

## Monument Veteran Red Stephens Receives Awards

At a ceremony at the State Capitol during this past Memorial Day weekend, Monument resident Miron “Red” Stephens was recognized for his past service to his country as a member of the US Army while stationed in the Republic of Korea. After a very long 57 year wait, he was finally formally presented the National Defense Service Medal, the Korean Service Medal, the Good Conduct Medal, the United Nations Service Medal, and the Meritorious Unit Commendation. The presentation ceremony was the culmination of the Denver Memorial Day Parade which honored fallen heroes from Colorado in the nation’s past wars. Making the presentation to Sergeant Stephens was Brigadier General Sal Villano. The citation accompanying the award presentation acknowledged that Sergeant Stephens’ actions brought great honor and credit to himself, the U.S. Army, and the United States of America.

A native of Minnesota, Sergeant Stephens was inducted into the US Army at Ft. Sheridan, Illinois in 1953 and was trained in electric motor and generator repair. He was then assigned to the 45<sup>th</sup> Engineer Group, 54<sup>th</sup> Engineer Field Maintenance Company, in Seoul, Korea, supporting the US 8<sup>th</sup> Army. Following that assignment, Sergeant Stephens returned to the US and was honorably discharged at Ft. Lewis, Washington in May, 1955.

After his discharge, Red Stephens returned to his work in the telecommunications industry, working throughout the midwestern states until his retirement in 1986. He then continued to support the telecommunications industry through consulting work for another 17 years.

Red and his wife, Lois, have been married for 56

years and they have one daughter, three sons, 11 grandchildren and seven great grandchildren.

The presentation of medals to Sergeant Stephens was arranged and organized by The Forgotten Heroes Campaign, a non-profit organization founded in 1998 which helps men and women who served in the armed



Brigadier General Villano presents the Korean Service Medal to Sergeant Stephens following the Denver Memorial Day Parade.

forces receive the medals they earned but were never presented. The Campaign has helped over 500 men, women and their families get the recognition so long overdue them. They especially seek out men and women who served in combat zones and were authorized medals, ribbons or other special honors. These honors are then presented in a special ceremony. Learn more about The Forgotten Heroes Campaign and how you can

nominate a Veteran for similar recognition at <http://forgottenheroescampaign.org>.

## Making Toys for Children

Armed with machine building skills developed during a long professional career as a manufacturer of precision parts for the aerospace industry and the medical surgical community, retired Tri-Lakes resident Ed Vanderhorst now applies many of those same skills to build simple wood toy cars. But the paradox isn’t quite as extreme as it might seem at first glance. He explains that, although the materials are different and tolerances are much less demanding, many of the same manufacturing concepts still apply. He approaches this project of toy building with the same determination that drove him throughout his very successful career.

Vanderhorst is a volunteer with Toys for God’s Kids, a non-profit based in Denver. Volunteers from across the country create simple see **Toys**, page 2

**Toys** *continued from page 1*

wooden cars that are given to underprivileged kids throughout the world by a variety of non-profit agencies, non-governmental organizations, and even members of the US armed forces.

These toys, prominently stamped "USA," bring smiles to the many kids who receive them.

But unlike the typical volunteer who crafts perhaps a dozen toys at a time, Vanderhorst's



Ed Vanderhorst demonstrates his pantograph.

background in precision machining and large production has him set on a goal of possibly doubling the current total annual output of toy cars for the entire non-profit organization. In his well equipped machine shop at his King's Deer home, Vanderhorst spends hours designing tools, jigs and innovative machines that will create the little wooden cars with unparalleled precision in rapid succession. For weeks he has been designing and refining prototype machines to get the finest possible product produced with the most efficient process. He explains, "When tools are idle, productive time is wasted that could have been creating more toys." Thus, he focuses on each phase of the multi-step manufacturing process to figure out how to develop a more efficient product flow through the

entire manufacturing process.

As an example of his efforts, he proudly displays a pantograph he designed and built. The pantograph transforms a rough-cut block of wood into a fine, flawless finished car in under a minute, eliminating about 15 minutes of very tedious hand finishing.

When asked of his anticipated production run, Vanderhorst smiles and says, "tens of thousands." This is why efficiency of production is so important to him. But equally important to his plans is acquiring an ample supply of lumber. He has been able to get some donations of scrap lumber from a local staircase manufacturer. Scrap hardwoods from flooring and cabinet makers is also needed. The sheer size of his planned production run will require many volunteers to help in a variety of tasks, from sorting scrap lumber, to gluing wheels on axles, to wood burning each car with "USA" and packaging the finished product for delivery. Finding volunteers to help with this project might be the biggest challenge of all.



