM to 12:30 PM. Kay Keskinen retired from the *University of Idaho* last summer having worked in their *Information Technology Services (ITS)* department since 1972.

*Kay* bought her first personal computer (a KayPro II) in 1984 and used that PC and Apple computers in a series of ten evening "*Introduction to Computers*" classes she taught through the university's *Enrichment Program* in the mid 1980s. Her work in administrative systems was directed to mainframes and large servers, but she used PCs at work and at home. Over the years she had a number of titles and positions in *ITS*; her title when she retired was the *Manager of Management Information Systems/Database Administrator*.

With the four PCs at the *Senior Center*, three of which can access the Internet, *Kay* is willing to assist with questions about e-mail, the Internet, security, PC housekeeping, and such. Stop by *Monday mornings* for a cup of coffee and for some help to get on the information highway.



Mel and Betty Jackson

Mel and Betty Jackson both started life in Montana. Mel was born in a log cabin in Wisdom and weighed only 2 ½ lbs. They dressed him in doll clothes, put him in a

shoobox and placed it in the warming oven. His cousins called him "the gopher". The family later moved to Dillon where he grew up. He attended the Norman College in Dillon, then went to the state college in Bozeman and after graduating taught chemical engineering there.

Betty was born in Helena and grew up there. In 1940 her father was elected governor and served two terms. She and Mel met in the orchestra in which both were playing at Montana State College (now University): Mel clarinet and Betty violin. Mel also played in a dance band, which provided music for most college dances so they didn't date much during those years.

Betty taught Home Economics in the Bozeman high school after graduating while Mel was teaching at the college and they started dating. They were married in 1944 and moved to Minneapolis where they lived while Mel attended and worked at the University of Minnesota.

After he received his degree they moved to Boulder, Colorado where he taught at the University of Colorado; then he took a leave of absence to work at the Naval Ordnance Station at China Lake, California. Life on the dessert was quite a change but they enjoyed it; they now had three children, one an infant. They became quite active in a small Methodist church in near-by Ridgecrest.

In 1954 Mel came to Moscow to interview for a position in the engineering department at the UI, and when the job was offered they moved here with their 3 children and dog and built a home on University Heights. Their youngest child was born in Moscow.

They have enjoyed traveling, and have attended 34 Elderhostels.

They had four children, one now deceased, and have seven grandchildren.

## Computer Classes In Moscow Senior Center

Any *Senior* who thinks their kids don't write often enough, needs to talk to *Doris Norman, Kay Keskinen or myself*. Action is being taken to make it possible for a lot of users, our age to be on the *Internet* at the same time.

Setting up an *E-mail address* for you is simple and lets you drop a short note or a long letter on your kids or *Grandkids*. It's quick, no cost (no postage) and they will have the message in minutes. We have four computers that are available for use right now and will provide more if needed.

*Learn to send E-mail—  
Connect with your kids*

Scotte Hecht

### A Very Special Thank You To A Very Special Person

Why do we have such fantastic *Yeast Rolls* at our Meal Site? For years now, we have had the volunteer services of one special person who loves to cook!

Ernie Wycoff

*Ernie* comes to the meal site extra early on meal site days; he prepares and cooks the tastiest rolls on the Palouse. Those rolls are made with thoughtfulness and love for his friends.

On Thursday, November 20, we were also served a delicious *Blueberry Dessert*. Where did this originate? Out of the mind and talent of *Ernie Wycoff*, of course. It was advertised as Blueberry Surprise, but *Ernie* calls it "A Nobel Experiment"!

THANK YOU, ERNIE ~  
MORE THAN WORDS CAN SAY!!

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Some people try to turn back their odometers. Not me, I want people to know "why" I look this way. I've traveled a long way and some of the roads weren't paved.

I don't know how I got over the hill without getting to the top.

One must wait until evening to see how splendid the day has been.

If you don't learn to laugh at trouble, you won't have anything to laugh at when you are old.

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**A Sunday school teacher was discussing the Ten Commandments with her five and six year olds. After explaining the commandment to "honor thy father and thy mother," she asked "Is there a commandment that teaches us how to treat our brothers and sisters?" Without missing a beat one little boy answered, "Thou shall not kill."**

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*This Christmas:* The best gifts to give:

To your friend - loyalty;  
To your enemy - forgiveness;  
To your boss - service;  
To a child - a good example;  
To your parents - gratitude and devotion;  
To your mate - love and faithfulness;  
To all men and women - charity;  
To your God - your life.

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Once Again: THE END

