

WHAT'S MY NAME?

JULY 2021

CENTRAL WYOMING SENIOR SERVICES INC

1831 EAST 4th STREET • CASPER, WYOMING 82601 • 307-265-4678 • raea@casperseniorcenter.com



Firstly, we would like to thank you for your patience as we navigated the uncharted waters of dealing with the many difficulties presented by the COVID-19 pandemic that began last March.

We are open again for business, including activities. Please note, there will be restrictions. Don't hesitate to call the office any week day between 8:00 AM and 4:00 PM if you have questions or concerns about how these conditions will affect your activities.

We are also trying to add activities to bring in more members, new and old. If you have suggestions for an activity that you would be interested in teaching to others or learning more about, please call the office: (307) 265-4678.

There are also volunteer opportunities, especially during lunch time, 11:00 AM–1:00 PM. If you are able to make a commitment to a weekly shift, please contact Rae at the office.

We are so happy to welcome all of you, our members, our friends, back into the Senior Center with us. You have been dearly missed over the last year and a half.



Try to Find This!

Let the front office know the answer for entry into the drawing for a free week of lunches!!

Hidden Twice, Find Both for Two Entries!

Central Wyoming Senior Services Mission Statement

Our mission is to enrich the lives of individuals aged 60 and older by providing Community services and resources to maintain their dignity and independence.

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INSIDE THIS ISSUE

WHO'S WHO AROUND THE CENTER

Board of Directors

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Barbara Flinn..... Vice President
Kim Latka..... Treasurer
Linda Blackstone Secretary

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Gloria Fuhrer *Jennifer Rohrer*
Miles Hartung *Crystal Morse*
Justine Fourman *Linda Loranger*
L. Chuck Davis

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Rita Wagner

Assistant Director

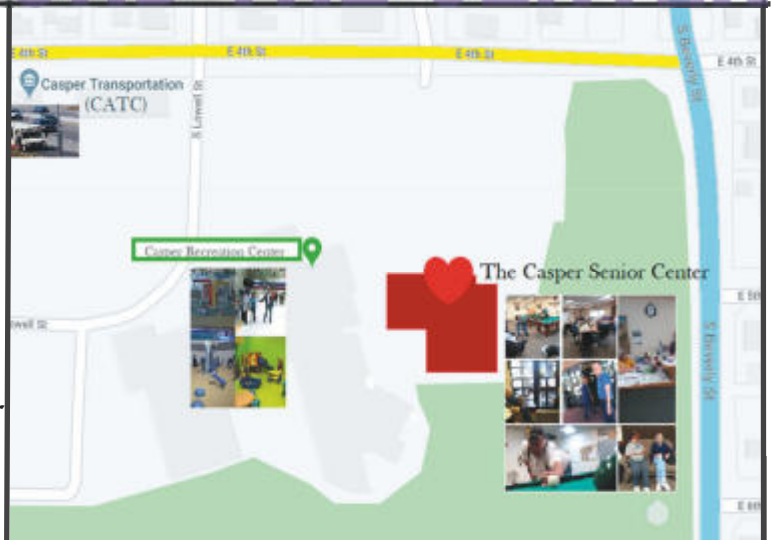
Rachel Brown

Community Programs Director

Lacey Kidman

Dietary Director

Kimberly Cooper



Locations

CASPER (MAIN)

1831 East 4th St (307) 265-4678

MILLS

401 Wasatch (307) 237-1317

EVANSVILLE

71 Curtis St..... (307) 315-6719

Connect with us:



www.casperseniorcenter



[Facebook.com/pages/Casper-Senior-Center](https://www.facebook.com/pages/Casper-Senior-Center)