If you are interested in helping support this ambitious project, either through donating materials or donating time, please contact the *Senior Beat* by phone at 464-6873 or by email at SeniorBeat@TriLakesSeniors.org and we'll pass your information on to him.

Learn out more about the Toys for God's Kids at their website, [www.toysforgodskids.com](http://www.toysforgodskids.com).

**July Reasons To Celebrate!**

- 1 is Int'l Chicken Wing Day; Second Half of the Year Day; Zip Code Day; Creative Ice Cream Flavors Day; Int'l Joke Day
- 2 is Made In The USA Day; I Forgot Day; World UFO Day
- 3 is Stay Out of the Sun Day; Dog Days Begin; Disobedience Day
- 4 is Independence Day; Tom Sawyer Fence Painting Day; National Country Music Day; Sidewalk Egg Frying Day
- 5 is Bikini Day; Graham Cracker Day; Workaholics Day
- 6 is World Kiss Day; Take Your Webmaster to Lunch Day; National Fried Chicken Day
- 7 is Chocolate Day; Int'l Cherry Pit Spitting Day; Tell the Truth Day; Father-Daughter Take A Walk Together Day
- 8 is Don't Put All Your Eggs In One Omelet Day; Video Games Day
- 9 is International Town Criers Day; National Sugar Cookie Day;
- 10 is Teddy Bears' Picnic Day; Pina Colada Day
- 11 is World Population Day; Slurpee Day; Cheer Up the Lonely Day
- 12 is Paper Bag Day; National Pecan Pie Day
- 13 is Collector Car Appreciation Day; National French Fries Day
- 14 is Grange Day; Pandemonium Day
- 15 is Gummi Worm Day; National Ice Cream Day; National Tapioca Pudding Day; Respect Canada Day; Cow Appreciation Day
- 16 is Hug Your Kid Day; National Get Out of the Doghouse Day
- 17 is Yellow Pig Day; Wrong Way Corrigan Day; Peach Ice Cream Day
- 18 is Anti-Bigot Day; Chrysanthemum Day; Perfect Family Day; Sidewalk Frying Day; Railroad Day; National Caviar Day
- 19 is Get to Know Your Customers Day; Flinch Day
- 20 is National Lollipop Day; Chess Day; Ice Cream Soda Day
- 21 is National Hot Dog Day; Celebration of The Horse Day
- 22 is Spoonerism Day; Parents' Day; Rat Catchers Day (Pied Piper)
- 23 is Gorgeous Grandma Day; Hot Enough For Ya Day
- 24 is Tell An Old Joke Day; Cousins Day; National Drive-Thru Day
- 25 is Thread The Needle Day; Merry-Go-Round Day
- 26 is National Chili Dog Day; Aunt and Uncle Day; All or Nothing Day
- 27 is National Talk In An Elevator Day; Lumberjack Day, Take Your Houseplant For A Walk Day; National Korean War Veterans Armistice Day; System Administrator Appreciation Day
- 28 is National Day of the Cowboy; Buffalo Soldiers Day; National Milk Chocolate Day
- 29 is Lasagna Day; Rain Day; Buffalo Wings Day
- 30 is Father-In-Law Day; Paperback Book Day; Cheesecake Day
- 31 is Mutts Day; Shredded Wheat Day; Raspberry Cake Day



## Tri-Lakes HAP-py Feet Foot Care Clinic

**Second Wednesday of each month** (by appointment only)  
\$25 per appointment (limited financial assistance available from Tri-Lakes HAP for qualifying applicants)

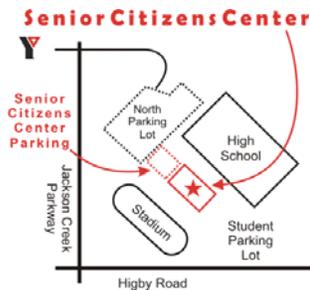
**SERVICES INCLUDE:**

- ✓ Thirty minutes with a registered nurse
- ✓ Callous and corn buffing
- ✓ Toenail clipping/trimming/filing
- ✓ Circulation check
- ✓ Monofilament test
- ✓ Skin condition check
- ✓ Pulse check in both feet
- ✓ Blood pressure check
- ✓ Foot care education

**For appointments**  
call Bob or Debbie at  
Visiting Nurse  
Association,  
Tuesday - Thursday  
9 AM - 4 PM  
719 577-4448

Foot Care Clinic is located in the Senior Citizens Center on Lewis-Palmer High School campus, across Jackson Creek Parkway from the YMCA.

