

The Centerline

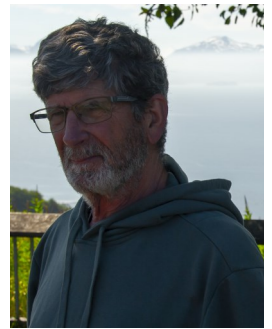
City of Kenai

Kenai Senior Center

361 Senior Ct.

Kenai, Alaska 99611

JULY 2022



Special points of interest

- Council on Aging & Kenai Senior Connection, Inc., Meetings
- No Host Dinner—Froso's Family Dining
- July Menu
- Social Security Video-Conferencing News
- July Road Trip



A HUGE shout out to WEAVER BROTHERS, INC., for loaning us a freezer reefer AND to DOYLE'S FUEL SERVICE for keeping it filled with diesel during the freezer and cooler updates!! THANK YOU to the DOYLE FAMILY for this very timely and generous donation.



Thank you to Rep. Gillham for sponsoring the Legislature's recognition and congratulations to the Kenai Senior Center for 50 years of service to the residents and community of Kenai!



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

E-mail: senior@kenai.city

Fax: 907-283-3200

Phone: 907-283-4156

Kenai, Alaska 99611

361 Senior Court

Kenai Senior Center

City of Kenai
Kenai Senior Center

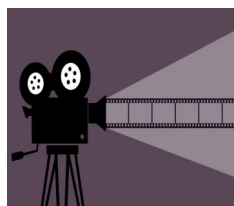
PLEASE
PLACE
STAMP
HERE

JULY 2022

Monday	Tuesday	Wednesday	Thursday	Friday
				1 10a—Growing Strong 11a-12p—Adult Coloring Noon—LUNCH 1p—Bridge 1p—Wii Bowling 1p-3p—Quilting/Crafting 1-3p—Hand & Foot
4 Happy Fourth of July- Center Closed See you at the Pie Booth! 	5 10a—Tai Chi 10a—TOPS Noon—LUNCH 12:30-1p—Bingo 12:30-4:30p Pinochle 1p—Wii Bowling	6 9a-Noon—Social Security 10a—Growing Strong 11a—Noon/Bluegrass Noon—LUNCH 1p—Writers’ Group 1p-3p—Quilting/Crafting 2p—Ukulele	7 10a—Tai Chi Noon—LUNCH 1p—Wii Bowling 3p—Council on Aging Meeting 5:30p-Cribbage 6:30p — Movie Night “Downton Abbey: A New Era”	8 10a—Growing Strong 11a-12p—Adult Coloring Noon—LUNCH 1p—Bridge 1p—Wii Bowling 1p-3p—Quilting/Crafting 1-3p—Hand & Foot
11 10a—Growing Strong 11a—Bells Noon—LUNCH 12:30p-4:30p—Bridge 1-3p—Hand & Foot	12 10a—Tai Chi 10a—TOPS Noon—LUNCH 12:30-1p—Bingo 12:30-4:30p Pinochle 1p—Wii Bowling 3p—Bill Osborn Memorial Greenhouse Dedication	13 10a—Growing Strong 11a—Noon/Bluegrass Noon—Lunch 1p—Card Making with Kim 1p—Writers’ Group 1p-3p—Quilting/Crafting 2p—Ukulele Group 3p—Sing-Spiration	14 10a—Tai Chi 11:30a—LUNCH 1p—Wii Bowling 3:00—Council on Aging 5:30p-Cribbage 6:30-Bluegrass	15 10a—Growing Strong 11a-12p—Adult Coloring 11:30a —LUNCH/ 1p—Bridge 1p—Wii Bowling 1p-3p—Quilting/Crafting 1-3p—Hand & Foot
18 10a—Growing Strong 11a—Bells Noon—LUNCH 12:30p-4:30p—Bridge 1-3p—Hand & Foot	19 10a—Tai Chi 10a—TOPS 11:30a-1p—Independent Living Center Noon—LUNCH 12:30-1p—Bingo 12:30-4:30p Pinochle 1-3p—Family Caregiver Support Group 1p—Wii Bowling 5p—No Host Dinner/ Froso’s Family Dining	20 9a-Noon—Social Security 10a—Growing Strong 11a—Noon/Bluegrass Noon— LUNCH/Birthday 1p—Writers’ Group 1p-3p—Quilting/Crafting 2p—Ukulele Group	21 10a—Tai Chi Noon—LUNCH 1p—Wii Bowling 1-3p—Computer Skills Class 5:30p-Cribbage 6:30-Bluegrass	22 10a—Kenai Senior Connection Mtg. 10a—Growing Strong 11a-12p—Adult Coloring Noon—LUNCH 1p—Bridge 1p—Wii Bowling 1p-3p—Quilting/Crafting 1-3p—Hand & Foot
25 10a— Growing Strong 11a—Bells Noon—LUNCH 12:30p-4:30p—Bridge 1-3p—Hand & Foot	26 10a—Tai Chi 10a—TOPS Noon—LUNCH 12:30-1p—Bingo 12:30-4:30p Pinochle 1p—Wii Bowling 9a– Day Trip “Norman Lowell Gallery”	27 10a—Growing Strong 11a—Noon/Bluegrass Noon— LUNCH 1p—Writers’ Group 1p-3p—Quilting/Crafting 1:30p Glass Succulent Terrarium Class 2p—Ukulele Group	28 10a—Tai Chi Noon—LUNCH 1p—Wii Bowing 5:30p-Cribbage 6:30-Bluegrass	29 8-10a WAFFLES 10a—Growing Strong 11a-12p—Adult Coloring Noon—LUNCH 1p—Bridge 1p—Wii Bowling 1p-3p—Quilting/Crafting 1-3p—Hand & Foot

