

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

# August 2020

The Kenai Senior Center

# Centerline

## One Fish, Two Fish, King Fish, Chum Fish ...

*By Yen-ti Verg-in*

Summer salmon season is upon us. From the Vintage Point can be seen the buoys and fishing vessels which are anchored in the mouth of Kenai River. With the "hunker down" COVID mandate, it seems that I am just reminiscing. Salmon fishing.... How did we get involved with commercial fishing? The memory of our first commercial salmon fishing season brings back many chuckles over our "first-timer" fishing.

### The Beginning:

The idea of salmon fishing was hatched during the dark winter months. You might say, it was the result of severe cabin fever in 1971. Our Cessna 180 aircraft was flipped by a storm in St. Marys, Alaska. Ray said that we needed money to buy a new one. The school's maintenance man, Johnny Tinker, suggested that we go commercial salmon fishing. He said that during the brief summer months, salmon would come up the Yukon River by the thousands, and commercial fishing could earn MONEY. We didn't really know how to fish. The stories we heard, sounded easy enough and something we could handle; 'Set the net, catch the fish, and sell them. Sometimes the fish come by so heavy, they would sink the net.' The get rich idea quickly filled our heads with "\$\$\$" dreams.

### Getting Ready:

Ray bought an unfinished 15-foot wooden boat with nails still sticking out along the planks and side ribbings; a 25 HP Johnson Outboard motor; two 40 fathom salmon nets, a new water-proof tent from Montgomery Ward, (we called it Monky Ward), and all the necessities of camping and fishing. We were set for the new challenge and ready to capture the abundant salmon and make money. How exciting!

We filled the skiff with our fishing gear (nets, buoys, lines, mending twine...) and camping gear (wood stove, tent, canvas, sleeping bags, foam mattresses, pots and pans, and groceries...) plus our two kids, Alex, Lanette, and one dog, Chichi... When the loading was complete; the boat is barely above the water. Since there was no standing room, Alex and Lanette holding Chichi sat on top the gear pile, holding the tying rope for balance.... We started the engine and floated down river.

### Finding the Fishing Spot:

"Do you know where are we going to fish?" I asked Ray.

He thought a bit, analyzed, and answered logically, "To the mouth of Yukon. All the fish have to go through the mouth, rather than 120 miles upstream." It made perfect sense in our minds.

By midday, we came upon the Delta near the mouth of Yukon. Except, we didn't realize that there are at least three mouths of Yukon, South mouth, Middle mouth, and North mouth, and the lower Yukon tributaries cover hundreds square miles. It is like a big mud flat.

*Continued on Page 6*



**2020 OLD TIMER'S  
LUNCHEON CANCELLED**

### Inside this issue

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### Special points of interest

- What does my \$5 Club Donation help with? See page 3
- Crossword



<https://www.facebook.com/kenaisenior/>

## KENAI SENIOR CENTER SERVICES

### CONGREGATE MEALS:

\*Suspended (COVID-19)  
Monday through Friday  
from 11:30 to 1:00pm

### HOME-DELIVERED MEALS:

Monday through Friday  
Call 283-8212 for more  
information

### VINTAGE POINTE HOUSING:

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

### FACILITY RENTAL:

Call 283-8212 for more  
information

### TRANSPORTATION:

\*Suspended (COVID-19)

### SUGGESTED DONATIONS:

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

To receive services at the Kenai Senior Center, seniors must fill out an intake form. This documentation is essential to continue receiving federal, state and city funds.

**Thank You!**

Memorial donations have been made to the KSC  
in honor of:

