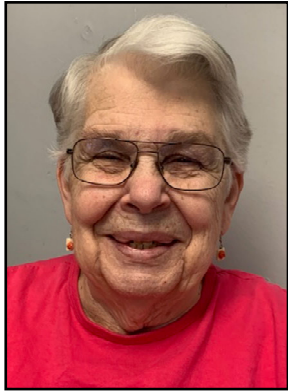


The Centerline

JUNE 2024



KNOW YOUR NEIGHBOR:

Virginia Walters

By: Carol Prior

You all have probably seen her either in our library or the City Library at one time or another. If not, let me introduce to you our

Senior Center Chief Librarian; **VIRGINIA WALTERS**. She was born in Palouse, WA on September 8th, 1930 something. She moved to Potlatch, Idaho in the 7th grade and grew up there. She met and married her high school sweetheart Foster (Frosty) Walters in March 14th, 1955. They raised 4 children and she said when the children were in school, she decided to go back and get a BA degree in Education. That was in 66-67.

They moved to Alaska in 1971 and she taught High School English in Healy for 3 years. They commercial fished in the summer months and she taught in the schools in the off season. She moved to Fairbanks and taught at Eielson Air Force Base for 2 years 1974-76. In 1977 they moved to Circle City and she taught at a small school for four years as the only teacher with all grades in her classroom.

Being the pioneer spirit that she is the next adventure took her to a small town called Joy, Alaska and started a school for one year, 1980-81. Then she decided to take off a year and get her Master Degree in Special Education.

They moved to Kenai and Virginia started teaching Special Education at Kenai Central High School. She taught there for 10 years and finally retired in 1990. They continued commercial fishing every summer for 20 years.



Special Points of Interest

- Garage Saling—June 7
- No Host Dinner Los Compadres—June 12
- Father's Day Lunch— June 14
- Birthday Lunch—June 19
- Seldovia— June 27

City of Kenai
Kenai Senior Center
361 Senior Ct.
Kenai, Alaska 99611
907-283-4156
senior@kenai.city

JUNE 2024

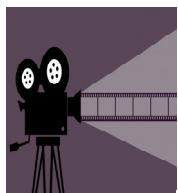
Monday	Tuesday	Wednesday	Thursday	Friday
				
3 9a—Growing Strong 10a—Growing Strong 11a—Bells Noon—LUNCH 12:30p-4:30p—Bridge 1p—Mexican Train Dominos 1p—Choir	4 9a— Chair Yoga 10a—Tai Chi 10a—TOPS Noon—LUNCH 12:30-1p—Bingo 12:30-4:30p Pinochle 1p—Wii Bowling	5 9a-Noon-Social Security 9a—Growing Strong 10a—Growing Strong 10a—Walkabout 11a—Noon/Bluegrass Noon— LUNCH 1p—Writers’ Group 1p-3p—Quilting/Crafting 2-3:30p Stronger Together Support Group	6 9a— Chair Yoga 10a—Tai Chi Noon—LUNCH 1-3p—Hand & Foot 3p—Movie Afternoon: The Guernsey Literary & Potato Peel Pie Society	7 9a—Growing Strong 9a—10a Blood Pressure Check 9:30a-12p—Quilting 9:30a—Garage Saling 10a—Growing Strong 11a-12p—Adult Coloring Noon—LUNCH 1p—Wii Bowling 1-4:30p—Bridge
10 9a—Kenai Bluff Stabilization Project Ribbon Cutting Ceremony 9a—Growing Strong 10a—Growing Strong Cancelled Today 11a—Bells Noon—LUNCH 12:30p-4:30p—Bridge 1p—Choir	11 9a— Chair Yoga 10a—Tai Chi 10a—TOPS Noon—LUNCH 12:30-1p—Bingo 12:30-4:30p Pinochle 1p—Wii Bowling	12 9a—Growing Strong 10a—Growing Strong 10a—Walkabout 11a—Noon/Bluegrass Noon—LUNCH 1p—Card Making w/ Kimberly 1p—Writers’ Group 1p-3p—Quilting/Crafting 2-3:30p Stronger Together Support Group 5:00p—No Host Dinner/Los Compadres	13 9a— Chair Yoga 10a—Tai Chi Noon—LUNCH 1p—Wii Bowling 1-3p—Hand & Foot 5p—Cribbage 6:30p—Acoustic Jam	14 9a—Growing Strong 9a—10a Blood Pressure Check 9:30a-12p—Quilting 10a—Growing Strong 11a-12p—Adult Coloring 11:30a—LUNCH/Father’s Day Luncheon 1p—Wii Bowling 1-4:30p—Bridge 
17 9a—Growing Strong 10a—Growing Strong 11a—Bells Noon—LUNCH 12:30p-4:30p—Bridge 1p—Choir	18 9a— Chair Yoga 10a—Tai Chi 10a—TOPS 11a—”Grow with Me” w/ Steve Latz 11:30a-1p— Independent Living Center Noon—LUNCH 12:30-1p—Bingo 12:30-4:30p Pinochle 1p—Wii Bowling 1p-2p—Family Caregiver Support Group	19 9a-Noon-Social Security 9a—Growing Strong 10a—Growing Strong 10a—Walkabout 11a—Noon/Bluegrass Noon—LUNCH/ Birthday 1p—Writers’ Group 1p-3p—Quilting/Crafting 2-3:30p Stronger Together Support Group	20 9a— Chair Yoga 10a—Tai Chi Noon—LUNCH 1p—Wii Bowling 1-3p—Hand & Foot 5p—Cribbage 6:30p—Acoustic Jam	21 9a—Growing Strong 9a—10a Blood Pressure Check 9:30a-12p—Quilting 10a—Growing Strong 11a-12p—Adult Coloring Noon—LUNCH 1p—Wii Bowling 1-4:30p—Bridge
24 9a—Growing Strong 10a—Growing Strong 11a—Bells Noon—LUNCH 12:30p-4:30p—Bridge 1p—Choir	25 9a— Chair Yoga 10a—Tai Chi 10a—TOPS Noon—LUNCH 12:30-1p—Bingo 12:30-4:30p Pinochle 1p—Wii Bowling 1p—Speaker Dr. Adams Orthopedic Spine Surgeon	26 9a—Growing Strong 10a—Growing Strong 10a—Walkabout 1p—Writers’ Group 1p-3p—Quilting/Crafting 2-3:30p Stronger Together Support Group	27 7:30a-9:00p Seldovia Trip 9a— Chair Yoga 10a—Tai Chi Noon—LUNCH 1p—Wii Bowling 1-3p—Hand & Foot 5p—Cribbage 6:30p—Acoustic Jam	28 8-10a WAFFLES 9a—Growing Strong 9a—10a Blood Pressure Check 9:30a-12p—Quilting 10a—Senior Connection 10a—Growing Strong 11a-12p—Adult Coloring Noon—LUNCH 1p—Wii Bowling 1-4:30p—Bridge



