

City of Kenai
Kenai Senior Center
361 Senior Ct.
Kenai, Alaska 99611
907-283-4156

APRIL 2021
The Kenai Senior Center



Centerline

Alaska Spring, Southeastern Style

by Biz Robbins, 2021

Forest ground breaks open, grasses emerge
joining yellow violets
on the woodland floor

Fern unfurl, blueberries blossom,
Japanese lanterns, fragile pink
adorning leafless branches

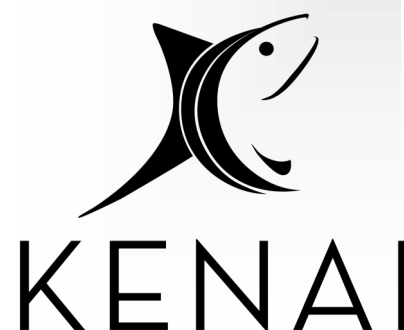
Varied thrushes, announcing spring
haunting trills, their mating calls
echoing 'cross bays and inlets

Black bears awake, hungry, roaming
to find tasty morsels
the musky skunk cabbage

Gardening begins, now in earnest
daffodils rise, tulips open
nursery primroses, seed packets

Warmer sunshine, longer days
Nature's surprise:
a new blanket of snow

'Tis truly springtime in Southeast Alaska.



Inside this issue

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Reopening Info.....	4-5
Recipe	6
Menu	12

Special points of interest

- Kenai Senior Connection News
- Writers' Group Stories
- TOPS 25th Anniversary
- Earth Day, April 22 Info
- Dining Room Opens!

REOPENING
Update Inside

Throughout April's Centerline are pieces written by our
Kenai Senior Center Writer's Group. ENJOY!

KENAI SENIOR CENTER SERVICES

CONGREGATE MEALS

UPDATE!!!!See Page 4

PICK UP MEALS:

Monday through Friday at
11:30 AM. Call the front
desk by 10:30 am to
arrange for a pickup meal.

HOME-DELIVERED MEALS:

Monday through Thursday
Call 283-8212 for more
information.

VINTAGE POINTE HOUSING:

Call 283-4156 for more
information or to get on
the waiting list.

FACILITY RENTAL:

Please contact Angie at
283-8212

TRANSPORTATION:

Medical
transportation available
Monday—Wednesday

SUGGESTED DONATIONS:

Pick up Meals - \$7
(60 years and older)
Home-delivered Meals - \$7
Transportation - \$3

Caregivers Come in All Ages



Could you use support as you care for your loved one?



Monday, April 12—2:00 pm

hosted by Rachael Craig

formerly with Kenai Peninsula Family
Caregiver Support Program

Kenai Senior Center Dining Room



BIRTHDAYS

Day	Name	Day	Name	Day	Name	Day	Name
01	Francis Stone	10	Sheryle Coon	16	Don Estes	22	Mary Moeglein
02	Paula Maier	10	Patty Segura	17	Barb Norbeck	24	Kerry Wells
02	Bill Nelson	10	Barb Johnson	18	Patricia Reilly	24	Lorraine Rowland
02	Patricia Rhodes	10	Jane Coghill	19	Stan Wells	24	Molly Musgrove
03	Betty Ames	11	Linda Wilcox	19	Robert Salvador	25	Richard Segura
03	Ralph Petterson	11	Kit Hill	19	Olon Shears	27	Deanne Nelson
03	Lavona Smith	13	Gordon Merrill	20	Don Eide	29	Marie Kehl
04	David Heatherly	14	Paula Ware	20	Alice Nuxoll	30	Dan Grant
06	Theresa Lusby	15	Jacques Beaumier	21	Ian Jenkins	30	Dena Tanner
07	Lisa Lambert	16	Mike Conaway	22	Irene Bowers		

What is \$5 Club?

Our \$5-A-Month Club is a voluntary membership to the Kenai Senior Center through the Kenai Senior Connection, Inc. and a valuable help!

All funds are used to assist with the Senior Center budget and for special needs throughout the year. We thank everyone for your support as we continue to grow and serve the needs of our senior community. Donations may be made on a monthly or year-to-year basis.

We proudly post our \$5 Club members in the Centerline!