Supported by Monument Hill Kiwanis



# Pikes Peak Library District Monument Branch Events

## Monumental Readers

Friday, July 20, 10 AM

All patrons are welcome and no registration is required at this monthly book club. This month's selection is State of Wonder, by Ann Patchett.

## Senior Synergy

Wednesdays, 10 AM

All seniors are welcome to share conversation and a cup of coffee in this casual discussion group.

## History Buffs

Wednesday, July 25, 1 PM

Every month this group picks a period of history and members read any book of their choice from that time period. Expect a lively discussion about the era.

## Life Circles

First and third Mondays, 10 AM

This supportive writing group provides discipline, inspiration, and structure during the process of writing one's memories or history.

## Socrates Café

Tuesdays, 1 – 3 PM

This adult group of about 15 – 30 participants discusses philosophy, religions, spirituality, and the common threads among humanity. Call 488-2370 for more information.

## AARP Mature Safe Driving Program

Saturday, July 21, 1 – 5 PM

A driver refresher course specially designed for motorists age 50 and older. Graduates may present their course completion certificate to their insurance agents for a discount. Charge for the four-hour course is \$12 for AARP members and \$14 for non-members. Class size is limited and registration is required.

## Ice Cream Social – Save the Date!

Saturday, August 4, 2:30 – 4 PM

Enjoy the flavors and fun of days gone by with free Rock House ice cream and music, at the Palmer Lake Village Green! All seniors are welcome. Families interested in attending are encouraged to bring an older adult to this nostalgic peek at traditional Americana. Made possible by the Tri-Lakes Friends of the Library.

## SPEAK English!

Mondays 7 PM

Join this informal conversation circle for adults who want to improve their skills and increase their comfort levels when speaking English. No registration required.



## HAP Blood Pressure Clinic

Thursday, July 19 1 PM – 3 PM

Monument Branch, Pikes Peak Library

A free blood pressure clinic for adults, operated by a nurse who will read and record your blood pressure.

## FLAG RETIREMENT CEREMONY

The Tri-Lakes American Legion Post 9-11 in Palmer Lake is accepting worn US flags for proper disposal. Drop off your American flag at the Post Home in the Depot Restaurant at Palmer Lake, any day.

The Post will conduct a proper retirement and disposal ceremony for all collected flags on Flag Day.

This service to the community is proudly provided by the Post at no cost.



## PALMER LAKE HISTORICAL SOCIETY

PRESENTS

### Eating Houses on the Colorado Midland Railroad

Sunday, July 19, 7 PM  
Palmer Lake Town Hall  
28 Valley Crescent, Palmer Lake

Before there were dining cars on the railroads, eating houses provided a quick meal to travelers. Hear Tom Van Wormer relate his research into dining for railroad passengers before the introduction of dining cars.

Selected stations on some big name railroads included Railway Dining Rooms to provide food for the passengers enroute. On the Colorado Midland, these facilities lasted from 1887 when the railroad opened until 1907 when dining cars were introduced.

Tom's presentation will include the implementation of Fred Harvey's 1876 approach to providing excellent food and rapid service to passengers. This approach was adopted by Colorado Springs' own railroad. For at least three years, the eating houses of the Colorado Midland were in fact "Harvey Houses."

This event is free and refreshments will be served after the presentation.

### Third Annual Palmer Lake Native American Inter- Tribal Festival and Traditional Powwow

Saturday, July 21, 10 AM – 5 PM  
Centennial Park, lakeside in Palmer Lake

Experience a celebration of Native history and culture including Native drums and dancers, Native art and artisans, a live wolf exhibit, and plenty of Native vendors and food

The event is a Traditional Powwow. **Drums by invitation only!** Learn about Native culture, the meaning and significance of the drums, and the different regalia worn by dancers as they demonstrate some of the various Native dances. Native artists and craftsmen will demonstrate their skills and exhibit their work, and there will be plenty of Native food, such as Navajo tacos and fry bread. **For dancers, there will be several "Specials" plus door prizes!**

This event is free and refreshments will be served after the presentation. The Grand Entry is at noon. For more information, call 719 559-0525 or visit Palmer Lake Historical Society on the Internet.