JULY BIRTHDAYS

Day	Name	Day	Name	Day	Name
2	Susan Olson	16	Audrey Jenkins	25	Robert Peterson
2	Cheryl Hamann	17	James Glendening	25	Mata Taggart
4	Donna Weeks	19	Bill Milewski	26	Colleen Maricle
4	Mavis Pearson	19	Mary Anaruk-Thomas	26	Dan Devereaux
5	Ann Lee	20	Mark Larson	26	Virginia Birky
9	Julia Selanoff	20	Gladys Meacock	27	James Onstott
10	Ruth Schultz-Williford	20	Elizaveta Shadura	29	Elizabeth Huey
11	Jerry Nassen	22	Frances Kilfoyle	29	Donna Stocks
12	Mary Kay Fullerton	22	Karen Evans	30	Mary Balcomb
12	Scharlott Thomas	22	Barbara McMillan	30	Mary Quesnel
14	Peggy Arness	23	Thomas Spooner	31	Susan Smalley
14	Clara Sill	24	Linda Swarner		



Thursday Evening Movie

July 7, 2022
6:30 p.m.

Now showing:

Downton Abbey: A New Era

The Crawley family goes on a grand journey to the South of France to uncover the mystery of the dowager countess's newly inherited villa.

Join us on the 20th for a party to celebrate July Birthdays! Is JULY your birthday month? If so lunch on the 20th is on us!

NO-HOST DINNER


Tuesday, July 19, 2022
Froso's Family Dining

Those leaving from the Senior Center parking lot will head out at 5:00p. Or, meet your friends at **Froso's Family Dining** in Soldotna.

There will be limited transportation available at a charge of \$5.00, so RSVP early. Sign up at the Reception Desk.

It is important to let us know if you will be attending the No Host Dinner but driving separately. We let the restaurant know ahead of time for seating capability and if there is a change or cancellation, we can notify you. Remember to let the receptionist know if you plan to attend, whether you ride the Senior Center van or have your own ride.

dates to remember

Monday, July 4	HAPPY FOURTH OF JULY—CENTER CLOSED	
Wednesday, July 6	Social Security	9a-Noon
Thursday, July 7	Thursday Movie Night “ Downton Abbey: A New Era ”	6:30 p.m.
Tuesday, July 12	Bill Osborn Memorial Greenhouse Dedication	3:00 p.m.
Wednesday, July 13	Card Making with Kimberly	1:00 p.m.
	“Singspiration”	3:00 p.m.
Thursday, July 14	Council on Aging Meeting	3:00 p.m.
Tuesday, July 19	“No Host” Dinner/Froso’s Family Dining	5:00 p.m.
Wednesday, July 20	Social Security	9a-Noon
	Birthday Lunch	Noon
Friday, July 22	Senior Connection, Inc. Meeting	10:00 a.m.
Tuesday, July 26	Day Trip “Norman Lowell Gallery”	9:00am
Wednesday, July 27	Glass Succulent Terrarium Class	1:30pm
Friday, July 29	Friday Morning Waffles	8a-10a

KENAI SENIOR CENTER SERVICES

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:

Contact Red at 283-8212

DINING (CONGREGATE) MEALS

Monday—Friday 12—1 pm
No RSVP Required

FACILITY RENTAL:

Please contact Kayla at 283-8214

TRANSPORTATION: Monday—Thursday, call the front desk to schedule a ride.