Happy Birthday!



Day	Name	Day	Name	Day	Name
1	Dennis Gease	14	Marilyn Bannock	25	Sieglinde Moore
3	Katie Pault	18	Velda Geller	26	Linda Barnes
7	Lee Sparlin	19	Kathy Heus	26	Judy Walgenbach
7	Dorothy Gray	19	Betsy Arbelovsky	27	Jon Jackinsky
8	John Harris	20	Barbara Basas	28	Willena Brenden
8	Tom Holland	22	Janet Hall	29	Don Oberg
8	Jeanie Pierce	24	Joanne Stull	29	Vera Barrett
9	Bonita Duncan	25	Margaret Goggia	30	Jackie Oberg
10	Carl Whitworth	25	Margaret Mullen	30	Gale Byerly
11	Barbara Christian	25	Sieglinde Moore	June Birthday Party is June 19th at NOON!	
12	Darlene Tachick	25	Joe Harrison		



Thursday Afternoon Movie June 6 3:00 p.m.

**Now showing: The
Guernsey Literary and Potato
Peel Pie Society**

In 1946, a London-based writer begins exchanging letters with residents on the island of Guernsey, which was German-occupied during WWII. Feeling compelled to visit the island, she starts to get a picture of what it was like during the occupation.

NO-HOST DINNER

**Los Compadres Mexican Restaurant
Wednesday, June 12**

Those leaving from the Senior Center parking lot will head out at 5:00p. Or, meet your friends at Los Compadres Mexican Restaurant in Kenai.

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

Wednesday, June 5	Social Security	9a–Noon
Thursday, June 6	Movie Afternoon: The Guernsey Literary & Potato Peel Pie Society	3:00 pm
Wednesday, June 12	Card Making with Kimberly	1:00 pm
	“No Host” Dinner/Los Compadres	5:00 pm
Friday, June 14	Father’s Day Luncheon	11:30 am
Wednesday, June 19	Social Security	9a—Noon
	Birthday Lunch	Noon
Tuesday, June 25	Speaker Dr. Adams Orthopedic Spine Surgeon	1:00 pm
Thursday, June 27	Seldovia Trip	7:30a– 9p
Friday, June 28	Waffle Friday	8a-10 am
	Kenai Senior Connection	10:00 am

Kenai Senior Center Info

Monday—Friday, 8:00 am—5:00 pm
Need to speak with someone in administration?

Director
Kathy Romain
 (907) 283-8213 or kromain@kenai.city
VP Housing, Council on Aging
Kenai Senior Connection, Inc.

Administrative Assistant
Red Piersee
 (907) 283-8212 or apiersee@kenai.city
Home Delivered Meals
Benefits Counseling
Vintage Pointe Housing Rental

Activity/Volunteer Coordinator,
Kayla Feltman
 (907) 283-8214 or kfeltman@kenai.city
Activities
Volunteer Opportunities
Senior Center Facility Rentals

Do you need a ride or know someone who could use some meals? Maybe you’d like to pick up a meal instead of dining inside? We can help!

For Pick up Meals:
Call the front desk
by 10:30AM* (M-F)

For pick-up at **11:30 AM. Meals must be**

picked up from the front desk.



For Transportation:

Call the front desk at least **24 hours** in advance to schedule a ride. We will do our best, but same day transportation is not guaranteed.

Dining Room Meals (Congregate)

Monday-Friday 12pm-1pm

No reservations required

(Except for special events)

LIBRARY NEWS by Virginia Walters

It's June! Fishing and gardening and visitors and fishing... We will be doing some weeding of books in the next couple of months and maybe DVDs. Glad to see the Alaska nonfiction is beginning to circulate. There is some interesting and entertaining material there. Enjoy the summer . It goes



Friday, June 7

At 9:30am Garage Saling with Kayla

We will be leaving the center with a van at 9:30am to hit some yard sales, garage sales, and maybe even moving sales. Don't forget to bring cash with you. We will be back before noon so you can have lunch at the center. Please sign up at the receptionist desk.

