

Allendale Lifelong Learners

March 2021

Allendale
Charter Township est. 1849

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From the Director's Desk

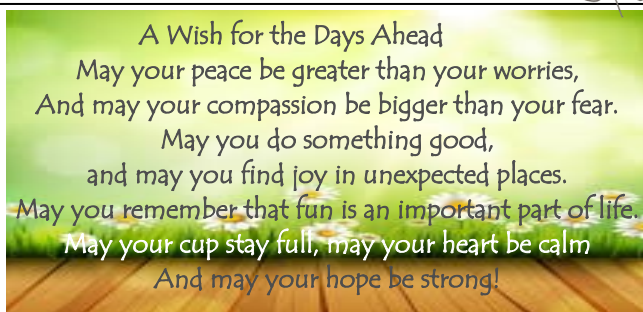
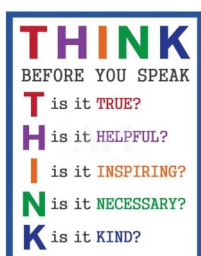
Happy March! How are you? Seriously...how are YOU? We live in a society that tends to focus on others and their well-being and tend to forget that we also need to take care of our selves. I'm really loving the song "Truth Be Told" by Matthew West. Part of the lyrics are, "I say I'm fine, yeah I'm fine, oh I'm fine, hey I'm fine—but I'm not. I'm broken." Too often we say we're fine, but there's really so much more to the story. I'll be the first to say that this past year has been very tough. VERY!

Covid has taken a toll on everything we took for granted. Please know that I am trying to find my way back to normal, and will do everything possible to keep you safe. But, as the vaccine becomes available, local Covid numbers decline, and things seem to return to "normal", the Lifelong Learners will be gathering—with caution, with distance, with respect and only if you're ready. And hopefully, when we say we're fine, we can say it with confidence!

That said, we have added some things on our schedule again!!! Yay! We will be gathering for meals and walking. Look on page 12 for details. I know, the good with the bad...but I think it's something moving in the right direction!

I am here to help you and have been busy working on ways to communicate better with you. We are on Facebook (Allendale Lifelong Learners). You are always welcome to call or text me at 616.843.0572, or you can email me at khanes@allendale-twp.org. I'm also compiling and updating a mailing list so we can send the newsletter right to you. Sometimes moving ahead means taking a step back! Let me know if you would like to be added to the list. I look forward to seeing you once again...Until next month...Hugs,

J. Khanes



All Things Michigan...

There's no question that 17-year-old Carly Dunham has a good heart. For years she has raised pigs and put them in her local 4-H livestock auction in Michigan. This past summer, she pinned her hopes on raising money from her pigs for a different reason... a very special reason.

Carly found out that a local mom of four, Dana Saboo, had just been diagnosed with stomach cancer. And, of course, there were medical bills to deal with that. Carly felt moved to do something about that. She wanted to enter one of her pigs, named Blake, into the auction, and whatever money he brought, Carly was going to donate it to Dana for her medical expenses. But when the time came, there was a problem. A big pig problem. Blake weighed 315 pounds, and the weight limit for pigs at the auction was set at 299 pounds.

Carly thought about it. And she decided she wasn't about to give up on her plans with Blake. So she took a photo of her big pig and explained her situation and intent to the auctioneers with the 4-H program. And those auctioneers, because of what Carly planned to do with the money raised, decided to make an exception. During the actual auction, as Carly prepared to show Blake, one of the auction officials told the large crowd that had gathered about Carly's purpose for getting her slightly overweight pig in the auction.

Says one of the auction managers, Jason Clark, in a Facebook post: "My first number was 5 bucks a pound and when about five hands went in the air I knew we were in business. When the bidding quit, it sold for \$24 a pound and the whole building exploded with cheering."

But then, something even more unexpected happened. The company that had the winning bid donated the pig back to the auction to, again, be auctioned off. Supermarket chain Meijer won the pig the second time around at \$20 a pound. And when all was finally said and done, that slightly overweight pig that the officials made an exception for... raised nearly \$14,000, money that would go to Dana and her family to take care of medical expenses.

Carly was so overwhelmed by everyone's generosity that she cried when it was all over. And Dana's husband, Duke, was extremely thankful for what had happened.

Writes Duke in a Facebook post: "Carly, thanks doesn't seem enough for what you did with your pig. You make me want to be a better person, everyone that does something for the family does. We can't say thank you enough, the community has surrounded us and let us know that you are in this fight too."

Carly stepped out of her own wants and needs and put someone else... someone not even in her own family... first. It just goes to show that helping others is always worth the effort.



