

Primetime

"A Mission in our Midst"

October 2019

Newsletter



Give thanks to the LORD, for he is good. —Psalm 118

I guess it's that time to start thinking about the leaves changing colors, warm sweaters and football. Go Browns!

Remembering summer takes me back to our lunch at Pine Lake Trout Club in August where we filled up their cozy Cabin restaurant. It was a beautiful day and it was so nice to spend it with friends. Later in August we had our annual cruise on the Nautica Queen. Another beautiful day and we got to see a few of the planes practicing for the Air Show. We also had the most fun waiter who kept us laughing!

In September, we were captivated by Felicia Zavarella Stadelman's presentation on Dr. Seuss. Felicia takes about three to five years to put together a presentation because she thoroughly researches it. In her "Through the Eyes of the Artist" series, she can present lectures on over 33 artists and writers. A few interesting facts she shared about Dr. Seuss that perhaps you didn't know:

- Dr. Seuss' real name was Theodor Seuss Geisel.
- He wasn't a doctor. He used Dr. as part of his name because his father always wanted him to be a doctor.
- Dr. Seuss is credited as the first person to use the word "nerd." He used it in his book "If I Ran the Zoo" in 1950.
- He did not have any children of his own. His wife once said he was afraid of children.

What is your favorite Dr. Seuss book? The Cat in the Hat (1957), How the Grinch Stole Christmas (1957), or maybe Green Eggs and Ham (1960)? The book titled "Oh the Places You'll Go" was the last book he wrote, and it was published in January, 1990 before he died in 1991. It has sold over 12.5 million copies, and is Dr. Seuss' best-selling book of all time. This is perhaps because it is the perfect send-off for grads – from nursery school, high school, college and beyond!

Also, in September we went to Buckin' Ohio. Wow, was that fun! This is just an hour away at Creekbend Ranch. It is a family-owned business and the Thorsells made us feel like we were all VIP's!

Eileen Thorsell told us how the ranch came about while her son, Shawn, a true cowboy, brought out the two and three-year-old bulls while he was astride his beautiful horse. Her daughter Charis, serenaded us with country songs as we enjoyed our lunch. The bulls they raise are bred to buck and several are worth over \$100,000! We learned you can't put a rider on a bull until the bull is three-years-old. They have to trim the tips of the horns to the size of a half dollar – you can figure out why.

Last, but not least, please help support our Primetime program by coming to our fundraiser (page 3). It will be so much fun and there is reportedly wine involved! We will also have some great raffle prizes and great food. Hope to see you there!

Take Care,
Dolly Herschel;
Primetime Coordinator



Primetime Photo Gallery



Nautica Queen Cruise



Buckin' Ohio Trip



September Federated Forum



When the USP verified mark is present on the label of a dietary supplement, it signifies that the supplement has undergone extensive testing by the United States Pharmacopoeia (USP) to ensure that the supplement:

- Contains the ingredients specified on the label, in the declared potency and amounts.
- Does not contain harmful levels of specified contaminants, such as heavy metals, microbes, pesticides or other contaminants.
- Will break down and release into the body within a specified amount of time.
- Has been made according to FDA current Good Manufacturing Practices using sanitary and well controlled procedures.



Before placing the USP verified seal on their products, supplement manufacturers must undergo an inspection of their manufacturing facilities; undergo review of their manufacturing and quality control processes and documentation; have their supplements tested against the USP and National Formulary compendia standards; and have actual supplements purchased off-the-shelf by USP tested against the USP and National Formulary standards on an ongoing basis.

The Dietary Supplement Health and Education Act of 1994 (DSHEA) provided additional guidelines for the labelling of dietary supplements. Dietary supplements manufacturers may make structure/function claims (i.e., calcium builds strong bones), general well-being claims (i.e., boosts energy) and nutritional claims (i.e., Vitamin C prevents scurvy). When manufacturers include one of these claims on their product labelling, they must also include a disclaimer that FDA has not evaluated the claim(s) and that the product is not intended to “diagnose, treat, cure, or prevent any disease.” By law, only FDA approved drugs may make claims regarding the diagnosis, treatment, cure, or prevention of disease.

Back by popular demand!

All Church Potluck

Sunday, October 13 | 5:00—7:00 pm
At Frohring Meadows
(16780 Savage Rd., Chagrin Falls)



Bring your own place setting and a favorite fall dish to share.
Cider will be provided—if anything else is desired you may bring it.

Save the Date!