*Joanna Hollier*

Kari Mohn

*Ardith Arbelovsky*

Kari Mohn

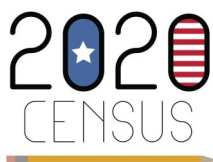
*John Bannock*

Marilyn Bannock

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

# AUGUST BIRTHDAYS

Day	Name	Day	Name	Day	Name	Day	Name
1	Robert Spillane	9	Chrystle Henderson	16	Karen Honeysett	27	Gladys Geertz
1	Laurie Cowgill	9	Donald Waldrop	17	Sharon Moore	27	Pearl Maestas
2	Janice Thornton	10	Sharon Anderson	19	Darleen Morrison	27	Tommy Corr
3	Karen Fredericks	10	Lateshia Tsosie	20	Steve Latz	27	Ray Carlson
4	Linda Wehr	11	Loraine Cruse	20	Gary Hollier	27	Dwain Gibson
6	Frosty Walters	11	Larry Driskill	21	Carol Prior	28	Helen Barranger
6	Connie Wilson	11	Charlene White	22	Laura Knackstedt	28	Lola Nightingale
7	Karen Dorcas	11	Mike Lockwood	22	Vivian Swanson	29	Marti Anderson
7	Roberta Ivanoff	11	James Trail	22	Janice Wilsack	29	Bonnie Kane
7	Michael Christian	12	Charles O'Donnell	23	Colleen Sonnevill	29	Patricia Evans
7	Max Zharoff	12	David Johnsrud	24	Elena Pate	30	Floyd Fairchild
7	Gary Spruill	15	Clarence Duncan	25	Patsy May	30	Corrine Olson
8	Margaret Milewski	15	Gerald Sanger	26	Marilu Moreno-Jones	30	Kathryn Medcoff



## Is it too late to fill out the 2020 Census?

No, it is not too late. You can still be counted. Fill out your 2020 Census online at: <https://my2020census.gov/>

Or

take the Census by phone at 844-330-2020

### Why fill out the 2020 Census?

- Only takes 10 minutes
- Safe, secure, confidential
- Your response helps to direct billions of dollars in federal funds to local communities for schools, roads, and other public services.
- Results from the 2020 Census will be used to determine the number of seats each state has in Congress and your political representation at all levels of government.

### Census deadline extended through mid-August due to COVID-19

### KSC Activity Hours

Mondays 8:00am ~ 4:00pm

Tuesdays 8:00am ~ 4:00pm

Wednesdays 8:00am ~ 4:00pm

Thursdays 8:00am ~ 4:00pm

Fridays 8:00am ~ 4:00pm

### Need to speak with someone in administration?

**Director, Kathy Romain**  
283-8213

**Administrative Assistant, Angie Clary**  
283-8212

**Activities/Volunteer Coordinator,  
Tawni Eubank**  
283-8214

### Law Office of Constance A. Aschenbrenner *In response to the Corona Virus, my office is offering Free Virtual Estate Planning Webinars "The 7 Threats to Your Estate Plan"*

This Workshop covers frequently asked questions and misconceptions on:

#### **WILLS & TRUSTS, POWERS OF ATTORNEY, ASSET PROTECTION, MEDICAID PLANNING**

My estate planning and Medicaid law practice is ready to assist you in updating and creating your estate plan and answering your questions. I am making appointments on the telephone, Facetime, or through Zoom.

Planning is more important than ever given our current circumstances. We also have a recording of the estate planning workshop that we can email to you.

**August 13, 9:30am to 11:30am**

**August 20, 9:30am to 11:30am**

**August 25, 9:30am to 11:30am**

**August 27, 6:00pm to 8:00pm**

Reserve your space at [www.akwillstrusts.com](http://www.akwillstrusts.com). Or call to reserve your space today.

**ANCHORAGE: (907)334-9200**

**Licensed in Alaska**

205 E. Benson Blvd., Suite 121-D, Anchorage, Alaska 99503

### IMPORTANT ACTIVITY NOTE

Things have been changing very quickly with the coronavirus pandemic. We have removed the Activity Calendar until we are able to open up to the public and resume activities. At this time we have no way of knowing when that will be.

Please check our Facebook page or the City of Kenai's webpage for status updates. When we do open, we will do our best to get the news out!

**Thank You!**

<https://www.facebook.com/kenaisenior/>

<https://www.kenai.city/>

## WHAT YOU CAN DO TO PROTECT YOURSELF FROM COVID-19

- Wash your hands often.
- Avoid close contact (6 feet, which is about two arm lengths) with people who are sick.
- Put distance between yourself and other people if COVID-19 is spreading in your community.
- Clean and disinfect frequently touched services.
- Stay at home as much as possible
- Avoid all cruise travel and non-essential air travel.
- Call your healthcare professional if you have concerns about COVID-19 and your underlying condition or if you are sick.

