

Primetime



"A Mission in our Midst" March, 2018 Newsletter

He shall come down like rain upon the mown grass - as showers that water the earth. —Psalm 72:6

Are you getting tired of hibernating? Are all your cupboards cleaned out and organized? Time to venture out and see your friends!

That cold weather didn't stop some of us from going to Signature of Solon in January for a cooking demonstration from their outgoing and talented Chef Alex! For once, we didn't want any dessert. We wolfed down a delicious chicken marsala, the best ever risotto and my husband's favorite, Brussels sprouts. It was a meal we will dream about for a long, long time! Also, in January, we had a very good turn-out for our luncheon. I think our entertainer, Greg Piscura, might have had something to do with that. He poured on the charm as he sang so many of our favorite songs.

Our trip in February to Orchid Mania at the Cleveland Botanical Gardens reminded us what it is going to look and feel like this summer. There were more than a thousand orchids in every shape, size, scent and color. We even sniffed one that smelled like chocolate! Along with the orchids, we got to see many butterflies, birds and a chameleon. One of his eyes could look backward and the other eye could look forward at the same time!

A reminder about the Noah's Ark trip coming up – it is open to everyone. It will be a lot of fun and I hope you can come! Check out the details on page 4.

A few changes in our Primetime Committee – Linnea Rostek has taken on the role of writing our care notes and Sue Mansour is going to help out with our trips. Thank you so much ladies! I am so appreciative of the Primetime Committee for the amazing job they do.

No. More. Hibernating.

Let's get moving and have some fun,
Dolly Herschel, Primetime Coordinator



Mary Lou Riegel & Harriett Rogers sniffing the orchid that smelled like chocolate.

Federated Forum

Monday, March 12 | Fellowship Hall
1:30 pm Refreshments; 2:00 pm Program

"Importance of Trees"

**presented by Terry Rounds and Ed Wells of the
Chagrin Falls Shade Tree Commission**

Terry, after service in the United States Navy, was an elementary school teacher for more than 30 years in the Cleveland Heights-University Heights City

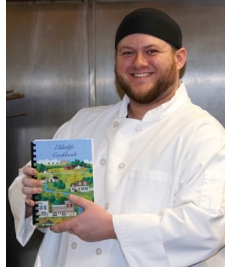
Schools. Terry promoted curriculum innovation and has always had an interest in science and the natural world. Since retirement, Terry has been a volunteer with the Cleveland Food Bank and in the Chagrin Falls Shade Tree Commission.

Ed has always had an interest in science and taught for 32 years at Cleveland Municipal Schools and Cleveland Heights-University Heights City Schools. Now retired, he works part-time and volunteers on the Chagrin Falls Shade Tree Commission.

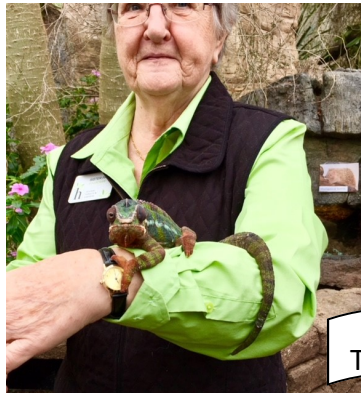
Primetime Photo Gallery



January Luncheon



Cooking Demonstration at Signature of Solon



Trip to Botanical Gardens



February Federated Forum



Cranberry juice has been used as a home remedy for preventing or treating urinary tract infections (UTIs), despite scant evidence to support effectiveness. It has been theorized that cranberry is antiseptic because it acidifies the urine, and also contains proanthocyanidins, which are reported to prevent *E. coli* (a common cause of UTIs) from adhering to the urinary tract lining.

A recent study of the effects of cranberry in elderly women living in nursing homes (a population prone to UTIs) found no difference in the number of symptomatic UTIs or in antibiotic use for suspected UTIs. Thus, there is now convincing evidence that cranberry products should not be recommended for prevention of UTIs.



Primetime Luncheon

Thursday, March 22
12:30 pm (doors open at 12 pm)
Family Life Center

Entertainment by: Lisa Bell Benedetto, pianist, and Diane Julin Menges, soprano.

Sponsored by Hamlet at Chagrin Falls. Kelly Mason, the Leasing Counselor, will say a few words about their retirement program.

Lisa began piano lessons at age five and continued her musical studies at The University of Southern California, graduating in music composition. She spent a summer at the world-renowned Aspen Music Festival and performed regularly for 15 years at the top hotels and restaurants in Los Angeles.

