

# *Friendly Neighbors' Newsletter*

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## **President's Message** **(November 2006)**

After I took office as president, one of the comments I heard regularly was, "I think it's in the **By-laws**," so I read the **By-laws** with a critical eye. Usually the item in question wasn't there. I did, however, see instances where our **By-laws** could be clarified or updated. The **By-laws Review Committee** met and came up with nine proposed changes, on which you will be voting at the **Annual Meeting on December 19**. I'm listing these changes here so that you'll have time to know what you're asked to vote on and form an opinion.

1. **The Mission Statement** says that we want "to promote the cultural, economic, mental, physical, and social wellbeing of senior citizens." We are asking to add the word "nutritional" to that list because that's what we do most.
2. The current minimum age for membership is **55** years. We are asking to change that to **50** years because retirements at **50** are becoming more frequent because of health issues or downsizing, and we want to make our services available to these people.
3. **The By-laws** state that "After June 1 the dues will drop to

\$1.00. We want to eliminate that sentence. \$2.00 is little enough for membership.

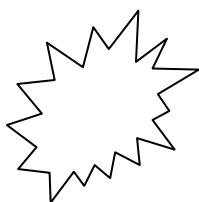
4. At present, officers authorized to **sign checks** are the President, Treasurer, and "one other elected officer." We want to make that "two (2) other officers" because, especially during the summer, it can be hard to find two people to sign checks.
5. Currently the **Board of Directors** "is referred to as the Board." We want to change that to read, "is referred to as the Board and/or Executive Committee", because that more accurately describes the function of the Board.
6. **The By-laws** state that "The Board shall be comprised of the elected officers plus the immediate past president of **Friendly Neighbors**. These individuals shall constitute the **voting** members at Board Meetings. These eight people could lead to a stalemate in a vote (4 – 4). To eliminate this possibility, we wish to change this to read: "The Board shall be comprised of **seven** (elected) officers who shall constitute the voting members at board meetings. The **past**

**president** shall cast any tie-breaking vote if needed.”

7. “**A quorum** of the board shall consist of not less than five (5) members.” With seven rather than eight voting members on the Board, the quorum should be changed to four (4) members.
8. “**Standing committees** shall include the Executive Committee, Membership Committee, Nominating Committee, and the Meal Site Budget Committee.” We would like to add the Menu Review Committee to these, because it has been operational for the past several years.
9. **The By-laws** say nothing about the frequency of By-laws reviews. We feel that this should be added: “The By-laws shall be reviewed at least every five (5) years.

So, Friendly Neighbors, would you please consider whether you are for or against each of these proposed changes. It takes a **two-thirds (2/3)** majority vote of the members present at the **Annual Meeting** to pass the changes. The meeting will be on **Dec. 19** at the meal site and we hope you all will attend.

**Bob Newbre**



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## **Publishing Anybody?**

We have a new feature in our **Continuing Education Department**. They have concentrated so far on the **Internet** and **word processing** in their instruction on **Monday mornings and Wednesday afternoons**. Now we are introducing computer publishing with lessons on **MS Publisher**.

This is a wonderful program for making scrapbooks, signs, newsletters, announcements, etc. where you can put in headlines and even pictures.

If you would like to learn publishing let me know, because we have to install the program on a computer in the **Moscow Senior Center** for you to use. **Dorothy Nichols**

**P.S.** There is now Scrabble and a bridge program on a computer up there.

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## **Senior Center Quiet Room & Library**

*By: Betty Anderson*

The little room located next to the **Moscow Senior Center** (the **Old RSVP Office, & new Heart of the Arts Office area**)...

The new manager of the **1912 Building** is the **Heart of the Arts**: (the **City of Moscow** is still the owner). When an **administrator** is hired (probably in January of 2007) that room will be their office.

**Seniors** can use the room as a reading room until that time and perhaps share it next year.

As of now all bookcases are located in the **Senior Center** room. There is a large number of interesting books available and can be checked out by **seniors** on an honor checkout system. **Come in and browse**. Perhaps you will find the very book you have always wanted to read.



**Jan Jensen**

**Hello everyone.** My name is **Jan Jensen** and I am the new **Moscow Senior Center** host on Wednesday afternoons.

I have lived in **Moscow** since 1977 and retired early this year from the **Idaho Department of Health and Welfare**, where I was a Social Worker and Clinician. Every **Wednesday afternoon** you will find me at the **Senior Center** until 4:00 PM where I will be meeting and greeting those of you who come in.