A Michigan Poem

It's winter in Michigan and the gentle breezes blow,
Seventy miles an hour, at 35 degrees below!

Oh, how I love Michigan, when the snow is up to your butt.
You take a breath of winter air and your nose gets frozen shut!
Yes, the weather her is wonderful, so I guess I'll hang around.
I could never leave Michigan, because I'm frozen to the ground!



It is 30 degrees warmer in a Refrigerator than it is in Michigan right now!!

You aren't from Michigan if you can't completely spin out in the snow, regain control, and keep driving like ain't nothin happened

In Michigan we play a game called, "Am I even on the road?"





March 2021

Sun Mon Tue Wed Thu Fri Sat

	1 8:30 AM— Breakfast Club at Murphy's. Join us as we celebrate your birthday this month. 10 AM—Walk	2 5:00 PM— Walking Fit Read across America Day	3 10 AM—Walk 11:30 AM— Lunch Bunch. Meet at the restaurant we choose. Call if you would like to carpool.	4	5 10 AM—Walk	6
7	8 10 AM—Walk National Nap- ping Day	9 5:00 PM— Walking Fit	10 10 AM—Walk 11:30 AM— Lunch with Friends	11	12 10 AM—Walk World Sleep Day	13
14 Daylight Saving— Spring Ahead 	15 10 AM—Walk	16 5:00 PM— Walking Fit	17 10 AM—Walk St. Patrick's Day 	18 5:00 PM— Supper club. Meet at the restaurant for dinner and dessert.	19 10 AM—Walk	20 First Day of Spring 
21	22 10 AM—Walk	23 5:00 PM— Walking Fit	24 10 AM—Walk 12 Noon— Catered Lunch. Meet at Main St. Pub and enjoy a deli- cious lunch and catch up with one another.	25 International Waffle Day	26 10 AM—Walk	27 Passover Be- gins
28 Palm Sunday	29 10 AM—Walk	30 5:00 PM— Walking Fit	31 10 AM—Walk 5:00PM— Dinner with Friends. Car- pool to dinner and something new each month.			

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send an email to khanes@allendale-twp.org

- Now that I'm old I can play the 'fall asleep' card in awkward situations.
 - Sometimes when I forget things, I think about getting a brain transplant, but then.. I change my mind..
 - How do you turn SIX into NINE? Take away the "S".
 - My box of Animal Crackers said, "WARNING: Do Not Eat if Seal is Broken." I open the box, and sure enough..
- Do you ever stop to think and forget to start again?
- I've just bought myself a pen that writes underwater. It writes other words too!
- Yesterday I saw an ad that said, 'Radio for sale—\$1—Volume stuck on full.' I thought, 'I can't turn that down!'
- I really think tossing and turning at night should be counted as exercise.
- Laundry—Washing-30 minutes, Drying-60 minutes, Putting away-7 to 10 business days.
- Started to go to the gym this morning and I couldn't find my membership card. A new one is \$10. A donut and coffee were \$3. Guess who saved \$7...?
- Well, I did it! I'm out of bed and made it to my chair...There's no stopping me now!
- Nothing is the English language starts with an N and ends with a G.
- So, my husband and I were sitting on the couch watching TV. Suddenly, I hear that I got a text on my phone that I left in the kitchen. I go to check it and it's a text from my husband: "Please bring me chips since you're up!"
- Where do you find a cow with no legs? Right where you left it...Moo!



"GIVE EVERY DAY
THE CHANCE TO
BECOME THE MOST
BEAUTIFUL DAY OF
YOUR LIFE."
- MARK TWAIN

Rambling Thoughts

A woman goes to buy a rod and reel for her grandson's birthday. She doesn't know which one to get, so she just grabs one and goes over to the counter.

The clerk was standing behind the counter wearing dark glasses. She says to him, "Excuse me, sir. Can you tell me anything about this rod and reel?" He says, "Ma'am, I'm completely blind; but if you'll drop it on the counter, I can tell you everything from the sound it makes."

She doesn't believe him but drops it on the counter anyway. He says, "That's a 6-foot Shakespeare graphite rod with a Zebco 404 reel and 10-pound test line. It's a good all-around combination, and it's on sale this week for only \$20."

She says, "It's amazing that you can tell all that just by the sound of it dropping on the counter. I'll take it!"

As she opens her purse, her credit card drops on the floor. "Oh, that sounds like a MasterCard," he says.

She bends down to pick it up and accidentally farts. At first she is really embarrassed, but then realizes there is no way the blind clerk could tell it was her who tooted. Being blind, he wouldn't know that she was the only person around?

