

SENIORS ALIVE!

June 2011

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WOLF (Word of Life Fellowship)

Your opportunity to make new friends and get acquainted

June 1: Fireside Room

11:00 a.m. **Fireside Room**
12:00 p.m. – Thanks to Lynn Christian for providing
Lunch from Quiznos on very short notice

June 8: Fireside Room --11:00 Bible Study, Mike Hursch speaker
12:00 p.m. – Potluck

Group 1, Hot Dish, Group 2, Salad, Group 3, Dessert

June 15: Fireside Room

11:00 a.m. **Fireside Room**
12:00 p.m. – Lunch

June 22: Fireside Room

11:00 a.m. **Fireside Room**
12:00 p.m. – Lunch

June 29: Fireside Room

11:00 a.m. **Fireside Room**
12:00 p.m. – Lunch

Other Activities

June 8: Celebration of Alvin Goodhue's Life and Homegoing
In sanctuary after Seniors' lunch

June 12: Graduates honored in services

June 15: Last day of school

June 13: Monday, 1:00 p.m. -- Triple O Ladies' lunch
Call Ruth McDaniel for information 253-862-6365

June 19: Fathers' Day- 9:00 a.m. Baptismal Class

June 26: Baptisms during service

***See more pictures on bulletin board in Fireside Room.**



Always in our Prayers

Kerri Arceo	Arni Benson
Millie Butler	Ethel Easterby
Carol Godfrey	Don Hansen
Skip & Edna Jones	Evelyn Johnson
Chuck LaCoss	LeRae McLaughlin
Shirley Stewart	Linda Swisher
Shirley Goodhue and family on Alvin's passing	



I've learned . . .

♪ that you can do something in an instant that will give you
heartache for the rest of your life.
♪ it's taking me a long time to become the person I want to be.
♪ that you can keep going long after you can't. (Mikey's)



Bringing up Father: When I was a boy of 14, my father was so
ignorant I could hardly stand to have the old man around. But
when I got to be 21, I was astonished at how much the old man
had learned in seven years. *Mark Twain*

To My Father: It matters not that time has shed, His thawless
snow upon your head,
For he maintains with wondrous art, Perpetual summer in your
heart. *William Hamilton Hayne*

Featured Seniors

Maxine Bliss



Our very special senior was born October 1, 1934, in Clinton Missouri. She was the second to last of eight children. Five of her brothers and sisters are still living and reside in Oklahoma and Texas.

She married Tom Bliss in 1952 and they moved to Southern California. Tom was a machinist and operated his own business. In the later years of his career, he worked for Continental Can Company. The family moved to Washington in 1968 and has lived here since.

Maxine and Tom were married 49 years before Tom passed away in 2002 from lung cancer. They had four children; Brenda, Tom, Cindy, and Dan. Their household was always bustling with church activities, sports, and music lessons. Maxine had three of her four children in music lessons at one time which made for a noisy home! The family moved to Washington in 1968 and has lived here since. Maxine has seven grandchildren and nine great-grandchildren.

She worked for Sears, then at Christian Supply Book Store. Since 1997, she has worked at Peckinpaugh Drug Store. Many of the ladies at NFC will also tell you that she is a great Avon representative.

Through the years, Maxine has been actively involved with ministry as a Sunday School teacher, Deaconess, and with missions programs. From the time she started attending Calvary Temple in 1989, she has been involved with several ministries. She served as a leader in women's missionary group for three years, has taught three- and four-year-old Sunday school classes, and is currently helping with Sunday school registration. In the late 1990's, she spearheaded the Operation Christmas Child ministry at Calvary Temple.

Her main interests are spending time with her family, neighbors and involvement with missions programs at church.
(Thanks to Cindy for this information and pictures.)

Facts About a Healthy Diet

(Read with a grain of salt!)

Q: I've heard that cardiovascular exercise prolongs life.

Is this true? A: Your heart is only good for so many beats, and that's it...don't waste them on exercise. Everything wears out eventually. Speeding up your heart will not make you live longer; that's like saying you can extend the life of your car by driving it faster. Want to live longer? Take a nap.

Q: What are some of the advantages of regular exercise?

A: Can't think of a single one, sorry. My philosophy is: No Pain, . . . Good.

Q: Aren't fried foods bad for you? A: You're not listening. Foods are fried these days in vegetable oil. In fact, they're permeated in it. How could more vegetables be bad for you?

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Seniors Alive! is a ministry to and ministry opportunity for mature adults over 55 including **Word of Life Fellowship (WOLF)** – Bible Study and lunch on Wednesdays, trips, and volunteer opportunities.

