



# Ninilchik Senior Center

PO Box 39422. 66265 Aspen Ave. Ninilchik, AK. 99639 Phone: 567-3988



## Coming Up:

**Mothers Day 9th  
Cinco de Mayo 5th  
Board Meeting 20th  
Memorial Day 31st**

### A Note From the President of the Board:

Hello folks! May is here! Is the snow gone yet?

There is a lot going on at the Senior Center these days. Some things to look forward to:

The annual meeting is being planned as we speak. Many of us on the board hope that we will have a great turn out for this meeting, especially since we chose to cancel last year's meeting due to Covid. We are not sure yet if this year's meeting will be inside or outside or a combination of both. Technology has improved our ability to have a meeting outside. Weather could be the deciding factor in making the decision. A date has not been set yet, but it will be sometime in late July. This will be an important meeting because all the board seats will be open this year. We will be voting for President, Vice President, Secretary, Treasurer, and two Trustee seats. If you are interested in serving on the board please visit with Julie in the office. There is a little bit of paperwork to fill out.

We are hoping to have a fundraiser again this year. Last year, if you will recall, we scaled back from two to one fundraiser. The one we had was outside and it was a great success. We are hoping to model this year's after last year's with everything being outside. We do have a committee working on this so if you are willing to help please contact the office and they will put you in touch with the committee chairperson.

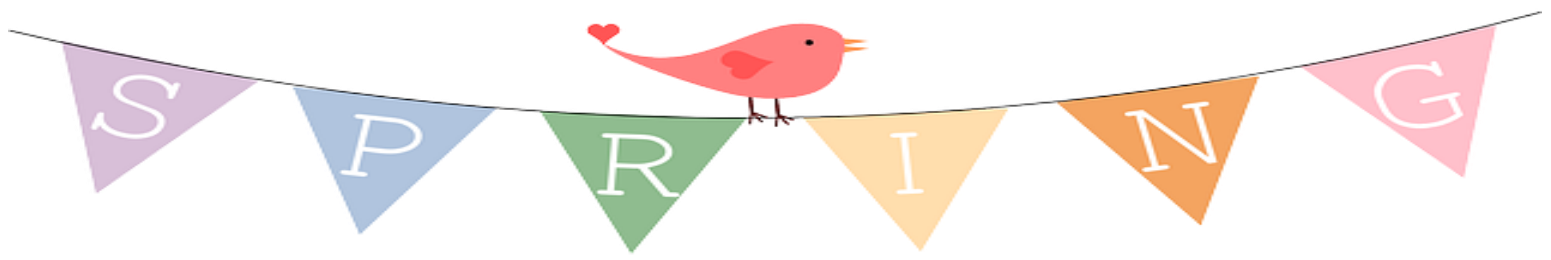
I would like to welcome back all the snowbirds that are showing up this time of year. I trust you had a good winter. It will be good to see you at the center for lunch.

Activities at the center are starting back up as well. The sewing/quilting group and the knitters will be starting up the first week of May. These two groups plan to meet on Monday, and Tuesday afternoon from 1:30-4:30. We ask that you please wear a mask if you choose to take part in these activities. If you have to come to the Center on other business those days please limit yourself to the office. Bingo has started up again on Wednesdays as well as Game day on Thursdays. It is good to see the Center getting back to business as usual.

Easy Street Pull Tab store continues to do quite well. We have four very good dealers who would love to meet you if you haven't been in to play pull tabs in a while.

I look forward to a great summer at the Senior Center.

*~Dick Hawkins, President*



### **A Note from the Executive Director**

Hooray! It's May! Hopefully we've seen the last of the ice and snow for the season and can move on to long days with lots of sunshine! Time to get outdoors and enjoy all the beauty Alaska has to offer. May is a wonderful month to celebrate National Older Americans Month – the theme this year is “*Communities of Strength*”! Here in Alaska we're fortunate that we have lots of things to engage in – hiking, fishing, gardening, family time – so many things to enjoy, as long as you take the time to do it!