"Grow with Me" with Steve Latz

You are invited to meet with us on Tuesdays, June 18, July 16, and August 13 at 11:00 in the card room to continue our conversation about our garden and flower successes. Our round table will focus on sharing your experiences with growing food for the table and flowers for eye candy. We will discuss your home garden/greenhouse progress and suggest options to maximize your return on investment. We will share our successes and failures learned from experience. I plan to bring produce from my garden for you to taste. I also plan to tour the greenhouse/patio onsite and check out the plants that we started growing back in early March. We will be sharing recipes of our favorite way to preserve cucumbers, zucchini, onions, tomatoes, kohlrabi, and cabbage.



Card Making with Kim

Wednesday, **June 12** at 1:00pm Senior Center Dining Room. Please sign up on the bulletin board.



Waffle Bar—Last Friday of each month.



We will be offering waffles on the **last Friday of the month** from 8-10am. Come in for coffee, juice, and a hot waffle for just \$3. You may bring your own goodies to add to your waffle. No need to sign up — just show up and enjoy this special treat.

March for Meals Thank You

By Jerry Nassen, Board member, Kenai Senior Connection, Inc.

Another (very successful) March for Meals gala is in the books, and all the sponsors have been officially thanked by the Senior Connection board and the staff at the Kenai Senior Center. So why this article? It is simply a reminder that the best thank you's are yet to come, and they need to come from us, as individuals, when we patronize these businesses. I am asking you to each keep in mind these LOCAL businesses that generously gave, so that we can return the favor in kind.

It's an easy process, and one that only requires two things from you. First, check the list of sponsors posted at the end of this article and actually choose one of them when you're shopping. Hungry? There were four establishments that donated, so maybe consider one of them over another choice. Beautifying your home or property and need supplies? Choose from one of the several greenhouses, knickknacks, tool and building suppliers on the list. Medical/dental needs? Yes, several contributed here. Planning a trip? Again, consult the list.

The second thing you need to do is: When you patronize one of these generous businesses, tell them thank you for their support for March for Meals and for seniors in general. Believe me, these simple acknowledgments are worth their weight in gold and are often more meaningful to business owners than an old printed thank you.

The list of sponsors is long and it would be difficult to include every one by name in the body of this article, but two do stand out and deserve special mention:

First is **Peterkin Distributors**. Although not a store-front business, they are always in the background; if a local business has it, chances are Peterkin delivered it.

Second is **Duane Bannock**, a voice of KSRM radio and Auctioneer Extraordinaire! So when you see him out and about town, be sure to say thank you for his ongoing support of seniors in our community.

And to all you **volunteers**, in whatever capacity you contributed, we couldn't have done it without you...you know who you are.

Peterkin Distributors	Peninsula Driving Instruction	Walgreens
Alaska Industrial Hardware	North Country Fair	Jersey Subs
First National Bank	PCHS	Adventure Outfitters Alaska
Ginger's Restaurant	Bishop's Attic	Rocky's Café
Trinity Greenhouse	Grant Aviation	Charlottes
Ye Olde Curiosity Shop	Playa Azul	Brother's Café
Spenard Builders Supply	McDonalds Kenai	AK Civil Air Patrol Cadets
Ridgeway Family Dentistry	Gammas Designs	
49 North Adventures	Alaska Railroad Corporation	
Alaska West Air	Happy Buddha Imports	

JUNE 8, 2024 KENAI PENINSULA AIR FAIR

SOLDOTNA PANCAKE BREAKFAST 8-10 A.M.

MARC Hangar 595 Funny River Road, Soldotna, AK 99669

KENAI AIR FAIR 12-3 P.M.

Kenai Airport Operations Facility 515 North Willow Street, Kenai, AK 99611

FUN FLIGHT PRIZES AT 2:30 P.M.



For the most up to
date information,
please visit our
website!



**FOOD TRUCKS, MUSIC, EXHIBITOR &
VENDOR BOOTHS, PRESENTATIONS,
STATIC AIRCRAFT DISPLAYS**





Kenai Bluff Stabilization
Project

RIBBON CUTTING CEREMONY



The celebration will take place on

Monday, June 10, 2024
at 9:00 a.m.

at the

Kenai Senior Center
361 Senior Court
Kenai, AK

for more information contact
Assistant to City Manager Christine Cunningham
at ccunningham@kenai.city or 907-283-8223

Senior Farmer's Market Nutrition Program



**Will you be 60 years of age or older
by September 30, 2024?**

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! Coupons are availa-
ble after July 1.

For more information about the pro-
gram and to inquire as to whether you
are eligible, please call the Kenai Sen-
ior Center at (907) 283-4156.



Patriotic Choir Concert

Our Kenai Senior Center Choir has
been practicing songs for July
4th. Join us on Wednesday, July 3
for this festive medley of music!



Kenai Senior Center will host a
presentation by Samuel Adams,
MD with Central Peninsula Kenai
Spine on the effects of Cervical
Myelopathy.



**Tuesday, June 25 at 1:00pm
In the card room.**

Pioneer Lament By: Barb Christian

When we moved to Alaska, we knew we must bring
All the stuff pioneers would require.
We knew about winter, mosquitoes that sting,
The privy, and heating with fire.

But we goofed when it came to our
manners and time:
Punctuality only repelled
Where early was awkward and late was just fine;
And formal wear matched with Sorrells,

And sock feet were good because roads
were so mucky
That shoes were left off at the door.
And alas, our nice hot dishes were not potlucky
Where whiskey and beer were the norm.

