

# WHAT'S MY NAME?

JUNE 2021

# CENTRAL WYOMING SENIOR SERVICES INC

1831 EAST 4<sup>th</sup> STREET • CASPER, WYOMING 82601 • 307-265-4678 • [raea@casperseniorcenter.com](mailto:raea@casperseniorcenter.com)

## First Annual Fundraiser: A Night at the Races!

Please join us on Saturday, June 26th, 2021 for dinner, drinks, and desserts with opportunities to win fantastic prizes (& bragging rights) and have tons of fun while supporting the programs and mission of the Senior Center!

Doors open at 5:00pm. Tickets (\$35.00 each) and betting bucks (discount for pre-purchase) are available for purchase all month long or at the door.

There will be three races featuring 6 horses each. Prizes have been generously donated by area businesses.



### Try to Find This!

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

2 locations in this issue!



### 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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# WHO'S WHO AROUND THE CENTER

## Board of Directors

*Errol Miller*..... President  
*Barbara Flinn*..... Vice President  
*Kim Latka*..... Treasurer  
*Linda Blackstone* ..... Secretary

## Members

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

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*Lisa Engebretsen*

## Executive Director

*Rita Wagner*

## Assistant Director

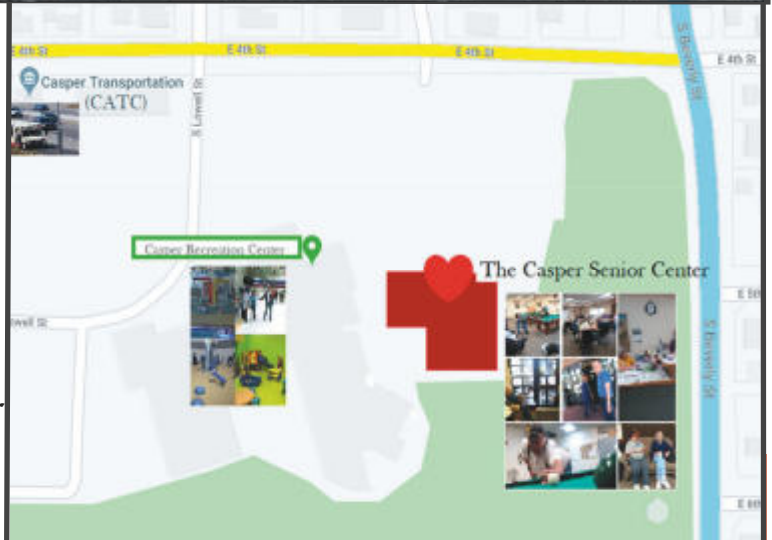
*Rachel Brown*

## 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](http://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.

## When should I clean my hands?

- Before preparing or eating food
- Before touching your eyes, nose, or mouth
- Before and after changing wound dressings or bandages
- After using the restroom
- After blowing your nose, coughing, or sneezing
- After touching hospital surfaces such as bed rails, bedside tables, doorknobs, remote controls, or the phone



You can get sick with COVID-19 if you touch something that has live SARS-CoV-2 virus on it, and then touch your face without cleaning your hands first. The more germs we can remove and kill, the safer we keep ourselves, our friends, and our family.

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to place an ad today!

[wclough@lpicomunities.com](mailto:wclough@lpicomunities.com)  
or **(800) 950-9952 x2635**

An advertisement for Casper Mountain Rehabilitation & Care Center. It features a photograph of an elderly couple smiling and looking at a document. The text includes the center's name, logo, and contact information.

**Casper Mountain**  
REHABILITATION & CARE CENTER

Serving to provide holistic care  
to our community.

4305 S. Poplar St., Casper, WY 82601  
307-237-2561  
<https://caspermountainhc.com>

An advertisement for LPI hiring Ad Sales Executives. It features a yellow and blue background with a white box containing the text "BE YOURSELF. BRING YOUR PASSION. WORK WITH PURPOSE." and a list of benefits.

