

5th, 12th, 19th, 26th - 2:00 PM on Tuesdays - **Fareway Grocery Store** - if interested, please call the Administration Office at 236-7592 by **noon on those days** to reserve a seat on the van.

27th - **Seeland Park Dinner** to be delivered to your home between 11 and 12 noon. **Please call** the Administration Office at 236-7592 by **January 18th** to reserve your dinner.

Menu: Lemon Chicken Piccata, Rice Pilaf, Roasted Mixed Vegetables, Roll, Chocolate Mousse w/ Raspberry Sauce



January Birthdays

2nd - Katie Beck

12th - Sharon Falck

24th - Agnes Mikel

4th - Sue Baker

12th - Kathie Hall

25th - Carolyn Orndorff

5th - Dean McClelland

12th - Becky Schlesselman

25th - Bob Overturf

7th - Brian Veach

15th - Pat Guckert

28th - Judy Blythe

8th - Linda Overturf

15th - Ron Johnston

30th - Maynard Durr

I would like to express my thanks to all of my Seeland Park family. All of the prayers, concerns, cards and phone calls were a blessing during the year I was receiving treatment, seeing doctors, and traveling to Iowa City. I have been blessed through this period of time and am so grateful for my community here. I will be going 3 or 4 times a year for a couple of years as they continue to monitor my condition. I am doing well at this time.

Jolene Jones



The Employees of St. Francis Manor appreciate the generosity of Seeland Parkers in providing holiday goodies and monetary donations to St. Francis Manor which were used to stock staff refrigerators with soda pop. Thank you for remembering us!



Wilma Watkins celebrated her 96th birthday on December 8 during surprise visits from daughter Jeneane, two nieces and a nephew along with their spouses.



by Fitness Director Kayla Faas

S.H.A.P.E. Fitness classes have resumed and will continue in the Hawn Center and on Zoom. Thank you to those who have been participating and to everyone for wearing masks and following all the necessary COVID protocols.

It feels great to be teaching classes again! I am blessed to have found a daycare provider for all three of my children so that I could come back to work and do what I love—help all of you grow stronger physically and mentally! Please feel free to reach out to me if you want more information on classes, need some ideas for exercises you can do in your home, or have any other questions. I am happy to help!

If you haven't gotten involved in the S.H.A.P.E. Fitness classes yet and your New Year's resolution is to be more active, now would be a great time for you to start participating! Please visit with me and I will help you select the appropriate class(es).

In addition to the classes listed below, please let me know if you would participate in a Tai Chi class if offered. You may call me at 641-269-5424 or email me at kfaas@stfranciscanor.com.

Please note that there will be no SHAPE 2 class on January 27 & no SHAPE 2 Zoom class on the 28th.

Monday, Wednesday & Friday:

S.H.A.P.E. 1 from 8:30-9:15 AM

Chair Yoga from 9:30-10:00 AM

Better Balance from 10:15-10:45 AM

S.H.A.P.E. 2 from 11:00-11:45 AM

Tuesday & Thursday:

S.H.A.P.E. 2 from 8:30-9:15 AM

S.H.A.P.E. 3 from 9:30-10:00 AM

Line Dancing from 10:15-11:15 AM



Class Descriptions:

S.H.A.P.E. 1 – A 45-minute class that works at a moderate to high intensity level. The class will address and improve participant's flexibility, balance, cardiovascular endurance, strength, coordination and front-to-back and side-to-side movements.

S.H.A.P.E. 2 – A 45-minute class for those who like to work at a moderate intensity level. The class will be a combination of standing and seated exercises to enhance participant's flexibility, balance, cardiovascular endurance, strength and coordination.

S.H.A.P.E. 3 – A 30-minute seated class that works at a low intensity level. The class will focus on maintaining and improving participant's energy level, flexibility, range of motion and strength.

Better Balance – This is a "No Falls Approach" to balance. Participants will complete exercises from a seated position as well as a few standing movements while holding onto a chair.

Chair Yoga – A 30-minute seated class for any fitness level! If you can breathe, you can do Yoga! Yoga focuses on stretching to increase flexibility and energy while reducing stiffness.

Line Dancing – A high energy choreographed class to learn basic line dancing steps and dances. This class will train your brain to remember choreographed steps and you will improve coordination and balance, enhance cardiovascular endurance and have fun—all at the same time!