For more information on steps you can take to protect yourself, see CDC's [How to Protect Yourself](#)



## HAPPY NEW YEAR!

*By Carol Prior*

Happy New Year!! Fiscal New Year, that is. We just started Fiscal (FY-21) year 2021 July 1<sup>st</sup>. So I thought I should fill you in on what has been going on here. Our Fiscal Year (FY) runs from July 1 – June 30.

Kathy and Angie have been working hard closing out FY-20 and getting things ready for FY-21. All the accounts had to be closed out and new ones started. Kathy has written three grants for COVID-19 monies to help with the additional costs. It has also helped with getting extra food from the Food Bank to have the Shelf Stable bags we have been delivering, (more on Shelf-Stable project later). Kathy has been writing the final grant reports for FY20.

Angie has been working on the Medicaid and Title III Grant activity, billing, and adding new clients. She also has been working to fill apartments in Vintage Pointe, left empty during the COVID-19 crisis. She and Kathy work with the onsite manage, Bill Sadler, to get them refurbished and ready for the next tenants to move in. Angie is also our main contact person for Meals on Wheels, and the Farmers Market coupons, which are available again this year.

The staff has been maintaining the Senior Center lawn and flowers as well as taking care of the janitorial during this shutdown period. Under normal circumstances, we apply for an Exxon Summer Hire Grant for summer help, but this was not available this year.

The Kitchen crew is busy every day getting out over an average of 100 meals a day to be home delivered. They start cooking early to get the meals ready to leave here by 10:30 a.m. Missy and Ethan are on top of getting the preparation done and Patty and Marti are helping package the meals along with getting them delivered to our home clients. Since the COVID-19 epidemic began, we have had a lot of new clients getting their meals delivered at home. You are welcome to call before 10:30 and ask to pick up a meal at the front door if you want one. We are sorry that we can't see you inside, but we don't want anyone to go hungry. Call the front desk at 283-4156 and order a meal. The menu is always published in the Centerline.

Marti, Patty, and now Bonnie, deliver the home meals every day. Marti or Ethan pick up Safeway bread twice a week, go to the Food Bank when available, and deliver groceries to clients who have ordered via Country Foods. Ethan is delivering to the Kasilof area on Thursdays. The CSFP boxes are delivered here from the Food Bank and we call the clients to come and get them outside the front door. Please don't let me short change Patty in any way, she is always either helping in the kitchen or delivering meals to the clients.

For a couple of months now Tawni and I (Carol) have been working on the Shelf Stable bags for our home meal clients to supplement their meals. We get the majority of the food from the Food Bank, which is mostly canned goods and dry packaged food. We started the first month filling every bag with everything we had and it got out of hand. Many of our home meal clients didn't want everything in the bags, so we put together a list and asked the client to make their choices. This worked out better for us and the drivers. For those of you who are receiving meals, you should have already received a list to fill out and as soon as they get returned to us we will fill them and send out your bag. We also have a lot of books from the Library to send out. If there is a special request for a type of book we will try to match it, but no guarantees. (I can't keep Tawni away from trying to read them all.) Tawni has been busy cleaning and organizing as usual. There are new cabinets in the card room and it has been a race to see who can fill them the fastest. We also have new smart tv's installed in the Game Room/Library and the Dining Room and a tv added to the wall in the Computer Lab. When we ARE able to open, we will be up-to-speed with new technology.

*Continued on Page 5*

## Happy New Year (continued from page 4)

I have been doing my part to try and keep track of all the numbers of meals and deliveries we do every day, but without the drivers and other staff's input I wouldn't have a job. I miss seeing everyone and so does everyone here. You can be sure they send their love and affection to every one of you. Remember, every meal you get is made, packed, sealed and delivered with all the love we have.

### My Wednesday joke of the day:

Wife goes into the kitchen and sees her husband with a fly swatter running around.

"What are you doing?" she asks.

"Hunting flies" he answers.

"Oh catch any?"

"Yes, 3 males and 2 females."

"How can you tell their sex?"

"Easy, 3 were on the beer can and 2 on the phone."

AUG ♥ ST  
it's like the sunday of summer

### It happened in August...

August 16, 1977 - Elvis Presley died.

August 21, 1911 - The Mona Lisa was stolen from the Louvre Gallery and not recovered for two years.