**LPI is Hiring  
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- Full-Time with Benefits
- Paid Training
- Expense Reimbursement
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Contact us at: [careers@4lpi.com](mailto:careers@4lpi.com) | [www.4lpi.com/careers](http://www.4lpi.com/careers)

An advertisement for St. Anthony Manor. It features a white background with black text and a small house icon.

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Central Wyoming Senior Services, Casper, WY

A 4C 05-0641

# 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

I have a head,  
a tail, am brown,  
and have no legs.  
**What am I?**

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

Copies of The Casper Senior Cookbook Are Still Available!

\$10.00 each

*Buy yours while supplies last!*



# Around the Center

## Sudoku 34

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

Joyce's Easy Clogging by Joyce Sisk

Call (307) 237-4908 for more information.

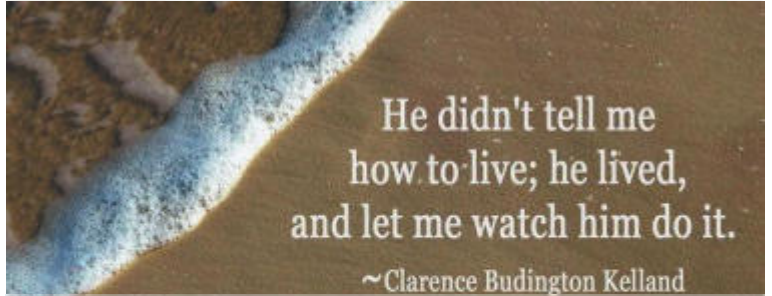
FREE, Every Monday at the Senior Center (once open)

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."*

If you do not want to or are unable to stand, join us to sit and tap to Western, Rock & Roll, Christmas music, and more!



He didn't tell me how to live; he lived, and let me watch him do it.

~Clarence Budington Kelland

### Happy Fathers Day!

From the Staff at the Senior Center

Join us for a BBQ Lunch on Sunday, June 20th!

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**Get Connected Get Help**

**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](http://www.wyoming211.org) or dial 2-1-1 to get connected.

Juneteenth is the oldest nationally celebrated commemoration of the ending of slavery in the United States. Dating back to 1865, it was on June 19th that the Union soldiers, led by Major General Gordon Granger, landed at Galveston, Texas with news that the war had ended and that the enslaved were now free. Note that this was two and a half years after President Lincoln's Emancipation Proclamation – which had become official January 1, 1863. The Emancipation Proclamation had little impact on the Texans due to the minimal number of Union troops to enforce the new Executive Order. However, with the surrender of General Lee in April of 1865, and the arrival of General Granger's regiment, the forces were finally strong enough to influence and overcome the resistance.

Later attempts to explain this two and a half year delay in the receipt of this important news have yielded several versions that have been handed down through the years. Often told is the story of a messenger who was murdered on his way to Texas with the news of freedom. Another is that the news was deliberately withheld by the enslavers to maintain the labor force on the plantations. And still another is that federal troops actually waited for the slave owners to reap the benefits of one last cotton harvest before going to Texas to enforce the Emancipation Proclamation. All of which, or none of these versions could be true. Certainly, for some, President Lincoln's authority over the rebellious states was in question. Whatever the reasons, conditions in Texas remained status quo well beyond what was statutory.

### General Order Number 3

One of General Granger's first orders of business was to read to the people of Texas, General Order Number 3 which began most significantly with:

*"The people of Texas are informed that in accordance with a Proclamation from the Executive of the United States, all slaves are free. This involves an absolute equality of rights and rights of property between former masters and slaves, and the connection heretofore existing between them becomes that between employer and hired laborer."*

The reactions to this profound news ranged from pure shock to immediate jubilation. While many lingered to learn of this new employer to employee relationship, many left before these offers were completely off the lips of their former 'masters' - attesting to the varying conditions on the plantations and the realization of freedom. Even with nowhere to go, many felt that leaving the plantation would be their first grasp of freedom. North was a logical destination and for many it represented true freedom, while the desire to reach family members in neighboring states drove some into Louisiana, Arkansas, and Oklahoma. Settling into these new areas as free men and women brought on new realities and the challenges of establishing a heretofore non-existent status for black people in America. Recounting the memories of that great day in June of 1865 and its festivities would serve as motivation as well as a release from the growing pressures encountered in their new territories. The celebration of June 19th was coined "Juneteenth" and grew with more participation from descendants. The Juneteenth celebration was a time for reassuring each other, for praying and for gathering remaining family members. Juneteenth continued to be highly revered in Texas decades later, with many former slaves and descendants making an annual pilgrimage back to Galveston on this date.