[www.PalmerDivideHistory.org](http://www.PalmerDivideHistory.org)

## FREE TRANSPORTATION FOR SENIOR CITIZENS

Transportation for Tri-Lakes and surrounding area seniors 60+ is provided free by the Mountain Community Transportation for Seniors (MCTS) program, funded by the Pikes Peak Area Agency on Aging. Donations are gratefully accepted.

- MCTS transports seniors to medical appointments in Colorado Springs Mondays through Thursdays.
- In the Tri-Lakes and surrounding areas transport is provided for any need, including YMCA, Senior Meals, Senior Center, groceries, appointments, etc.
- **To schedule a ride:** Call 488-0076. *Please schedule a week in advance*
- **Fourth Tuesday of the Month:** Village Inn for breakfast, then Walmart. Call Clara (488-0076) to schedule a pick-up. Passenger pickup begins 9:30 AM at your home.

**Interested volunteer drivers:** Call 488-0076 (mileage reimbursement provided).

## ***"Evacuate NOW!"*** Are you ready?

As wildfires ravage areas of Colorado, and we hear and watch families having to evacuate with little or no notice, most of us give at least a little thought to, "What would I do and take when faced with a similar situation."

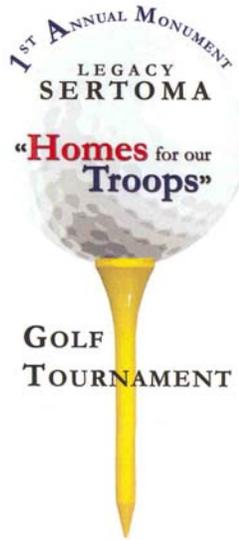
"Grab those prescription drugs," is one of the frequently heard answers at the top of the list of essentials.

If you want help on developing an evacuation plan, visit [www.ready.gov](http://www.ready.gov) where you will find several resources to help you. Once there, select "Build A Kit" to see an extensive list of items to consider which may be applicable to your particular situation. The season, whether winter or summer, will also affect the decisions on what to take. Also consider a circumstance in which an evacuation might have to occur while family members are separated. These and other important considerations are covered at the website. Don't wait until it is time to evacuate to start planning. Plan ahead; be ready!

## Golf To Support The Troops

Legacy Sertoma hosts its First Annual Monument "Homes for our Troops" golf tournament on Wednesday, July 11, at Monument Hill Country Club. All proceeds go to Homes for Our Troops, a charity that builds specially adapted homes for severely injured veterans.

Advanced registration by July 3rd is encouraged. Registration forms are available in many of the local merchants, coffee houses, banks, etc. Or request a form by email from [legacysertoma@comcast.net](mailto:legacysertoma@comcast.net). Registration on the day of the tournament is at 6:30. Tournament fees are \$90 for individual registration or \$320 for a registered 4-some (\$80 per person). Payment by check is requested at time of registration. *Limited to the first 144 entries.*



## WIA Seniors Benefit From WPS

The Woodmoor Public Safety (WPS) is offering a new service to the residents of Woodmoor called Welfare Checks. WPS can coordinate with owners or family members to check the welfare of elderly or special needs residents as often as deemed necessary. This can be a simple phone call or a personal visit from a WPS officer. We can, optionally, hold a key to the residence in case we get a no response at the phone or the door or we need to gain access in an emergency situation. We can ensure that the person needing special care is added to our database for special instructions in case of an emergency or evacuation in the area.

Example: in the event of a wildfire WPS and the El Paso Sheriff's Office (ESPO) would have notes of people requiring assistance, such as being confined to a wheelchair, and we would respond to help the resident be moved from the house to a safe evacuation point, where transportation by Mountain Community Transportation for Seniors (MCTS) could be arranged. In extreme or emergency situations we may be able to help with picking up and delivering medications or help arrange for a volunteer to do it. We would hold information for immediate family or an emergency contact if needed. If you would like more information about this service for you or a family member please contact Chief Kevin Nielsen at 488-3600.

[www.TriLakesSeniors.org](http://www.TriLakesSeniors.org)

## Monument Homemakers

Meets the first Thursday of each month at Tri-Lakes Fire Dept Administration building, 166 Second St., Monument. Arrive by 11:30; meals served at noon.

Bring a food dish to pass and your own dinner service and flatware. A short business meeting and program follow lunch.