Spiz – the Story of Betty Jean Howard Hammond

On December 5, Seeland Park resident Betty Hammond was the featured guest at a book signing of her recently copyrighted autobiography at Stepping Stones in Grinnell. Betty learned the value of work at a very young age and has been a hard worker all of her life. When Betty was encouraged in 2017 to put her memories and stories down in writing by friend Dodi Reilly, it turned into a short book and lots of photos with the help of that friend.

To say Betty is well-known in the Grinnell community is an understatement as she and husband Montie owned and managed several successful businesses during their careers and were always willing to help others as well as lend a hand with community events.

In her preface note, Betty shares the following advice:

My advice to the next generation would be that you need to work hard and accomplish the goals you set for yourself. I was married at 16 to the toughest looking boy in Beaman and had our son at 19. Montie and I enjoyed 64 years of marriage. It wasn't easy and it was hard work, but it was full of love, family and companionship.

I feel proud when I remember feeding a group of hired working men when I was 12 because my mom was in the hospital. I had to kill and dress the chickens, fry them and prepare the meal. It was just something I knew I had to do. I could fill a truck full of corn or bean seed in 60-pound bags by myself when the men were working in the fields. It was hard work, but it had to be done so I did it. When you own a restaurant and you are closing up at 11 PM and two buses of hungry people show up, you feed them!

We did things and bought things when we could afford to do them and buy them. We tried many different careers and always worked with integrity and passion. Find something you are passionate about and always do your best.

Help out your neighbors, friends and family. Don't always expect to get paid back. Put in the time and effort to do a good job. Your rewards will be memories to cherish.

To learn why the book is titled *Spiz*, you will have to read it! A copy of *Spiz* has been added to the Hawn Center library and may also be obtained through Stepping Stones or directly from Betty.



Mike Sawyer Publishes Book in 2020

During 2020, Seeland Park resident Mike Sawyer authored and published a book through Xlibris titled *Finding our True Political Center through the Coming Revolution in Voting*. What great timing for this book as many will agree after the recent presidential election that something needs to change in our voting process!

In his book's introduction, Mike states:

I, for one, am not willing to abandon democracy just yet. The founding fathers knew it was imperfect and would always be a work in progress that passed from one generation to the next. Ever facing new challenges, it's now our turn to fix it. It may not seem that something as simple as our voting system could be at the root of the problem, but I believe it is.

Can a change in voting methods and procedures help us regain control of how we select our leaders? Can voting algorithms make the process more inclusive of all sides? Can we replace machinations with negotiations on the floors of Congress? Can the way we vote better serve to unite us rather than dividing us? I believe we can do all of these things.

Voters don't really want to elect dividers and extremists. Just ask them. So why do we end up with such polarizing officials? The reason is the plurality voting algorithm doesn't ask the right questions. We're not talking about some complex mathematical formula here. A voting algorithm is generally a few

simple words expressing rules easily understood by voters.

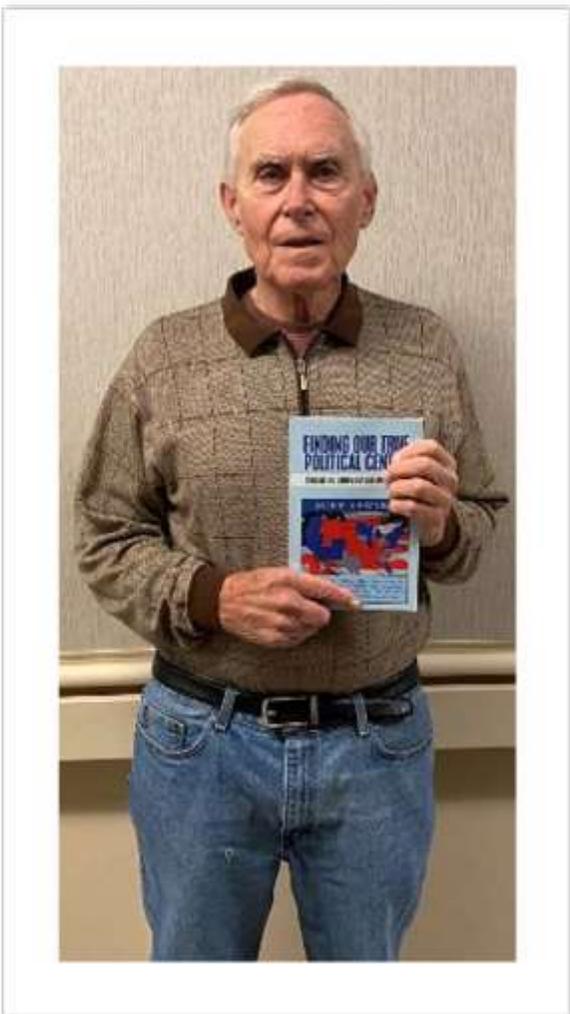
But the important question isn't "Do we understand the algorithm?" but rather "Does the algorithm understand us?"