**MARY KAY  
ROCKWELL  
JENSEN**



**Central Wyoming Senior Services  
Presents**



**Racers, post your horses. Bettors, place your bets.  
Come join us for an evening you won't soon forget!**

**Saturday, June 26, 2021 at 5:00 PM  
Casper Senior Center - 1831 E. 4th Street**

*Join us for an evening of fun, food, and  
friendly wagers! Lucky guests will have  
the opportunity to cash in their winnings  
toward fabulous prizes!*

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Central Wyoming Senior Services, Casper, WY

C 4C 05-0641

# Gifts & Memorials

Note: This is a list for Gifts or Memorials given between April 21st—May 24th. If donations were made between those dates and you were not recognized, please see Rita.

## Gifts

Frank C Stofflet  
 Robert & Barbara Yonts  
 Sandfort Rev Living Trust  
 John & Janet Hilde  
 St. Mark's Episcopal Church  
 Lawrence Pawlowski  
 John Savage  
 Reveille Rotary Club of Casper  
 Elizabeth K. Becher  
 Violet D. Turner-Neal  
 Vada Johnstone

## 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.

## Memorials

Robert Hildebrand  
 Mary C. Moler  
 Evelyn Molyneux  
 Mary C. Moler  
 Marian Hegdahl  
 Mary C. Moler  
 John "Jack" Shinn  
 John Savage

## *Famous JUNE Birthdates*

- 1, 1937—Morgan Freeman, American actor
- 5, 1956—Kenny G, musician
- 7, 1917—Dean Martin, singer/actor/producer
- 8, 1957—Scott Adams, "Dilbert" cartoonist
- 12, 1924—George H W Bush, 41st US President
- 13, 1986—Mary-Kate and Ashley Olsen, twin actresses
- 15, 1937—Waylon Jennings, country singer
- 18, 1942—Roger Ebert, film critic "Siskel & Ebert"
- 20, 1946—Bob Vila, TV handyman show
- 23, 1929—June Carter Cash, country singer
- 26, 1892—Pearl S. Buck, American novelist
- 29, 1858—George W. Goethals, chief engineer Panama Canal
- 30, 1966—Mike Tyson, boxing champion

## **MORE REASONS TO CELEBRATE JUNE!**

*(Great Outdoors Month)*  
*(National Fresh Fruit and Vegetables Month)*  
*(Rose Month)*

- 3rd—World Bicycle Day
- 10th—Ballpoint Pen Day
- 14th—Flag Day
- 20th—National Bald Eagle Day
- 27th—National Onion Day
- 29th—International Mud Day

## **Fun JUNE Facts!**

- \* According to some few experts, the name of the month was derived from the word *juniors*, meaning the youth
- \* The birth flowers Honeysuckle and Rose mean Love, Devotion, and Generosity
- \* The colors of roses mean different things:  
 Red—passion/desire/true love  
 White—loyalty/platonic love/worthiness  
 Orange—secret love/pride  
 Pink—sweet thoughts/elegance/grace  
 Purple—enchantment/majesty/opulence  
 Yellow—jealousy/sympathy/friendship
- \* People born in June can be moody, romantic, and good secret keepers
- \* June Beetles come out during this month, living on the young leaves of plants and trees
- \* The Longest Day of the Year is in June at the Summer Solstice, this year occurring on June 21

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

Name: \_\_\_\_\_

Birthdate: \_\_\_\_\_

*Courtesy of C.W.S.S.*





## Food as Preventive Medicine

[http://www.seniorscan.org/SeniorsCAN/Fact\\_Medicine.html](http://www.seniorscan.org/SeniorsCAN/Fact_Medicine.html)

### Notes from the Kitchen

The food we eat today can affect how we feel tomorrow. Well-nourished older adults not only feel better, they also recover faster from illnesses, spend less time in the hospital, and can possibly live longer than their peers. Aging bodies require less calories but have increased need for some vitamins and minerals. New research shows that your food choices can impact your risk for getting major long-term diseases and the severity of the complications of those illnesses.