ALL ABOUT US

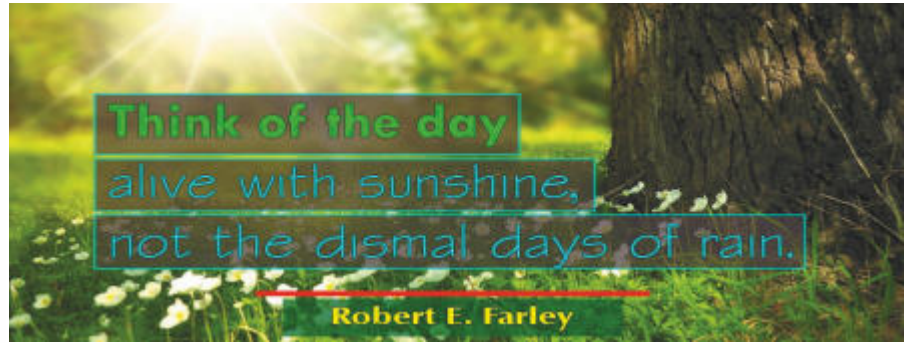
Central Wyoming Senior Center was established in 1975 to provide nutritious meals, companionship, program support, and activities for the senior citizens of Natrona County. We began serving meals in a church basement and eventually moved into our current

facility, where we provided more than 50,000 meals last year. All of our programs are designed to enhance the ability of the over-60 population of Natrona County to stay active, healthy and independent by offering activities and nutritional support & services

to meet their changing needs. We were established as a 501(c)3 in 1976 to provide low cost, nutritious meals to the over-60 population of Natrona County. Many of our programs are administered by the Wyoming Department of Health Office of Healthcare Financing.

Sudoku 35

4			5	8			
			3			7	
	8					6	
		4	7		3	9	5
2	9		5			8	
	3		1		6		2
							3
3	2		8			5	
	7		1	6	9		



Around the Center

The Senior Center will be
CLOSED
Sunday, July 4th
&
Monday, July 5th
in Observance of
Independence Day



Joyce's Easy Clogging by Joyce Sisk
Call (307) 237-4908 for more information.

FREE, Every Monday at the Senior Center (when open)
10:50 am–11:10 am Learn Steps
11:10 am–12:10 pm Dance Routines

"We DO NOT Jump, Stand on One Foot, or
Go Around in Circles. I Keep it Balanced."

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MISCELLANEOUS INFORMATION

WAYS TO



GET HELP:

Wyoming Home Services is a program that provides assistance to an individual in their home.

Services include housekeeping, personal care, respite, and care coordination.

National Family Caregiver Program provides assistance to caregivers who are taking care of a loved one.

Services include homemaking, personal care, respite, and care coordination.

Any questions? Come see Lacey or Alicia!

Or give us a call at (307) 265-4678.

We're looking for interested parties for new activities.

If you would like to try:

Mah-Jongg

Bunco

Crocheting

Knitting

Zentangle

Cribbage

or have a suggestion for another activity, please come to the office to discuss with staff!

Board Meeting Schedule:
(All meetings are public)

Fourth Monday of each month at 2:00 pm in the Conference Room.

This is the perfect time for the public to attend and find out about what is happening within the Agency.

Meal Prices:

Suggested donation for a senior meal is \$5.00. We do offer 10 and 20 count punch tickets. As an incentive, we will offer one free meal with every 20 punch ticket donation.

Remember that our guests under the age of 60 need to purchase a single meal ticket at the reception desk for \$8.00. (See the notices posted.) When you invite a non-senior guest, please stop by the front desk to purchase their meal ticket

Thank you for your support of our meal program!.

Meal Times:

Casper: 11:00 AM to 1:00 PM

Mills: Noon to 1:00pm

Evansville: Noon to 1:00 PM

Reservations Required at the Mills and Evansville Sites

MENU IS SUBJECT TO CHANGE

RIDDLE

You can hold me
in your hand,
Yet I can fill
an entire room.
What am I?

Let the front office know the correct answer for your chance to win a free week of lunches!!

Copies of the Senior Center Cookbook still available! Marked down by 40%, NOW \$6.00 each! Get yours today! Let's make way for another edition!



Did you know that cleaning and disinfection are related to each other, but they aren't the same thing?

Cleaning removes dirt and germs from surfaces while disinfection kills germs. Sometimes, cleaning and disinfection can be done in one step, other times they are completed with different products, but both are incredibly important ways to keep infections from spreading.



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Wyoming COVID-19 Aging Network (CAN)

In this unprecedented time, many people who have never had to ask for help may need to turn to others. Whether you are an older adult, a caregiver, or an adult with disabilities, we want to make it easy for you to ask for the things you need to keep yourself and your family safe at home.

Visit www.wyoming211.org or dial 2-1-1 to get connected.