Thursday, July 5 is a picnic in the pavilion at Dirty Woman Creek Park (304 Mitchell Avenue). If raining, go to 166 Second Street.

17250 Jackson Creek Parkway  
Monument

Senior Coffee Social

July at the



Every Tuesday 9:30-11:30 AM

Cardio Circuit

Monday and Wednesday 1 PM

Tuesday and Thursdays 8:30 AM

Muscle, Strength, and Range of Motion

Tuesday and Thursday 9:30 AM

*YMCA membership is not required for these activities.*

## Local Businesses Offering Senior Discounts

Rosie's Diner—10% discount

Chili's—10% discount

Village Inn—10% discount

Arby's—10% discount

Tri-Lakes Fitness Center

Carnival Cat & Canine Care—15% discount on cats

Bright Meadow Dog Grooming

Tri-Lakes Disposal

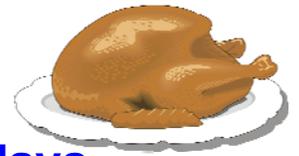
Christian Brothers Automotive

*If you know of any local business that should be added or removed from this list please call HAP at 464-6873 or send an email to [SeniorBeat@TriLakesSeniors.org](mailto:SeniorBeat@TriLakesSeniors.org).*

**Lunches are not served on D-38 snow days, snow-delay days, and legal holidays.**



# July Lunch Menu



## Mondays and Thursdays

Noon at 166 Second Street, Monument  
Tri-Lakes Monument Fire Protection District  
Administration Complex

*\$2 voluntary donation suggested*

**Monday, July 2** – Cabbage casserole, mashed potatoes, nut cup, bread, applesauce.

**Thursday, July 5**– **No seniors lunch served on the first Thursday of each month.**

**Monday, July 9** – Pepper steak, brown rice, carrots, nut cup, bread, orange juice.

**Thursday, July 12** – Pork chop, mashed potatoes with gravy, peas, roll, tomato juice, cookie. **Bingo follows lunch.**

**Monday, July 16** – Beef burgundy, mashed potatoes, lima beans, bread, apricots.

**Thursday, July 19** – Chicken cordon bleu, mashed potatoes with gravy, spinach, roll, pear, cookie. **Bingo follows lunch.**

**Monday, July 23** – Beef stew, navy beans, bread, orange, cookie.

**Thursday, July 26** – Roast beef with gravy, baby bakers, winter blend vegetables, roll, apple, cookie.

**Monday, July 30** – Baked cod, brown rice, brussels sprouts, yogurt, bread, apricots.

*Skim milk is served with every meal.*

*The Monday and Thursday luncheons are provided by the good folks at Golden Circle Nutrition Program as part of the Colorado Springs Housing Program.*

*Meals are transported to Monument by volunteers of the Kiwanis Club of Monument Hill and are served by volunteers of various local groups and individuals.*

*Many thanks to all these fine folks!*

## Blood Pressure Checkup

Weekly blood pressure checks are available every Thursday, 11:30 AM at the Tri-Lakes/ Monument Fire Department Administration Building, just prior to the Senior Luncheon.



## Wednesdays

Noon at 146 Jefferson Street, Monument  
School District 38 Admin Building, "Big Red"

*\$3 voluntary donation suggested*

**July 4** – **Closed. Independence Day holiday.**

**July 11** – Chicken Dijon, rice pilaf and salad.

**July 18** – Pork loin, roasted potatoes and applesauce.

**Free blood pressure screening.**

**July 25** – Tuna salad on croissant, chips and avocado.

*Rolls and butter served with each meal except sandwiches. Dessert included.*

*Meals at Big Red are prepared by Pinecrest Catering of Palmer Lake. Nikki McDonald, Executive Chef. 481-3307*



**WEDNESDAY LUNCHEONS ARE AN ACTIVITY OF TRI-LAKES HEALTH ADVOCACY PARTNERSHIP (HAP)**



855 Highway 105 • Palmer Lake • CO 80132

719-487-7469

**Weekly Seniors Bowling Mixer Every Tuesday at Noon**

*(No Weekly Commitment—Come when you can!)*

**\$1.50/game, 1 to 3 games/person**

**Get our daily lunch special for \$4.50/person**

**The Center is closed all D-38 snow days, snow-delay days, and legal holidays.**

# Senior Citizens Center

Located in the Lewis-Palmer High School modular building across from the YMCA, on Jackson Creek Parkway  
**Open Tuesday through Friday, 1 – 4 PM** or earlier to accommodate a scheduled activity.