August 24, 79A.D. - Mount Vesuvius erupted, destroying the city of Pompeii.

August 28, 1963 - Martin Luther King, Jr. "I have a dream" speech.

**Zodiac signs:** Leo and Virgo

**Birthstone:** peridot and sardonyx

**Flower:** gladiolus

**Why is August referred to as the "dog days of summer"?**

The star Sirius, also known as the dog star, rose at the same time as sunrise during the month of August in ancient Roman times.

*"It only seems impossible until it is done."*

*~Nelson Mandela*

## Fresh and Simple Corn Casserole



### YIELD

Serves 6

### PREP TIME

30 minutes

### COOK TIME

40 to 45 minutes

### INGREDIENTS

8 ears fresh corn, husks removed

1 large egg, beaten

1/4 cup half-and-half

1/2 teaspoon kosher salt

2 ounces finely grated Parmesan cheese  
(about 1 cup), divided

2 tablespoons chopped fresh basil leaves,  
divided

**Per serving, based on 6 servings. (% daily value)**

Calories 216, Fat 8.7 g (13.3%), Saturated 4.5 g (22.6%),  
Carbs 26.6 g (8.9%), Fiber 2.7 g (10.9%), Sugars 9.1 g,  
Protein 12.6 g (25.1%), Sodium 404.9 mg (16.9%)

### INSTRUCTIONS

1. Arrange a rack in the middle of the oven and heat to 350°F.
2. Cut the kernels off corn cobs and transfer to a large bowl. Use a butter knife to scrape the cobs clean, collecting the milk and any bits of corn kernel into the bowl. You should have about 5 cups of kernels.
3. Add the egg, half-and-half, salt, half the Parmesan, and half the basil and stir to combine. Transfer mixture to an 8x8-inch baking dish (or 2-quart baking dish) and spread into an even layer. Top with the remaining Parmesan.
4. Bake until bubbling, fragrant, and the corn color intensifies, 40 to 45 minutes. Set aside to cool on a wire rack for 10 minutes. Top with the remaining basil and serve.

### RECIPE NOTES

Storage: Refrigerate leftovers in an airtight container for up to 3 days.

### *Front page story (cont.)*

There was no shortage of channels, sloughs, side creeks, and countless river bends; they zigged and zagged, one bend just looks like the others. One thing it didn't have was the needed "river sign" that you could consult with the map and take the right route. The main Yukon River banks were so far and wide apart, you could hardly make them out over the horizon. Everywhere you look, you see brownish muddy water and mud flats. We were totally lost and didn't know which directions to go. After half hour's drifting we spotted a boat coming down river. We waved our arms and hollered, and finally got the driver's attention. He made a U-turn and came back to us and kindly directed us to Sunshine Bay, which was a spot on the map near the south mouth of the Yukon. The camp owner generously offered us warm coffee, sugar coated Pilot Bread with Crisco shortening and showed us how to get to the mouth.

### **Set Up the Camp:**

"Do you know where to set the fish camp, Ray?"

My analytical husband replied, "Oh, we just find the narrowest part of river and set the tent on the river bank. The fish all have to go through the narrowest part of the river to reach the upper river." Again, it made sense.

The Yukon River is very wide; even the narrowest part of the river, is at least half a mile wide. It was impossible to find any "narrow" part. After searching up and down the river a while, we eyeballed the river, and picked a spot with level ground on the bank with fewer snow patches. We anchored the boat, unloaded all of our fishing and camping gear, got busy to make our "fish camp".

The newly acquired tent was the biggest size, had a canvas floor, and mosquito netting, door flaps, and was water-proof. We happily erected the tent, and made our "fishing quarters", we would use it for sleeping and cooking. It was a decent job. That was until we set foot inside the tent, the ground water slowly seeped through the tent floor, and before long, the water was almost an inch deep.

We failed to read the directions to water-proof the tent. You had to "season" the tent, first wetting it, let it dry completely for it to be water-proofed.

The first couple of days, we slept on flattened cardboard boxes and the willows branches. Our tent floor didn't dry completely that summer. (Maybe that was the cause of the aches and pains of the joints.)

### **Setting the Net:**

"Do you know how to set a net, Ray?"