Arlington National Cemetery: Guarding the Tomb

<https://www.arlingtoncemetery.mil/Explore/Tomb-of-the-Unknown-Soldier>

In March 1926, soldiers from nearby Fort Myer were first assigned to guard the Tomb of the Unknown Soldier. The guards, present only during daylight hours, discouraged visitors from climbing or stepping on the Tomb. In 1937, the guards became a 24/7 presence, standing watch over the Unknown Soldier at all times.

The 3rd U.S. Infantry Regiment, known as "The Old Guard," was designated as the Army's official ceremonial unit on April 6, 1948. At that time, The Old Guard began guarding the Tomb of the Unknown Soldier. Soldiers of The Old Guard also serve as escorts to the president and conduct military ceremonies in and around Washington, D.C., including military funeral escorts at Arlington National Cemetery.

Soldiers who volunteer to become Tomb Guards must undergo a strict selection process and intensive training. Each element of the Tomb Guard's routine has meaning. The Guard marches 21 steps down the black mat behind the Tomb, turns and faces east for 21 seconds, turns and faces north for 21 seconds, and then takes 21 steps down the mat. Next, the Guard executes a sharp "shoulder-arms" movement to place his/her weapon on the shoulder closest to the visitors, signifying that he or she stands between the Tomb and any possible threat. The number 21 symbolizes the highest symbolic military honor that can be bestowed: the 21-gun salute.



SPOTLIGHT

Year in Review

What happened in 1921? Major News:

- ✦ January 21—Agatha Christie publishes her 1st novel, "The Mysterious Affair at Styles" introducing character *Hercule Poirot*
- ✦ February 12—Winston Churchill becomes British Minister of Colonies
- ✦ February 23—1st US transcontinental air mail flight arrives in NYC from San Francisco
- ✦ March 4—Warren G. Harding is inaugurated as the 29th President of the United States
- ✦ March 18—Fred Rees wins the 80th Grand National aboard 100/9 bet Shaun Spadah; winner is the only horse not to fall during the race course
- ✦ April 2—Albert Einstein lectures in NYC on his new *Theory of Relativity*
- ✦ April 30—1st American Professional Football Association Championship: 1920 undefeated Akron Pros awarded inaugural title
- ✦ May 5—Perfume Chanel No. 5 released by fashion designer Coco Chanel
- ✦ May 21—Oldest radio station west of the Mississippi River licensed in Greeley, CO
- ✦ June 6—Southwark Bridge in London opened to traffic by King George V and Queen Mary
- ✦ June 20—11.5 inches of rainfall in Circle, MT sets state record
- ✦ July 2—President Warren G. Harding signs a joint congressional resolution declaring the official end of war with Germany
- ✦ July 18—Babe Ruth achieves 139 home runs and becomes the all-time home run leader in Major League Baseball, taking title from Roger Connor
- ✦ July 29—Adolf Hitler becomes leader of the National Socialist German Workers Party
- ✦ August 22—J. Edgar Hoover becomes Assistant Director of the FBI
- ✦ August 27—J E Clair of Acme Packing Co of Green Bay granted an NFL franchise
- ✦ September 7—First Miss America Pageant, a 2-day event, is held in Atlantic City, New Jersey
- ✦ September 21—Pope Benedictus XV donates 1 million lire to feed starving Russians
- ✦ October 5—First Baseball World Series radio broadcast: all-NY contest, Yankees beat Giants 3-0 at Polo Grounds; sportswriter Grantland Rice is the caller
- ✦ November 11—President Warren G. Harding dedicates The Tomb of the Unknown Soldier at Arlington National Cemetery in Virginia
- ✦ November 23—President Warren G. Harding signs *Willis-Campbell Act* forbidding doctors from prescribing beer or liquor for medicinal purposes
- ✦ December 31—Last San Francisco firehorses retired

What did it cost?