And we should not inquire about someone's past—
They would tell, if they wanted it known;
And we could not drop in without being asked—
Folks here wanted to be left alone.

In Alaska, our mouths even travelled amiss,
So it wasn't a *biffy* out back,
A *sow* was no pig, a *dog* might be fish,
A *cow* was that moose with no *rack*.

Down was the way to preserve your core heat.
In the *bush*, one found people, not birds.
A *sourdough* harvested moose for the meat;
A *cheechako* made gifts of the turds.

When we visit our relatives in the Midwest,
In translation, somehow we lose.
Our entrance is late, our sock feet distress,
We bring not a hot dish, but booze.

The neighbors our parents need us to impress
Hold their coffee cups, cookies, and bars
And pity the families of kids who transgress
To odd places and come back bizarre.

In our fifty-odd years of mutations up here,
We've strayed from those ways Minnesotan
So much now that *both* places find us quite weird.
I guess we've become Alaskotan.

LET'S TALK RHUBARB



It's only a few short weeks
before Kenai's July 4
Celebration and the Kenai
Senior Connection, Inc. will
be there with its "Biscuits n'
Gravy and Strawberry/
Rhubarb Pie Booth!!!

If you have rhubarb and would like to
donate it to the strawberry/rhubarb pie
effort, please bring it to the Center
anytime after June 25. Or, if you are
unable to reap your rhubarb, call (907)
283-4156 and make arrangements for
someone to come gather it for you.

**Thank you for your generous
support!!!**



Father's Day Lunch

Friday, June 14

11:30 a.m.

This will be a special day with a
salute to our fathers. Fathers will be going
golfing for door prizes at lunch. Please join us
to celebrate our fathers. Have a photo of your
father you would like to share? Bring it along.
We can all try to guess whose father is
whose! Please sign up at the bulletin board.

CITY OF KENAI
PRESENTS

KITE

FESTIVAL

LET FUN TAKE FLIGHT!

SATURDAY JUNE 15TH 12PM-3PM

FREE
ENTRY!

**ALASKA KITERS DEMO
BUILD-A-KITE STATION**

**SHAVED ICE, FOOD VENDORS,
GAMES, MUSIC & MORE!**

Walmart



SAFEWAY



MAIN STREET
Tap & Grill



**JOIN US AT
MILLENNIUM
SQUARE PARK**

**SPUR VIEW DR
& FRONTAGE
RD. KENAI**

THANK YOU TO VOLUNTEERS AND SPONSORS

Hey seniors! Can you donate some time to help with a Bubble Station or to give out Shaved Ice? See Kayla for more details!

VIRGINIA WALTERS, Cont

When I asked her how did she ever get started with the library; she said she always wanted to be a Librarian. (Long way from a special Ed teacher, just sayin'.) She began volunteering for the city for 25 years and now she is the Senior Center volunteer Librarian.

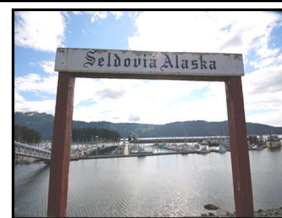
You may also recognize her as the Columnist for the Peninsula Clarion. Have you read her stories under the title "Life in The Pedestrian Lane"? She has been writing this column for 20 years.

I asked Virginia what she thought her greatest accomplishments were and she said raising four wonderful and productive children, who all live here in Alaska. I might add being a Special Education teacher for ten years is quite an accomplishment too. Any teacher that stays in that profession for an entire career is a hero in my books.

Her hobbies are reading and writing and she told me that she was a State Champion in Idaho for Sharp Shooting Targets. (Annie get your guns type. Who knew?) That was interesting to me because I used to shoot skeet in my younger days. But then she really surprises me when she said that her and Frosty took up Scuba Diving after retirement and they have gone Scuba diving in Hawaii, Florida, and Mexico. Nothing exotic she says but it is a lot of fun. It was one of her life long dreams. I wonder what else is on her "bucket list"?

So, who is this Annie Oakley, Scuba Diving, Sharp Shooter; our very own resident leader of the Writer's Group and Senior Center Librarian? Virginia and her husband Frosty are active here in the exercise program. She actually started the writer's group here at the center with some past friend like George Jackinski and Martha Snyder, just to name a few.

We thank you for your service here at the Center and look forward to helping you and Frosty celebrate your 70th anniversary next March.



Day Trip to Seldovia

Thursday, June 27

7:30a-9:00p

Watch out Seldovia the Kenai Seniors are on our way!!! The van will leave the Center at 7:30 a.m., drive to Homer, and depart Homer at 11:00 a.m. We will be taking a ferry to Seldovia where we will be exploring the community, go to a restaurant or café for a no-host lunch, walk the boardwalks, shop, or hike a trail. We will spend most of our time in Seldovia.

The cost of the tour/van ride is \$99.00. Prepay at the Receptionist Desk, fill out forms and reserve your spot. We must have a minimum of seven (7) people.



The Incident that made me realize that I really live in Alaska

by Martie Wilson



We moved to Alaska the first time in 1972. Two Aleut Indian friends, a brother and sister, invited us to build a cabin on their adjoining 160-acre land claims. George and I, 4-month old Rachel, 12year old Mark and friend Gade drove the Alcan Highway in our 1952 Dodge pick-up truck, carrying everything we owned with us, including a wood cook stove in the back of the truck under the shell we built to shelter our belongings from the weather. We camped along the journey.