My all-knowing husband patiently explained to me and said, "It shouldn't be too bad; the net has a float line and a lead line. We will pile up the float line at the bow of the boat and the lead line at the stern. We will tie one end of the net to a tree trunk on the river bank, and let the current "pull" the net into the water, then anchor the end of the net with an anchor and buoy marker on top."

We had never seen how a fish net was set, so Ray's idea sounded doable and made sense. Except, we didn't count on all those nasty stick-out nail heads; the net would get tangled up and stuck to the protruding parts, and I had to go from one end of the boat to the other to untangle the mess. It took us nearly two hours to set a 40 fathom net. We were exhausted.

Anyway, a net was set, and the mission accomplished. We went back to the fish camp and eagerly waited for the next day.

### **Checking the Net:**

The dawn came early; we waited for the tide to come in to bring the fish in and tide-out to complete its cycle. It was scientifically sound.

We hopped in our skiff and started looking for our net. We couldn't spot it. After diligent search, we found the barely noticeable floating buoy; the net was totally submerged in the water.

I said excitedly, "It looked like what they said is true; our net is sunk with fish!" We could hardly wait to start picking. The net was so heavy, and we could hardly lift it up. It wasn't filled with fish; instead, the net was filled with debris, drift wood, branches, moss, leaves. We spent a couple of hours just to clear and raise the net to continue fishing. We tirelessly checked the net, cleaned the net, reset the net....

At the end of the first period, a 48 hours opening, we had one king.

### **Selling fish for the first time:**

There was a 72 hours closure. We covered our one King and waited for the second opening. A skiff came by and stopped at our camp, and asked us whether we have any fish to sell. I proudly pointed to the King we caught. He offered to buy the fish from us. All he had on the boat was a tarp to cover the fish, no scales, no indications of a fish buyer. I was reluctant and started grilling him as which outfit he was buying the fish for, how much did they pay, how did the company know which fish was ours, what was his name??? Manuel was from Emmonak.

Manuel patiently explained the procedures of how to sell our fish, how they buy the fish. We hesitantly parted with our one King.

*Continued on Page 7*



## *One fish, Two Fish... (cont.)*

### **Cleaning the Net:**

At the end of the each Fish period, we pulled the net out filled with moss and undesirable drift. We had to clean the net and get ready for the next opening.

We soon realized that it was impossible to “pick out” the moss. We needed a more efficient way to clean the net. A “light bulb” moment hit us. A long log was set up horizontally, and we draped the net over, and used the willow branches, and started “beating” the net. It provided us a chance to vent our frustration; also we could clean the net faster. It was laborious task. Everyone in the family pitched in this net beating ritual.

### **The Defining Moment:**

We tried different spots on the river bank. Here and there each opening we would get some fish which we could count on one hand. During the closures, we had to “beat the net, clean the net, and mend the net...” Our system of fishing and set-net sites was so ineffective, as newbies, we didn’t even know where we made any mistakes. We worked hard, tried harder, and nothing seemed to work. After fishing on these back-breaking sites for the month of June, we were fed-up and disenchanted about the whole idea of our unproductive commercial fishing, and could hardly wait for the fishing season to close, so we could go home.

In came July; an intervention for our desperation came with the return of fish buyer, Manuel. He came by our site with a boat load of Chum. There was no comparison between his shining fish and our meager half dozen. He must have felt sorry for us, and suggested that we fish by the sand bars.

The fish would come with the tide; caught on the incoming tide. We wouldn’t have so much moss and debris. It was the peak season for Chum, and we couldn’t and shouldn’t miss. He even taught us how to set our net more efficiently: pile our net, float line and lead line together and stack it out and in the boat to make pulling and setting the net easier.

This suggestion came as heaven sent. There was nothing to lose, we had to give it a try, and told our kids and we would be back in a couple of hours to have our dinner once the net was set.

We went to the mouth of the river, there were numerous sand bars, and we found one near the camp and set our net.