DONATIONS FOR SERVICES:

Pick up Meals - \$7
60 years and older)
Home-delivered Meals - \$7
Transportation - \$3—\$10

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 or kromain@kenai.city

Administrative Assistant, Red Piersee

283-8212 or apiersee@kenai.city

Activity/Volunteer Coordinator, Kayla Feltman

283-8214 or kfeltman@kenai.city



MOSQUITOES

By Yen-ti Verg-in
June 11, 2022

"Mosquitoes are like family: They are annoying, but they carry your blood."

It is a love/hate relationship between mosquitoes and me. They love me; I hate them. They are like miniature vampires put on earth to annoy human and animals alike. I don't mind to share a few drops of my blood with mosquitoes, but do they have to make the irritating buzzing sounds to announce their presence; especially when I am trying to get some sleep. Also, the after bite's itchy welt is hard to ignore.

No need for any scientific research to tell you that mosquitoes prefer some people over others. At any gatherings, mosquitoes zoom on certain targets; I understand that the preferred victim's sweat smells more attractive than others.

The other day, my friend showed me the blue circles on her arms and legs; she marked the mosquito bites with a blue marker. To me it sounded like bragging, "I counted them; I have had 23 bites today." Well, I don't need to get into that competition. I am glad to present her the "THE MOST SWEET SMELLING BLOOD" award.

Female mosquitoes need blood to produce eggs to ensure their next generation, so one landed on your arm, just trying to do her job. Their life span, only last about a week at most. Mosquitos season also means it is summer, nice and warm, many outdoor activities; it is a small price to pay for the co-existence with the mosquitoes for a short of time.

However, I wish Noah had not brought mosquitoes in the ARK though. He certainly had plenty chances to swat those two pesky insects while on board.

To satisfy my "killer instinct", swat and squash mosquitoes can bring small joy in life. Buzzzzzzz, here it comes. "Splat!" One down. Next!
- Yen-ti Verg-in



"Oh, stop complaining, if it weren't for the mosquitoes you wouldn't get any exercise at all!"

Thank
you ❤️

From Roy and Ozella

We are taking this way to let each one of you to know that we love each one and appreciate your prayers, concerns, flowers, visits, cards, thoughts, and love while Roy was in the hospital in Soldotna, 7 weeks.

We know that God was with us or Roy would not made it home. Roy is doing better slowly. We were glad that our daughter was able to be with us a week. She and her husband were able to come back another week at Roy's worse time. Thank you all sincerely. God's Blessing daily.

Our Love— Roy & Ozella Williams

Mr. Mosquito Man

by Biz Robbins

We thought spring would never get here, and when finally it arrived, we worked hard. Previously we had bought starts for veggies—Swiss chard, broccoli, beets, Romanesco, turnips and others—and so many many more flowers, but it was too cold to settle them in their planters at the time. Then the day came that they were all planted and we could sit outside in the sun and enjoy them. But no. We had not counted on the mosquito population outnumbering the cells in a human body that flew and bit freely day and night. Their favorite restaurant was our house and they dined freely on our Springers, Sadie and Bella, and their human companions. Enough, we said. Stopping them was a job for Mr. Mosquito Man.

He lived in our house. Mr. Mosquito Man, a vigilant hunter, found all the zapper racquets from the past summers and tested them. Those that were wanting batteries, got them. He demanded a racquet in every room. His demand was met. Then he was ready for battle. A mosquito on the wall behind the table? Just a touch with the racquet and pause for the mosquito to move. Sizzle. A mosquito nestling in Sadie's fur? A slight nudge of the racquet and then a quick zap. Mr. Mosquito Man roamed the house, racquet in hand, hunting down the pesky insects, trapping them in the center of the electric webbing.



Not only was he a fearless hunter, but he provided a remarkable defense. Both our front and back doors were guarded 24 hours a day. In the back, he set up a station on either side of the door, making a bulwark only the strongest mosquito was able to penetrate. A scented coil was positioned on each station, creating fumes of mosquito prevention. At the front door, a citronella candle placed on a small table burned all day and all night. As one weapon, either a coil or a candle, began to weaken, Mr. Mosquito Man replaced it quickly so his fortress was secure.

The mosquito army fell into a deep decline, and although the protection had not extended to the outdoors, our indoors was again free to enjoy, mosquito free, thanks to Mr. Mosquito Man.

MOSQUITOES

by Mary Ann Lamecker

Flying pests. Sometimes they are called the State Bird.

I couldn't find much info but I do remember fighting them off when I lived in Louisiana. We had lots of humidity and that might have brought them in. I would not expect them to be a problem here but my daughter who has lived here about 10 years said they are really a problem. She and her husband have good sized garden with berries, greens, and rhubarb that sometimes draws mosquitoes, rabbits and moose.

I was told that Vicks Vaporub is good for curbing the itching. It's the female that bites.