We arrived at Huston, AK during breakup and had to carry everything we used three miles on muddy road to a cabin loaned to us while we built ours. Then, it was still a mile and a quarter hike back to our new cabin site – down a hill, across a creek past old Albert's cabin, up a steep hill, through a birch and spruce forest, through a marshy black spruce tundra, through another woods, down a hill and across the same creek and up into a birch forest to our new cabin site. There was a nice rabbit trail following along about 50 feet above the creek bank, well above any possible flood area. It was near this trail where we picked the perfect spot to build our cabin. And another site where we would pitch our tent to live in while we built. It was too far to walk back and forth every day from the loaner cabin.

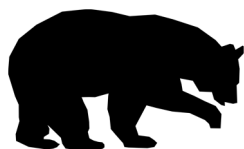
The next morning the guys hiked back out to the truck and bring in the tent, the horsehair mattress, and a tarp to insulate the tent floor from the ground. They'd also brought in some of the food we brought on the journey. It wouldn't be too long before the spring muds dried up enough to be able to drive the truck a few miles closer to the cabin site.

A few days later, many trips to the truck had been made bringing food, cooking utensils, coffee pot, and other badly needed supplies to the new cabin site. The tent was set up, and our small family was getting settled into our new temporary home. The neighbor boys, Doug, Doody and Petey hiked up to visit and the conversation turned to bears in the area. We found out that the rabbit trail we were so happy to build near, was really a bear trail and could expect some curious bruins in our campsite when the bears started migrating down to the Little Susitna River when the salmon run began.

"You need to pick a tree," 12-year-old Doug informed our group while gazing at the tall straight birch trees surrounding the cabin site. "Pick a good tree that is just right. Not too skinny so that when the bear comes it can pull the tree over and get you. And not so big around that the bear can easily climb it and get to you." Doug, small for his age, demonstrated by shinnying up a nearby medium-sized birch tree. I remember looking at the birches around us, mentally deciding and imagining trying to shinny up just the right tree and wondering how I could carry four-month-old baby Rachel *and* shinny up a tree. We did have an alternative of firing off our 22 or 308 caliber rifles to scare off a bear. We didn't want to kill one if we didn't have to.

By the time our cabin was three logs high, George, Gade, and friends had hauled our wood cook stove to our campsite and set up an outdoor kitchen. It took four men lashing the stove to two strong buckskin poles and carrying it on their shoulders, across the creeks and through the woods and marsh. Another fellow carried all the removable pieces of the iron in a heavy canvas backpack. We built shelves with birch poles and fastened them between trees. We tacked plastic sheeting between the trees to keep the rain

out of our cooking area. Our food was carefully kept in latching ice chests to keep any wildlife from being tempted.



The first black bear visited us in the wee hours of the morning. I'd woken up to feed baby Rachel and heard it sneaking in toward our campsite. George woke up too, sat up, put his hat on, rolled a cigarette, pulled on his jeans and boots, grabbed the 308 rifle and stepped out of the tent. The bear had already come down the hill from behind our campsite, wandered down to the creek for a drink of water and was ambling back to our campsite. I think George noticed the bear about the same time it noticed him, and he shot two shots into the air hoping to scare the bear off.

And off it ran! Disappeared back up the hill to the north and we went back to an uneasy sleep.

For the next few days, that bear came back every 4 to 6 hours and we learned to clang the pots and pans to scare it off. Then, early one morning, we awoke to gun shots about a quarter mile up the hill where our neighbors were also building a cabin. He was a butcher by trade, and killed the bear. I believe they harvested the meat and shared with the other neighbors. We weren't interested in the meat because we hated to see that bear shot.

Two days later, we came home from a bi-monthly trip to town for groceries and as we straggled into camp carrying baby, diaper bag, and backpacks of food on our backs we saw our 50-pound bag of flour scattered all over the hillside! There must be another bear! And somehow this new bear had broken into the coolers and gotten into our food. She didn't seem to be shy or timid like the first one. This bear made us mad! And it wouldn't leave us alone. It came into our camp two or three times a day or night, and our efforts to scare it off with gunshots or clanging the pots and pans didn't work anymore.

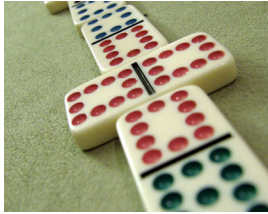
Finally, we'd had enough and when the bear came into camp in broad daylight and headed for the outdoor kitchen, George got out the 308 rifle and shot the bear. Up until the point in my life, I would rather have been a vegetarian than cut up a chicken. But an unwritten Alaskan code was that if you shoot an animal, you respect it enough to harvest the meat and hide. We got out our knives and sharpened them up. Some of our neighbors hiked up to observe and offer some badly needed instruction. We slit its throat to bleed it out, and made a slice down the front to empty the guts and organs. We cut off the front and hind quarters, cut out the back strap and other harvestable meat. But we couldn't bring ourselves to save any of the organ meats. We gave away the two front quarters and one hind quarter of meat. (Everyone seemed to love black bear in the spring before they got into the fish.) We stored the remaining hind quarter and back strap in the creek to keep it cool and cooked up a big pot of bear stew for dinner.

Skinning it was easier, and my stomach stayed where it belonged during the entire process. We staked out the hide and salted it down hoping for a bear skin rug one day.