As soon as the net entered the water, the fish started to hit the net. Fish here, fish there, chum salmon everywhere; tens, hundreds and thousands of them! We went back and forth and pulled the fish out of the net as fast as we could, but the fish kept coming, we couldn’t keep up, so we rolled the net up, and tried to send the signals to the fish to give us a breather. But the fish didn’t listen; we finally had to untie the net line from the buoy, and let the net free floating. Eventually, the net drifted back on the sandy beach, when the tide was going out. We wore out two pairs of fishing gloves, our back screamed with pain. We were so tired and did not have enough strength to stand up. We sat on the sand bar scooted around on our butts to get to the fish, and slowly picking chum, one by one. We worked and worked, picked and picked for the entire 36 hours’ opening. Never made it back to camp for dinner.

We were so happy and relieved when a fish buyer came by; offered us a cup of hot coffee, warmed up our hands, and off loaded our boat load of fish.

### **Thinking Back:**

At the end of the summer, we dragged our tired bodies and headed up river to our sweet home. We barely broke even with our enterprise. The experience we gained that summer was priceless and the learning curve was steep. We didn’t know the basics “where and how” of fishing. No one gave us pointers and showed us the “ropes” of salmon fishing. There was not “Google” to do research; we just had this romantic idea of “living in the bush, go native”. We were big headed, had this “can do” attitude, and thought it was a “no-brainer” to put the net in the river, and fish would just find their way to our net.

We have never been the top fishermen, but we were competent enough to keep on fishing for the next 40 years.

Years later, I asked Alex and Lanette what they remembered about our first year fishing, they answered in unison, “Beating the net with willow branches.”

Ray’s comment was: “It was so bad, nobody would believe it.”

When the salmon fishing is upon us, I just can’t shake Dr. Suess’s fish lyric: **“One fish, Two fish, Red fish, Blue fish, Black fish, Blue fish, Old fish, New fish....”**





## THANK YOU, THANK YOU, THANK YOU

### 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 on the bulletin board and in the Centerline!**

### **August \$5 Club**

Arduith Arbelovsky	Omer Goodman	Susan Malmquist	Barbara Schmidt
Bob & Cheryl Arrington	Monica Griffin	Len Malmquist, Jr.	Bill & Sondra Starnes
Steve Best	Joel & Laura Henkelman	Marge Milewski	Vivian Terry
Patricia Bravo	Jan Hollers	Kari Mohn	Terry Turner
Sue Carter	Gary Hollier	Bill Nelson	Frosty Walters
Dee & Lee Cassel	Joanna Hollier	Lois Nelson	Virginia Walters
Glenn Clifford	Donna Hoyt	Joseph & Janice Nightengale	Roy & Ozella Williams
Patsy Clifford	Molly Jackson	Alice Nuxoll	
Dale Cocklin	Leanne King	Robert & Netella Peterson	
Velda Geller	Paula Maier	Pat Robinson	

*thank you*

### **SENIOR CONNECTION CORNER**

It's almost August, where has our summer gone? I guess, it never lasts long enough. We have been blessed with some very nice weather, just enough rain with the help of some irrigation to help make everything pretty. Gardens and greenhouses have done very well. I am very thankful for the lack of forest fires this summer.

I hope everyone of you are enjoying the summer in spite of the fact that we are probably staying home more than we would like. We all need to be thankful for our home and good health. I thank the good Lord every day that I do not live in a city and have to deal with so many problems that they are dealing with.

We are still unable to have a Senior Connection meeting. Hopefully, we will be able to do so soon. I wanted to let you know that we have gotten two of our dining room tables finished and back to the dining room. The tops are being repaired by TCC Counter tops, which is a local business. We still have seven more tables waiting to have a new top. If anyone is interested in donating toward that project please let Kathy, Angie, or Tawni know. Our goal is to have them all fixed this year.

Another project we are working toward is the "greenhouse project" which is being sponsored by the Bill Osborn family. It was Bill's wish to have a greenhouse or memorial garden in the back yard behind the center. The Osborn family and friends have contributed and would appreciate any help from any one. Let Kathy know if you are interested.

Just a reminder, Senior Farmer's Market Coupons Still Available!

The Senior Farmers' Market Nutrition Program (SFMNP) provides fresh fruit and vegetables to lower income seniors with the goal of improving health and nutritional status. It also supports local farming by increasing the use of farmers markets and roadside stands. If you need more information you can contact Angie @ 283-8212.