Day trip to
Ahuja Art Tour
Wednesday, November 6

Primetime Federated Forum

Bell St. Fellowship Hall

Monday, October 14

Gather at 1:30, Presentation at 2:00 pm

Presenters: Lori Muller-Zaim and Susann Sloan from the Fireside Book Shop in Chagrin Falls

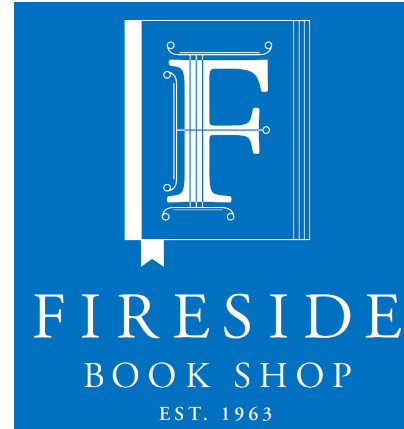
Subject: "Books that Changed the World"

We are excited to have a presentation from one of our most cherished Chagrin Falls shops, the Fireside Book Shop. One of the owners, Lori Muller-Zaim, and her associate, Susann Sloan, will be discussing books that "changed the world." We will also be introduced to some of the current bestsellers.

They will address the "next generation" and what the young people of today are reading. We may be surprised at what schools are actually choosing as required reading.

Of special interest for history buffs, they will talk about the history of the shop and of the local Chagrin business area. The Fireside Book Shop has been in existence for 56 years and it remains a cornerstone of the local shopping district.

Join us for a stimulating program of special local interest!



Cleveland Pops Orchestra presents

The Texas Tenors

Friday, October 4 | 5:00 pm

The Texas Tenors are the most successful music group and third highest selling artist in the history of America's Got Talent! These classically-trained, versatile tenors have performed more than 1300 concerts around the world, and their concerts appeal to all ages. They are celebrating 10 years together by launching their "10th Anniversary Tour" for the 2019-2020 season.

Earlier this year, they were honored to be included among the top 50 acts in the world and the only vocal group from the United States invited to compete on NBC's primetime series America's Got Talent: The Champions. They return to Severance Hall with Broadway hits, American Songbook classics, and a little bit of country.

Prior to the concert, we will dine at Guarino's in Little Italy.



When: Depart from Family Life Center for Severance Hall at 5:00 pm. Return at 11:00 pm.

Cost: \$57.

Meal: Dinner at Guarino's in Little Italy—on your own.

Reservations: Call 440.247.6490. Payment due by Friday, September 27.





Mystery Trip!

Thursday, October 24 | 10:30 am

It's a secret, but it'll be fun! Maybe some beautiful fall scenery. Make sure you bring your wallets... there will be shopping! And a delicious lunch that's included!



When: Depart from Family Life Center at 10:30 am.
Return at 9:00 pm.

Meal: Lunch is included.

Cost: \$25.

Reservations: Call 440.247.6490.
Payment due by Friday, October 18.



Lunch Out: Blazin Bills

Tuesday, October 8

12:00—1:30 pm

This month, we will travel to Blazin Bills restaurant just east of La Due Reservoir on Route 422 in Geauga County. If we have a beautiful and warm autumn day we will enjoy their patio, or we'll eat indoors.

Where: Blazin Bills, 17800 Great Lakes Parkway

RSVP: Call 440.247.6490 by Tuesday, October 1.
When you call, indicate if you want to carpool from the Family Life Center.



Primetime Fundraiser: Let's Raise Some Fun—Blind Squirrel Winery in Bainbridge Wednesday, October 16 | 6:00-8:00 pm

Come and *wine* down with us as we enjoy a tasting of three of their most popular wines. We will have appetizers, chicken marsala, pizza, salad and cookies.

We will also have raffle prizes. Some of these prizes include: two tickets to *A Christmas Story* at Playhouse Square, limo and driver for four hours, \$100 toward a class at Valley Art Center, gift cards from Yours Truly and Heinen's, and a glass cross from Be Gallery.

Bill and Cookie Delgado own the winery and they bought the property at a sheriff's sale in 2015. Bill will tell us about how their love for wine brought about the Blind Squirrel Winery and all they had to go through to get it up and running. Through local winemakers and educators at Kent State and Ohio State Universities, they learned about wine making. Now, that they are wine educated, Bill, a retired teacher is going to test our wine knowledge through some wine trivia questions, so get your thinking caps on!



This fundraiser will help Primetime continue our mission to provide enriching opportunities for social involvement and a sense of community in our congregation and beyond.

Where: Blind Squirrel Winery, 7918 Pettibone Road, Bainbridge

Cost: \$55. Includes dinner and wine tasting. Make checks payable to Federated Church.

Reservations: Call 440.247.6490. Payment due by Monday, October 7.



Ongoing Primetime Offerings

Spirit Walk & Roll—Temporarily Cancelled

We are currently consolidating custodial resources and temporarily moving many of our meetings and events over to Bell St. Stay tuned to future editions of Primetime for Spirit Walk & Roll to return.