APRIL \$5 CLUB

Omer Goodman	Pearl Larson	Steve Smith
Juanita Aguilar	Pete Hallgrimson	Randi Smith
Patricia Bravo	Phyllis Ann Halstead	Bill Starnes
Sue Carter	Joel & Laura Henkelman	Sondra Starnes
Glenn Clifford	Cliff Heus	Buck Steiner
Patsy Clifford	Kathy Heus	Sheila Steiner
Rachael Craig	Jan Hollers	Vivian Terry
Walter Craig	Donna Hoyt	Charles & Janice Thornton
Carol Freas	Molly Jackson	Terry Turner
Nadine Gabbett	Leanne King	Ray & Yen-ti Verg-In
Velda Geller	Anita Kwan	Roy & Ozella Williams
Jim Glendenning	Lisa Lambert	Janice Wilsack

Business Hours

Mondays 8:00am ~ 5:00pm
Tuesdays 8:00am ~ 5:00pm
Wednesdays 8:00am ~ 5:00pm
Thursdays 8:00am ~ 5:00pm
Fridays 8:00am ~ 5:00pm

**Need to speak with someone in
administration?**

Director, Kathy Romain
283-8213

Administrative Assistant, Angie Clary
283-8212

Change Quotes

**Change of weather is
the discussion of fools**



Thomas Fulle



As the Kenai Senior Center begins to re-open and offer events once more, to be compliant with the CDC and State safety regulations, in house dining seating is limited.

We are currently offering the following programs and services:

Growing Strong Exercise Class	Monday, Wednesday & Friday	10:00 am
TOPS Weight Loss Group	Tuesday	10:00 am
Writer's Group	Wednesday	1:00 pm
Bluegrass Music	Thursday	2:00 - 5:00 pm
NEW!! Dining Room Meals Seating limited to 36. RSVP required by 11:00 am <u>that day</u>	Fridays, beginning April 9	12:00—1:00 pm
	Tuesdays & Fridays, beginning April 20	12:00—1:00 pm
Limited Medical Transportation	Monday, Tuesdays, Wednesdays	By appointment only

Kenai Senior Center members and staff will be expected to follow CDC guidelines and wear masks when moving about the building and unable to socially distance by 6 ft.

KENAI SENIOR CENTER

Reopening Phases

PHASE 1—FEBRUARY

- 25% capacity in all rooms
- Small group meetings
- Pickup lunches and home meals continue
- No fitness classes, cards, dominos, or transportation
- Computer lab closed
- Private appointments available for client issues

PHASE 2—MARCH

- 25% capacity in all rooms
- Small group meetings
- Pickup lunches and home meals continue
- Fitness classes resume at limited capacity
- Computer lab closed
- Private appointments available for client issues
- Facility open limited hours

PHASE 3—APRIL 9

- 50% capacity in all rooms
- Small to medium group meetings
- Pickup lunches and home meals continue
- Congregate lunches resume 1-2 days per week
- Limited medical transportation
- Fitness classes unlimited
- Computer lab remains closed
- Private appointments available for client issues
- Facility open limited hours

PHASE 4—?

- 100% capacity in all rooms
- Fitness Class unlimited
- Home Meal lunches continue
- Pick up meals end
- Congregate meals M—F
- Computer lab reopens
- All cards and domino games permitted
- Facility open normal hours
- Large special events permitted



A piece of string walks into a bar and walks up to the counter. The bartender says, "Sorry mate, we don't serve pieces of string in here. Get lost."

Upset, the piece of string walks out the door. A sudden thought strikes him. He ties himself in a knot and messes his hair up and walks back into the bar and approaches the counter. The bartender says, "Oi, aren't you that piece of string from before...?" Wait for it.....

"No," says the piece of string. "I'm a frayed knot."



Mr. Food: Tossed spring veggie pasta



Healthy

Ingredients:

1 lb. bowtie pasta	1 cup chicken broth
2 tablespoons olive oil	1 teaspoon onion powder
1/2 lb. fresh asparagus, trimmed and cut into 2-inch pieces	1 teaspoon salt
1 yellow bell pepper, cut into 1-inch pieces	1/4 teaspoon black pepper
3 cloves garlic, minced	4 ounces goat cheese, crumbled
1 cup cherry tomatoes, cut in half	1 tablespoon sliced fresh basil

1. In a soup pot, cook pasta according to package directions; drain, place in a serving bowl, and cover to keep warm.
2. Meanwhile, in a large skillet over medium heat, heat oil; cook asparagus, bell pepper, & garlic 5 minutes, or just until tender. Add tomatoes, chicken broth, onion powder, salt, and pepper; cook 5 minutes, or until hot.
3. Pour vegetable mixture over pasta, toss gently with goat cheese and basil, and serve immediately.