As president, on behalf of the Senior Connection (and I am sure I can include most all of you), I want to say a special THANK YOU to our center staff, kitchen crew, meal drivers, and anyone else that is help keeping everything going good. I have been told that the kitchen crew makes about one hundred meals in the morning that are being packed up and delivered, then some they start all over again.

Our senior center is a very special place. Let's let them know, maybe a text, phone call or even a note by mail.

Velda Geller,  
President - Kenai Senior Connection, Inc.





# AUGUST 2020 MENU

Please do not take extra food home from the dining room.

If you are ill, you may call the office before 10am and request a meal to be delivered. Upon approval, we will deliver your meal to you.

**\*Soup and Salad when available\***

Mon	Tue	Wed	Thu	Fri
3 Meatloaf Mashed Potatoes Gravy Buttered Corn	4 Brauts w/ Peppers & Onions Sauer kraut Mixed Veggies Mac & Cheese	5 Beef Enchiladas Spanish Rice Sweet Corn Salad w/ Pinto Beans	6 Honey Garlic Chicken Breasts Brown Sugar & Buttered Yams Green Beans	7 Tomato Soup Grilled Cheese Peaches & Cottage Cheese 
10 Parmesan Pork w/ Mushrooms & Onions Brown Rice Peas & Carrots	11 Chef Salad Cheesy Parsley Rolls Fruit Cup 	12 Orange Teriyaki Beef Lo Mein Noodles Stir Fry Veggies Egg Roll 	13 Fish & Chips Pineapple Mango Slaw	14 Cream of Mushroom Soup Monterey Chicken Sandwich
17 Baked Potato w/ All the Fixings Broccoli Spears 	18 Chicken & Dumplings w/ Peas & Carrots Fresh Fruit	19 Beef Stroganoff Mushroom Gravy Egg Noodles Roasted Zucchini	20 Blueberry Pancakes Sausage Links Scrambled Eggs Roasted Potatoes	21 Beef Stew Sandwich Salad
24 Baked Ham Scalloped Potatoes Broccoli Spears	25 Swedish Meatballs Egg Noodles Pickled Beets	26 Chicken Alfredo Italian Veggies Garlic Bread	27 Thai Chicken Salad w/ Peanut Dressing Teriyaki Rice Noodles  Fresh Fruit	28 Ham & Beans Sandwich Potato Salad
31 Saucy Chicken Tortellini Yellow Squash Garlic Bread	September 1 BBQ Brisket Carrot Salad Sweet Potato Fries	September 2 Liver & Onions Mashed Potatoes Gravy Green Beans	September 3 Pizza Spinach Salad	September 4 Clam Chowder Tuna on a Croissant Fresh Fruit