#### Food choices directly relate to the leading causes of illness and death:

##### **Heart Disease**

Risks for heart disease can be reduced with a diet that is low in saturated fat and cholesterol, moderate in total fat, and rich in whole grains, fruits and vegetables, lean meats, poultry, fish, and nonfat dairy products.

##### **Cancer**

The National Cancer Institute estimates that 35% of cancer deaths may be related to dietary factors. A diet that is high in fiber, grain products, fruits, and vegetables, but low in fat can reduce the risk of getting many kinds of cancer.

##### **Stroke**

Foods low in fat, saturated fat, and cholesterol reduce the risk of stroke.

#### Food-Related Risk Factors:

##### **Overweight/Obesity**

If you are overweight, you have an increased chance of developing high blood pressure, atherosclerosis, heart disease, stroke, cancer, asthma, diabetes, and osteoarthritis. Controlling or losing weight can reduce stress on the joints and can help avoid further damage from painful arthritis.

##### **High Blood Cholesterol**

High blood cholesterol levels can contribute to heart disease and stroke. Eating a diet low in total fat, saturated fat and cholesterol, and eating soluble fiber, can help to lower blood cholesterol.

##### **High Blood Pressure**

Treating high blood pressure reduces risks for stroke, heart disease, and kidney disease. Even moderate weight loss and sodium restriction can reduce blood pressure significantly in older adults, as can exercise and eliminating smoking.

#### Healthy Food Choices

##### **Fruits and Vegetables - 5 servings a day**

Fruits and vegetables are known to reduce risks of cancer and may reduce risks of heart disease.

Fruits and vegetables are complex foods containing more than

100 substances - including vitamins, minerals, and fiber, which may offer protection from cancer.

Choosing a variety of deeply colored fruits and vegetables is important to obtain necessary nutrients.

##### **Foods Rich in Fiber - 20 to 35 grams a day**

Fruits	Vegetables
Whole grains, breads, cereals	Beans

High fiber foods, particularly when combined with a low-fat diet, help protect against colon/rectal cancer, heart disease, and stroke. There are two types of fiber. Insoluble fiber helps move waste through the intestinal tract and prevent constipation, while helping to satisfy the appetite (whole wheat breads, cereals, vegetables, and bran). Soluble fiber helps to reduce blood cholesterol and blood glucose levels (oats, beans, fruits and vegetables). To increase the health benefits of your food, get 20 to 35 grams of fiber daily (on average most people get only 11 grams daily). Add fiber to your diet gradually to prevent problems like diarrhea, constipation or diverticular disease.

##### **Calcium and Vitamin D - 1200 to 1500 mg. a day**

It is never too late to improve your bone health by eating calcium-rich foods. The National Institute on Aging recommends that men and women aged 50 and older take 1,200 mg. of calcium every day; and that women past menopause should have 1,200 to 1,500 mg. of calcium daily. Some studies suggest that calcium may play a protective role against colon cancer and lower the incidence of kidney stones.

##### *Sources of Calcium*

Many dairy foods (milk, yogurt, cheese) are good sources of calcium. Low fat and nonfat dairy foods generally have calcium content comparable to whole dairy products. One 8-oz glass of milk (whole, low-fat, or skim) has 300 mg. of calcium. Other good calcium sources include broccoli, kale, okra, collard greens, sardines, salmon, and calcium-fortified products like OJ.

Most older adults do not get enough calcium from their food, and might consider taking a calcium supplement. Check with your doctor before taking this or any kind of dietary supplement.

##### *Sources of Vitamin D*

Your body needs adequate vitamin D to use the calcium you ingest. Milk fortified with vitamin D is a good source of vitamin D. Your body can make its own vitamin D if you get a few minutes of sunshine a few times a week.