This month we will also be sending out our annual survey. We will be sending it out via email and there will also be hard copies at the center if you would rather fill it out there. I encourage you to take the time to fill out the survey—your feedback is essential as it helps us evaluate any changes that may need to be made. Thank you in advance for taking the time to fill this out!

The Gazebo is now open. It is a good time to donate! If you have anything you would like to donate please drop it off at the Senior Center during normal business hours. 9am-4pm. Please do not drop your donations off at the Gazebo. Thank you to all our wonderful volunteers that agreed to help us at the gazebo this year—with their donated time and talent, we will be able to once again have the gazebo open at least 6 days a week!

There will be lots of things going on this summer here at the center and in the area. We'll keep you informed with what we hear and are happy to help find out information for things we may not be aware of. Here's to a great summer and to lots of sunshine, laughter, friends, family, and enjoying life!

~Julie Otto

To all the Mothers,



Grandmothers,



Aunts, Sisters

and other women

in our lives that care for



us and love us

unconditionally,



*Happy Mother's Day!*







© Can Stock Photo



Quilting/Sewing /Knitting: Mondays  
and Tuesdays @ 1:30-4:30

Bingo Wednesday @ 1:15 pm



Thursdays Game Day @ 1pm

Pool Playing Fridays: 1- 4 pm



Progressive Split The Pot. Need not to  
be present to win. Call the office for  
more details. Drawing will be held eve-  
ry Friday at Noon.



# Ninilchik Senior Center (NSC) Progressive Split the Pot Raffle

Cost: \$1 per ticket. Members may purchase as many tickets as desired each week. Tickets purchased are valid only for that week's drawing. Tickets must be purchased each week until 11am Friday if the member wishes to participate in that week's drawing.

Drawing Time: Every Friday at 12:00 pm

Location: Ninilchik Senior Center 66265 Aspen Ave Ninilchik, AK

## Progressive Split the Pot Raffle Rules:

One winner every week.

Winner does not need to be present to win.

Open to NSC members only. Membership must be current.

The Current Raffle will last up to 16 weeks. Future raffle duration may change without notice but will be announced at the beginning of each new raffle.

## 16 cards

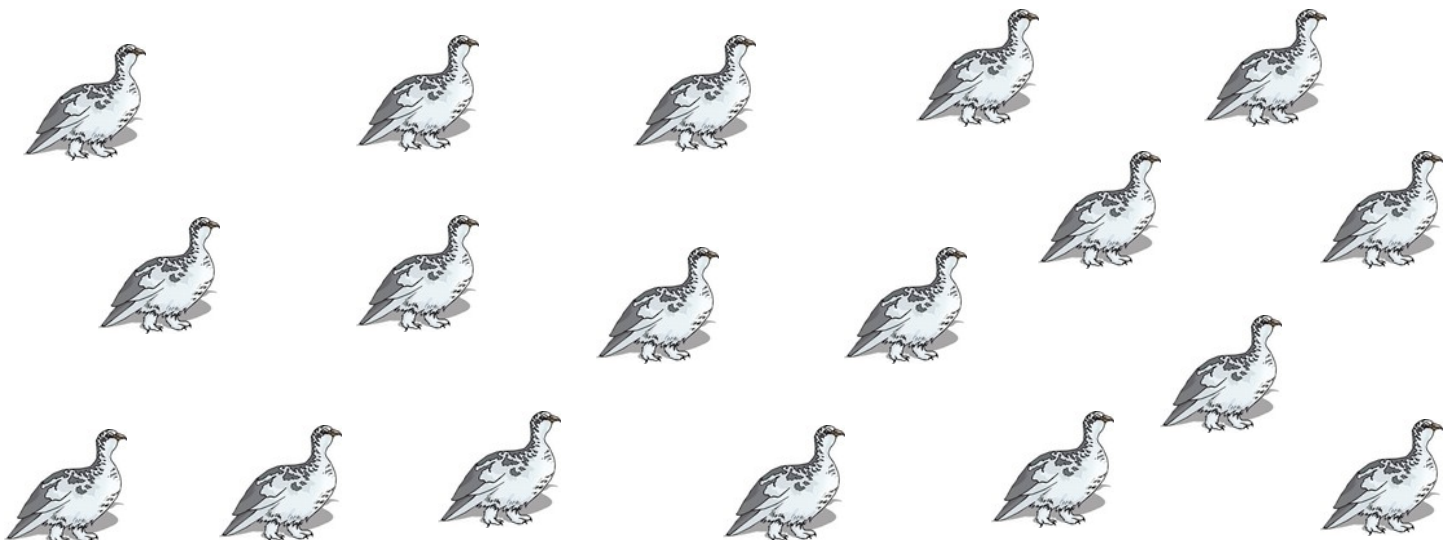
(1) Eagle: grand prize winner: 50% of the pot