New House:	\$ 6,296.00	Postage Stamp:	\$0.02
Median Income:	\$ 3,269.00	Gasoline:	\$0.30/gal
New Car:	\$ 525.00	Eggs:	\$0.47/doz

What You Should Keep Doing <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/fully-vaccinated.html#vaccinated>



For now, if you've been fully vaccinated:

- You will still need to follow guidance at your workplace and local businesses.
- If you [travel](#), you should still take steps to [protect yourself and others](#).
- Masks are required on planes, buses, trains, and other forms of public transportation traveling into, within, or out of the United States and in U.S. transportation hubs such as airports and stations. Travelers are not required to wear a mask in outdoor areas of a conveyance (like on a ferry or the top deck of a bus). CDC recommends that travelers who are not [fully vaccinated](#) continue to wear a mask and maintain physical distance when traveling.
- Fully vaccinated [international travelers](#) arriving in the United States are still [required to get tested](#) 3 days before travel by air into the United States (or show documentation of recovery from COVID-19 in the past 3 months) and should still get tested 3-5 days after their trip.
- You should still watch out for [symptoms of COVID-19](#), especially if you've been around someone who is sick. If you have symptoms of COVID-19, you should get [tested](#) and [stay home](#) and away from others.
- People who have a condition or are taking medications that weaken the immune system, should talk to their healthcare provider to discuss their activities. They may need to keep taking all [precautions](#) to prevent COVID-19.

Please continue to wear your mask at the Senior Center if you are unvaccinated.

Masks are optional if you are fully vaccinated.

Thank you!

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Gifts & Memorials

Note: This is a list for Gifts or Memorials given between May 25th—June 22nd.
If donations were made between those dates and you were not recognized, please see Rita.

Memorials

Mildred Knittle

Charlotte Kolb

Rita Rochelle

Rex & Helen Hoff

What Your Memorial Does

The Board of Directors has directed that memorial gifts are to be spent only on items of lasting value, not general operations. When we last expanded the Center, we used memorial gifts to match One Cent and other money. Just note on your check that the gift is a memorial and the person you wish to be remembered.

Gifts

Frank C Stofflet
Bob & Barbara Yonts

Mary Kontz
Reveille Rotary Club

Mary C. Moler
John Savage

Janice Kalasinsky

(+ Amazon Smile Proceeds)

Famous JULY Birthdates

- 1, 1908—Estee Lauder, cosmetics magnate
- 4, 1918—Ann Landers, advice columnist
- 8, 1958—Kevin Bacon, American actor
- 9, 1945—Dean Koontz, American author
- 12, 1948—Richard Simmons, weight loss guru/actor
- 16, 1911—Ginger Rogers, actress/dancer
- 17, 1952—David Hasselhoff, actor “Baywatch”
- 20, 1919—Sir Edmund Hillary, explorer
(1st to reach peak of Mt. Everest)
- 24, 1897—Amelia Earhart, pioneer aviator
- 26, 1928—Stanley Kubrick, writer/director
- 27, 1975—Alex “A-Rod” Rodriguez, NY Yankees player
- 30, 1863—Henry Ford, auto maker/industrialist

Fun JULY Facts!

- * Historical names for July include:
Roman—Quintilis
Saxon—Litha
Germanic—Heu-mond (Hay month)
- * Bikinis made their debut in July of 1946 at the famous Piscine Molitor swimming pool in Paris
- * July 5th is the time of *apelson*, when Earth is the farthest it will get from the Sun for the entire year—94,510,886 miles!
- * Folklore: If ant hills are high in July, the coming winter will be hard
- * On July 25, 1909, Louis Bleriot became the first man to fly an aircraft from one country to another successfully
- * The Trinity Test, first world nuclear weapons test, occurred July 16, 1945 at Alamogordo, NM
- * In July 1969, the US \$500, \$1,000, \$5,000, and \$10,000 bills were officially withdrawn from circulation

MORE REASONS TO CELEBRATE

JULY!

(Cell Phone Courtesy Month)
(National Watermelon Month)
(National Anti-Boredom Month)

- 1st—International Joke Day
- 7th—Global Forgiveness Day
- 14th—National Mac and Cheese Day
- 20th—Moon Day
- 31st—National Avocado Day

If you are 60 or older with a birthday in July, bring this coupon to the front office for your free meal ticket.

Name: _____

Birthdate: _____

Courtesy of C.W.S.S.



Successful Aging

By Michael Turner – Senior Helpers of Lincolnwood
<https://www.seniorhelpers.com/il/lincolnwood/resources/blogs/nutrition-and-older-adults/>

Good nutrition is important throughout our lives, and the basic dietary guidelines are pretty much the same for people of all ages. But nutrition plays a special role in healthy aging. Try your hand at this trivia quiz to see how much you know about the special nutritional needs and concerns of older adults. Answers are at the end.