For those who cannot or choose not to drink milk, supplemental vitamin D may be necessary.

##### **Eat MORE of these foods:**

- Fruits & Vegetables
- Foods rich in Calcium & Vitamin D
- Foods containing Whole Grains
- Foods containing Fiber

##### **Eat LESS of these foods**

- Caffeine
- Sugar
- Fat, Saturated Fat, Trans-fat, & Cholesterol
- Foods high in Sodium
- Alcoholic Beverages



Central Wyoming  
Senior Services Inc.

"The Heart of Natrona County"

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

# MEAL CALENDAR

## June 2021

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>1</b> Oven Fried Chicken Brown Rice Mixed Vegetables Tossed Salad Diced Peaches	<b>2</b> Chicken Noodle Soup Deli Wrap Fresh Relishes Cottage Cheese Orange Wedge	<b>3</b> Roast Beef Mashed Potatoes California Vegetables Tomato Basil Salad Spice Cake	<b>4</b> Fish Florentine Brown Rice Glazed Carrots Ambrosia Fruit O.J. Chocolate Chip Cookie	5
<b>6</b> Pork Tenderloin Roasted Potatoes California Veggies Applesauce Brownie	<b>7</b> Beefy Burrito Bake Mexican Corn Lettuce & Tomatoes Spiced Apples	<b>8</b> Vegetable Soup Chicken Salad on Croissant Relishes Grape Salad Sugar Cookie	<b>9</b> Cabbage Roll Pacific Blend Pea Salad Watermelon	<b>10</b> Sweet & Sour Chicken Brown Rice Oriental Vegetables Asian Slaw Fresh Berries Chocolate Pudding	<b>11</b> Lemon Butter Fish Baked Feta Pasta Roasted Cauliflower Plums	12
<b>13</b> Roast Turkey Mashed Potatoes Sliced Carrots Cottage Cheese with Tomatoes Pumpkin Pie	<b>14</b> Lasagna Green Beans & Onions Caesar Salad Fruit Whip	<b>15</b> Meatballs in Mushroom Gravy Brown Rice Country Mix Mandarin Oranges Blueberry Buckle	<b>16</b> Pork & Noodles Creamed Corn Carrot Slaw Chunky Applesauce	<b>17</b> Creamy Tomato Soup Grilled Cheese Sandwich PB Stuffed Celery Sticks Peaches	<b>18</b> Tuna & Noodle Bake Green Peas Cottage Cheese Cherry Fluff Dessert	19 <b>MEALS COME WITH MILK AND BREAD</b>
<b>20</b> <b>FATHER'S DAY BBQ</b> BBQ Ribs Potato Salad Fresh Vegetables Fruit Pie	<b>21</b> Western Egg Bake Sausage Links Brown Bread Lettuce Tomato Salad Melon Mix	<b>22</b> Hot Pork Sandwich Mashed Potatoes California Vegetables Summer Squash Salad Citrus Fruit	<b>23</b> Chicken Fajitas Beans & Rice Lettuce & Tomato Mix Fresh Peaches Frosted Spice Cake	<b>24</b> Pork Meatloaf Rice Pilaf Asparagus Garden Salad Mixed Fruit	<b>25</b> Clam Chowder Ham Salad Sandwich Carrot Sticks & Pickles Strawberries & Peaches Vanilla Cream Pudding	26
<b>27</b> Chicken & Dumplings Classic Vegetables Cole Slaw Coconut Cream Pie	<b>28</b> Marinated Beef Strip Continental Rice Brussels Sprouts Tossed Salad Apricots	<b>29</b> Lamb Tips Mashed Potatoes Spinach Dill Cucumbers Ginger Pears	<b>30</b> Meatball Sandwich Italian Pasta Salad Sliced Tomatoes Cherry & Blueberry Mix			<b>MENU SUBJECT TO CHANGE</b>



**Rotary**  
District 5440



Reveille Rotary  
meets on  
Wednesday mornings  
at 7 A.M.