## July Program Schedule

*Please check our web site, [www.TriLakesSeniors.org](http://www.TriLakesSeniors.org), for schedule updates.*

### Senior Center Open Tuesday through Friday

**Tuesdays Noon-4 Pinochle** hosted by Gerry

**Tuesdays 1:15-2:15 Line Dancing** hosted by Kay on the floating dance floor!

**3<sup>rd</sup> Tuesday 1-3 Ladies Tea** July theme:  
 Indoors Fourth of July picnic; wear something patriotic (red, white and blue). Sandwiches will be provided by Castle Rock Care Center. Please bring a side dish or dessert.



**Wednesday, July 4<sup>th</sup>.** Closed for Independence Day holiday.

**2<sup>nd</sup> Wednesday Foot Care Clinic** by appointment only.

**3<sup>rd</sup> Wednesday 1-3 Bingo** hosted by Curt



**Thursdays 1-4 Pinochle** hosted by Gerry

**Thursdays 1:15-2:15 Zumba** hosted by Kay  
 A fun workout with Latin and International music.

**2<sup>nd</sup> & 4<sup>th</sup> Thursday 1-4 Bridge** hosted by Joy

**Fridays 1-1:45 Tai Chi for Health** hosted by Maureen

**Fridays 1-4 National Mahjong** hosted by Jo Ann

**Fridays 1-4 Cribbage** no host

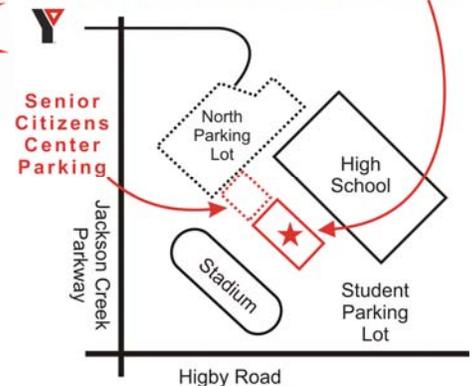
**Senior Center Phone Number**

You can reach the Center at (719) 757-1423. However there is no paid staff at the Senior Center. Calls, when answered, are answered by volunteers; please be patient.

### Also available

- \* Cable programs on big screen TV
- \* Board games
- \* Lending library
- \* PC w/Internet
- \* Refreshments
- \* Information table
- \* Relaxation

### Senior Citizens Center



**NEW** Treadmill!  
 The Senior Center has recently received a donated power treadmill. Stop by and check it out... after reading the operating instructions, of course.

IF YOU HAVE AN EVENT YOU WOULD LIKE TO SCHEDULE, EVEN IF OUTSIDE THE ADVERTISED OPERATING HOURS OF THE SENIOR CITIZENS CENTER, PLEASE CONTACT GERRY BY EMAIL ([PAPADUFFY@MSN.COM](mailto:PAPADUFFY@MSN.COM)) FOR SCHEDULING INFORMATION.

The Senior Center facility is made available to the community by the generosity of Lewis Palmer School District 38.



July 2012 **Senior Beat**  
c/o Tri-Lakes Health Advocacy Partnership  
P.O. Box 2931  
Monument, CO 80132

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*Senior Beat* is a free monthly newsletter provided by the Tri-Lakes Health Advocacy Partnership (HAP).  
To subscribe, call HAP at 464-6873 or send your name and mailing address by email to SeniorBeat@Comcast.net.



**HAP**  
**Thrift Store**

790 Hwy 105, Suite D; Palmer Lake  
**Open Monday-Saturday, 10-4**  
Check out the new inventory of  
**FINE FURNITURE**  
*plus*  
*A wide variety of non-clothing items.*

Call 488-3495 to donate your garage sale leftovers. Donations are tax-deductable.

Have some free time and want to make new friends? Become a Thrift Store volunteer. Join a great group of folks who help the community. Call 488-3495 today!

Proceeds support Tri-Lakes HAP Senior Programs.



## Thrift Store

Every Wednesday is Senior Discount Day in the HAP Thrift Store. **Everything in the store is 20% off to everyone 62 and older.**

Check out the very fine wood furniture, including a wonderful platform bed set, dressers, a very comfortable blue and white upholstered sofa, and more!

## Tri-Lakes Blood Drive

**Tuesday  
July 17**

**3 to 7 PM**

at Tri-Lakes Cares  
235 Jefferson St.  
Monument. *No appointment necessary.*