The man rings up the sale and says, "That'll be \$34.50 please."

The woman is totally confused by this and asks, "Didn't you tell me the rod and reel were on sale for \$20? How did you get \$34.50?"

He replies, "Yes, ma'am. The rod and reel is \$20, but the Duck Call is \$11, and the Catfish Bait is \$3.50."

She paid it and left without saying a word.

There was a farmer who grew excellent quality corn. Every year he won the award for the best grown corn. One year a newspaper reporter interviewed him and learned something interesting about how he grew it. The reporter discovered that the farmer shared his seed corn with his neighbors. "How can you afford to share you best seed corn with your neighbors when they are entering corn in competition with yours each year?" the reporter asked.

"Why sir," said the farmer, "Didn't you know? The wind picks up pollen from the ripening corn and swirls it from field to field. If my neighbors grow an inferior corn, cross-pollination will steadily degrade the quality of my corn. If I am to grow good corn, I must help my neighbors grow good corn"

So it is with our lives...Those who want to live meaningfully and well must help enrich the lives of others. For the value of a life is measured by the lives it touches. And those who choose to be happy must help others find happiness, for the welfare of each is bound up with the welfare of all...



A senior citizen drove his brand new Corvette convertible out of the dealership. Taking off down the road, he floored it to 80 mph, enjoying the wind blowing through what little gray hair he had left. Amazing, he thought as he flew down I-94, pushing the pedal even more.

Looking in his rear view mirror, he saw a state trooper behind him, lights flashing and siren blaring. He floored it to 100 mph, then 110, then 120. Suddenly he thought, What am I doing? I'm too old for this, and pulled over to await the trooper's arrival.

Pulling in behind him, the trooper walked up to the Corvette, looked at his watch, and said, "Sir, my shift ends in 30 minutes. Today is Friday. If you can give me a reason for speeding that I've never heard before, I'll let you go."

The old gentleman paused. Then he said, "Years ago, my wife ran off with a state trooper. I thought you were bringing her back." "Have a good day, sir," replied the trooper.

Foods That Can Soothe Arthritis Pain

Turmeric

The curcumin content in turmeric has potent healing properties.



Ginger

The anti-inflammatory compounds in ginger can effectively relieve arthritis pain.



Cherries

Cherries contain polyphenols called anthocyanosides that can help treat and reduce pain.



Pineapples

The bromelain content in pineapples has powerful anti-inflammatory properties.



Omega-3-Rich Foods

Fish oil, flaxseeds, and chia seeds can help soothe joint pain.



Raw Apple Cider Vinegar (ACV)

The high acetic content in ACV can negate the effects of inflammation.



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Please follow guidelines regarding the establishment we are meeting in. If you are not comfortable joining us, we will understand and await the time we can meet without restrictions. Thank you for understanding.

We are going to begin meeting again in area restaurants. If you're not ready to meet up, please know that I understand. You need to take care of you and you will know when you're ready! If you need anything, please reach out and let me know. Have a blessed month and stay healthy!

8:30 AM—Monday, March 1 at 8:30 AM, Breakfast—Join the group as we gather for breakfast at Murphy's restaurant in Allendale. No more free breakfast, but warm your heart and tummy with good food, good fellowship and hot coffee! No need to call, just show up!

10:00 AM—Walking at Life Stream, beginning on Monday, March 1—Let's shake off those winter blues and extra pounds with some steps! Life Stream church is open from 9AM to 4PM, Monday through Friday. We will meet at 10AM on Monday, Wednesday and Friday each week to walk. No need to sign up and you can walk inside anytime the church is open, just get out and get some steps.

Wednesday, March 3 at 11:30 AM—Lunch Bunch at Mancino's—Supporting our locally owned businesses is crucial as they are open to serve customers once again! Join us as we gather at a local favorite for lunch. Prizes given for trivia. See you there!

March 10 at 11:30 AM—Lunch With Friends—Since we can only gather for meals currently, let's meet this week for lunch at Murphy's. Prizes given for Trivia at this local favorite! Please call so we know you're coming!

Thursday, March 18 at 5:00 PM—Supper Club at Pepino's—Meet for supper at the restaurant, where we will order off the menu. Please call Kathy to save a seat! 616.843.0572.

Wednesday, March 24 at 12:00 noon—Luncheon at Main St. Pub. We will order off the menu, visit with one another and hand out April Newsletters. Let me know if you can join us!

Wednesday, March 31 at 5:00 PM—Dinner with Friends at Stable Inn. This is one of our favorite places to go. Please join us as we wrap up the month with dinner with friends.