(1) Owl: 10% of the pot

(14) Ptarmigan: \$5



Congratulations to last weeks winner: Jim Beall





1. According to legend, tea was first discovered by whom?  
a. by Tutankhamun, Pharaoh of Egypt      c. by Charles Grey, Earl of Bergamot  
b. by Shennong, Emperor of China      d. by Fiacre, patron saint of medicinal herbs
2. Herbal, spice, and floral "teas" are more accurately known as tisanes, infusions, and decoctions. All true teas come from the plant *Camellia sinensis*. They include black, green, white, and all but which of the following?  
a. yellow      b. Chamomile      c. Oolong      d. Pu-erh
3. In 1773, a group of American patriots dressed as Native Americans threw 342 chests of tea into the Boston Harbor. Why?  
a. to protest the poor quality of tea      c. to protest the British tea tax  
b. to celebrate God's bountiful blessings      d. to counteract an algae bloom in the bay
4. American Thomas Sullivan invented the tea bag in 1908. Of what were those original tea bags made?  
a. rice paper      b. cotton muslin      c. waxed parchment      d. hand-sewn silk
5. In 1930, William McKerchor introduced the CTC manufacturing method, which made tea more affordable by speeding up the production process. What does CTC refer to?  
a. Crush, Tear, Curl      c. Cold Tea Compress  
b. Controlled Toasting Conveyor      d. Cut, Trim, Crate
6. Tea is the second most consumed beverage on earth. What's the first?  
a. milk      b. beer      c. Coca Cola      d. water
7. China is the top tea growing country by weight. What is the top tea exporting country by value?  
a. United Kingdom      b. India      c. Kenya      d. Sri Lanka
8. On average, US citizens use ½ lb. of tea annually as opposed to the 7 lbs. of tea a year consumed by natives of the country with the highest per capita consumption rate:  
a. Turkey      b. United Kingdom      c. Morocco      d. Russia
9. In Morocco, it is customary to offer guests at least three cups of tea per visit. What do these three cups symbolize?  
a. life, love, and death      c. eating, drinking, and merrymaking  
b. laughter, luxury, and longevity      d. sun, moon, and stars
10. In Tibet, black tea is traditionally served with what mixed into it?  
a. cinnamon and sugar      c. turmeric and lemon  
b. yak butter and salt      d. sweetened condensed milk
11. Pu-erh tea is grown in the Yunnan province of China and sold in brick-like cakes. Ounce for ounce, some pu-erh is even more expensive than gold. Why?  
a. it's wrapped in 14-ct gold foil      c. aging/fermenting process takes so long  
b. its scarcity drives the price up      d. all of the above



# OLDER AMERICANS MONTH



**COMMUNITIES OF STRENGTH: MAY 2021**

ACL is pleased to announce that the theme of Older Americans Month (OAM) 2021 is *Communities of Strength*. Older adults have built resilience and strength over their lives through successes, failures, joys, and difficulties. Their stories and contributions help to support and inspire others.

In May, ACL will celebrate the strength of older adults and the Aging Network, with special emphasis on the power of connection and engagement in building strong communities.

There are many things we all can do to nurture ourselves, reinforce our strength, and continue to thrive. Connecting with others is one of the most important—it plays a vital role in our health and well-being, and in that of our communities.