'Skeeters

by Gerry Sanger

'Skeeters are downright scary
When they flock in angry swarms,
But here in Alaska,
that's just the normal norms.

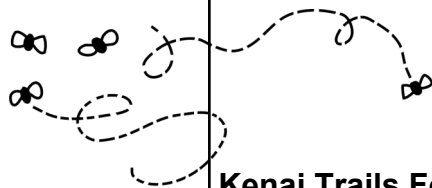
'Skeeters, those pesky little bugs,
Will drive a person batty
As they buzz like flying thugs.

These bugs are downright evil
When they aim for your nose;
Sure to rile your senses
Upending ones sweet repose.

'Skeeters, those flying wee
beasts,
It's our very own blood
That they want to eats,
Leaving itching freckles
Upon our skins
Sure proof of
Their awful eating sins.

If only we are patient
Until fall draws near,
Putting an end to
Our buggy insect fear.

Then 'skeeters will have gone
To their winter insect graves
And our itching will have stopped,
Our peace of mind well saved.



Kenai Trails For Seniors

Submitted to the Centerline by
Kari Mohn

Seniors in the Kenai area are blessed to have a number of trails maintained by the Kenai Parks and Recreation Department. I have enjoyed walking these trails and I think you will too.



Bluff Overlook The closest walking area to the Kenai Senior Center is Bluff Overlook located at 235 Spur View Drive. There isn't actually a trail, but it is easy to walk on the grass out to see the river and then walk the perimeter of the field where rugby is played.

Ryan's Creek Trail This flat wide trail through the city of Kenai, following Ryan's Creek, has benches and bird-houses along it. It has multiple access points. It can be accessed off the Kenai Spur Highway across from Leif Hansen Memorial Park in addition to next to Homer Electric Association. It can also be accessed at 505 Marathon Road.

Daubenspeck Family Park This wide virtually flat trail circumnavigates the lake in the park. A walker will pass a swimming beach, the planned dog park, a Take a Book Leave a Book kiosk and a picnic area. The parking lot is at 400 Marathon Road.

Lawton Extension This flat wide road is the gated maintenance road for utilities going to the Thompson Park subdivision. A walker may see nesting birds and even caribou along this route. It is accessed at the end of Lawton Drive past the Oilers Field and the Kenai Golf Course.

Kenai Municipal Park This park used to be a campground and those roads are still there and walkable. If you park next to the playground, there is a gravel trail next to the trees. Or you can simply start walking on the wide roads through the park starting near the restrooms. This park is found at 301 S. Forest Drive.



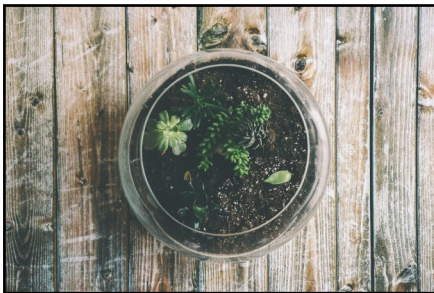
Singspiration!

If you miss singing those old hymns you remember from years gone by, join us on **July 13, 2022 at 3:00 pm** for Sing-Spiration. You can choose the songs we sing!



Card Making with Kim

Wednesday, July 13, 2022 at 1:00
Senior Center Dining Room



Glass Succulent Terrarium Class Wednesday, July 27 at 1:30p

Do you want to make a beautiful centerpiece for your summer table? Kayla will be teaching you step-by-step on how easy it is to make a terrarium. Get creative, add your own personality, and style to your very own terrarium. The cost is \$7 per person and the class is limited to 6 individuals. Please sign up and pay at the front desk.

Day Trip “Norman Lowell Gallery”

Tuesday, July 26

We are going to take a trip to see extraordinary paintings of Norman Lowell. The Gallery is designed to lead the viewer through an experience of Norman Lowell’s artistic vision of Alaska. Art connoisseurs are welcome and amateurs as well. We will have lunch at Roscoe’s in Ninilchik before going home. Transportation cost is \$13.00. Please sign up and pay at the receptionist desk.



Kenai Senior Connection, Inc. NEWS

by Velda Geller, Board President

We are busy preparing for our booth at the Kenai Chamber of Commerce Fourth of July Celebration at the Park Strip. As in past years, the Kenai Senior Connection, Inc. will be selling apple and strawberry/rhubarb pie (whole pies or by the slice), biscuits/gravy, water, coffee, tea, and hot chocolate. Anyone who will be available and willing to help, we will be setting up on Monday, July 4 at the Park Strip Pavilion, please call me at (907)398-9119 or sign up on the Senior Center's bulletin board. Your help will be much appreciated.