1. The average person gains 10 to 20 pounds from age 45 to 65. This is...
 - a. normal and desirable. We need a little extra fat to keep us warm
 - b. to be avoided. A person's recommended weight remains the same throughout adulthood
 - c. unusual. Few people gain weight as they grow older
 - d. caused only by growing older, and not by inactivity or overeating
2. Being significantly underweight...
 - a. is a "red flag" for possible health problems
 - b. is great-the thinner the better
 - c. can lead to fatigue, mental confusion, and depression
 - d. a and c
3. Poor diet in older adults can lead to...
 - a. osteoporosis
 - b. mental confusion
 - c. increased risk of falls
 - d. all of the above
4. If a person has Parkinson's, stroke, arthritis, or other condition that makes eating difficult, he or she...
 - a. will never be able to relearn independent eating
 - b. should not rely on adaptive devices like long-handled spoons
 - c. can get help from an occupational therapist
 - d. should be discouraged from trying to feed him or herself

5. People with heart disease should limit their intake of...
 - a. cholesterol, saturated fat, and sodium (salt)
 - b. citrus fruit
 - c. whole grains
 - d. soy products
6. Loss of appetite can be caused by...
 - a. depression and loneliness
 - b. certain medications
 - c. tooth or denture problems
 - d. all of the above
7. Which of these foods does not contain cholesterol?
 - a. Avocado
 - b. Turkey
 - c. Cheese
 - d. Eggs
8. Older adults are the age group most likely to...
 - a. be able to get all the nutrients they need from food sources alone
 - b. be targeted by sellers of fraudulent nutritional products and supplements
 - c. prepare a home-cooked meal every night
 - d. eat in a social setting
9. Seniors on a limited income may skimp on nutritious foods. Help may be available through...
 - a. Meals on Wheels
 - b. congregate eating centers, like Senior Hot Lunch
 - c. food stamps
 - d. all of the above
10. Chewing and swallowing difficulties can be caused by...
 - a. poorly fitted dentures
 - b. missing teeth
 - c. stroke
 - d. all of the above

ANSWERS TO NUTRITION AND OLDER ADULTS QUIZ: 1=B; 2=D; 3=D; 4=C; 5=A; 6=D; 7=A; 8=B; 9=D; 10=D.



Central Wyoming
Senior Services Inc.

"The Heart of Natrona County"

307.265.4678-1831 East 4th St, Casper, WY 82601

MEAL CALENDAR

July 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4 CLOSED Happy 4th!	5 CLOSED	6Philly Cheese Pasta Country Mix Diced Pears Chocolate Cupcake	7BBQ Pork Meatballs Rice Pilaf Classic Mix Veggies Tossed Vegetable Salad Baked Apples	8Chicken Pot Pie Green Bean Medley Tossed Salad Cherry Jell-O	9Potato Soup Tuna Salad Sandwich Vegetable Slaw Apricot Halves	10
11Hot Beef Sandwich Mashed Potatoes Harvard Beets Jell-O Fruit Salad Black Forest Cake	12Pork Stir Fry Fried Rice Brussels Sprouts Watermelon Salad Almond Cookie	13Biscuits with Sausage Gravy Scrambled Eggs Hash Browns Sliced Tomatoes Fresh Peaches	14Chicken Fried Steak Mashed Potatoes Roasted Zucchini Tomato & Cucumbers Fruit Cocktail Deluxe	15Chicken Enchiladas Lettuce & Tomatoes Peas & Onions Tropical Fruit Salad Cherry Bar	16Baked Tilapia Tomato Pasta Green Beans Almondine Cottage Cheese Diced Peaches	17 MEALS COME WITH MILK & BREAD
18Baked Ham Roasted Potatoes California Veggies Applesauce Brownie	19Stuffed Pepper Sweet Potatoes Tomato Zucchini Salad Strawberry Parfait	20Pork Wellington Catalina Vegetables Pea Salad Diced Pears	21Breaded Ch'ken Breast Mashed Potatoes Scandinavian Blend Carrot Raisin Salad Peach Berry Mix	22Beef & Noodles Glazed Carrots Chopped Lettuce Salad Frosted Yellow Cake	23Breaded Cod Macaroni & Cheese Stewed Tomatoes Plums Chocolate Pudding	24
25BBQ Chicken Pasta Broccoli Salad Chopped Spinach Orange Wedge Apple Pie	26Spanish Meatballs Brown Rice Key West Vegetables Fresh Carrot Sticks Blueberries	27French Dip Baked Potato Broccoli Craisin Salad Fresh Peaches	28Chicken & Noodles Green Beans Almondine Tossed Salad Coconut Cream Pudding	29Roast Lamb Potato Medley California Vegetables Hearty Salad Mandarin Oranges	30Salmon Loaf Rice Pilaf California Vegetables Cool Bean Salad Peach Cobbler	31 MENU SUBJECT TO CHANGE

