



SHEPHERD'S CENTER OF CHARLESTON, WV INC.

P.O. Box 4171

Charleston, WV 25364-4171

www.scocwv.org

SCOC is a Multi-Faith Coalition of Charleston Area Congregations in ministry with Senior Adults to encourage participation in current congregational activities through our Newsletter and to establish new activities and opportunities to do things as a group of congregations which we would have difficulty doing separately. We are adults age 55 and older taking responsibility for meeting the needs of other Senior Adults in our community.

MARCH 2023



Chairman's Message

by Trudy Oliver

March Through History

Best-selling author Michael Crichton (*Jurassic Park*, *The Andromeda Strain*) believed that "If you don't know history, then you don't know anything. You are a leaf that doesn't know it is part of a tree." Indeed, knowledge of the achievements and mistakes of others prepare us for handling similar situations in the future.

The month of March holds many famous and infamous events, with March 15th perhaps being the most infamous. It was on the Ides of March in 44 BC that Julius Caesar was assassinated in the Roman Senate, stabbed 23 times by his esteemed colleagues. Sixty of the 200 senators were involved in the attack, and those who tried to help Caesar were held back. At least we have not had such a heinous thing happen (yet) in the United States Senate. Oh, and the conspirators' plans literally backfired, as an angry crowd burned down the Senate, and Caesar's death precipitated the end of the Roman Republic.

Fast forward about 2,000 years, and we are now able to hear and see world events in real time on radio, television, and smart phones. Transparency began with the first presidential press conference, held

by Woodrow Wilson on March 15, 1913; decades later, the first internet domain was registered on March 15, 1985. Consider this, in regard to media buildup: In 1946--the first year of the Baby Boom generation--there were only 7,000 TVs sold in America; by 1969, there were 44 million, and we were broadcasting from the moon!

For all the gloom and doom of March 15 events—and there are many—let's turn to a little bit lighter fare, St. Patrick's Day. Although the patron saint of Ireland was kidnapped at the age of 16 and forced into slavery, he escaped some years later and returned to convert the pagan Irish to Christianity. By the time of his death on March 17, 461, he had established many churches, monasteries, and schools. Legend has it that he drove the snakes out of Ireland, but that is just part of lore, as snakes were not known to inhabit the region in the first place.

Leave it to us free-spirited, fun-loving Americans—emigrants to the United States—to turn St. Patrick's Day into a secular holiday with parades, "the wearing of the green," and corned beef and cabbage. Nonetheless, I leave you with this quote attributed to St. Patrick himself:

Be still and know that I am.

Be still and know. Be still. Be.



March 23, 2023

Shepherd's Center Luncheon

11:30 am Hot Lunch- Reservations Required
\$10.00 - One of Four Wendy's Salads - Parmesan Caesar, Apple Pecan, Southwest Avocado, or Taco.
Preferrably make reservations on or before **March 16** but we will be taking reservations til **Noon** on **Monday, March 20** by calling Jewell Haddad at 304-342-5996.

12:15 pm Program:

Terry Cunningham

The Joys, Humor and Concerns of Aging!

We will look at some of these things together as we share our knowledge and experiences with each other. Come and be prepared to laugh, enjoy and perhaps learn something new.



ECO-TIP



Nancy Struthers, Recycling Ambassador

GLASS Tips and Tales and Tidbits, Oh My!

“Glass was formed in nature before humans ever had a chance to manufacture it. Fulgurites (glass tubes) are created when lightning strikes sand. The earliest archaeological evidence of man-made glass objects dates about 5,000 years ago. In the first century CE, wealthy Romans used stained glass in their villas and palaces. In 1590, the first optical lenses for the telescope and microscope were invented in the Netherlands. Then, 1674, the English glassmaker George Ravenscroft produced a new glass called lead glass. This would be used by the optical industry. The first Glassmaking facility in America opened in 1608 at Jamestown, Virginia. Today, glass containers are common inexpensive products that are taken for granted. They are produced in huge quantities globally.” from *Make Garbage Great*

West Virginia is home to many outstanding glass factories. Although some have been forced to close because of economics and shortages of skilled glass workers, there are still many producing startingly beautiful objects. Recently I have become aware of extraordinary products made from recycled glass - jewelry, buttons, Xmas ornaments, and oil lamps in particular. All are made by amazingly gifted artisans here in West Virginia.

Uses for recycled glass are many: fiberglass insulation products; ceramic sanitary ware production; as a flux in brick manufacturing; AstroTurf; agriculture and landscape applications such as tope dressing, root zone material or golf bunkers sand; recycled glass countertops; as water filtration media; in arts and crafts; and abrasives.

While it is almost endlessly recyclable with no loss in quality, Americans still recycle only 31% of the glass we use!

WHY RECYCLE GLASS?