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June Birthdays

2 — Judy Inkster
 4 — Mona Fouts, Bridgitte Wilson
 5 — Ed Parks, Jack Storer
 6 — Duane Gaffke
 7 — Bob Ziegelman
 8 — Byron Ditty
 11 — Joyce Brown
 12 — Flora Cruz, Ellen Murchison
 13 — Helen Lozier
 14 — Al Doll, Fred Helser
 19 — Bob Pogue



23 — Severt Easterby, Howard Sebring
 25 — Shirley Rose
 27 — Marybell Blakeley, Pat Plattner

June Anniversaries

24 — Bud & Donnette Burns
 26 — Ron & Jan Engen
 27 — Bill & Mona Fouts
 28 — Ace & Polly Mills
 30 — Severt & Ethel Easterby.



June Anniversaries, continued

5 — Charlie & Modena Cruthers
 11 — Jean & Irene Dewitt
 15 — Frank & Marie Berger
 Bob & Janice Halsted
 17 — Blaine & Donna Franklin
 18 — Bob & Doris Ziegelman
 22 — Don & Helen Cleveland
 23 — Cliff & Pat Crandall



Note: If we missed anyone's birthday or anniversary, be sure to let Debbie Christian or Sylvia Strahan know!

A young engineer was leaving the office at 5:45 p.m. when he found the CEO standing over the shredder with a paper in his hand.

"Listen," said the CEO. "This is a very sensitive and important document, and my secretary is not here. Can you make this thing work?"

"Certainly," said the young engineer. He turned on the machine, inserted the paper, and pressed the start button.

"Excellent, Excellent, said the CEO as his paper disappeared inside the machine. "I just need one copy."

Lesson: Never, never, ever assume that your boss knows what he's doing.



Exercise (continued from page 1)

Q: Should I cut down on meat and eat more fruits and vegetables?

A: You must grasp logistical efficiencies. What does a cow eat? Hay and corn! Vegetables! So a steak is nothing more than an efficient mechanism of delivering vegetables to your system.

Q: How can I calculate my body/fat ratio? **A:** Well, if you have a body, and you have body fat, your ratio is one to one. If you have two bodies, your ratio is two to one, etc.

Q: Will sit-ups prevent me from getting soft around the middle?

A: Definitely not! When you exercise a muscle, it gets bigger. You should only be doing sit-ups if you want a bigger stomach.

Q: Is chocolate bad for me? **A:** Are you crazy? HELLO Cocoa beans ... another vegetable!!! It's the best feel-good food around!

Well, I hope this has cleared up any misconceptions you may have had about food and diets. Now go have a cookie. . . Flour is a veggie!
 (Mikey's Funnies)

Better than Sermons: I think that to have known one good, old man — one man who, through the chances and mischances of a long life, has carried his heart in his hand, like a palm branch, waving all discords into peace — helps our faith in God, in ourselves, and in each other more than many sermons
 Victor Hugo



Eventide

God loves the Aged.
 He gives them greater visions than the young;
 He puts the words of wisdom on their tongue;
 And keeps His presence ever by their side,
 From dawn to dusk, and on through eventide.

God helps the Aged.
 Within their homes, His Spirit ever dwells;
 Their mellow hearts are touched like chiming bells;
 He calms their fears, then worries disappear,
 Because they know His help is always near.

God keeps the Aged.
 With hearts of gold and silver-tinted hair,
 And earnestness, and greater faith in prayer;
 He keeps them as a shepherd guards his sheep,
 "Til in His fold they gently fall asleep. *Charles W. H. Bancroft*

To My Father: It matters not that time has shed, His thawless snow upon your head,
 For he maintains with wondrous art, Perpetual summer in your heart.
William Hamilton Hayne



A Jewish businessman in Chicago sent his son to Israel for a year to absorb the culture.

When the son returned, he said, "Papa, I had a great time in Israel. By the way, I converted to Christianity."

"Oy vey," said the father. "What have I done?" He took his problem to his best friend, Ike.

"Ike," he said, "I sent my son to Israel, and he came home a Christian. What can I do?"

"Funny you should ask," said Ike. "I too, sent my son to Israel, and he also came home a Christian. Perhaps we should go see the rabbi."

So they did, and they explained their problem to the rabbi.

"Funny you should ask," said the rabbi. "I, too, sent my son to Israel, and he also came home a Christian. What is happening to our young people?"

And so they all prayed, telling the Lord about their sons. As they finished their prayer, a voice came from the heavens:

"I'm glad you asked," said the Voice. "Let me tell you what happened when I sent my Son to Israel . . ." (Mikey's Funnies)