From finding joy in small things and sharing our stories, to looking at the big picture and giving to others, ACL will promote the ways we are connected and strong. Join us in encouraging people of all ages to celebrate their communities and community members.

## **Materials coming soon!**

Stay tuned for resources to help you observe OAM 2021. Early next year, we'll begin releasing logos, activity ideas, and more at [acl.gov/oam](https://acl.gov/oam). We'll send new announcements as materials become available.

From: <https://acl.gov/>



Bingo is now back!

Come join us in all the fun Wednesdays  
at 1:15.

Thank you everyone for bringing all  
the wonderful beautiful Bingo prizes.







# Alaska Commission on Aging is visiting Kenai Peninsula *to Celebrate* **Communities of Strength!**

**Join us at one of these locations May 5th**

**We want to meet with you and hear about what is  
going on in your community.**

**9:30-11:00 Soldotna Senior Center**

**12:00-1:00 Ninilchick Senior Center**

**1:30-3:30 Ninilchick Tribal Council**



# Cheryl's Dugout Chat



## Meaning of Flag Folding Program

The flag-folding ceremony represents the same religious principles on which our great country was originally founded.

The portion of the flag denoting honor is the canton of blue containing the stars representing states our veterans served in uniform. The canton field of blue dresses from left to right and is inverted only when draped as a pall on the casket of a veteran who has served our country honorably in uniform.

In the U.S. Armed Forces, at the ceremony of retreat, the flag is lowered, folded in a triangle fold and kept under watch throughout the night as a tribute to our nation's honored dead. The next morning it is brought out and, at the ceremony of reveille, run aloft as a symbol of our belief in the resurrection of the body.

## Symbols for the Folds of the Flag

The first fold of our flag is a symbol of life.

The second fold is a symbol of our belief in eternal life.

The third fold is made in honor and remembrance of the veteran departing our ranks, and who gave a portion of his or her life for the defense of our country to attain peace throughout the world.

The fourth fold represents our weaker nature; as American citizens trusting in God, it is to Him we turn in times of peace, as well as in times of war, for His divine guidance.

The fifth fold is a tribute to our country, for in the words of Stephen Decatur, "Our country, in dealing with other countries, may she always be right, but it is still our country, right or wrong."

The sixth fold is for where our hearts lie. It is with our heart that we pledge allegiance to the flag of the United States of America, and to the republic for which it stands, one nation under God, indivisible, with liberty and justice for all.

## Cheryl's Dugout Chat



The seventh fold is a tribute to our armed forces, for it is through the armed forces that we protect our country and our flag against all enemies, whether they be found within or without the boundaries of our republic.

The eighth fold is a tribute to the one who entered into the valley of the shadow of death, that we might see the light of day, and to honor our mother, for whom it flies on Mother's Day.

The ninth fold is a tribute to womanhood, for it has been through their faith, love, loyalty and devotion that the character of the men and women who have made this country great have been molded.

The 10th fold is a tribute to father, for he, too, has given his sons and daughters for the defense of our country since he or she was first born.

The 11th fold, in the eyes of Hebrew citizens, represents the lower portion of the seal of King David and King Solomon and glorifies, in their eyes, the God of Abraham, Isaac and Jacob.

The 12th fold, in the eyes of a Christian citizen, represents an emblem of eternity and glorifies, in their eyes, God the Father, the Son and Holy Ghost.

When the flag is completely folded, the stars are uppermost, reminding us of our national motto, "In God We Trust."

After the flag is completely folded and tucked in, it has the appearance of a cocked hat, ever reminding us of the soldiers who served under Gen. George Washington and the sailors and Marines who served under Capt. John Paul Jones and were followed by their comrades and shipmates in the U.S. Armed Forces, preserving for us the rights, privileges and freedoms we enjoy today.

The source and the date of origin of this Flag Folding Procedure is unknown, however some sources attribute it to the Gold Star Mothers of America while others to an Air Force chaplain stationed at the United States Air Force Academy. Others consider it to be an urban legend. It is provided as a patriotic service to all.