If you have a need or any questions I can help you with, please text or call and leave a message @ 616.843.0572 or send an email to khanes@allendale-twp.org

Here is information on area businesses and individuals who provide classes or events for your needs.

- **SNAP FITNESS**—If you are members of a Medicare health plan, you may have access to the SilverSneakers® Fitness Program. Stop in and see for yourself or visit the website www.silversneakers.com/snap/
- **Silver and Fit** is a program that promotes exercise for the healthy, aging population. If interested, reach out to our professional staff at **Northern PT of Allendale at 616-895-4050** to get set up on your individualized programming.
- **PICKLE BALL-Every Wednesday and Friday from 9:30 to 11:30** at the new and improved Pickle Ball courts in the township park in summer and at Life Stream (6561 Lake Michigan Drive) in winter. Not sure if you like to play? Stop by and check it out. There are many friendly people there to help! Equipment is provided.
- **Walking Fit—Tuesdays at 5:00 PM through the end of March**—Join Terri, from Northern Ivy Physical Therapy and take a walk outside. Walking Fit is outside which hopefully will be attractive as gets a bit warmer. We walk at The Village Condos so it is safe, away from traffic, flat ground and a good space to visit, yet distance. Join as they go by or meet at Northern

LOOKING AHEAD!

- **Beginning Thursday, April 8 at 11:00AM**—EXERCISE CLASS!! Terri isn't letting anybody sit for long as we jump right back into exercise classes. Details on where to meet will be in the April newsletter.



Just to Warm your Heart...

A group of students were asked to list what they thought were the present "Seven Wonders of the World."

Though there were some disagreements, the following received the most votes:

- 1.Egypt's Great Pyramids
- 2.Taj Mahal
- 3.Grand Canyon
- 4.Panama Canal
- 5.Empire State Building
- 6.St. Peter's Basilica
- 7.China's Great Wall

While gathering the votes, the teacher noted that one student had not finished her paper yet. So she asked the girl if she was having trouble with her list. The girl replied, "Yes, a little. I couldn't quite make up my mind because there were so many."

The teacher said, "Well, tell us what you have, and maybe we can help." The girl hesitated, then read, "I think the 'Seven Wonders of the World' are:

- 1.to see
- 2.to hear
- 3.to touch
- 4.to taste
- 5.to feel
- 6.to laugh
- 7.and to love.

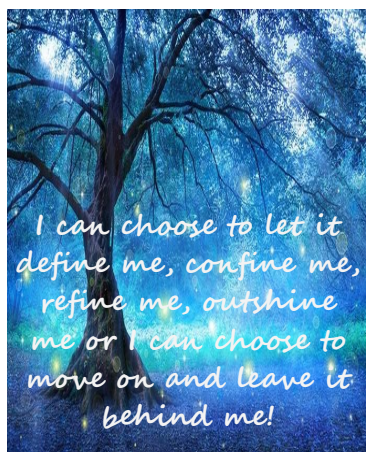
The room was so quiet you could have heard a pin drop. The things we overlook as simple and ordinary and that we take for granted are truly wondrous! A gentle reminder -- that the most precious things in life cannot be built by hand or bought by man.

Take The...

Older than Dirt Quiz

Do you remember?

1. Blackjack chewing gum and Teaberry.
2. Wax Coke-shaped bottles with colored sugar water.
3. Candy cigarettes.
4. Soda pop machines that dispensed glass bottles.
5. Coffee shops or diners with table-side jukeboxes.
6. Home milk delivery in glass bottles with cardboard stoppers.
7. Party lines on the telephone.
8. Newsreels before the movie.
9. P.F. Flyers.
10. Butch wax.
11. TV test patterns that came on at night after the last show and were there until TV shows started again in the morning. (There were only three channels, if you were lucky).
12. Peashooters.
13. Howdy Doody.
14. 45 RPM records.
15. S&H green stamps.
16. Hi-fi's.
17. Metal ice trays with lever.



Some of you are unaware of just how amazing you really are. The way you make people laugh, lift others up, or spread some extra love. You do this even though you are struggling too, and I think it makes you such a beautiful human being.

Water and your health:

- Drink 2 glasses of water after waking up; helps to activate internal organs.
- Drink 1 glass of water 30 minutes before a meal; helps with digestion.
- Drink 1 glass of water before taking a bath or shower; helps to lower blood pressure.
- Drink 1 glass of water before going to bed; this helps to prevent stroke or heart attack. This will also help to prevent leg cramps.

As with all medical advice, talk to you doctor and see if this will help you.