Oven Avocado Fries

BY MARIAN COOPER CAIRNS | NOV 2, 2017
<https://www.countryliving.com/food-drinks/recipes/a45487/oven-avocado-fries-recipe/>

Ingredients

Oven Avocado Fries:
4 TBSP canola oil, divided
2 c. panko breadcrumbs
1 1/2 tsp chili powder
Kosher salt
Freshly ground black pepper
2/3 c. whole buttermilk
1 large egg
2/3 c. all purpose flour
3 firm but ripe avocados,
each cut into 6 wedges

Creamy Chipotle Lime Sauce:
3/4 c. mayonnaise
2 finely chopped chipotle chilies in
adobo
2 tsp lime zest
1 1/2 TBSP lime juice
1/2 tsp chili powder
Kosher salt
Black pepper

Directions:

1. Preheat oven to 400°F. Brush a large rimmed baking sheet with 1 TBSP oil. Toss breadcrumbs, chili powder, and remaining 3 TBSP oil in a shallow bowl until coated. Season with salt and pepper. Whisk together buttermilk and egg in a separate bowl and place flour in a third bowl.
2. Season avocado with salt and pepper. Working with one wedge at a time, toss in flour then in buttermilk mixture (letting any excess drip off), and then in breadcrumb mixture, pressing gently to help adhere. Place on prepared baking sheet, rounded side down.
3. Bake until golden brown, 28–32 minutes. Season with salt and pepper.
4. **Make Creamy Chipotle Lime Sauce.** Stir together mayonnaise, chipotle chilies, lime zest, lime juice, and chili powder. Season with salt and pepper.
5. Enjoy avocado fries served with Creamy Chipotle Lime Sauce and lime wedges on the side!



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Central Wyoming Senior Services, Casper, WY

D 4C 05-0641

UV Safety Month Tips ...

... as easy as 1, 2, 3

1 Reduce the Risk

- Check UV Index to determine radiation intensity in favorite outdoor location
- Purchase broad spectrum (UVA & UVB) sunscreen with an SPF of at least 15.
- Remember UV radiation is strongest between 10:00 a.m. to 4:00 p.m.
- Seek shaded areas under trees or bring your own umbrella or pop-up shelter

2 Enjoy the outdoors

- Apply sunscreen 20 minutes before heading outdoors.
- Reapply sunscreen every 2 hours, and after swimming and sweating.
- Wear appropriate clothing, when possible, such as long sleeves and pants
- Wear wide-brimmed hat and UV resistant sunglasses

3 Know ...

- Shadow Rule: If shadow is taller than you, UV exposure is lower. If shadow is shorter than you, UV exposure is higher.
- Surfaces, such as water, snow, sand, and cement reflect sun's UV rays and increase chances of sunburn, and in higher altitudes, UV radiation exposure is higher
- Dark color clothes offer more protection than lighter ones.
- Avoid Indoor Tanning: UV radiation increases risk of skin cancer and causes premature aging

July is UV Protection Awareness Month

UV index	1-2	3-5	6-7	8-10	11
Exposure level	Low	moderate	high	very high	extreme
Sunburn time(minutes)	—	45	30	15	10

WHAT YOU DON'T KNOW CAN HURT YOU:

- **49%** of U.S. adults don't know that UV exposure increases the likelihood of cataract formation
- **43%** don't know that UV exposure can cause cancer of the eye or eyelid
- **36%** don't know that eyes can be sunburned

Source: The Vision Council, 2014 Sun Protection Survey

TYPE 1: Pale white skin, red or blond hair, blue eyes, freckles, burn very easily, never tan

TYPE 2: White or fair skin, red or blond hair, blue, hazel or green eyes, freckles, always burn, never tan

TYPE 3: Cream or fair skin, dark blond to brown hair, blue or brown eyes, gradually tan, mild burn sometimes

TYPE 4: Light brown skin, dark brown hair, brown eyes tan with ease, rarely burn

TYPE 5: Dark brown skin, tan very easily, very rarely burn

TYPE 6: Deeply pigmented dark brown skin, dark brown eyes, tan very easily, never burn



Ultraviolet Index Chart



UV Index 0-2

A UV Index reading of 0 to 2 means low danger from the sun's UV rays for the average person.