Taken from this website- <https://www.veteransflagdepot.com/meaning-of-flag-folding>



Name: \_\_\_\_\_

Date: \_\_\_\_\_

# Spring Word Scramble



1. NIAR \_\_\_\_\_
2. AESETR \_\_\_\_\_
3. CHRAM \_\_\_\_\_
4. TFRBLTEYU \_\_\_\_\_
5. IETK \_\_\_\_\_
6. UTLIP \_\_\_\_\_
7. DBIRS \_\_\_\_\_
8. RNWIOAB \_\_\_\_\_
9. EEGRN \_\_\_\_\_
10. NSPUORGIT \_\_\_\_\_
11. EFOSRWL \_\_\_\_\_
12. SBSMLOO \_\_\_\_\_
13. AMRW \_\_\_\_\_
14. SANESO \_\_\_\_\_
15. DASYI \_\_\_\_\_
16. ILARP \_\_\_\_\_
17. SASRG \_\_\_\_\_
18. AMY \_\_\_\_\_
19. HNNUEISS \_\_\_\_\_
20. INCPIC \_\_\_\_\_

# Virtual Bulletin Board



If you have items you would like to "Post" let us know and we can add it to our Virtual Bulletin Board.

All items must be approved by the NSC Executive Director.

**ATTENTION**

*Hello, Jam and Jelly Lovers!*

*The Domestic Engineers*  
*still have a nice selection of those goodies.*

 *1 Pint: \$8.00*  
*1/2 Pint: \$5.00* 

*Buy any 6 jars - get 1/2 Pint free!*  
*Buy any 12 jars - get 1 Pint free!*

Phone Numbers to call: 567-3335, 741-2230, (623)694-7439

*June Judy Vi*

**Let's Play Bridge!**

Basic Rules. To play bridge you need four people, a table and a standard pack of 52 playing cards (you discard the jokers). The players form partnerships and partners sit opposite each other. Each player is assigned to one of the four points of the compass as they sit around the table. The object of bridge games is to win points by taking tricks off of your opponents.

I'm looking for Bridge players. My name is Loren Hill, give me a call.  
209-531-6494





# Alaskan Trivia



1. “Novarupta” occurred at Katmai in 1912, what is “novarupta”?
2. What was the name of the priest who helped secure Annette Island in southeast Alaska for his native followers?
3. What now fills the crater of Mount Katmai?
4. What industry employs the most people in the state?
5. What is a popular and favorite vacation spot for Alaskans?
6. What bird has a primary role in the ancient mythology of the Tlingit and Haida Indians?
7. How many feet would the oceans rise if all the glaciers in the world melted?  
(5, 25, 105)
8. In what year was the largest King Salmon caught by sportgear?  
(1960, 1973, 1985)

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Answers on page 16.





1. New Volcano, on June 6, 1912 the earth opened up and produced a new volcano.
2. Father Duncan
3. A lake
4. Fishing
5. Hawaii
6. Raven (and eagle)
7. 105 feet, all the major cities in the world would be under water.
8. 1985

Name: \_\_\_\_\_

Date: \_\_\_\_\_

# Mad Scientist Word Search

## DIRECTIONS:

Find each science word in the beaker letter grid. Words may be up, down, or across.

## WORD LIST:

COMPARE  
DATA  
EXPERIMENT  
GRAPH  
HYPOTHESIS  
MEASURE  
OBSERVE  
SCIENCE  
SEQUENCE  
TEST

Q	E	V	T	D	X	C	A	A	D
B	E	C	N	E	I	C	S	K	J
S	I	S	E	H	T	O	P	Y	H
M	H	T	M	H	M	O	T	A	R
E	P	F	I	J	B	D	A	T	A
A	A	A	R	S	T	K	C	T	Z
S	R	S	E	Q	U	E	N	C	E
U	G	R	P	L	P	P	S	R	W
R	V	U	X	T	J	Q	F	T	P
E	R	L	E	R	A	P	M	O	C

# Join NSC's Legacy Club!

Leave a Legacy and make a donation (monthly or not) of any amount to the NSC Endowment Fund or NSC Operations and once your donations reach \$500, your name will be added our donor tree. Endowment Fund Donations provide long-term investment income for the Senior Center.