Spring Activities

SPRING ROLLS vs. EGG ROLLS by Yen-ti Verg-In

March 12, 2021

For the past twenty years we lived in Pohnpei, Micronesia. It is located at 7 degrees north of the Equator in the midst of Pacific Ocean. If you look on the world map, you probably can find a tiny little dot between Hawaii and the Philippines. In that area, there is only one season: Summer, hot and humid all year long. What I would consider “planting” as one of the spring activities, there are, seemingly, no specific spring planting; people plant whatever and whenever needed. The fruits and vegetables grow year round.



We taught in the College of Micronesia during the duration when we lived in Pohnpei. During the spring break, I would clean up my file cabine, and make list for the 4th quarter's teaching. I guess I did like to do those things because my office was air-conditioned, overlooking colorful flowers, swaying coconut trees, distant green hills. Where else could I find a cool area with such a breathtaking view without any interruptions?

I can't recall any favorite things to do for spring when we lived in the bush Alaska. However, Spring Break was always a welcome sign. There were many things to do during those two weeks: Spring cleaning, for one, seemed to be on the top of the list. But I didn't really like doing it. I took Ziggy's philosophy to heart, "Never put off until tomorrow what you can do the day after tomorrow." Since we moved to Vintage Pointe, down-sized to one bedroom, things here hardly seem to need cleaning or organizing.

But I do remember during one of those spring breaks, I had a "light bulb" idea to make spring rolls with my 6th graders. It does have the word, "SPRING" in it. I figured, "Spring Rolls" can be stretched to mean, "Spring rolls into our life.... A new start is commencing...."

The spring roll making was a big success! The small town talked about this special treat. Even now days, when I go back to Sand Point, first thing people greet me with, is not the polite talk, like, "How have you been?" Instead, it is: "When are you going to make spring rolls?"

What is the difference between spring rolls and egg rolls? They are both popular Chinese appetizers, but one has traditional Chinese roots. The name "spring roll" derives from the appetizer's origins as a dish served for Chinese New Year banquets, which signal the beginning of the spring season. An egg roll is a variation of the spring roll that originated in American Chinese cuisine. In addition to flour and water, its wrapper batter also contains egg. There is also the visual distinction; the deep fried egg roll's surface is covered in small bubbles, and a spring roll has a smooth skin and it is crispier. As far as I know, the same fillings can be used for both rolls. They are all delicious!

Well, SPRING is just around the corner, so let "SPRING ROLLS AHEAD, and start celebrating a new beginning!"

The Favorite Thing I Did with My Family

March 8, 2010

By Yen-ti Verg-in

The favorite thing I enjoyed doing was harvesting; mainly gathering food from the wild. I like to pick berries in the fall, dig for clams on the beach, ice fishing on the lake, even gathering fiddlehead ferns in the woods. These activities make me feel like a frontier woman, and many of the times, it was a solitary activity.

When we lived in Sitka, a beautiful town among the rainforest in southeast of Alaska, we had a 22 ft. cabin cruiser, an 18 ft. Boston Whaler skiff, and two 3-wheelers. Sitka has many logging/hiking trails. At the weekends, we would load up the Boston Whaler with the 3-wheelers and head out to one of the logging trails to hunt for Sitka black tail and picnic. The kids were delighted to have endless trails to “practice” their driving skills, Ray would patiently observe and following the deer tracks. I was just happy to sit under a big spruce tree, spread out our lunch and read a book and breathe in the fresh air and absorb the freedom of “NO OBLIGATIONS of Any Sorts!”

However, the best outing was not on the logging trails, but was by the seashore. There is a place called Mud Bay near Sitka. We heard that the water was so pristine at the low tide you could see the crab crawling at the seabed. We went out to check the validity of the story. Sure enough, you could see the crabs here and there over the ocean floor but the water was deep enough that we couldn’t get them with our dip net or a pitch fork.

So Ray fashioned a 14 foot shaft and designed like a spear. We went out for the second time and tried our lucks. It was a futile exercise; no luck, we couldn’t hit the crab with that long pole. We spent more time throwing and retrieving the long stick our arms got sore and our spirits were deflated.