In other words, how well does it interpret the voters' intentions and translate these into a collective will of the electorate as a whole?

Mike believes there is a growing consensus among American voters that the current plurality voting system fails us in many ways. Mike's goal is to find an algorithm which accurately interprets each voter's wishes and translates this into a collective decision. He states:

While there are several worthy of consideration, I will give my highest rating to a method called Plurality Plus voting or P+ voting. I like it not only because it embodies so many of the properties we want, but also because it mimics the look and feel of the traditional plurality while offering so much more.

To find out more about Plurality Plus voting, you can read **Mike's book** which has been added to the library in the Hawn Center as well as Drake Library. A free preview of the book is available at Amazon where it is sold in soft cover or ebook.





The Story of the Snowman *by Jolene Jones*

This story started when I talked to my brother, Cecil, in Texas. This was during the winter of 2017 and my brother was joking with me about sending him some snow since they rarely got any. This triggered a thought for me to make a snowman and mail it to him. The first snow here was a really wet one so I made this 9-inch snowman and stored it in the freezer. I checked on it every week and noticed after a few weeks it was showing stress. When we got another wet snow I added some to it. I did some checking about packing for shipment but learned that you can't send dry ice in the US Mail. That meant I would have to ship it, which was too expensive. I made the decision to drive to Texas and deliver the 'little guy' personally. My sister, Valeta, agreed to ride along. We decided to make the drive at the end of March.

March came and I prepared the snowman for the drive to Texas. I packed him in a candle box that I had and put the box in the freezer. I looked on line to see about dry ice, etc and got some good tips on helping it last longer. I purchased 10# of dry ice and placed it in the bottom of the cooler. On top of that I had an insulated box that my son had sent roses in which proved to be a perfect home for the snowman. I put him in the box and added an ice pack and closed the box. I had read that regular ice will be colder because of the dry ice so I added a bag of regular ice on top and closed the cooler. I wrapped a sleeping bag around the cooler and proceeded on the trip to Monett, Missouri where my sister lived. This was on a Saturday and I stayed there until Sunday. Valeta and I left Monday, March 27, for the trip to Texas. On the afternoon of March 28 we got to Cecil and Colina's home. They met us in the driveway. I told them they needed to go back in the house as I had a surprise for them. I got the snowman out of the cooler and was amazed that there was a little dry ice left and the ice pack in the box was hard as a rock. The ice in the bag on top had barely started to melt. The dry ice lasted 3 ½ days when the brochure said 48 hours. I guess the extra handling made the difference! I had not opened the ice chest since leaving home. (I would reach under the cooler each day to see if it was still ice cold.) I put the snowman on a plate and presented it to Cecil. They both liked it and Colina took it out in 80-degree weather to show her neighbors! When they brought it back inside, I told them they could just watch it melt but Colina had another idea. She put the snowman in their freezer so now when they opened the freezer door, there was the 'little guy' looking back at them!

Snowbird Memories by Marilyn Strovers

When Cliff retired from being manager of Poweshiek Mutual Insurance Association and sold the McDowell Insurance Agency, it brought a new phase to our lives. Travel beckoned and we bought a 5th wheel trailer, 7 ft. by 25 ft. and a new Ford pickup to pull it. We still have the pickup!

We did some traveling around the country, Washington DC to Washington state with some interesting spots in between. Winter came and found us driving south, marveling that it was already warm in Kansas. We continued on to Harlingen, Texas and stayed a month in an RV Resort named Paradise. It was an interesting experience but Cliff declared it too windy for another year. Thus, the next winter we set out for Arizona.

Arizona proved to be a treasure trove of opportunities for sightseeing and a magnet for friends and family members to visit. Along the way on our first trip to AZ, we stopped in San Antonio, Texas, to visit Marge and Bill Doyle, neighbors from back home. San Antonio has done so much with their river, which has so little water. On our way to Tucson, we checked out Carlsbad Caverns where we bought our senior national park passes, \$10 each. The caverns were wonderful, but Cliff said one cave was enough for him. Later, we went to Kartchner Caverns in southwest Arizona on a bus tour with some friends.