This is a fundraiser event for the Connection, and began its participation some years ago with a tent on the grass. We moved into the pavilion where it is easier to walk and where electricity is available for coffee, tea, etc. Weather is always a factor in Kenai — one year it may be very windy and cold, and another hot (once it was 95° requiring several trips to the store for ice). We've always had a good time, going home tired, but always feeling like we had done something good for the Senior Center.




The following is a little reminder why we celebrate the Fourth of July....

“...July 4th is special because it's Independence Day, a holiday celebrating the anniversary of the signing of the Declaration of Independence. In 1776, founding father and soon-to-be president, Thomas Jefferson wrote what is now the United States' most famous and cherished document to give a list of grievances against King George III of England. It was written to justify the colonies breaking away from the mother country and becoming an independent nation. Revised by Benjamin Franklin and John Adams, the Declaration of Independence was signed by our founding fathers and accepted by Congress on July 4, 1776.

But the spirit of Independence Day is not only about the United States officially becoming a country, it's about celebrating the values that the country was founded upon...

Independence Day celebrates those very ideals of democracy, liberty and the pursuit of happiness, and is, for anyone who finds faith in the words “all men are created equal.” But...it is also a holiday to remember and honor those first Americans who made sacrifices to create the Republic and then defend it over the years.”

(Adapted from “Why Do We Celebrate Independence Day” by Wells County Voice.)



Tuesday, June 21 2022
11:30am—1 pm
Dining Room

A Representative from the Independent Living Center will be on hand to answer questions and discuss what they can do for you to help maintain living an independent senior lifestyle.



BENCH SPONSOR

Your Business or Memorial for your pet
 Family name
 Club/Organization
 K9 Reconization
 Endless possibilities

6 foot \$500
 ONLY 4 AVAILABLE

4 foot \$250
 ONLY 4 AVAILABLE

Price Includes:
 Plaque
 25 letters
 Additional letters \$2 each

CONTACT
 Pat Porter
 907-252-5992

Kenai Dog Park

Kenai Peninsula Family Caregivers

Tuesday,
June 21, 2022
1– 3 pm
Computer Lab
(907) 262-1280



As lives return to “normal”, support groups are now able to start meeting again here at the Center. Dani Keschull with the Kenai Peninsula Family Caregiver Support Program will be joining on the third Tuesday of each month. If you are a caregiver and can use support from others, please come and join in.

Waffle Bar Returns!



We will be offering waffles on last **Friday of every month** from 8-10:00 am. Come in for coffee, juice, and a hot waffle for just \$3. No need to sign up, just show up and enjoy this special treat.

Social Security Video Conferencing is Back!!!

On the 1st and 3rd Wednesdays of each month, a Social Security Representative will be available via video cam in the Senior Center Computer Lab. It is first come, first served with sign-ins available after 8 am on that morning. Call the Senior Center if you have any further questions (907.283.4156).

What is the \$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!**

JULY

\$5 CLUB

Juanita Aguilar	Carol Freas	Xiaopei LaTocha	Trish Roderick
Ken & Kris Ayers	Velda Geller	Paula Maier	Ann-Lillian Schell
Steve Best	Omer Goodman	Len Malmquist	Barbara Schmidt
Patricia Bravo	Joel & Laura Henkleman	Marge Milewski	Barbara Smith
Elsa Bronson	Cliff Heus	Jeanie Miller	Steve Smith
Larry Burcham	Kathy Heus	Kari Mohn	Bill & Sondra Starnes
Glenn Clifford	Howard Hill	Molly Musgrove	Buck Steiner
Patsy Clifford	Kit Hill	Nelson Nakamura	Sheila Steiner
Jewell Coverstone	Jan Hollers	Bill Nelson	Vivian Terry
Rachael Craig	Molly Jackson	Lois Nelson	Gerda Trent
Walter Craig	Leanne King	Susan Olson	June Truelove
Terry Cramer	Henry Knackstedt	Ruth Osborne	Yen-ti & Ray Verg-In
Jan Daniels	Anita Kwan	Katie Pault	Beverly & Don Waldrop
Shirie Drath	Mary Ann Lamecker	Robert Peterson	Gary Walker
Laurel Eisinger	William LaTocha	Carol Prior	Roy & Ozella Williams
			Janice Wilsack



LIBRARY NEWS

The library has received a bunch of music CDs of all types of music. They are on the bottom shelf under the T.V. in the game room. Also some new DVDs. Lots of westerns: The "Man With No Name" trilogy and "Tombston" to name a few. Those were put with the westerns on the shelf just under the T.V.

Enjoy the summer. Grab an audio book and go for a ride, or sit in the sun. We all know what comes next!!