On Wednesday afternoons **Doris Norman** and **Kay Keskinen** are in the **Center** until about 3:00 to help you with your computer problems or improve your computer skills. I will be there as well to make sure things run smoothly and take care of any phone calls or drop-ins who want to see the building. I enjoy working on **jigsaw puzzles**, so I would encourage any of you who also like to puzzle to keep me company on **Wednesday afternoons**.

Another one of my hobbies is cooking, so if any of you want to learn or improve computer recipe search skills, I can help you with that.

**The Senior Center** is a cozy place to spend time. You can use the computers, read, do puzzles, talk, or have a cup of coffee or tea. So if you want to get out of the house for a little break, **come on in!**

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**Hazel Jahr**

**Hazel Jahr** visited the **Moscow Senior Center** to become a **“Computer Student”**. As she learned the art of computing she became very enthusiastic about the operation of the **Center**. She has now volunteered to become the responsible **Senior** for **Friday morning 9 a.m. to 12:30 p.m.**

**Hazel** was employed by **Creightons Clothing Store** for many years and is now retired.

She is indeed a **welcome** addition to computer classes as well as **Senior Volunteer** in the **Moscow Senior Center**.

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**To the world you might be one person,  
but to one person you just might be the world.**

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**Contributed by Lou Stevens**

**It’s the simple joys,  
The simple pleasures,  
The heart remembers,  
And dearly treasures.**

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**Winter Market by: Heart of the Arts**  
**Location: 1912 Center ~ Information: 882-0443**  
East Third Street, opposite Moscow High School

- Join **Heart of the Arts** on Saturdays from **10 AM to 2 PM** to carry on **Moscow’s Farmers’ Market** traditions through the year!
- **December 2, 2006**
- **January 20, 2007**
- **February 10, 2007**



Mary Ann Moser, Grace Pratt, Ida Pepe, Peggy Benson, and Doreen Steinberg, members of the Soaring Eagles Camping Club, enjoy an afternoon of fellowship and card games each Wednesday afternoon in the Moscow Senior Center



Member Joe Menglekamp shows the clock he has just won in the Club drawing activity. Now he can have a “good time”. In the background: Ralph Johnson

And, a big THANK YOU to this group of Seniors for their generous contribution to the fund for supplies (sugar, creamer, tea, paper towels, and other necessary items) for the enjoyment of all who visit a very friendly Moscow Senior Center

### Computer Corner

Seniors are welcome to use the computer corner in the Moscow Senior Center. In addition to the four PCs with high-speed access to the Internet, we've recently benefited from a donation of an IBM ThinkPad laptop computer. Many seniors already own laptops or are thinking of

getting one, so if you'd like to see how a laptop works, stop by the Senior Center and test drive the IBM laptop using the wireless access available in the 1912 Building. We are grateful to this very generous, anonymous donor who also gave us a copy of the Microsoft Publisher software.

**Thank you!**

For computer assistance, Scottie is there to help with e-mail most mornings, while Doris and Kay can offer help with other computer issues on Monday mornings and Wednesday afternoons.

The Senior Center web site has issues of this newsletter, Friendly Neighbors meal site menus, chart of weekly activities in the center, and more. The web site is at:

<http://users.moscow.com/srcenter>

-Kay Keskinen

Paid Advertisement



Jeff Bollinger of Edward Jones Investments continues to provide us with coffee. **THANK YOU!!** Page 4

## RSVP Volunteers Honored

Several **Moscow RSVP** (Retired and Senior Volunteer Program) volunteers were honored at a luncheon in **Lewiston** on Thursday, November 16, 2006.

With the theme of "**Island Time**," volunteers were recognized for length of service as **RSVP** volunteers. Six **Moscow** volunteers were given special recognition with the "**President's Volunteer Service Award**" for lifetime service of over 4,000 hours of volunteer time. Among those receiving the **President's Award** are these **Moscow RSVP** volunteers: **Lorraine Frazier, Bernita Linderman, Dorothy Nichols, Doris Norman, Alfred Pepe, and Ida Pepe**. The recipients now proudly wear a pin with an eagle to recognize their **President's Award**, and each received a personal letter of thanks from **President George W. Bush**.

Other area **RSVP** volunteers were recognized for their many years of service, including **Dorothy Burlison, Bette Mitchell and Lou Stevens** for 20 years of volunteer service; and **Nancy Nuhn** for 15 years; and **Bill Mitchell, Doris Norman, and Vern Pelton** for 5 years of volunteering.