On to Tucson where we stayed a week in another RV Park. Then north, encountering saguaro cactus for the first time. Friends were spending the winter in Sunrise Park in Apache Junction, so we went there.

Soon the little fifth wheel trailer proved to be too small for a long-term residence. That led us to look for a larger, so called, park model. In the end, we bought a house, a lovely manufactured home in a 55 plus community with few residents, a nice pool and clubhouse. New friends and old were entertained there, family and friends came to visit and stay over. One spring we sold our house, it was a mistake; but done is done.

The next winter we spent in Ft. Myers, Florida. Daughter Jan and her husband Jeff were living there. Another RV Park was our home in a new larger park model, new because the previous one had blown away in a hurricane. Our winter in Ft. Myers had lovely weather, we were near the beach and also close to Sanibel Island. Birds were everywhere.

Nevertheless, the next winter we went back to Arizona—Mesa this time. We rented a furnished home of friends and rented for three years before we bought a house in Las Palmas, a lovely senior community. Although the pool was less of an attraction, musical programs, the book club and daily coffee groups kept us interested.



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One highlight of our Arizona winters was the weekly IHOP breakfast with other Grinnell and Poweshiek County friends. The Grand Canyon, Verde Valley Train ride, Monument Valley, Tombstone, Organ Pipe National Park and the Coronado National Forest make up a short list of sites and adventures of our 20 plus years wintering in Arizona.



Like all retirees, we grew older while enjoying the scenery. We decided to sell our Las Palmas house, and we did. Friends came to our rescue and brought some of our treasures home for us. What do I miss most about Arizona winters? The list is long: Year-round blossoms, oranges and lemons, the vegetable market, always a view of mountains, quail in our backyard, the nearby mall and consignment shops. As the song says “a few of my favorite things.”

Happy New Year



1. What percentage of Americans make New Year's resolutions?
2. In ancient times loud noises at New Year's celebrations were said to ward off what?
3. Not kissing the person next to you at midnight is said to ensure you a year of what?
4. The majority of Americans only keep their New Year's Resolution for how many weeks?
5. In some Latin American cultures wearing this color underwear on New Year's is said to lead to peace and harmony in your life.
6. Most New Year's traditions are followed because they promise to bring what?
7. Instead of a ball drop, in 1942 and 1943, the Times Square Celebration featured what act?
8. The Times Square ball features a new _____ every year.
9. What famed poet is credited with transcribing and rewriting the song Auld Lang Syne?
10. What percentage of Americans admit to falling asleep before midnight on New Year's Eve?

Answers on page 8.

ST. FRANCIS MANOR FOUNDATION DONATIONS

The donor list below reflects gifts received between November 24 and December 21, 2020.

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Happy New Year Answers

1. Nearly half of Americans (45%) make some kind of resolution on New Year's Eve reports a history.com infographic.
2. Demons and evil spirits. The Old Farmer's Almanac says in ancient Thailand guns were fired, while in China they used fireworks.
3. Loneliness. This beloved tradition has unclear roots, says USA Today, but is one of the most popular.
4. Nearly 75% of people keep them for only 2 weeks according to history.com's infographic.
5. According to The Underwear Expert, white underwear brings peace while red brings love and yellow brings success.
6. Most traditions promise some sort of luck to participants according to The Holiday Spot.
7. A moment of silence for World War II was instituted according to CNN.
8. CNN reports that the ball gets a new design for the crystal pattern that covers it each year.
9. Scottish poet Robert Burns sent the poem to a music museum in 1788 claiming to be the first to write down the ancient song, according to Scotland.org.
10. History.com's New Year's infographic reports nearly one quarter (22%) admit they just can't stay up until midnight.

St. Francis Manor & Seeland Park Board Members

Fran Conn, *Chair* • Kent Brown, *Vice Chair* • Mike Thorndike, *Secretary-Treasurer*
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Seeland Park Advisory Committee

This committee is the liaison between Seeland Park management and Seeland Park residents. The Advisory Committee members periodically review and revise the Supplemental Rules & Regulations of Seeland Park. If you have concerns or items that you think need to be addressed, please contact one of your Phase representatives:

Phase I	Judy Blythe, Gladys Booth
Phase II	Sue Baker, Betty Niday, Dale Selix
Phase III	Jim Bair, Sandy Falck, John Green
Phase IV	Jack Hendrickson, Carol Jordan
Phase V	Tom Tish
Phase VI	Gregg Hawkins