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

Sudoku 3x Solution

**We would like to extend  
a very special thank you to  
our volunteer force!  
Without you, re-opening  
the Center would not  
have been possible!**

# NEVER MISS A NEWSLETTER!

Sign up to have our newsletter emailed  
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# Battle of the Little Bighorn

WRITTEN BY Gregory J. W. Urwin

<https://www.britannica.com/event/Battle-of-the-Little-Bighorn>

Battle of the Little Bighorn, also called Custer's Last Stand, (June 25, 1876), at the Little Bighorn River in Montana Territory, U.S., between federal troops led by Lieut. Col. George A. Custer and Northern Plains Indians (Lakota and Northern Cheyenne) led by Sitting Bull. Custer and all the men under his immediate command were slain.

Events leading up to the confrontation were typical of the irresolute and confusing policy of the U.S. government toward Native Americans. Although the Second Treaty of Fort Laramie (1868), had guaranteed to the Lakota and Dakota (Yankton) Sioux as well as the Arapaho Indians exclusive possession of the Dakota territory west of the Missouri River, white miners in search of gold were settling in lands sacred especially to the Lakota. Unwilling to remove the settlers and unable to persuade the Lakota to sell the territory, the U.S. government issued an order to the Indian agencies that all Indians return to the designated reservations by January 31, 1876, or be deemed hostile. The improbability of getting that message to hunters, coupled with its rejection by many of the Plains Indians, made confrontation inevitable.

In defiance of the government's threats, bands of Lakota and Northern Cheyenne Indians (along with a smaller number of Arapaho) who had refused to be confined by reservation boundaries came together under the leadership of Sitting Bull, a charismatic Lakota who called for resistance to U.S. expansion. With the arrival of spring 1876 and the start of the hunting seasons, many more Indians left their reservations to join Sitting Bull, whose growing numbers of followers were camped on the Little Bighorn River in southern Montana Territory at the end of June. Earlier in the spring, many of those Native Americans had congregated to celebrate the annual Sun Dance ceremony, at which Sitting Bull experienced a prophetic vision of soldiers toppling upside down in his camp, which he interpreted as a harbinger of a great victory for his people.

That spring, under the orders of Lieut. Gen. Philip Sheridan, three army columns converged on Lakota country in an attempt to corral the rebellious bands. Moving east, from Fort Ellis (near Bozeman, Montana), was a column led by Col. John Gibbon. From the south and Fort Fetterman in Wyoming Territory came a column under the command of Gen. George Cook. On May 17 Brig. Gen. Alfred H. Terry headed west from Fort Abraham Lincoln in charge of the Dakota Column, the bulk of which constituted Custer's 7th Cavalry. On June 22, Terry sent Custer and the 7th Cavalry in pursuit of Sitting Bull's trail, which led into the Little Bighorn Valley. Terry's plan was for Custer to attack the Lakota and Cheyenne from the south, forcing them toward a smaller force that he intended to deploy farther upstream on the Little Bighorn River. By the morning of June 25, Custer's scouts had discovered the location of Sitting Bull's village. Custer intended to move the 7th Cavalry to a

position that would allow his force to attack the village at dawn the next day. When some stray Indian warriors sighted a few of the 7th Cavalrymen, Custer assumed that they would rush to warn their village, causing the residents to scatter.

Custer chose to attack immediately. At noon on June 25, in an attempt to prevent Sitting Bull's followers from escaping, he split his regiment into three battalions. He sent three companies under the command of Maj. Marcus A. Reno to charge straight into the village, dispatched three companies under Capt. Frederick W. Benteen to the south to cut off the flight of any Indians in that direction, and took five companies under his personal command to attack the village from the north. That tactic proved to be disastrous. In fragmenting his regiment, Custer had left its three main components unable to provide each other support.

As the Battle of the Little Bighorn unfolded, Custer and the 7th Cavalry fell victim to a series of surprises, not the least of which was the number of warriors that they encountered. Army intelligence had estimated Sitting Bull's force at 800 fighting men; in fact, some 2,000 Sioux and Cheyenne warriors took part in the battle. Many of them were armed with superior repeating rifles, and all of them were quick to defend their families. Native American accounts of the battle are especially laudatory of the courageous actions of Crazy Horse, leader of the Oglala band of Lakota. Other Indian leaders displayed equal courage and tactical skill.