- Wear sunglasses on bright days.
- If you burn easily, cover up and use broad spectrum SPF 30+ sunscreen.
- Watch out for bright surfaces, like sand, water and snow, which reflect UV and increase exposure.



UV Index 3-5

A UV Index reading of 3 to 5 means moderate risk of harm from unprotected sun exposure.

- Stay in shade near midday when the sun is strongest.
- For days with a moderate UV Index and higher, wear protective clothing, a wide-brimmed hat and UV-blocking sunglasses.



UV Index 6-7

A UV Index reading of 6 to 7 means high risk of harm from unprotected sun exposure. Protection against skin and eye damage is needed.

- Reduce time in the sun between 10 a.m. and 4 p.m.
- If outdoors, seek shade.



UV Index 8-10

A UV Index reading of 8 to 10 means very high risk of harm from unprotected sun exposure. Take extra precautions because unprotected skin and eyes will be damaged and can burn quickly.

- For days with a high UV Index and beyond, minimize sun exposure between 10 a.m. and 4 p.m.



UV Index 11+

A UV Index reading of 11 or more means extreme risk of harm from unprotected sun exposure. Take all precautions because unprotected skin and eyes can burn in minutes.



“For to be free is not merely to cast off one's chains, but to live in a way that respects and enhances the freedom of others.”

— NELSON MANDELA



CASPER AREA
CHAMBER OF COMMERCE



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of Natrona County



Reveille Rotary
meets on
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4	6	7	9	5	8	2	3	1
9	5	2	6	3	1	4	7	8
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7	3	5	1	8	9	6	4	2
6	4	9	2	7	5	8	1	3
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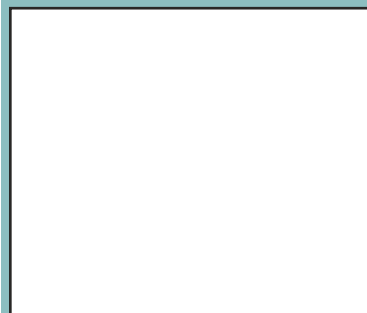
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American Legion Women's Auxiliary	Mexican Train Dominoes Poker Tai Chi Bible Study	Line Dancing Craft Class Wellness Clinic Casper Chess Club	Chair Exercise Quilts of Valor Poker	Clogging BINGO! Pinochle	Canasta Bridge Pinochle Poker	Garden Club
Mexican Train Dominoes	Native American Flute Circle Binding Friends	Bridge NARFE Casper Cut Ups	KW Retired Ladies Book Club Bridge	Mexican Train Dominoes Tai Chi Square Dance	AARP 55-Alive Driving Course	
Bible Study	Dance Club DAR Supplement Application Group CWSS Board Meeting	Casper Needle Guild	Caps for Kids	Golden Girls		

July 20, 1969: One Giant Leap For Mankind

Last Updated: Jul 15, 2019

Editor: NASA Administrator

https://www.nasa.gov/mission_pages/apollo/apollo11.html

July 1969. It's a little over 8 years since the flights of Gagarin and Shepard, followed quickly by President Kennedy's challenge to put a man on the moon before the decade is out.

It is only seven months since NASA's made a bold decision to send Apollo 8 all the way to the moon on the first manned flight of the massive Saturn V rocket. Now, on the morning of July 16, Apollo 11 astronauts Neil Armstrong, Buzz Aldrin, and Michael Collins sit atop another Saturn V at Launch Complex 39 A at the Kennedy Space Center. The three-stage 363-foot rocket will use its 7.5 million pounds of thrust to propel them into space and into history. At 9:32 AM EDT, the engines fire and Apollo 11 clears the tower. About 12 minutes later, the crew is in Earth orbit.