Crushed by that exercise, we launched our little rubber raft and went to the beach. By that time, the tide was going out and we walked on the beach among the kelps and seaweeds, moping about our “misfortunes.” Then there was a cry from one of the boys, “Here is a crab right underneath the kelp!” Sure enough, there was a big Dungeness crab. He stepped on the crab and picked it up cautiously and dropped it into our bucket. Now we had a new mission: we fanned out and started searching for the hidden crabs.

Soon I was tired of crabbing, dropped myself on a sand pile, and started playing with the sand, and unknowingly dug up a handful of steamer clams by accident! No encouragement was needed. Ray, Oliver, and Rhy were busy turning the kelps and looked for crabs and I was happy to scoop up the clams by the handful.

By the time, the tide started coming in, we had gathered a bucket of legal-sized crabs, and a bucket of steamer clams. We really had a great time and enjoyed every moment of it. We couldn’t lose our smiles off of our faces, and tuned down our high spirit!

It was one of the best and most memorable activities that we did as a family.



**Families are the compass that guides us.
They are the inspiration to reach great
heights, and our comfort when we
occasionally falter.**

- Brad Henry

Kenai Senior Connection, Inc. NEWS



April has arrived!!! Soon (yes, I'm hoping for soon) we'll be able to enjoy some April showers, warm sunshiny days, and saying good-bye to the snow for a while.

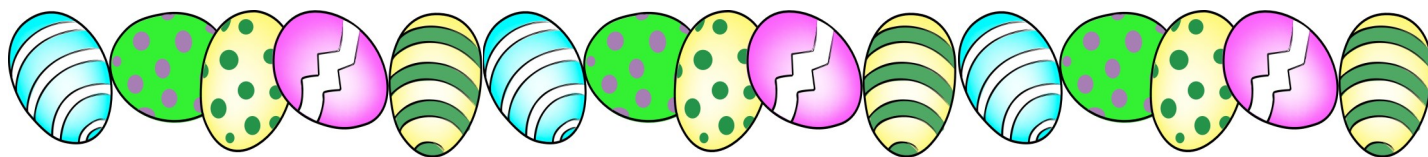
It's been a year we will never forget with quarantines, closed businesses, and changes to our daily routines. With March 2021 ending, we can now look forward to melting snow, mud, as well as tiny green things sprouting, perennials peeking out from the ground, newborn moose calves, and fresh new days.

At the Senior Center, things are starting to begin again with the exercise group stretching its muscles and working out, the writers group writing again, and both the Kenai Senior Connection and the Council on Aging meeting in person for meetings.

Little by little we are going to be back in the Senior Center like old times. Certainly something else for which we can look forward. Happy Spring!!!!

Velda Geller

President, Kenai Senior Connection, Inc.



Going to Town

By Chuck Thornton

Do you remember this childhood song? "Today is Sunday, Today is Sunday - Sunday - Church. ...Saturday - Shopping. ...Friday - Pay Day. ...Thursday - Soup. ...Wednesday - Gardening. ...Tuesday - Ironing. Monday - Washing. Everybody happy? Well, I should say!"

Today we will focus on Saturday...the day for going to town...the day for buying groceries...the day for a family outing that I remember so well.

Just the ride to town was something I recall. Whenever 7-12 people (2 parents plus 5-10 children) got into the family car, it was an event. On the 14-mile drive to St. James, we went over a series of hills and valleys that reminded me of the rollercoaster ride at the County fair: Over the top of a hill where one could not see the bottom of the next valley, then down the other side where it seemed as though we would fall off the road. At the bottom, when we reversed directions from down to up, my heart seemed to fall into my stomach. Well, you get the picture.

In town, we always went to the Kroger Store for grocery buying. Often, a brief stop was at the store where any clothing was purchased for the children (especially if school time was rapidly drawing near). My dad would usually stop by the feed store for any seed (for planting) or feed for chickens, hogs, or cows.

Then (Ta Daa!!) we managed to work in a trip to the Rexall Drug Store. This was THE event of the trip for us youngsters. No, not the counter where one went to place and purchase prescriptions. Nor was it to the counter when desiring to buy various home remedies. It was to the place toward the back where we could see the various types of ice cream. There we were able to get an ice cream cone of our choice. Would it be vanilla, strawberry, chocolate, or some other (less familiar) taste? It is only fair to say that there were some occasions when we could order a "double dip" cone. "WOW!!"

All too soon the time came to return home again. By this time, we children (at least the younger ones), were becoming weary. It was not unusual for several of us to be asleep by the time we arrived back home.