Diane has been featured in such works as Haydn's *Creation* and Mendelssohn's *Elijah* under the baton of Robert Page, in Mozart's *Exsultate Jubilate*, *Requiem*, and Vaughan Williams' *Serenade to Music* for PAND, and Joseph Canteloube's *Chants d'Auvergne* with the Heights Chamber Orchestra.

Menu: 1/2 wrap with grilled chicken, spinach, bacon and cheddar, cup of Italian wedding soup, cookie

Cost: \$10 at the door

Reservations due by Friday, March 16: Call 440.247.6490. After that date, names will go on a waiting list. If you need to cancel, please do so by March 16.

Those who cancel after the deadline will still be responsible for the cost of the meal. Hamlet residents: let Hamlet know if you want to ride the van to this event & mention it when you RSVP.

Save the Date — Upcoming Trips:

April 11—Visit the Museum of Divine Statues, lunch and stop at The Salvage Yard Resale Shoppe & Unique Boutiques

Watch for more information and sign-up details in upcoming newsletters!



Recognition of those Primetime members who have passed away in the last month.

*A farewell to friends;
May God welcome
them with open arms.*

Jerry Janosek
Chuck King III



Noah's Ark Encounter with Overnight in Covington, Kentucky

Saturday & Sunday, May 19-20

(Open to Primetime and the entire
Federated family!)

A word about the Ark trip:

I have heard that some people are unsure about the trip due to the religious views of the builder of the Ark, Ken Ham. Although I have no desire to accept any of his teachings, I think the Ark is a spectacular structure, and is well worth the trip. Barry and I went there last year and loved it. There was very little evidence of Ken's religious fanaticism.

The story of the Ark is a part of all Judeo-Christian history and is represented well. It is very interesting to see how it houses all the animals and allows for their feeding and care. You can see how Noah and his family lived and grew food during the time on board. It also depicts how fresh water is obtained and waste disposed of.

And please check out the other fun activities we will attend on the trip! See the ad below. We hope to see you on the trip!

- Kathie Biggin, Primetime Committee trips coordinator

While we do not see any extended rain in the forecast, at least for 40 days and 40 nights, we do know of a fellow named "Noah" who was spared from a flood by loading his family and many of the world's animals into an Ark that he built from instructions he had been given. Although no one has ever discovered the "original Ark," we will be seeing a new version, which was built in a similar fashion. The Ark is a massive wooden structure and the cost of building this vessel was considerably more than Noah spent, \$92 million.

It was built as described in the Book of Genesis using the original dimensions. The ark is 510 feet long, 50 feet tall and 85 feet wide. Unbelievably, it can house up to 10,000 people and is the largest wooden timber structure in the world. You will see how Noah and his family may have lived, as well as an "animatronic Noah" who will answer questions.



Basic Itinerary: Saturday, May 19

Coach arrives for boarding at 8:30 am at the Family Life Center.

Group departs at 9:00 am

Lunch stop (on your own) as we travel to the Cincinnati area

Visit MainStrasse Village in Covington – a unique shopping complex made up of a number of small shops. At the western end of the village, you will see the glockenspiel Carroll Chimes Bell Tower, named in honor of a former Governor of Kentucky

Check in for overnight at the Holiday Inn - Covington, Kentucky

Captain's Dinner Cruise aboard the BB Riverboat (board at 6:00 and cruise from 7:00–9:00 pm) – Take in the skyline, watch the river go by, and enjoy a fantastic meal

Sunday, May 20

Breakfast at the hotel

Noah's Ark Encounter (9:00 am–12:30 pm)

Lunch at Newport's Hofbrauhaus (1:45–3:00 pm) – fashioned after the 400-year-old establishment of the same name in Munich, Germany. (Please note: meal selections are on the sign-up sheet)

Depart for home

Rest stop en route

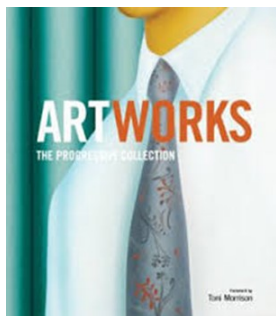
Arrive back at Family Life Center about 9:00 pm

Price is \$325 per person, based on double occupancy. 54 max passengers. Signup and full payment due by Thursday, April 19. Call 440.247.6490.