- Recycling glass benefits businesses as well as the environment as it reduces their carbon footprint and saves money by lowering emissions, the consumption of materials and the use of facilities.
- Glass doesn't decompose so while it's amazing for recycling it puts a huge strain on our landfills.
- Making glass from recycled material cuts related water pollution by 50%.
- Recycling just one glass jar saves enough electricity to light an 11-watt CFL bulb for 20 hours.
- More than 28 billion glass bottles and jars end up in landfills every year—that is the equivalent of filling up two Empire State Buildings every three weeks.
- More than one ton of natural resources are saved for every ton of glass recycled.
- Glass recycling is a closed-loop system, creating no additional waste or by-products.

LOCAL GLASS RECYCLING

For several years, Kanawha County has been bereft of viable ways for recycling our glass waste. Lately, though, a new option has been established. Glass Smash L.L.C. , a cooperative association that recycles glass was started by local resident Christy Brown. The glass is collected, crushed into sand, then filtered into different grades. According to Brown , once crushed, 160 glass beer bottles or 60 wine bottles produce enough sand to fill one 5-gallon bucket.

For more information or to participate in the program, call 681-385-6821 Or visit www.glassmash.com.

REUSE

+ Bring used eyeglasses to the SCOC luncheons for reuse by the Lions Club. (It costs the Lions less than 8 cents to provide recycled eyeglasses to one person, to the recipient, it is priceless).

RECREATE RECYCLE RETHINK REDUCE REGUARD REUSE REJOICE



West Sattes Community Center
Nitro Senior Center
 304-721-8465

Monday through Friday

Puzzles, Pool, Exercise, WII Sports and Library
 9 am - 4pm – Exercise and Equipment Rm
 11:30 - 12:30 – Lunch

Every Monday

9:30 am Tai Chi Class (3rd Monday is at 5:30 pm)

Every Wednesday and Thursday

9 - 11 am Painting Class

One Wednesday a Month

Bingo - Call above number for exact date

Last Friday of the Month

11:30 am Birthday Celebration



St. Albans Hansford Center
 Director: Sommers Brightwell
 304-722-4621

Call Harold Gilmore for transportation needs.

Monday through Friday

Former Curves/Defining Women
 Exercise Equipment available in exercise room – free and open to public 7:30 am to 4 pm

Noon Lunch (Donations Accepted) *Non-Emergency Medical Transportation for seniors*

Every Monday

11 am - Bridge
 Marty Reynolds - 304-549-1776

Every Tuesday

10 am – Watercolor Discussion Group
 11 am – Bingo

Every Wednesday

11 am – Sing-a-Long

2nd Wednesday

5 pm – Committee for Dementia Friendly St. Albans

Last Wednesday of month

Birthday Table

Every Thursday

11 am – TBA - Game, Guest Speaker, or Guest Performer
 5pm – TOPS

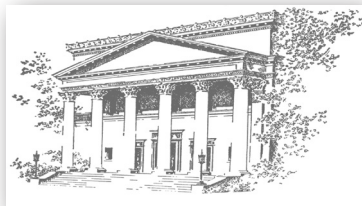
Every Friday

10:30 - Choir
 11 am – Bingo

Last Friday of the Month

Sing-a-long

Free Concert At First Presby



As a part of their 2023 Concert Series, First Presbyterian Church, Charleston will present

“Reflections on the Beatitudes,”
on Sunday, March 5, 2023 at 4:00pm
in the sanctuary of First Presbyterian.

Included on the program to be performed by Director of Music and Organist Jayson Keeton are Roberta Rowland-Raybold’s suite of organ reflections on the Beatitudes, Franz Liszt’s Organ Mass, and Josef Rheinberger’s Mass for Solo Voice, featuring soprano Lindsay Marchio.

Admission is free, with donations benefitting Pollen8, The FPC Hope Center, and the Appalachian Children’s Chorus Scholarship Fund.

This concert is the second in a nine-event concert series at First Presby. First Presbyterian Church is located at 16 Leon Sullivan Way, Charleston. 304-343-8961.



South Charleston Public Library
 304-744-6561

Every Friday

A room at the library will be reserved on Fridays from 1:00-5:00 pm for seniors to play card or board games.



Shepherd's Center of Charleston
www.scocvv.org
 John Fleek - 304-776-4048

Senior Friendly Bridge

We provide partners for singles or couples. Cost to play is \$3.00 which supports your Shepherd Center, hosting church, refreshments and prizes.

Every Monday

10:30 am - Village Chapel Presbyterian
 John Fleek – 304-776-4048
 Eleanor Byrnes – 681-217-1489

Every Thursday 12:00

Calvary Baptist
 Jeanann Leone 304-768-1863

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SCOC publishes this monthly Newsletter for senior adults that live within 20 miles of Charleston, including a combined June-July-August summer issue. **To request a paper subscription or email notification of website posting, email or phone our mailing contact per the above directory.**

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