The next day we build a crude smoke house of canvas wrapped around three birches and shelves made of skinny pole branches. Then we cut the bear meat into strips and smoked it. What a process!



Harvesting that black bear was what made me realize that from then on, I was a real Alaskan! And I never did become a vegetarian.



Calling all Mexican Dominos Players!

Interested in playing or learning about Mexican dominos? Please join us once a month on the first Monday of the month at 1:00pm in the dining room. It's so much fun and see you there!

Walkabout Wednesdays at 10:00 am



Do you enjoy walking but worry about walking by yourself? Join us as we walk the perimeter of the Senior Center and Vintage Pointe Manor. We will meet in the lobby of the Senior Center and you can walk at your leisure. Get out those walking shoes - Summer is here!

Stronger Together Support Group



Wednesdays 2 –3:30 pm

Are you a caregiver who could use the support of others on a more regular basis? This may be for you!



Tuesday, June 18

11:30am—1 pm

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

Kenai Peninsula Tuesday, June 18 1– 2 pm Computer Lab



The Kenai Peninsula Family Caregiver Support Program will meet from 1 pm – 2 pm on Tuesday, June 18 in the computer room at the Kenai Senior Center.

Anyone interested in learning more about the services we have to offer are more than welcome to attend. For more information, please contact Dani or Lisa at 907-776-7654.

Kenai Senior Connection, Inc. NEWS

by Velda Geller, Board President



Welcome to June! We are already nearly halfway through 2024 and finally enjoying some summer weather. As life goes on, we have learned a little about our busy director and wonder how she gets so much done! She has a team that works with her and they all put things together. That also includes Missy, David and the Kitchen helpers, volunteers, and drivers. We all should be very thankful for such a beautiful building, staff, volunteers, and friends.

In May, we enjoyed a lovely Mothers' Day luncheon; a no-host dinner at Froso's; a greenhouse visit; and a Senior Health & Fitness Day. In a few weeks, I will be asking for help preparing for the Fourth of July festivities at the Kenai Greenstrip Park, where the Senior Connection will be selling pies, biscuits n' gravy, coffee on one side of the pavilion and the Country Store folks will be selling their goods next door. Give me a call at (907) 398-9119 and let me know if you are available to help. Thank you and Happy June!

Velda

What's Your Story?

Got a story or a poem you want to share? Everyone has a story and some of you are even poets. Well we are looking for you to be bold and share your story. Any contribution to add to our Fundraiser project. We are calling it our "Kaleidoscope Project" Your stories can be as fun to read with a "Kaleidoscope" of topics and as colorful as the toy we used to play with. Please keep them to 1000 words and they can be poems, short stories, or songs. Pictures are also welcome. If you need help writing your story, that can be arranged. You may turn your stories into the front desk at the senior center, or send them by email to Senior@kenai.city.

You may contact Virginia Walters or any other member of the KSC Writers group. Better yet, come visit us on Wednesdays at 1pm in the Computer Room. **See pages 13 and 14 for an example story.**

Kenai Senior Center 2024 Client Satisfaction Survey

Each year the Kenai Senior Center (KSC) seeks client input to help shape the services provided by the Center. The State of Alaska and other entities require the KSC to provide these findings when applying for program funding. **Please do not leave any questions blank** or the survey results will not be able to be accurately analyzed. All information gathered is kept confidential.

Please check all programs/activities that you have participated in this year:

<input type="checkbox"/>	Arts/Crafts	<input type="checkbox"/>	Classes/Workshops	<input type="checkbox"/>	Health/Fitness
<input type="checkbox"/>	Congregate Meals	<input type="checkbox"/>	Events	<input type="checkbox"/>	Entertainment
<input type="checkbox"/>	Home-Delivered Meals	<input type="checkbox"/>	Trips	<input type="checkbox"/>	Volunteer Opportunities
<input type="checkbox"/>	Transportation	<input type="checkbox"/>	Medicare Counseling	<input type="checkbox"/>	Information and Assistance

What year were you born? _____

1. Are you a registered member of the Kenai Senior Center?

☐ Yes

☐ No*

*If no, have you been provided information on how to become a member?

☐ Yes

☐ No

2. Upon arrival at the Kenai Senior Center have you been assisted by the front desk receptionist?

☐ Yes*

☐ No

*If yes, were all of your questions answered?

☐ Yes

☐ No

3. Are you aware of all of the program opportunities held at the Kenai Senior Center?

☐ Yes

☐ No

4. Are you interested in volunteering opportunities?

☐ Yes

☐ No

☐ Already a center volunteer

5. How often do you eat lunch at the KSC?

☐ 4+ times per week

☐ 1-3 times per week

☐ Occasionally

☐ Never

☐ No Answer

Kenai Senior Center 2024 Client Satisfaction Survey

6. How often do you receive Home-Delivered Meals?

- ☐ 4+ times per week
- ☐ 1-3 times per week
- ☐ Occasionally
- ☐ Never
- ☐ No Answer

7. Please rate the quality of meals you received:

- ☐ Excellent
- ☐ Good
- ☐ Fair
- ☐ Poor

8. What is your favorite meal served? _____

9. Do you use KSC Transportation services and if so, how often?

- ☐ 4+ times per week
- ☐ 1-3 times per week
- ☐ Occasionally
- ☐ Never
- ☐ No Answer

10. Do you feel that all KSC staff have your safety as their main priority?

- ☐ All of the time
- ☐ Some of the time
- ☐ Most of the time
- ☐ None of the time

11. Are the KSC vehicles and facility always clean?

- ☐ All of the time
- ☐ Some of the time
- ☐ Most of the time
- ☐ None of the time

12. Do you feel that services provided by the KSC help maintain or increase quality of life and the ability to age in place?