Progressive Insurance Art Collection

Tuesday, March 6 | 10:00 am

Many of you have heard about Progressive Insurance and their star "Flo" with the red hair on all their commercials. But I bet you didn't know that Progressive Insurance has one of the most extensive contemporary art collections in the corporate world. The Progressive Art Collection started in 1974 only intending to beautify their Cleveland Headquarters. But, by 1985, Progressive established the Corporate Art Department, with a full-time staff to find, organize and display art that would help the employees think creatively and to engage them in conversations and inspire them to learn and grow. Every year the collection adds around 200 artworks to their collection. Today, the collection includes more than 7,500 artworks displayed in over 300 of their offices countrywide.



After our tour we will go eat at Smokin' Q's BBQ and Beer House. This restaurant used to be Fisher's Tavern, the "oldest restaurant in Mayfield" that closed last year. Restaurateur Carl Qualgliata, who also owns Giovanni's Ristorante bought it last year.

If you love art – this trip is for you! Ok, if you love food – you will also like it!

When: Depart from Family Life Center at 10:00 am, return ~2:30 pm

Cost: \$10

Reservations: Payment by February 27
Call 440.247.6490

Meal: Smokin' Q's BBQ and Beer House
(On Your Own)



Easter Parade at the Cedar Lee Theater Tuesday, March 27 | 5:00 pm

Let's Parade down to Cleveland Heights to see an ole' time favorite movie from 1948, "Easter Parade!"

Fred Astaire and Judy Garland star in this classic movie musical featuring 17 songs by Irving Berlin. If you can't remember, it's about when a famous dancer Don Hewes' (Astaire) partner, Nadine Hale (Ann Miller) deserts him, he makes a bet that he can make any chorus girl into a star. The chorine he chooses—almost at random—is Hanna Brown (Garland). She starts out a talented nobody, but after singing and dancing her way with Hale through many of the best musical numbers ever filmed, she comes back the star of Easter Parade!



Before the movie, we'll dine at the restaurant Lopez, which offers excellent American Southwest Cuisine. (Dinner is on your own.)

When: Depart from Family Life Center at 5:00 pm, return 10:15 pm

Cost: \$16

Reservations: Payment by March 20 Call 440.247.6490

Meal: Lopez (On Your Own)



Trip to Garrettsville, Ohio Wednesday, April 4 | 11:00 am

We'll start with lunch at Cal's in Garrettsville. They have lots of good salads, sandwiches, burgers, and wraps.

Next we'll go to Monica Potter Home, where we will have coffee, tea, a light dessert, and time to shop and hear about the store.



We'll end at the J Leonard Gallery. Joe is a master carver and has many beautiful pieces on display worldwide, including carousel horses and other animals. He'll give a demo of his carving, along with a viewing of his gallery, including works from local artists.

Of course, shopping is available and encouraged at both places!

When: Depart from Family Life Center at 11:00 am, return ~4:30 pm

Cost: \$10

Reservations: Payment by March 28 Call 440.247.6490

Meal: Cal's (On Your Own)



Ongoing Primetime Offerings . . .

Spirit Walk & Roll—Monday through Friday, 8-9 am at the Family Life Center

Come when you can and leave when you must. Walk at your own pace. Bring a buddy if you wish. **Warm inside in the winter; cool inside in the summer!**

Pillows for Hospice—2nd Monday, 10 am at Bell St. Daily Bread Classroom



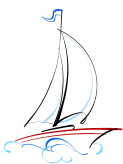
This group of women gather for chatting, laughing, coffee, oh and yes, very basic sewing for a very worthy cause. They create pillows that patients at Hospice of the Western Reserve use as they journey through the final season of life. The little neck pillows are used for comfort. For hygienic reasons, they are discarded after use so there is always a need for more. The fellowship often includes some yummy treats. All are welcome.

Primetime Bridge—1st and 3rd Tuesday, 12:30-3:30 pm at Bell St. Lounge



Players must sign up by 3:30 pm the Friday before! Sign ups after that time will be put on a sub list. Remember to call ASAP if you find you can no longer attend. Only 28 players can be seated at seven tables. If interested, please call Harriett Rogers at 440.247.5845 or Coline Kiehne at 440.248.8199.

Same Boat Girlfriends—Thursday, March 8, 6:00 pm



Same Boat friends is a social group for widowed women that meets each month. In March we will meet for dinner at **Hunan by the Falls in Chagrin**. Contact Jenny Evans by March 7 at 440.247.7101 or jenny8854@sbcglobal.net to RSVP. Also, please tell Jenny if you'll need a ride. Note: If leaving a message or sending an email, be sure to include your phone number so Jenny can contact you with any last minute updates. Hope you can join us!