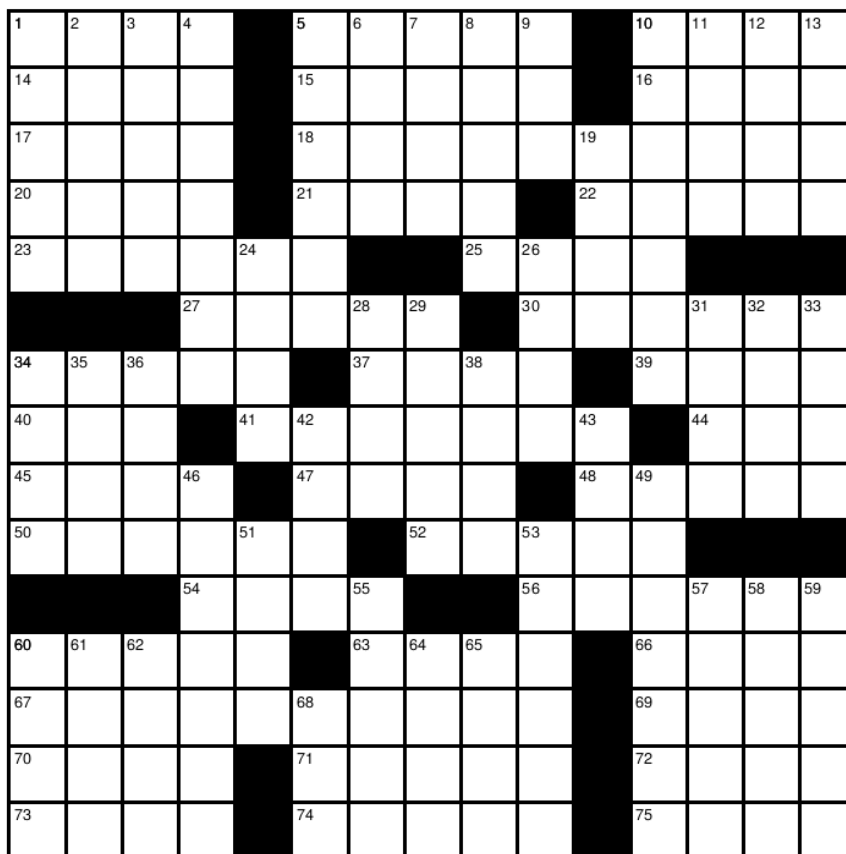
**\*Menu is subject to change\***

## Round the World

Robert Stockton

### ACROSS

1. It's green in your garden?
5. Fit
10. Part of a Hawaiian feast?
14. "\_\_\_ Plata," Montana motto
15. Swung like a sail
16. Spanish nuts?
17. Kitty Litter tycoon Edward
18. Karmic Sitcom set in Camden County
20. Put on a throne
21. Poses
22. Trouble
23. Famous musical trio
25. Part of a Hawaiian feast
27. Greens from the garden
30. Says without sound
34. 1986 Janet Jackson gold record
37. Gold records, e.g.
39. Spree
40. Word with blond or wood
41. "The Honeymooners" duration as a TV series
44. Deli selection
45. The fellow in front of the keyboard
47. Trans-Siberian Railroad stop
48. Award earned by 50 across for "Milk"
50. See 48 across
52. Follower of Kafka?
54. Matches or catches
56. Reveal
60. Zulu or Xhosa
63. Opening for Romeo
66. Wells' Weena, for one
67. Nurture the next generation



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69. Google heading
70. Fleming and Thorpe
71. Amber alternative
72. "Under Siege" star
73. He and she
74. Fashion
75. The last word of the year, perhaps
10. Begin an elopement
11. Sit for a fake photo?
12. Part of a plot
13. Shed
19. Prefix with vision or pop
24. Deli choice
26. Childish retort
28. Lecturer's sound
29. Malady
31. Iron age adornment
32. Georgetown player
33. Pun follower
34. Result of rocking and rolling
35. AARP part
36. George's great big peanut-loving poochie
38. Lecturer's sounds?
42. Bar \_\_\_
43. Part of speech for 43 down
46. Has a great mattress?
49. Famous waterways hidden within this puzzle
51. 62 down, in Dijon
53. Veep famous slipping on a potatoe?
55. Neighbor of Fiji
57. Poem of lament
58. James T. Kirk, for one
59. Two-ply cotton thread
60. Lad from Liverpool
61. How you might spell relief
62. Yellow-striped billiards ball
64. "Rocky Horror Picture Show" icon
65. Digs for 60 down
68. A fifth of "Hamlet"

This puzzle was created using CrossFire (<http://beekeeperlabs.com/crossfire>)



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 \_\_\_\_\_

Email \_\_\_\_\_ Spouse's Name \_\_\_\_\_

## 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)

Email Address: \_\_\_\_\_

- ☐ Senior Activities (line dancing, exercise, road trips, etc.)

Please make checks to **Kenai Senior Connection, Inc.:**

- ☐ \$5 Club
  - ☐ monthly - \$5      ☐ yearly - \$60
- ☐ Memorial Donation
- ☐ Kenai Senior Endowment Fund

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.

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.

This Event Has Been

**CANCELED**

After careful consideration for the health and safety of our clients and employees, we have decided to **CANCEL** our **OLD TIMER'S LUNCHEON** (originally scheduled for August, 2020).

We thank everyone for their hard work and donations toward this event and we look forward to bringing you **OLD TIMER'S LUNCHEON 2021!**



What do sheep do on sunny days?

...have a baa-baa-cue

City of Kenai  
Kenai Senior Center

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

Phone: 907-283-4156  
Fax: 907-283-3200  
E-mail: [senior@kenai.city](mailto:senior@kenai.city)  
<https://www.facebook.com/kenaisenior/>

PLEASE  
PLACE  
STAMP  
HERE