- ☐ All of the time
- ☐ Some of the time
- ☐ Most of the time
- ☐ None of the time

13. How would you rate your overall quality of services received from the KSC?

- ☐ Excellent
- ☐ Good
- ☐ Fair
- ☐ Poor

Kenai Senior Center 2024 Client Satisfaction Survey

14. What activities do you enjoy participating in at the KSC?

15. What activities would you like to see provided at the KSC?

16. Do you have any cost saving ideas for the Center?

17. Comments:

**Please return your survey to the front desk.
Thank you – We value your input!**

<https://www.surveymonkey.com/r/8T8NVCD>



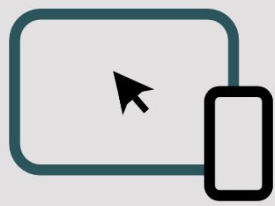


Our \$5-A-Month Club is a voluntary membership to the Kenai Senior Center through the Kenai Senior Connection, Inc. and a valuable help!

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!**

JUNE 2024 \$5 CLUB

Kay Aber	Jeffrey & Monica Griffin	Jennifer Lombard	Gayle Ross
Juanita Aguilar	Darrell Hagen	Carol Louthan	Richard Ross
Cheryl Arrington	Lee & Phyllis Hallstead	Mike Louthan	Gladys Routh
Ken Ayers	Karolee Hansen	Paula Maier	Marcia Shea
Kris Ayers	June Harris	Marge Milewski	Steve & Barbara Smith
Marilyn Bannock	Joel & Laura Henkelsman	James Miller	Gary & Colleen Sonnevil
Carol Barner	Kathy Heus	Jeanie Miller	Bill Starnes
Larry & Tona Bravo	Howard Hill	Lee Moeglein	Sondra Starnes
Patricia Bravo	Kit Hill	Mary Moeglein	Buck Steiner
Rene Clifford	Donna Hoyt	Kari Mohn	Sheila Steiner
Jewell Coverstone	Susan Hurley	Jerry Nassen	Rachel Tamagni
Rachael Craig	Conrad Jackson	Bill Nelson	Vivian Terry
Walt Craig	Bobbie Jedlicki	Lois Nelson	Charles & Janice Thornton
Terry Cramer	Peggy Jones	Marian Nickelson	Gerda Trent
Elmer Curtis	Read Kent	Ray Nickelson	John Trent
Dorothy Diamond	Fran Kilfoyle	Susan Olson	June Truelove
Shirie Drath	Leanne King	Katie Pault	Terry Turner
Don Erwin	Henry Knackstedt	Robert Petersen	Ray Verg-in
Robin Feltman	Anita Kwan	Judith Pock	Yen-ti Verg-in
Carol Freas	Gaye Larane	Carol Prior	Frosty Walters
Velda Geller	William LaTocha	Robert Reichert	Virginia Walters
Omer Goodman	Xiaopei LaTocha	Biz Robbins	Marie Weller
Bill Graves	Hoa Le	Trish Roderick	John White
Luna Graves	Chris Lombard	Linda Romero	Janice Wilsack
			Clayton Yoncher



Tech Classes @Kenai Senior Center

On Hiatus June and July

Tech Classes with Elizabeth of the Kenai Community Library are on hiatus for the months of June and July while the Summer Reading Program is in full swing. If you have tech questions Elizabeth has Tech Time on Tuesdays from 11:00am to 1:00pm at the Kenai Community Library.



Computer Lab Open Times

The Senior Center computer lab is open for your use on the following days/times:

Monday—8-11 am & After 12:00 pm

Tuesday—After 11:30 am

***Thursday—All Day**

***Friday—All Day**

*There will be an occasional meeting in the Computer Lab where it will not be available to the general public.