Maybe next week...?

The Jonathan Project

By Chuck Thornton

Gal. 6:2



The Manhattan Project secretly developed the atomic bomb, bringing an abrupt end to World War II and thereby saving the lives of thousands of military personnel.

Some projects are secret because they are not yet completed...actually the workers do not have a clear idea of just what they are doing. For instance, I once heard of a child who was drawing a picture of God. When asked, "What does God look like?" the child replied: "I don't know. I haven't finished the drawing yet." What a shame that so often we people blunder on through life, working hard at something, striving to be of significance, when all along we don't know what we're working at.

Other projects are secret because they simply are so undermanned that the impact of a very good, significant project is hardly recognized. Our focus today is on one of these.

The Jonathan Project is a (top-secret?) project in God's service. The personnel involved are caring people. The objective of the project is to carry out in our day that which Jonathan did when he "went to David in the wood and strengthened his hand in God." (1 Sam. 23:15-16)

David? You know, that fellow who got on the bad side of the king and had a 'contract' put out on him. He got into this 'rumble' with a huge dude called Goliath. He used an unorthodox method to defeat his opponent (who would think of using a slingshot to fight against a spear and sword?). The press got wind of it and David became an instant celebrity. He was touted on all the big TV shows: Larry King Live, Oprah, and the rest.

King Saul tried to kill him with a spear. Fortunately Saul had failed to 'sight in' his spear and missed. David ran for his life and ended up in hiding.

Jonathan, now, was a different case entirely. He was next in line for the throne...if only...if only he played his cards right. There were 'politically correct' things to do in those days, too, you know. It's just that...well, Jonathan just didn't quite fit in the way most people did. He cared for and about David. He demonstrated that care by seeking David out in order to encourage him. 1000 years before Paul wrote it, Jonathan lived out the admonition to "bear one another's burdens, and so fulfill the law of Christ." (Gal. 6:2)

Do you know someone who is 'in the woods' now? Someone who has some major trauma in his or her life? Who seems to be alone, facing a struggle with no one to care? A member of the Jonathan Project is one who takes (makes?) the time to become an encourager to such a hurting person.

Will you give a bit of yourself to someone today... someone in pain, in need, in sorrow? Oh, you may not get your name or face in the Herald-Mail or Time Magazine. You may never make Larry King Live. Even your best friends may not understand what you are doing. But Jesus said: "Inasmuch as you have done this unto the least of these my servants, you have done it unto Me." And besides that, God remembers even 'drinks of water' when He gives rewards for service rendered.

Now, where do I sign on?



FOR OFFICIAL USE ONLY—DO NOT WRITE IN THIS BOX

Date Received _____ Received by _____

With the recent closures due to the COVID-19 virus, it has become apparent that we are missing or have outdated information on many of our patrons. Please help us to update our database by filling out this form and giving it to the receptionist, or mailing it to:

Kenai Senior Center, 361 Senior Ct., Kenai, AK 99611

~Thank you for your help!

Name _____
First Middle Last

Mailing Address _____

City _____ State _____ Zip _____

Physical Address _____

City _____ State _____ Zip _____

Date of Birth _____ Home Phone _____ Cell Phone _____

Kenai Senior Center Donation Form

Helping People Age With Dignity

Your tax deductible donations are a valuable and necessary means for the sustainability of Kenai Senior Center services. If you would like to make a meaningful donation to help those in need, please make a selection from the following services:

Please make checks to Kenai Senior Center:

- ☐ Congregate Meal Program
- ☐ Transportation Services
- ☐ Home Delivered Meal Program
- ☐ Newsletter Mailing (\$10, Jan—Dec)
- ☐ Newsletter E-Mailing (Free of charge)

Please make checks to Kenai Senior Connection, Inc.:

- ☐ \$5 Club
- ☐ monthly - \$5 ☐ yearly - \$60
- ☐ Memorial Donation

Name _____ Address _____

Mail to: Kenai Senior Center, 361 Senior Court, Kenai, AK 99611.

Thank you for your financial support! Every *little* bit can make a **BIG** difference.



APRIL 2021 MENU

If you would like to order a meal for pick-up, please call 283-4156 by 10:30am for same-day pick up.

