



THE CHATTER BOX

FOR AND ABOUT WRANGELL SENIORS
WRITTEN BY GEORGE JOSEPH
VOLUME 33 September 2008

Wrangell Senior Center
PO Box 1818
Wrangell, Alaska 99929

Fall is in the air...

Well, all you have to do is look out the window and it is quite evident that fall has begun. Fall is a very beautiful time of the year with the changing of the colors around us and the ripening of the fruit and vegetables in the garden. At the local grocery stores the veggie and fruit stands are full to the brim with the best produce of the year. Everyone is canning and freezing up food for the winter.

We were very lucky this year when our dividends came out just a bit sooner and bigger than ever before. With prices as high as they have ever been for food, heating oil and gasoline the extra money was a blessing. Tax free day gave us all a chance to spend a little extra to get prepared for winter. All of the local stores had great sales and at 7 percent the tax free sales added up to great savings for seniors and non seniors alike. All of us at the Wrangell Senior Center want to thank the state and the community for the extra help this year.

Hopefully everyone took this opportunity to fill the oil tank, fill the car tank, fill the freezer and fill the cupboard. Also I hope everyone took a minute to remember your favorite charity and the most important thing of all, remember to pick up a little something nice for yourself.

The Wrangell Senior Center wants to take this opportunity to send our THANKS to both grocery stores. Both City Market and Bob's IGA have been supplementing our grocery needs with their 'unsellable' food products. City Market supplements our fruit and veggie needs and Bob's IGA has been supplementing our baked goods need. All of these things help out immensely on keeping our budget down and helping us serve fresh foods and desserts everyday. This is such a great service these two stores are doing we just can't say THANK YOU enough! George and the Seniors



A UNITED WAY
AGENCY

This agency receives partial funding from the Alaska Division of Senior And Disabilities Services Also Wrangell Cooperative Association And The City of Wrangell

NEW VAN SCHEDULE

Rides Available

Monday thru Friday

9:00 a.m.--3:30 p.m.

Tuesday

PREARRANGED ONLY

Persons 60+

\$1.00 One Way

Suggested Donation

To pre-arrange rides

Call 874-2066 or

Sign up at the center.

NO CALLS AFTER

3:30 P.M.

Wrangell Senior Center

- Serving Lunch every week day except Tuesday.
- Home delivered meals.
- Rides available to and from lunch.
- Lunch is served at 12:00 noon.
- Over 60 Free Will donation \$3.00.
- Under 60 lunches are \$8.00.
- CALL 874-2066 BY 10:00 a.m. TO RESERVE YOUR SEAT FOR LUNCH

Campfire times at the senior center....

What you might ask do you mean campfire times? The folks at the Wrangell Forrest Service have a program each summer for visitors and local folks alike who want to get together and learn about nature things. Usually they get together for a potluck dinner and stories around a campfire.

This summer Denise Wolven contacted us and offered to have the presentations at the senior center. We jumped at the idea and so it was done....

The first program was presented by Randi Pullman. She did a really informative and fun presentation on blueberries. There are many interesting facts about locally grown blueberries and Randi did a great job with her presentation.

Next Denise did an activity making cards from dried wild flowers and also decorating clay flower pots with acrylic paints. This was fun for everyone too. A lot of time and effort went into the collection of the flowers we appreciated them a lot.

Dani Gross was the next presenter with a 'fish egg paint' lesson. Dani explained and demonstrated the way the Tlingit Indians made the paints from salmon eggs, how they got the various colors from natural elements, and then she had cedar planks and designs to chose from so everyone got to make their own art piece. Great job by Dani.

Finally Denise did the last presentation of the summer on Moose Trivia. We got to see some moose hair, and hooves, and learned some interesting facts about moose.

We want to say THANK YOU so very much to all of the 'story tellers', they did a great job! We would love to be included in the schedule next summer. Thanks a bunch!

George and the Seniors at Wrangell Senior Center

VAN RIDES ARE AVAILABLE

FOR SENIORS 60+

MONDAY-FRIDAY

BEGINNING AT 9:00 A.M.

NO CALLS AFTER 3:30 P.M.

NO LUNCH TUESDAY

\$1.00 EACH WAY

TUESDAY

*** PRE ARRANGED RIDES ONLY ***

Chicken and Dumplings for One...

Good for anyone who counts calories!

Heat to a low boil:

- * 3 oz. cooked chicken
- * 1 cup reserved chicken broth
- * 1 Tbsp + 2 tsp. dry milk

Mix Together:

- * 2 tsp. corn oil
- * 3 Tbsp. water
- * 1 Tbsp. dry milk

Mix together:

- * 4 1/2 Tbsp. flour
- * 1 tsp. baking powder
- * 1/8 tsp. salt

Then mix the wet mixture into the dry mixture. Then drop by tsp. into the boiling chicken mixture. Reduce the heat a wee bit, cover and simmer 5 or 6 minutes.

This makes one serving equal to:

1 1/2 serving bread

3 serving protein

2 serving fat

1/2 serving milk. 40 Optional calories.

Thanks to Connie for sharing this great recipe, sounds really good and easy too!

Horse Back Riding....by Just Lurine

I can't ride a bicycle because way back when farm girls rode horse back and weren't given bicycles because they were way too expensive and the gravel roads were hard to ride on.

I had a blue roan Indian pony to ride. Dad had picked it up when he was in Grand Island, Nebraska buying a load of young steers. Dad would feed these to fatten them up to send to Chicago.

Old Blue was a 5 gaited pony. He was taught neck reining. The hired man used to ride him on the weekends. One October he was riding home from a 'fun nite', he was very superstitious and riding in the dark close to Halloween. He was sure he saw a ghost. He ran Old Blue all the way home, took the saddle off and left him outside with no brushing or warm stall and not even a blanket. Old Blue caught cold and it settled in his eyes and he became blind. We were lucky. He was able to settle down and have faith in who was driving. He knew our farm area and the road to Grandma's by heart.

Old Blue was quick to show you if you made a mistake. I was cantering across a meadow on my way home. I didn't think the little ditch running across the field was a problem. Well, it wasn't for Old Blue...he stopped. I didn't! I picked myself up on the other side of the ditch. I was OK but Old Blue had lost confidence in me and wouldn't let me get up in the saddle. I walked with Old Blue nudging me with his nose. Dad scolded me for not controlling my horse. I was sore from the sudden landing so that wasn't too good.

Old Blue and I became friends again and I have many beautiful memories of our times together.

Out of town...

3

Well the time is drawing near for me to be leaving on a couple of trips to take care of senior center business. I have the opportunity to go to Anchorage for a three day Medicare training. I will be leaving on September 23 and coming back on September 27. After this training session I will be able to more knowledgeably answer Medicare related questions. I feel quite lucky to actually have been chosen to attend this training and am excited to get back to put my new knowledge to work for the community. I will be posting times and dates when I will be available to be of assistance to all of Wrangell's seniors.

On October 6 I will be going to Juneau for the annual South East Senior Services Site-managers workshop. All of the managers from all SESS senior centers will be in attendance. This is a great learning experience for me. One week of comparing experiences and sharing stories with other senior center managers. I missed last years workshop so this one is going to be really exciting for me.

I plan on sharing the old and new issues of the Chatterbox with all of the other managers! I want to let them know how much pleasure I get from writing about the Wrangell Senior Center and encourage each of them to do a newsletter for their own centers.

I will be back to work on Monday, October 13. If you need tickets or have any thing you want to speak with me about before I go, please feel free to do it now. See you when I return.

George