Cut off by the Indians, all 210 of the soldiers who had followed Custer toward the northern reaches of the village were killed in a desperate fight that may have lasted nearly two hours and culminated in the defense of high ground beyond the village that became known as "Custer's Last Stand." The details of the movements of the components of Custer's contingent have been much hypothesized. Reconstructions of their actions have been formulated using both the accounts of Native American eyewitnesses and sophisticated analysis of archaeological evidence (cartridge cases, bullets, arrowheads, gun fragments, buttons, human bones, etc.). Ultimately, however, much of the understanding of this most famous portion of the battle is the product of conjecture, and the popular perception of it remains shrouded in myth.

Atop a hill on the other end of the valley, Reno's battalion, which had been reinforced by Benteen's contingent, held out against a prolonged assault until the next evening, when the Indians broke off their attack and departed. Only a single badly wounded horse remained from Custer's annihilated battalion (the victorious Lakota and Cheyenne had captured 80 to 90 of the battalion's mounts). That horse, Comanche, managed to survive, and for many years it would appear in 7th Cavalry parades, saddled but riderless.

The outcome of the battle, though it proved to be the height of Indian power, so stunned and enraged white Americans that government troops flooded the area, forcing the Indians to surrender.

# Protect yourself from the sun's harmful rays

- Stay in the shade, especially during midday hours.
- Wear clothing that covers your arms and legs.
- Wear a hat with a wide brim to shade your face, head, ears, and neck.
- Wear sunglasses that wrap around and block both UVA and UVB rays.
- Use sunscreen with a sun protection factor (SPF) of 30 or higher, and both UVA and UVB (broad spectrum) protection.

## Don't let the sun burn you!

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# ACTIVITIES AVAILABLE WHEN CENTER IS OPEN

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Sunday Lunch	Chair Exercise	Chair Yoga	Reveille Rotary	Golden K Coffee	Chair Exercise	Casper Cut Ups
American Legion	Clogging	Golden Kiwanis	Seniors Active in Learning	Chair Yoga	Canasta	Garden Club
Women's Auxiliary	Mexican Train Dominoes	Line Dancing	Chair Exercise	Clogging	Bridge	
	Poker	Craft Class	Quilts of Valor	BINGO!	Pinochle	
	Tai Chi	Wellness Clinic	Poker	Pinochle	Pinochle	
Mexican Train Dominoes	Bible Study	Casper Chess Club	KW Retired Ladies Book Club	Mexican Train Dominoes	Poker	
	Native American Flute Circle	Bridge	Bridge	Tai Chi	AARP 55-Alive Driving Course	
Bible Study	Binding Friends	NARFE	Caps for Kids	Square Dance		
	Dance Club	Casper Cut Ups		Golden Girls		
	DAR Supplement Application Group	Casper Needle Guild				
	CWSS Board Meeting					

## Banana-Berry Brownie Pizza

<https://www.tasteofhome.com/recipes/banana-berry-brownie-pizza/>

### Ingredients

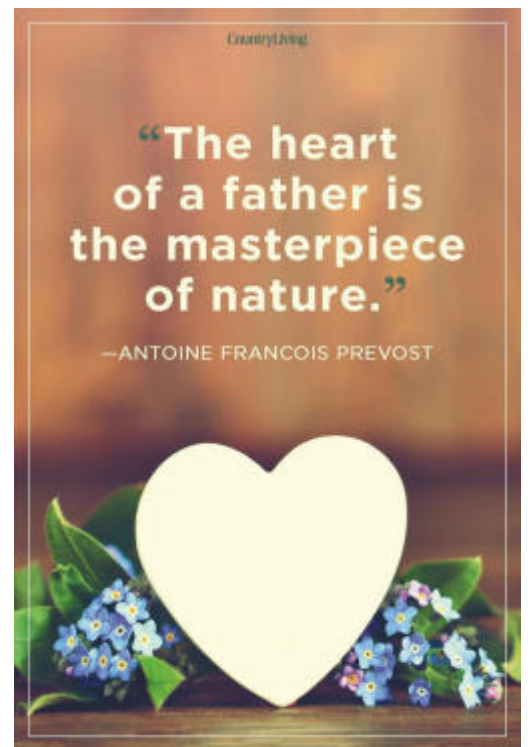
1 package fudge brownie mix (for 13"x9" pan)  
 1/3 c. boiling water  
 1/4 c. canola oil  
 1 large egg, room temperature