After one and a half orbits, Apollo 11 gets a "go" for what mission controllers call "Translunar Injection"—in other words, it's time to head for the moon. Three days later the crew is in lunar orbit. A day after that, Armstrong and Aldrin climb into the lunar module *Eagle* and begin the descent, while Collins orbits in the command module *Columbia*.

When it comes time to set *Eagle* down in the Sea of Tranquility, Armstrong improvises, manually piloting the ship past an area littered with boulders. During the final seconds of descent, *Eagle's* computer is sounding alarms. It turns out to be a simple case of the computer trying to do too many things at once, but as Aldrin will later point out, "unfortunately it came up when we did not want to be trying to solve these particular problems."

The lunar module lands at 4:17 PM EDT. Armstrong radios "Houston, Tranquility Base here. The Eagle has landed." Mission control erupts in celebration as the

tension breaks, and a controller tells the crew "You got a bunch of guys about to turn blue, we're breathing again." Armstrong will later confirm that landing was his biggest concern, saying "the unknowns were rampant" and "there were just a thousand things to worry about."

At 10:56 PM EDT Armstrong is ready to plant the first human foot on another world. With more than half a billion people watching on television, he climbs down the ladder and proclaims: "That's one small step for a man, one giant leap for mankind." Aldrin joins him shortly, and offers a simple but powerful description of the lunar surface: "magnificent desolation." They explore the surface for two and a half hours, collecting samples and taking photographs. They leave behind an American flag, a patch honoring the fallen Apollo 1 crew, and a plaque on one of Eagle's legs. It reads, "Here men from the planet Earth first set foot upon the moon. July 1969 A.D. We came in peace for all mankind."

Armstrong and Aldrin blast off and dock with Collins in *Columbia*. Collins later says that "for the first time," he "really felt that we were going to carry this thing off." Kennedy's challenge has been met. Men from Earth have walked on the moon and returned safely home.

In an interview years later, Armstrong praises the "hundreds of thousands" of people behind the project. "Every guy that's setting up the tests, cranking the torque wrench, and so on, is saying, man or woman, 'If anything goes wrong here, it's not going to be my fault.'" In a post-flight press conference, Armstrong calls the flight "a beginning of a new age," while Collins talks about future journeys to Mars. Over the next three and a half years, 10 astronauts will follow in their footsteps. Gene Cernan, commander of the last Apollo mission leaves the lunar surface with these words: "We leave as we came and, God willing, as we shall return, with peace, and hope for all mankind."

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Sky Watch,
July 2021

July's full Buck moon will rise after sunset on Friday, July 23, reaching peak illumination at 10:37 PM EDT that night.

THE FULL BUCK MOON

The full moon in July is called the **Buck Moon** because the antlers of male deer are in full-growth mode at this time. Bucks shed and regrow their antlers each year, producing a larger and more impressive set as the years go by.



Alternative July Moon Names

- Ⓒ **Feather Moulting Moon** (Cree) and **Salmon Moon** (Tlingit) also reference animals for their names.
- Ⓒ **Thunder Moon** (Western Abenaki) and **Halfway Summer Moon** (Anishanaabe) are variants that refer to the stormy weather and summer season.
- Ⓒ Plants are also featured prominently in July's Moon names, like **Berry Moon** (Anishanaabe), **Moon When the Chokecherries are Ripe** (Dakota), **Month of the Ripe Corn Moon** (Cherokee), and **Raspberry Moon** (Algonquin, Ojibwe).

We leave you with a poem by James N. Matthews (1852—1910):

*A moon-flooded prairie; a straying
Of leal-hearted lovers; a baying
Of far away watching dogs; a dreaming
Of brown-fisted farmers; a gleaming
Of fireflies eddying nigh, -
And that is July!*



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LAST WORDS

"You can't separate peace from freedom because no one can be at peace unless he has his freedom."

~ American Civil Rights Activist Malcolm X ~

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Thank you!

Help Wanted!

We have big plans for utilizing our volunteer force during the lunch hour:
11:00 AM–1:00 PM.

We are also working on adding some volunteer opportunities.

If you are interested, please see the office.



Again, we would like to extend a big **THANK YOU** for the support *and* patience as we work together to figure out how to continue fulfilling the needs of all our members!