Same Boat Friends—Wednesday, March 28, 5:15 pm



Same Boat friends is a social group for widowed men. This month, we will sail to **Mitchell's Fish Market**. We will carpool, so plan to arrive at Federated Church by 5:15 pm. Call Don Hoke at 440.338.8219 by Monday, March 26. When you call, advise if you need a ride. All widowed men are welcome. Please join us for an evening of friendship and conversation.

Bowling—1st and 3rd Friday, 2-4 pm at Freeway Lanes in Solon



Join the Primetime crew for some bowling fun! We meet twice a month (three times on five-Friday months). All are welcome!

Tai Chi—The Movement of Life—Mondays, 10-11 am at Bell St.



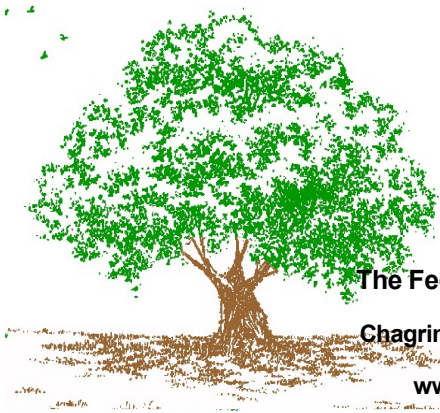
The Tai Chi program at Federated is unique in that it has been designed for practitioners over 55 years of age. While participating, the practitioner is engaged in the mental and physical discipline required. Balance is improved and muscles are strengthened. Join at any time. Sign up for an 8-week session for \$120 single or \$200 couple. For information regarding the instructor, Ed Niam, go to www.taichicleveland.com.



March 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
				8-9 am—Spirit Walk n' Roll — Family Life Center		
					2-4 pm primetimers go bowling in Solon	
4	5	6	7	8	9	10
	8-9 am—Spirit Walk n' Roll — Family Life Center gym					
9 am Worship, Bell St 11 am Worship, Bell St	10-11 am Tai Chi, Fellowship Hall	10 am Trip to Progressive Insurance HQ Art Tour, meet at FLC 12:30-3:15 pm Primetime Bridge, Lounge		6 pm Same Boat Girlfriends, meet at Hunan by the Falls		
11	12	13	14	15	16	17
	8-9 am—Spirit Walk n' Roll — Family Life Center gym					
9 am Worship, Bell St 11 am Worship, Bell St	10-11 am Tai Chi, Fellowship H. 10-11:30 am Pillows for Hospice, Daily Bread Room 1:30-3 pm Federated Forum, Fellowship Hall 3:15 pm Primetime Ministry Team Mtg				2-4 pm primetimers go bowling in Solon	
18	19	20	21	22	23	24
	8-9 am—Spirit Walk n' Roll — Family Life Center gym					
9 am Worship, Bell St 11 am Worship, Bell St	10-11 am Tai Chi, Fellowship Hall	12:30-3:30 pm Primetime Bridge, Lounge		12:00 pm Primetime Luncheon, Family Life Center		
25	26	27	28	29	30	31
	8-9 am—Spirit Walk n' Roll — Family Life Center gym					
Palm Sunday 9 am Worship, Bell St 11 am Worship, Bell St	10-11 am Tai Chi, Fellowship Hall	5 pm Trip to Cedar Lee Cinemas, meet at FLC	5:15 pm Same Boat Friends, carpool to Mitchell's Fish Market	8 pm Maundy Thursday Service	Good Friday	





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Primetime

Mission Statement

Primetime is a church-based organization providing spiritual growth, service to others, and education. This program provides opportunities for social involvement and gives people a sense of community and support. Federated Church sponsors this program to help enrich the lives of its members and the wider community.



March Birthdays

Kris Exline	2	Jackie Zahl	15
Diana Lindeman	5	Becky Bartter	18
Dick Masters	5	Cathy Watterson	19
Janet Peters	5	Carol Foley	21
Barb Taggart	6	Susan Schreiner	22
Ilona Chambre-Telfer	7	Jack Hobbs	24
Jeff Kerekes	9	Abbie Lou Peterson	25
Nancy Nadratowski	10	Larry Trace	27
Margaret Aldrich	10	Jane Stewart	28
Ed Shields	12	Dave Larson	28
Donna Hogarth	12	Ralph Hegsted	28
Roger Ehle	13	Jeanne Tripp	30
		Joie Cody	30

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