### Topping:

8 oz. cream cheese, softened  
 1/4 c. sugar  
 1 large egg, room temperature  
 1 tsp vanilla extract  
 2 c. sliced fresh strawberries  
 1-2 medium firm bananas, sliced  
 1 oz. semi-sweet chocolate, melted

### Directions

- Pre-heat** oven to 350°. In a large bowl, combine brownie mix, water, oil, and egg until well blended. Spread into a greased and floured 12" pizza pan. Insert into oven and bake in pre-heated oven for 25 minutes then remove.
- In** a large bowl, beat the cream cheese, sugar, egg, and vanilla until smooth. Spread over brownie crust. Bake 15 minutes longer or until topping is set. Remove from oven and cool on a wire rack.
- Just** before serving, arrange strawberries and bananas over topping. Drizzle with melted chocolate.



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Sky Watch,  
June 2021

In the evening of Thursday, June 24—just after sunset—look towards the southeast to watch the full Moon rise gently above the horizon. There, it will appear large and golden hued.

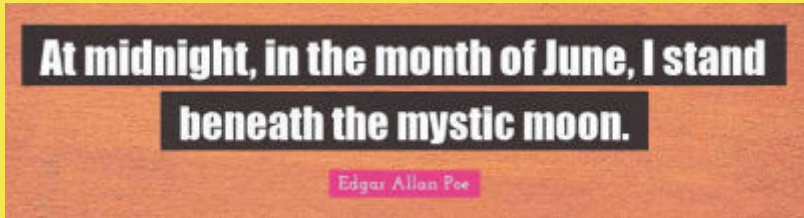
June's full Moon will reach peak illumination at 2:40 PM EDT on June 24th but will not be visible until later that evening.

**THE STRAWBERRY MOON**

June's full Moon—typically the last full Moon of spring or the first of summer—is traditionally called the **Strawberry Moon**. This name has been used by Algonquian, Ojibwe, Dakota, and Lakota peoples, among others, to mark the ripening of “June-bearing” strawberries that are ready to be gathered. The Haida term **Berries Ripen Moon** reflects this as well. As flowers bloom and early fruit ripens, June is a time of great abundance for many.

**ALTERNATIVE JUNE MOON NAMES:**

- ☉ **Green Corn Moon** (Cherokee) and **Hoer Moon** (Western Abenaki) suggest that it's time to tend to young crops.
- ☉ **Egg Laying Moon** and **Hatching Moon** (Cree) hinting at a time of many baby animals.
- ☉ **Birth Moon** (Tlingit) referring to the time when certain animals are born in their region (Pacific Northwest).
- ☉ Alternative European names for this Moon include the **Honey Moon** and the **Mead Moon**. June was traditionally the month of marriages. (Following marriage comes the “honeymoon,” which may be tied to this alternative Moon name!)



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## LAST WORDS

*"If a June night could talk, it would probably boast it invented romance."*

*~ English philosopher Bernard Williams ~*

**NOTICE:** The weekly puzzles are intended for individual use and to be turned in by clients coming into the center for activity sign in purposes. Please help us continue to keep such activities free by taking only one or making a donation for additional copies.

*Thank you!*

Again, we would like to extend a big **THANK YOU** for the continuing support *and* patience.

We are so excited to see those who have come inside to re-connect with us!

### Help Wanted!

We have are so thankful for our volunteer force, especially during the lunch re-opening:  
11:00 AM–1:00 PM.

We are also working on adding some volunteer opportunities.

If you are interested, please see the office.