## Donor Tree Wall Levels of Giving:

- Tree Leaf: \$500. to \$999.
- Ptarmigan: \$1,000. to \$4,999.
- Crane: \$5,000. to \$9,999.
- Owl: \$10,000. to \$24,999.
- Eagle: \$25,000 +

If you would like to donate online, visit our website  
[NinilchikSeniors.org](http://NinilchikSeniors.org)

At the bottom of the Donations page there is a button to click.



# HAPPY BIRTHDAY

Richard Hawkins 05/03  
Fred Eggert 05/04  
Kathy Wallace 5/4  
Roy Huhndorf 5/5  
Cathy Andrew 05/06  
Brandon MacGregor 5/14  
Annie Maxwell 5/15  
Ed Hull 05/16

Carol Chapman 5/22  
Jeanette Phillips 05/25  
John Nofziger 05/26  
Terri Quinlan 5/27  
Susan Welsh-Smith 05/28  
Pam Elhers 5/29  
Paul Page 5/31



## \$5 A Month Club

Thank you to the following who contributed to the club:

Jim Taylor  
Bob & Sharon Cook  
Cathy Perry  
Mary Holshouser  
Vi Nordgren

David & Judy Clemenson  
Char & Byron Moore  
Bruce Randall  
John & Janice Nofziger

We have a fund to provide items that are not in the budget.

If you would like to join the club, just bring or send a donation of \$5 any time you can.

**THANK YOU!!!**

## Thank You

Dave Nordgren for trash removal and to all of those who helped out or donated but didn't sign the volunteer book.

Thank you to Jim Beall, Gene Giovanini, Steve Vanek, Willard & Ruthe Bauman, Terry & Janie Nelson, David & Judy Clemenson, Howard & Nora Appel, Jeff Smith and Susan Welsh-Smith, Steve Stewart, Bob & Linda Pearson, Bill & Becky Hamilton, and anyone we may have missed for the donations.

Thank You Steve Vanek for selling The Progressive Split The Pot Raffle Tickets.

Thank you Char Moore for bringing all the water when we were having water problems.

Thank you to all our Members!!!

# About The Ninilchik Senior Center

## Our Mission

We are dedicated to making life easier, more interesting, and providing assistance to others in need among our members, as well as the surrounding community, in ways which lift the spirit and give a feeling of love to each other. We are dedicated to assisting one another through cooperation, respect, and strength of spirit, so that everyone feels welcome and their contributions valued.

## Board of Directors

President: Dick Hawkins  
V. President: Viola Nordgren  
Secretary: Kaye Waldsmith  
Treasurer: Sharon Cook  
Trustee: Steve Vanek  
Trustee: Cheryl Doyle  
Trustee: Lynn Harding

## Endowment Trustees

Chair:  
Vice Chair:  
Treasurer: John Nofziger  
Trustee: Lenore Jones  
Trustee: David Clemenson

## Staff

Executive Director: Julie Otto  
Adm. Assist/Bookkeeper:  
Tandy Wallace  
Cook: Marti Sue Chapman  
Cook/Maintenance: Rick Ferguson  
Trans. Driver: Mark Brees  
NSC Homemaker: Casey Campbell &  
Lala Powell

## Join us for lunch!

Lunch is served at 12:00 pm Mon-Fri.  
Suggested donation:  
\$7 for members, \$11 for non-members  
Lunch includes: soup,  
salad, entrée and dessert

## Events and Activities

### Weekly

**Mondays:** Belly Dancing 10:30 am  
Quilting/Sewing 1-4 pm

**Tuesdays:** Summer only: Activities including:  
Cornhole & horseshoes

**Wednesdays:**  
Yoga 10:30 am  
Bingo (after lunch 1:15 pm)

**Thursdays:** Game Day 1-4 pm  
Quilting/Crafts 10am-4pm

**Fridays:** Yoga at 10:30 am  
Trivia during lunch (summer)  
Knitting 1-4 pm  
Pool 1-4 pm

Not all activities are happening at this time due to Covid, contact the senior center for details.