Soup and Salad when available

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Baked Ham Orange-Glazed Yams Cream Cheese Blintz Orange Dreamsicle Cups	2 Ham & Beans Cornbread Pineapple Coleslaw
5 Chicken Fried Steak Mashed Potatoes Gravy Brussel Sprouts	6 Minestrone Soup Chicken Caesar Salad Fresh Fruit 	7 Pulled Pork Sand- wich French Fries Carrot Salad	8 Spaghetti w/ Meat Sauce Italian Veggie Garlic Bread	9 Reuben Sandwich Curly Fries Soup & Salad
12 Diane S. Dogs w/ fixings Loaded Potato Bites	13 Beef Barley Soup Cheese Tortelli Salad Warm Rolls 	14 Peach-Glazed Ribs Cowboy Beans Sweet Corn & Tomatoes	15 Chile Honey Chicken Fajitas Spanish Rice Red Pepper-Corn- Black Bean Salad	16 Toasted Cheese Sandwich Tomato Soup Salad Fruit Cup
19 Creamy Garlic, Sundried Tomato Pork Chops Parmesan Mushroom Rice Broccoli Florets	20 Tomato-Basil Pan-Seared Cod Yellow Squash Lemony Rice 	21 Fried Chicken Mashed Potatoes Gravy Buttered Corn	22 Pizza Mandarin Orange Spinach Salad Fruit Cup	23 Turkey Croissant Sandwich w/ Cranberry Cream- Cheese & Bacon Cream of Mushroom Soup Salad
26 Sicilian Meatloaf Noodles w/ Marinara Mixed Veggies Garlic Bread	27 Chef Salad Fresh Fruit Honey Bran Muffin 	28 BBQ Chicken Mac-N-Cheese Mixed Veggies	29 Roast Beef Mashed Potatoes Gravy Green Beans	30 Ham, Bacon & Swiss Sandwich w/ Spicy Apricot Aioli Veggie Soup Broccoli Salad

Menu is subject to change

TOPS AK#189, Kenai

On February 6, 1996, the local chapter of Take Off Pounds Sensibly (TOPS) first met at the Kenai Senior Center. The Leader was Zena Udelhoven with eight other members. This year makes the 25th year TOPS has met at the Senior Center. We almost missed the 25th anniversary by being closed. However, the group is back at the Center and meeting on Tuesdays @ 10 am for weigh-in and 10:30 for the meeting. You are welcomed to join us for a visit or join the group anytime. Just contact Kathy Medcoff at 907-252-5217.



Keeping Off Pounds Successfully (KOPS) members (from left to right): Dodie Dennis, Marge Bushman, Aline Huey, Darlene Morrison, and Martha Snyder (Photo taken prior to 2015.)

The original chapter meeting was held with the following members: Ramona Groomes, Zena Udelhoven, Eleanor Young, Virginia Callahan, Elsie Seaman, Inez Loftis, Joyce Harris, Betty Seay, and Betty Lou Curtis. Many of these ladies have moved or passed away but the chapter itself has had three State Queens and one State King over the years. TOPS is an International Organization that has been around since 1948.

We are glad to wish this chapter a Happy 25-Year Anniversary!



	7			8			9	3
	9				1			
1	2			5				
	5			1	3			
			4			2		7
	3			9			8	
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							6	8
							1	

Around The World In Spring Traditions

David Doochin, Babbel USA

Spring is in the air! Though it brings allergies and wet weather, it also signals the birth of new life, the start of longer days and lots of cause to celebrate. All over the world, people participate in spring traditions that signal the end of the icy clutches of winter (although, to be fair, there are [good reasons to appreciate winter](#), too) and the start of a new period of long-awaited warmth and sunshine. Here are some of the most quintessential, unconventional and quirky spring traditions and celebrations from around the planet.



India: Holi is a festival rooted in the Hindu tradition of northern India that's celebrated by people all over the world. During the full-day (and often all-night) celebration, people throw colored powder of all different hues on each other to signify the coming of spring. It's sometimes called the "festival of colors" or the ["festival of love,"](#) as people come together to let go of their resentments for a day and rejoice in the triumph of good over bad.

United States: Though plenty of students in other countries have spring traditions of taking a break from school for a week or so, the classic crazy spring break bonanza is [American-born](#), and if you ever go on one of these raucous and rowdy trips, you might find that the movie trope of scantily-clad, trashed students with red plastic cups isn't all that untrue. Spring break is a yearly tradition during which many students hit the beach, traveling south for a week of parties and sunshine in places like Florida, the Caribbean or even further south to Mexico or Central America.