History of the teapot

By Nerada



People around the world have been drinking tea for centuries, yet the teapot came into existence only around 500 years ago. So, how did people drink tea before the teapot? And how did the teapot come to be? Experts generally agree that the teapot dates back to around 1500 AD, with the emergence of Yixing teapots in China. Using the iconic purple and red clay from Yixing in the eastern province of Jiangsu, potters crafted small individual teapots with the handle and spout design we know today.

A famous characteristic of Yixing teapots is their ability to absorb the smell and flavour of the tea, which conditions the teapot over time. The porosity of the clay means that the teapot becomes seasoned after repeated use, adding to the flavour of each new brew. Because of this, users typically brew only one type of tea in each teapot to keep the flavour of the tea pure.

Long before the Yixing teapot, people drank tea as a paste of roasted leaves ground with other ingredients and dried into tablets that dissolved in a teacup – much like a stock cube. As James Norwood Pratt, one of the world's foremost tea authorities, writes in *The Tea Lover's Treasury*, "The teapot has not always been the undisputed lord of the tea service; historically, the teacup comes first."

WHY ARE THERE DIFFERENT-SHAPED TEAPOTS?

The handcrafted Yixing teapot inspired a new era of Japanese artisans who turned to the Chinese potters to learn their methods. Japan's province of Bizen consequently became a centre for ceramics, and the area's famous Raku ware – the rough and dark earthenware used in tea ceremonies – spelled the next evolution of the teapot.

In *Teapots Through The Ages*, Laura Everage explains how teapots made their way from East to West influencing a completely new style of pottery in their wake. "Before tea ever reached the Western world, it spread from China and Japan throughout Asia, reaching Burma and Siam as well as Sumatra and Java. It was, however, the spread of Yixing teapots that not only greatly influenced the forms of others found throughout the world, but also prompted the invention of hard-paste porcelain in the Western world."

In *The Tea Lover's Treasury*, Pratt explains that the spread of teapots from China and Japan to the world not only unleashed a new culture of tea drinking, but also a new form of ceramic production that we know today as 'fine china'. "Second only to tea, perhaps the most important contribution China made to European life was 'china' itself – the hard, translucent glazed pottery the Chinese had invented under the T'ang Dynasty and which we also know as porcelain."

It was around 100 years later that Europe's thirst for Asia's tea culture developed. Influenced by the East India Company, which shipped tea and teapots from China to the UK and British colonies, the British began drinking tea. However, they continued to drink it from imported teapots as these were more durable than the fragile European earthenware that was around at the time (and which often exploded when boiling water was poured into them).

It wasn't until German alchemist Johan Bottger became the first European to master the style of high-fired porcelain and opened the first porcelain factory in Europe at Meissen that the market for European teapots took off. During this era of global industrialisation, a middle class emerged keen to emulate the tea-drinking ways of the elite. Tea drinking spread throughout society and with it was born the British ritual of afternoon tea.

(Continued on Page 13)

(Continued from Page 12)

Wedgwood and Josiah Spode, quickly responded with their version of the teapot. This set off a flurry of tea pot design that is the hallmark of British teapots. According to art historian Garth Clark in *The Eccentric Teapot*, “The exploration of teapot forms was never carried to the same level of obsession as it was in England. From 1750 onwards this small island dominated the art of creating teapots.”

Fantastical teapots shaped into everything from animals to humans, painted with bucolic scenes, decorated with Asian flower motifs and even fashioned from silver emerged as the teapot became highly fashionable. However, by the reign of Queen Victoria, tea had become a ubiquitous staple in British households, and a new style of teapot emerged to match this quotidian utility. With her simple design, round curves, pert spout, ergonomic handle and dark brown glaze that hides tea stains, the **Brown Betty** is considered the quintessential British teapot.

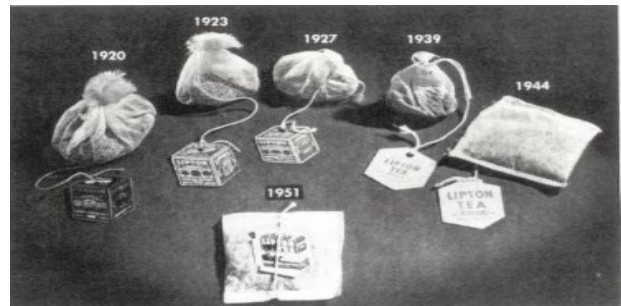
Various ceramics manufacturers made Brown Betty teapots but with different distinguishing characteristics. They are made in Staffordshire from a special red clay found only in the area. They have a distinctive globe shape, and the curve of the handle aims to keep your knuckles safe from the hot belly of the pot while you’re holding it. Once fired, the teapots are dipped in a Rockingham glaze, which gives them their characteristic brownish colour that helps hide tea stains and makes them more durable.