So far this year (2020), the center received **\$231.47** from Fred Meyer through their community rewards program. Thank you to those who participate and make this possible.

If you shop at Fred Meyer, please consider linking your Rewards Card to donate to the center. Fred Meyer will donate money to the center whenever you make purchases; this will not affect the personal rewards associated with your account. Sign up online at: <https://www.fredmeyer.com/topic/community-rewards-4>

The center's Organization Identification Number is **GP013**.

**Thank you!!!**

The Senior Center is partially funded by these Corporate Sponsors



**PJK LLC**



So far this year the center has received **\$33.91** from Amazon Smile. Consider signing up to support the Ninilchik Senior Center through Amazon Smile. Simply connect your account via this link: <https://smile.amazon.com/ch/52-1323828>, and Amazon will automatically make a donation to the center every time you make a purchase, at no cost to you. Thank you to those who are already participating.

Alaska Food Coalition  
Amazon  
Enstar  
Fred Meyer/Kroger  
HEA  
Kenai Peninsula Borough  
Meals on Wheels America  
Peninsula Bishops Attic  
PJK LLC  
Private Donations  
State of Alaska/NTS Grant





# May 2021 Menu

*Meals will still be available as take-out (\$5 suggested donation, add \$2 for salad).*

**Please note: menu is subject to change based on product availability. 907-567-3988 Please call in advance to order a meal. Our nutrition program provides 1/3 of the recommended daily nutrition for Seniors and has been approved by a registered dietitian.**

<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<b>Birthdays</b> 2 Dick Hawkins 5/3 Fred Eggert 5/4 Kathy Wallace 5/4 Roy Huhndorf 5/5 Cathy Andrew 5/6	3 Asian Chicken Thighs Stir Fry Veggies Rice	4 Salisbury Steaks Mashed Potatoes & Gravy Vegetable	<b>Bingo @ 1:15</b> 5 Lasagna Vegetable Garlic Bread	6 Pork Tenderloin Yams Vegetables	7 Chicken Enchiladas Refried Beans Rice	<b>Information</b> 1/8 Soup served daily with pick up meals
<b>Mother's Day</b> 9 Brandon MacGregor 5/14 Annie Maxwell 5/15	10 Pork Chop Casserole Potatoes Vegetable	11 Monterey Chicken Rice Vegetable	<b>Bingo @ 1:15</b> 12 Roast Beef Mashed Potatoes & Gravy Carrots	13 Spinach Cheese Ravioli Vegetable Bread	14 Baked Ham & Swiss on a Bun Jell-O Macaroni Salad	15
16 Carol Chapman 5/22	17 Baked Ham Potato Dish Vegetables	18 Mushroom Pasta Bake Vegetable Garlic Bread	<b>Bingo @ 1:15</b> 19 Sweet & Sour Meatballs Rice Vegetables	<b>Board Meeting</b> 20 Crispy Chicken Mashed Potatoes & Gravy Vegetables	21 Glazed Red Salmon Filets Coleslaw Rice Dish Vegetables	22 Suggested Donation \$7.00 Members \$11.00 Guests To-Go Soup \$1.00 per cup
23 Jeanette Phillips 5/25 John Nofziger 5/26 Terri Quinlan 5/27 Susan Welsh-Smith 5/28 Pam Ehlers 5/29	24 Little Cheddar Meatloaves Mashed Potatoes & Gravy Vegetables	25 Buns w/Shredded BBQ Pork Bean Bake Corn on the Cob	<b>Bingo @ 1:15</b> 26 Beef Stroganoff Noodles Vegetable	27 Chicken Cordon Bleu Casserole Vegetable Rice	28 Halibut Patties Coleslaw Quinoa Veg Blend Tartar Sauce	29 The cook reserves the right to change the menu without notice.
30 Paul Page 5/31	31 Center Closed for Memorial Day					Salad Bar and Soup Served Daily with congregational meals **