Pillows for Hospice—2nd Monday, 10 am in Bell St. Small Meeting Room

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, 3rd (and 5th) Tuesday, 12:30-3:30 pm in 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—

Same Boat Girlfriends is a social group for widowed women that meets each month. For information on our October outing, and to RSVP, contact Jenny Evans at 440.364.3323 or jenny8854@sbcglobal.net. Also, please tell Jenny if you'll need a ride. Note: 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, October 30, 5:15 pm

"Same Boat" friends is a social group for widowed men. In October, we will go to Chicago Deli in Solon. We will carpool, so plan to arrive at Federated Church by 5:15 pm. To RSVP, call Don Hoke at 440.338.8219 by Monday, October 28. All widowed men are welcome. When you call, advise if you need a ride.

Bowling—1st, 3rd (and 5th) Thursday, 2-4 pm at The Rollhouse in Solon

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

Chair Pilates—Thursday 10:30-11:30 am in Bell St. Fellowship Hall

Join us for gentle and mindful exercise to strengthen your arms, legs and core muscles, stretch your legs, shoulders and arms, and improve your standing balance and walking ability as you age. Call Carol to register at 440.655.6257. \$60 for a six-week class, or \$10 per session. Walk-ins 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.

Mahjong—Fridays, 1 pm at Bell St. Lounge

We welcome you to join in a lively game of Mahjong. No prior knowledge needed. If you are interested... just show up! We will split up into groups of three or four to play. If you have a game, please bring it along. If you have questions, contact Ann-Marie Heston at amngh@icloud.com.



October 2019

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|--|--|--|--|---|---|-----|
| | | 1 <u>12:30-3:15 pm</u> Primetime Bridge, Lounge | 2 | 3 <u>10:30 am</u> Chair Pilates, Fellowship Hall <u>2-4 pm</u> Primetimers go bowling in Solon | 4 <u>1 pm</u> Mahjong, Lounge <u>5 pm</u> Trip to Severance Hall to see Texas Tenors, Meet at FLC | 5 |
| 6 <u>10 am</u> Traditional Worship, Bell St. <u>11:30 am</u> RISE to Shine Worship, Bell St. | 7 <u>10-11 am</u> Tai Chi, Fellowship Hall | 8 <u>12 pm</u> Lunch Out at Blazin' Bills | 9 | 10 <u>10:30 am</u> Chair Pilates, Fellowship Hall | 11 <u>1 pm</u> Mahjong, Lounge | 12 |
| 13 <u>10 am</u> Traditional Worship, Bell St. <u>11:30 am</u> RISE to Shine Worship, Bell St. <u>5:00 pm</u> All Church Potluck, Frohring Meadows. | 14 <u>10-11 am</u> Tai Chi, Fellowship Hall <u>10-11:30 am</u> Pillows for Hospice, Small Meeting Room <u>1:30-3 pm</u> Primetime Federated Forum, Fellowship Hall | 15 <u>12:30-3:15 pm</u> Primetime Bridge, Lounge | 16 <u>6:00 pm</u> Primetime Fundraiser, Blind Squirrel Winery | 17 <u>10:30 am</u> Chair Pilates, Fellowship Hall <u>2-4 pm</u> Primetimers go bowling in Solon | 18 <u>1 pm</u> Mahjong, Lounge | 19 |
| 20 <u>10 am</u> Traditional Worship, Bell St. <u>11:30 am</u> RISE to Shine Worship, Bell St. | 21 <u>10-11 am</u> Tai Chi, Fellowship Hall | 22 | 23 | 24 <u>10:30 am</u> Chair Pilates, Fellowship Hall <u>10:30 am</u> Mystery Trip, Meet at FLC | 25 <u>1 pm</u> Mahjong, Lounge | 26 |
| 27 <u>10 am</u> Traditional Worship, Bell St. <u>11:30 am</u> RISE to Shine Worship, Bell St. | 28 <u>10-11 am</u> Tai Chi, Fellowship Hall | 29 <u>12:30-3:15 pm</u> Primetime Bridge, Lounge | 30 <u>5:15 pm</u> Same Boat Friends, meet at Bell St. to carpool to Chicago Deli | 31 <u>10:30 am</u> Chair Pilates, Fellowship Hall <u>2-4 pm</u> Primetimers go bowling in Solon | | |





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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.



October Birthdays

| | | | |
|------------------|----|------------------|----|
| Tom Davis | 2 | Steve Morris | 20 |
| Harriett Rogers | 2 | Herk Exline | 20 |
| Arlene Abbott | 5 | Bill Zelazny | 22 |
| Ralph Kneale | 6 | Mary Hobbs | 23 |
| Bruce Bartter | 8 | Dave Watterson | 23 |
| Jane Davis | 9 | Kay Wellman | 25 |
| Karen Nadeau | 10 | Sally Harrold | 26 |
| Helen Edwards | 12 | Ann-Marie Heston | 27 |
| Sandy Wilsman | 12 | John Hall | 28 |
| Adele Cunningham | 16 | Bill Lineweaver | 30 |
| Ann Bullen | 17 | Lindy Bryson | 31 |

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