Please pass along your gratitude to these volunteers for their many hours of service to the community. Many people and organizations benefit from the high level of dedicated volunteer service that these **seniors** freely contribute.

**We thank you!**

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## A Note To Mayor Chaney:

**Mayor Nancy**, as **Editor/Publisher of the Friendly Neighbors' Newsletter** I would like to express my many thanks for the kind words of encouragement you wrote in your recent letter.

**Doris Norman**

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## A Few More Puns From Karen Davis

- **If you don't pay your exorcist, you get repossessed.**
- **Every calendar's days are numbered.**
- **A lot of money is tainted: 'Taint yours and 'taint mine.**
- **A boiled egg in the morning is hard to beat.**
- **When you've seen one shopping center, you've seen a mall.**
- **When an actress saw her first strands of gray hair, she thought she'd dye.**
- **Bakers trade bread recipes on a knead to know basis.**
- **Santa's helpers are subordinate clauses.**
- **Acupuncture is a jab well done.**

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## The positive side of life

**Birthdays are good for you; the more you have, the longer you live.**

**Most of us go to our grave with our music still inside of us.**

**Some mistakes are too much fun to only make once.**

**Don't cry because it's over; smile because it happened.**

A FRIENDLY NEIBHBOR CHRISTMAS

WISH

‘Tis a month before Christmas at Moscow  
Meal site;  
We’re hoping that we’ll have a Christmas  
that’s White!  
But, if not, we’ll hang in there and just  
pursue  
Warm Holiday habits, the first thing we’ll  
do  
Is gather together the tinsel and stuff  
To put on the tree, and if that’s not enough  
We’ll all join in singing those carols that  
tend  
To stir up nostalgia in about way back when  
Those past Holidays of our childhood recall  
The uppermost joy in the minds of us all,  
But this the present, and we have new  
friends  
To meet us and greet us, the custom still  
tends  
To bring out the best and the kindest rapport  
In each of us, now can we ask for much  
more?  
“No!” says I, today is all that we can count  
On, so, let us disperse with just any amount  
Of sadness and rancor, and displeasure, too  
Let’s all join together and try our best to  
Be thoughtful and kind, and remember The  
Gift  
Of He, who was born at this time, what a lift  
It gives to our spirits, sent down from above  
By Good, in His mercy, that Gift of Pure  
Love!  
So Love one another, that’ all that He asks  
Of each of us here, on earth tackle the tasks  
Of changing demeanor and doing your best  
That’s it, for a starter, He’ll handle the rest!  
**Merry Christmas**, Dear Friends, I can offer  
no less  
Than Love and Warm Wishes, to each one,  
**God Bless!**

**Bette Mitchell (11-26-’06)**

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A list of redneck computer terms

Oliver Pratt:

- **Backup** – What you do when you sight a skunk in the woods.
- **Bar code** – Them’s the fight’n rules down da local tavern.
- **Bug** – The reason you is giv’n for calling in sick.
- **Byte** - What yer pit bull dun to cusin Jethro.
- **Chip** – Yer cusin’s uncle’s mother’s boyfriend’s name.
- **Crash** – When you go to Junior’s party uninvited.
- **Digital** – The art of counting on your fingers.
- **Diskette** - A female Disco dancer.
- **Hardcopy** – Picture looked at when selecting tattoos.
- **Internet** – Where cafeteria workers put their hair.
- **Keyboard** – Where you hang the keys to the John Deere.
- **Mac** – Big Bob’s favorite fast food.
- **Modem** – What ya did when the grass and weeds got too tall.
- **Mouse pad** – Where Mickey and Minnie Live.

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THANK YOU!

Lions Club of Moscow

On October 19, 2006 **John McCabe**, president of the **Moscow Lions Club**, visited the **Friendly Neighbors** for a meal and fellowship.

As in years past, he presented the **Friendly Neighbor Meal Site** with a check in the amount of **\$400.00** in behalf of the **Lions Club** to assist in offsetting expenses of offering balanced, nutritious meals at a reduced cost to those of us in the area that are over **60** **years of age.**

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**I was always taught to respect my elders,  
but it keeps getting harder to find one.**

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As the saying goes...

The kind of life you will have is not determined by what happens to you...it's determined by how you react to what is happening to you.

Have a Wonderful Day.

Be kinder than necessary...because everyone is dealing with some kind of battle.

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