Poland: Each year, often on March 21 or the fourth Sunday of Lent, Polish people [burn and drown an effigy](#) of the Slavic goddess Marzanna, a representation of winter and in some interpretations the "death-state" of Earth. The custom, rooted in pagan rites from before Christianity's spread, is meant to signal and symbolize the end of the miserable winter. The Marzanna dolls are typically made from sticks, straw, old clothes and rags.

Thailand: The designated New Year's celebration in Thailand, the Songkran Water Festival is considered one of the world's most chaotically fun spring traditions and has been dubbed the ["ultimate water fight."](#) It's a time for the Thai people to spend time with family, visit temples, party and most importantly, douse and drench each other (and the half a million tourists who visit every year) with water from plastic guns, buckets and hoses. The celebration takes place shortly after the spring equinox and lasts up to a week long, especially in the northern city of Chiang Mai, generally considered the epicenter of festivities.

Bosnia and Herzegovina: In what's known as *Cimburijada*, or the ["Festival of Scrambled Eggs,"](#) Bosnians in the town of Zenica gather by the Bosna river to celebrate the coming of spring by sharing eggs with friends, family, neighbors and visitors. People congregate early so as not to miss the festivities, sometimes pitching tents the night before, and even jumping and swimming in the river at sunrise.

Greece: The Greek tradition of *Marti* or *Martis* (μάρτης) harkens back to Ancient Greece and is a springtime ritual popular with children, especially in the rural areas of the country. [Bracelets made of white and red thread](#) crafted by mothers are supposed to be worn from the first of March until the end of the month without being taken off. The myth behind the bracelets says that they help protect children's cheeks from the intense rays of the sun. The red is thought to symbolize rosy cheeks, and the white is the pale complexion.

Japan: One of the world's oldest spring traditions, *Hanami*, [which literally means "flower viewing,"](#) is a weeks-long appreciation of the beauty of Japanese cherry blossoms — stretching back to around the 9th century. People celebrate the resurgence of spring by picnicking and hosting parties under the blooming trees, often getting tipsy into the later hours of the night and even singing karaoke and dancing. There are also more traditional, wholesome elements, like the writing and recitation of poetry that characterized the ancient festival.

APRIL 22

11 FACTS ABOUT EARTH DAY

Welcome to DoSomething.org, a global movement of millions of young people making positive change, online and off! The 11 facts you want are below, and the sources for the facts are at the very bottom of the page. After you learn something, Do Something!



1. The first Earth Day was celebrated on April 22, 1970.
2. Earth Day originated in the US but became recognized worldwide by 1990.
3. On Earth Day 2009, Disney released a documentary film called Earth that followed the migration paths of four animal families.
4. On the very first Earth Day, 20 million people gathered in the streets of America to protest the industrial revolution. An environmental movement was born as a result.
5. Every year on April 22, men, women, and children collect garbage, plant trees, clean up coral reefs, show movies, sign petitions, and plan for a better future for our planet.
6. Gaylord Nelson founded Earth Day while he was working as a US senator.
7. Earth Day was renamed officially by the UN in 2009 as International Mother Earth Day.
8. Some schools and communities celebrate Earth Day for a whole week to expand the time frame that people focus on the earth and how they can preserve it.
9. On Earth Day 2012, more than 100,000 people rode bikes in China to reduce CO2 emissions and save fuel.
10. In an Earth Day celebration in 2011, 28 million trees were planted in Afghanistan by the Earth Day Network.
11. In Panama, 100 endangered species of orchids were planted and maintained to prevent their extinction in honor of Earth Day.

American Legion Post 20 Provides Easter Baskets to Area Seniors



Kenai's American Legion Post 20 usually provides an Easter Dinner for the area seniors, but this year in keeping in the spirit made 350 Easter Baskets for area home meal clients. If you received one and would like to send a thank you, they can be reached at:

American Legion Post 20
920 Cook Dr., Kenai, AK 99611

**City of Kenai
Kenai Senior Center**

Our Mission Statement

To serve as a community focal point for senior services where adults 60+ come together for fellowship and program participation, to engage in opportunities for dignity and personal growth, to improve and enrich their quality of life, to support the needs of older individuals, to enhance their independence, and to broaden their involvement within the community.



**City of Kenai
Kenai Senior Center**

**Kenai Senior Center
361 Senior Court
Kenai, Alaska 99611**

Phone: 907-283-4156
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