The tea party even spread to America, where tea became the source of political protest. Frustrated and angry at Britain for imposing taxation without representation, American colonists dumped chests of tea, imported by the British East India Company, into Boston Harbour in Massachusetts. Politics aside, tea drinking became as American as apple pie in the 1800s, and the American pottery industry, influenced by the Arts and Crafts movement, started to produce decorative teapots depicting American landscapes. As with the simple design of the

Brown Betty, Fiestaware in post-war America saw the evolution of a more pared-back design, and the Fiesta teapot, which came in a range of bold-coloured glazes, became a staple in US homes.



A Brief History of the Tea Bag



A selection of Lipton tea bags over the years, from 1920 to 1951

Unilever
BY SARAH BEGLEY

SEPTEMBER 3, 2015 12:00 PM EDT

Away to get a self-contained, no-muss jolt of caffeine may seem like a quintessentially 21st-century need—but the original single-serving, low-cleanup caffeine delivery method actually hit the market more than 100 years ago.

There’s some debate about who invented the very first tea bag. One of the most popular legends has it that American tea importer Thomas Sullivan shipped out samples of his product in silk pouches in 1908, not intending his customers put them directly in the hot water that way, but some tried it and asked for more of the same.

Seven years earlier, though, Roberta C. Lawson and Mary Molaren of Milwaukee filed for a patent for a “tea

(Continued on Page 14)

leaf holder” that also resembles what we use today. “By this means,” they wrote, “only so much of tea-leaves is used as is required for the single cup of tea,” making less waste. As they detailed in their application, the bag needed to hold the tea leaves together so that they didn’t float into the drinker’s mouth, but not so tightly that the water could not circulate through them to be infused. Their design used a stitched mesh fabric; Sullivan, too, would later switch from silk to gauze after he saw that the weave of silk was too fine for optimal infusing.

No matter who got to it first, the invention solved two problems at once: how to make single serving tea-brewing more convenient, and how to reduce cleanup—throwing out a teabag is much easier than cleaning loose leaves out of a pot.

Tea manufacturer Lipton, which is the world’s biggest tea company, celebrated its 125th anniversary this summer. Though Thomas Lipton’s initial venture wasn’t the first to use bags for individual servings of tea, the company does claim credit for the idea of printing brewing instructions on the tags, as seen in the photo above. And, while the brand has made a few tweaks over the years, its basic tea bag has remained the same for six decades. Even the contents have hardly changed: “The amount of black tea that Lipton uses in a teabag has stayed the same since the ‘flo-thru’ bag was introduced in 1952,” explains John Cheetham, Lipton Tea Master. (That’s about 30 leaves per bag.)

Some have tried to revolutionize tea steeping; Keurig, for instance, has even manufactured tea pods for its K-Cup machines, taking the wait time out of steeping. Others have tried to de-evolutionize

tea steeping; there are loose-leaf purists just as there are pour-over coffee enthusiasts. But the teabag is so brilliant, it really does not need improvement; from Bigelow to Twinings, the little mesh bag stapled to a string works every time. As John Harney of Harney & Sons once said, all a teabag needs to be lifted to perfection is “furiously boiling water” and five minutes’ steeping—“no more, no less.”

The simple teabag has required no modification since its invention a century ago—and a century from now, it’s a safe bet we’ll be brewing our cuppa the same exact way.



Senior Farmer's Market

Nutrition Program

Will you be 60 years of age or older by September 30, 2022?

Do you like fresh fruits and veggies but purchasing these items are a little hard on your pocketbook?

If you answered yes to both of the questions above you will be happy to hear that the Kenai Senior Center is a distributing agency again for Farmer's Market Coupons!

For more information about the program and to inquire as to whether you are eligible, please call the Kenai Senior Center at (907) 283-4156 and ask for Red.

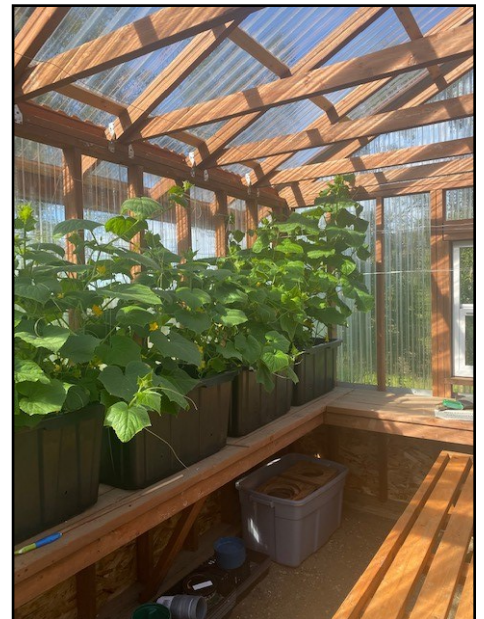
Billy N. Osborn

Memorial Greenhouse Dedication

Tuesday, July 12—3:00 pm

Bill and Betty Osborn were long time members and supporters of the Kenai Senior Center. After Bill's passing in 2018, the Osborn family and friends gave memorial funds to build a greenhouse and gardens in his honor, something he had always wanted to see for the Center.