Getting out of a Funk:

- 1.**EAT**—Your brain needs 130 grams of carbs just to function.
- 2.**WATER**—Dehydration impacts cognitive functioning. 8, 8 ounce glasses minimum to maintain daily functioning.
- 3.**SHOWER**—Cold showers help depression, Warm showers help anxiety.
- 4.**MOVE**—Exercise releases serotonin. This is a mood stabilizing neurotransmitter.
- 5.**BREATHE**—Deep breathing brings new oxygen to the brain, helps boost energy, releases tension and elevates mood.

NOTHING is more important than you being here. Take the steps to take care of yourself!

- My wife is singing in the house. I'm sitting outside so the neighbors don't think I'm hurting her.
- I don't need much to keep me happy. In fact, some days nothing keeps me happy!
- You come home, make some tea, sit down in your chair, and there's silence. Everyone decides for themselves whether that's loneliness or freedom.
- Before you donate old DVD's, please consider bringing them to the local nursing home. They would really enjoy some.

THE REST OF THE STORY...

I believe in the rest of the story. I believe there's still ink in the pen.... and someday all that's hazy through a clouded glass will be clear at last.

The Prayer At Valley Forge by Arnold Friberg

Arnold Friberg painted "The Prayer at Valley Forge" to celebrate our country's bicentennial in 1976. Since then, Arnold Friberg's now famous painting has become an important part of American history, reminding us of the days our country hung in the balance. Many of you are familiar with Arnold Friberg's painting, but do you know the story behind the painting?

It was during the cold and long winter of 1777-78 at Valley Forge that General George Washington sought God's help on his knees.

The Eye Witness Testimony of Isaac Potts . . .

This story is well documented in the historical records. Isaac Potts, 26 years old, was a resident of Valley Forge, and as a Quaker was opposed to the war. He supervised the grinding of the grain which George Washington ordered the neighboring farmers to bring to his army. The fullest account of Potts' testimony is in the "Diary and Remembrances" of Rev. Nathaniel Randolph Snowden, a Presbyterian minister and a Princeton graduate (Original Manuscript at the Historical Society of Pennsylvania; Call no. PHi.Am.1561-1568).

"I was riding with him (Mr. Potts) near Valley Forge, where the army lay during the war of the Revolution. Mr. Potts was a Senator in our state and a Whig. I told him I was agreeably surprised to find him a friend to his country as the Quakers were mostly Tories. He said, "It was so and I was a rank Tory once, for I never believed that America could proceed against Great Britain whose fleets and armies covered the land and ocean. But something very extraordinary converted me to the good faith." "What was that?" I inquired. "Do you see that woods, and that plain?" It was about a quarter of a mile from the place we were riding. "There," said he, "laid the army of Washington. It was a most distressing time of ye war, and all were for giving up the ship but that one good man. In that woods," pointing to a close in view, "I heard a plaintive sound, as of a man at prayer. I tied my horse to a sapling and went quietly into the woods and to my astonishment I saw the great George Washington on his knees alone, with his sword on one side and his cocked hat on the other. He was at Prayer to the God of the Armies, beseeching to interpose with his Divine aid, as it was ye Crisis and the cause of the country, of humanity, and of the world." Such a prayer I never heard from the lips of man. I left him alone praying. I went home and told my wife, 'I saw a sight and heard today what I never saw or heard before', and just related to her what I had seen and heard and observed. We never thought a man could be a soldier and a Christian, but if there is one in the world, it is Washington. We thought it was the cause of God, and America could prevail."

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The respect for Washington was so great that the first proposal for his new title, recommended by John Adams, was, "His Glorious Highness, The President of the United States and Glorious Protector of Our Liberties." Congressman William McClay from Pennsylvania basically said, "What's with Adams? Doesn't he understand what we fought this thing for? It's to get rid of all of that stuff." But this story illustrates the high regard congress had for Washington.

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Dr. James Dobson, founder of Focus on the Family, said of George Washington, "The reason that I consider him to be such a hero is... almost no one in human experience gives up power willingly. Power is intoxicating and once you have it you don't want to let it go and [Washington] could have been king. He could have been monarch for the rest of his life and passed it on to his heirs, but he served two terms as president and would not accept a third term. You talk about greatness. That really speaks to me.

"The world was watching during this moment of when George Washington said he would give up his power after two terms as President of the United States. King George of England said, "If he gives up his power, as he said he would, he will be the greatest man in the world." And George Washington did it without a moments hesitation. Washington said in one of his letters, "I'd rather be back on my farm in Virginia than be emperor of the world."