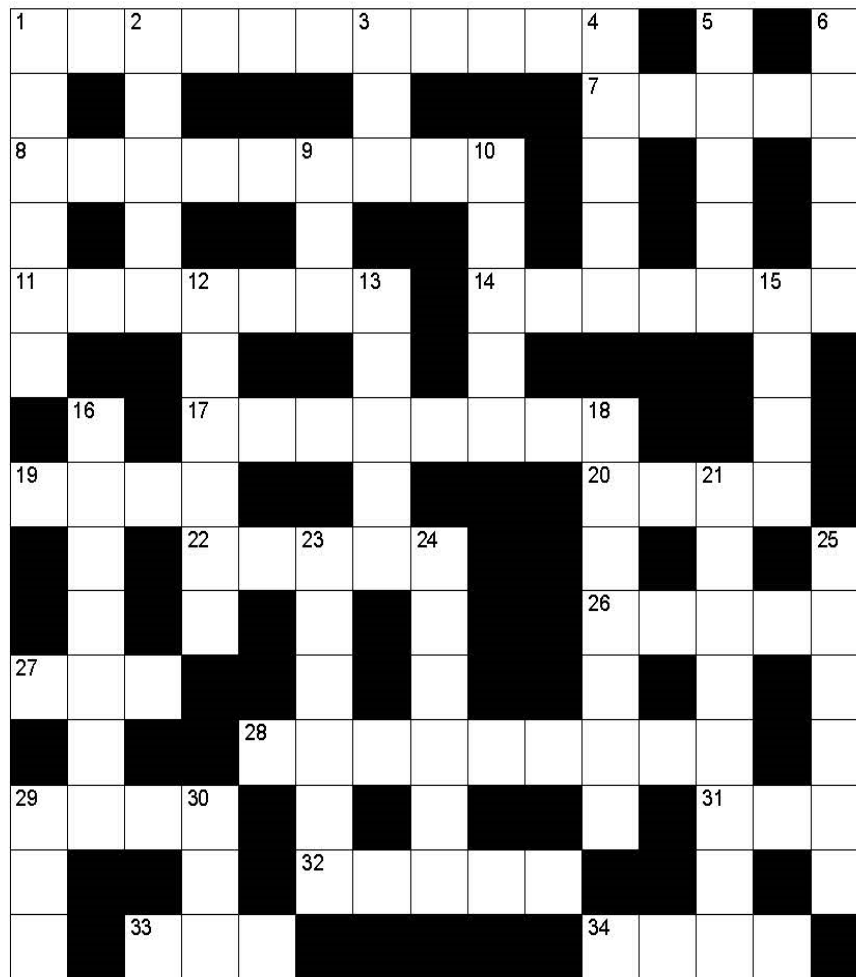


Genealogy Workshop

Cheryl Hamann has decided to take a break during the summer and plans to resume the Genealogy workshop in September. If you have questions during the time of the break. She said you are free to call her. Have a Happy Summer!



June Crossword Puzzle



Across

- 1 Serious lapse for a Missouri baseball player? (11)
- 7 Variety of daisy (5)
- 8 Comes to (9)
- 11 Author of "Crystal Cave" (7)
- 14 Pares surgically (7)
- 17 Does darkroom work (8)
- 19 Wacky tobacky, in part (4)
- 20 Beeper, of a sort (4)
- 22 Nemesis of Bugs (5)
- 26 Kind of session (5)
- 27 Tanqueray tippie (3)
- 28 Singer with the 1980 #1 album "Guilty" (9)
- 29 _____ Marlene (4)
- 31 Dolls named for a film alien (3)
- 32 Upbeat in music (5)
- 33 Royal-flush component (3)
- 34 Like certain neighbors (4)

Down

- 1 Vulgar — unrefined (6)
- 2 _____ aves (5)
- 3 Balaam's _____ (3)
- 4 Carrots, on some snowmen (5)
- 5 Old minstrel's instrument (5)
- 6 Narrow land links (5)
- 9 A cricket has one below each front leg joint (3)
- 10 Art class form (5)
- 12 Tied the knot (6)
- 13 Words that fill both blanks in the 1990 Almadovar film "_____ Up, _____ Down" (5)
- 15 Underfed, maybe (4)
- 16 "Juliet of the Spirits" director (7)
- 18 Finish, of a sort (7)
- 21 Updates a Victorian (8)
- 23 Kathy with the #1 country hit "Eighteen Wheels and a Dozen Roses" (6)
- 24 Some rodeo contestants (6)
- 25 Birthplace of the Solidarity movement (6)
- 29 Weeks per "annum" (3)
- 30 Richard Pound org. (3)



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: _____

Name _____ Address _____

Please make checks to Kenai Senior Connection

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

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.

JUNE 2024 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
3 Baked Ham Scalloped Potatoes Mixed Veggies Soup	4 Beef Stew Peaches & Cottage Cheese Cheesy Rolls Salad	5 Jumbo Cheese Ravioli w/ Marinara Sauce Italian Veggies Garlic Bread Salad	6 Chicken w/Cherry Tomatoes Lemon-Roasted Greek Potatoes Roasted Mushrooms Soup	7 Sloppy Joes Parmesan Fries Creamy Cucumber Salad
10 Veggie Soup Tuna on Rye Fresh Fruit Chips Soup	11 Garlic Ginger Orange Chicken Thighs Brown Rice Yellow Squash Salad	12 Biscuits & Gravy Sausage Links Scrambled Eggs Roasted Potatoes Salad	13 Swedish Meatballs Mushroom Gravy Egg Noodles Pickled Beets Soup	14 Fathers' Day Lunch Bar-B-Que Ribs Cowboy Beans Cornbread Salad Apple Pie
17 White Chicken Chili Cornbread Muffin Fruit Cup Soup	18 Soft Taco Corn Salsa Mexi-Rice Chips & Salsa Salad	19 Fried Chicken Mashed Potatoes & Gravy Zucchini Chips Salad <u>Birthday Cake</u>	20 Chili Dogs Tater Puffs Coleslaw Soup	21 Pad Thai Beef w/ Spicy Noodles Tomato Salad
24 Clam Chowder Seafood Pasta Fruit Cup Muffin Soup	25 Liver & Onions Mashed Potatoes & Gravy Green Beans Salad	26 Thai Crunch Salad w/ Peanut Dressing Bran Muffin Fruit Cup Salad	27 Sweet n' Sour Chicken Stir-Fry Veggies Jasmine Rice Egg Roll	28 Lasagna Roll-Ups Strawberry Spinach Salad Yellow Squash Chips Garlic Bread

Center Funders & Supporters

City of Kenai

Alaska Commission on Aging

Kenai Peninsula Borough

Center Volunteers

Kenai Senior Connection, Inc.

Private Donations

PLEASE
PLACE
STAMP
HERE

Find us on
Facebook



<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