Please join us, along with Betty and the Osborn family as we dedicate the greenhouse and remember Bill and his contributions to Kenai and the Senior Center.





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

Email Address: _____

Please make checks to Kenai Senior Connection

- ☐ \$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.



Has Inflation Affected Your Budget?

Many will have undoubtedly noticed the increased costs at the grocery store or at the gas pump. The Senior Center has experienced increased costs over this winter which has made a substantial impact to our budget. Moving forward, we will continue to look even further at minimizing costs and becoming more efficient without further impact to our services.

Are the Senior Center's Services & Meals Free?

The Senior Center is funded by grants for only a portion of our budget. We rely on fundraisers, contributions, and donations for the remaining costs. Our meals and transportation grant pays for a very small portion of the costs and we are expected to ask the recipient for a contribution towards the remainder. Without these contributions, we would not be able to operate.

How Can You Help?

1. **Suggested Contributions/Donations** The suggested contribution amounts may or may not fit into everyone's budget. The suggestion for a meal which costs over \$20.00 for us to prepare, is just \$7.00. If you cannot give \$7.00, please consider something **up to** \$7. If you want to give donations privately, we have a wooden box in the hallway next to the Writer's Group bulletin board where donations may be deposited. For those receiving home meals, you can call the Senior Center or give your contribution to the driver.

2. **Coffee and Activities** Anytime you walk into the Senior Center, you can find either a newspaper, Wi-Fi access, or a cup of coffee or tea. Again, these items have costs and are budgeted expenses. Why not give even \$1 for a cup of coffee? Over the course of a year, this can make a sizeable difference.

3. **Costs Savings** If you have a cost savings idea, please tell us about it. We welcome your input as we work together to make our Center the best it can be!

4. **Yearly Contributions** We have been blessed to receive donations from individuals who need to expend IRA funds. Thank you for these as they've become vital to our continued operations.



Heart Healthy

JULY 2022 MENU

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

Menu is subject to change**Soup and Salad when available**

Monday	Tuesday	Wednesday	Thursday	Friday
27 Veggie Soup Sweet Thai Chicken Salad Fruit Cup 	28 Sweet & Sour Meatballs Brown Rice Egg Roll Roasted Zucchini Salad	29 Salmon Florentine Egg Noodles Mixed Veggies Garlic Bread Salad	30 Tacos Spanish Rice Corn & Pinto Bean Salsa Soup	1 Cheeseburgers Onion Rings Apple Cranberry Coleslaw Salad
4 FOURTH OF JULY CENTER CLOSED	5 Biscuits & Gravy Sausage Links Scrambled Eggs Roasted Potatoes Salad	6 Tomato Basil Salmon Wild Rice Pilaf Mixed Veggies Salad 	7 Peachy Pork Brown Rice Honey Carrots Soup	8 Sloppy Joes Sweet Potato Fries Broccoli Salad
11 Baked Potato Fixings Broccoli Spears Soup	12 Cranberry-Bacon Chicken Wraps Potato Salad Chips Salad 	13 Seven-Seas Pepper Steak Jasmine Rice Broccoli Salad	14 Beef Enchiladas Mexi-Corn Salsa Refried Beans Soup	15 Clam Chowder Seafood Pasta Muffin Salad
18 Creamy Mushroom Pork Parmesan Potatoes Capri Veggies Soup	19 Chef Salad Fruit Cup Bran Muffin Salad 	20 BBQ Ribs Cowboy Beans Coleslaw Salad	21 Roast Beef Mashed Potatoes Gravy Zucchini, Red, Pepper, Mushroom Medley Soup	22 Pizza Strawberry/ Spinach Salad
25 Spaghetti & Meatballs Italian Veggies Garlic Bread Soup	26 Liver & Onions Mashed Potatoes Gravy Green Beans Salad	27 Thai Chicken Salad w/ Peanut Dressing Rice Noodles Fruit Cup 	28 Beef Teriyaki Noodle Bowl Egg Roll Soup	29 Beer Battered Salmon Bites Fries Coleslaw Salad