



Comings & Goings

JULY & AUGUST 2016



HAVE A GREAT SUMMER!

July and August are here again and the Foundation is running "full steam ahead" with our summer schedule. The Big Benefit Auction, annual Foundation audit, staff vacations and regular daily work require so much time that unfortunately we have to take a hiatus from Silver Cougar Club events for these two months. We look forward to gearing up again for the fall and more good times with all of you. Please know that we will always make time to visit with you if you have any questions or concerns – just give us a call. Remember...the Great Bend campus is closed on Fridays from May 16 through August 5th. We are in the office Monday through Thursday, 7:30 a.m. – 5:00 p.m.



SILVER COUGAR CLUB PICNIC

Over 200 Silver Cougar Club members braved the threat of rain to attend the annual picnic on Monday, May 16. Great food catered by Great Western Dining added to the enjoyment and fun. The event concluded with a performance by the Prairie Timber Barbershop Quartet and the awarding of door prizes.



SILVER COUGAR CLUB PICNIC





to our Silver Cougar Club members who will celebrate another year in

July : *August*

Charlene Akers
 John Andress
 Doris Berkley
 Lila Berschauer
 Don Blythe
 Darlene Boley
 Billie Bonomo
 John Boor
 Reta Brack
 Leonard Bunselmeyer
 Jim DeLong
 Sharon East
 Marlene Ernsting
 Neva Fenwick
 Cynthia Gunn
 Angela Hammeke
 Don Hanhardt
 Sheila K. Hein
 Virginia Karlin
 Eileen Keenan

Luther Keil
 Janis Kelley
 Wilma Kirby
 Charles Malone
 June McGreevy
 Dale Oliver
 Julie Phillips
 Regina Rose
 Dan Sanneman
 Bonnie Sarff
 John Schreiber
 Kathy Schugart
 Dale Shaner
 Darwin Siefkes
 John Smith
 Joleen Tammen
 Patricia Trapp
 Joleen Tustin
 Rosalie Urban



Lynette Blakeslee
 Grady Bolding
 Dolores Borgstadter
 Howard Bosley
 Lois Brichacek
 Judith Burnette
 Ronald Daniels
 Dixie Divis
 Leona Duft
 Leon Dunn
 Bill Duryee
 Robert Feldt
 Nancy Gale
 Donna Gales
 Doris Goad
 Irv Gotsche
 Delores Grose
 Marty Hanhardt
 Gerald Kaiser
 Kay Kelly
 Bill King
 Judith Kirkbride

Shirley-Ann Koochel
 Karen Kramp
 Carolyn Leigan
 Donna McCormick
 Vickie Mefford
 Karen Menzies
 Beth Meveres
 Patsy Mull
 Rose Murphy
 Donald E. Prescott
 Leonard Reed
 Roy Robl
 Laura Ann Schenkel
 Ed Schloctermeier
 Larry Schugart
 Ken Shaheen
 Daniel Simpson
 Mae Suppes
 Janice Walker
 Selma Webb
 Judith Werth
 Arleen Whittaker

WHAT'S COOKING?



Dill & Red Onion Salad Dressing

Ingredients:

- ¼ medium red onion, finely minced
- 1 clove garlic, finely minced
- 1 t. coconut sugar, raw sugar, or honey
- ¼ t. dried dill (fresh may be used if available)
- 4 T. olive oil
- 2 T. white vinegar
- sea salt & pepper, to taste

Directions:

Shake all ingredients together in a small mason jar. Refrigerate any left-overs.



Strawberry Lime Poppysseed Vinaigrette

Ingredients:

- ¼ C. chopped strawberries
- ¼ C. lime juice (approx. 2 limes)
- ¼ C. olive oil
- 1 T. honey
- salt & pepper, to taste
- 1 t. poppy seeds

Directions:

Combine all of the ingredients, except poppy seeds, in a mini-blender or Magic Bullet, and blend till pureed and emulsified. Stir in poppy seeds.



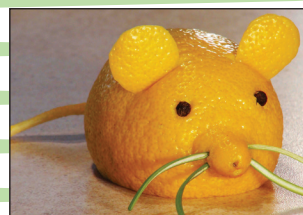
Creamy Italian Salad Dressing (Oil-Free)

Ingredients:

- 1½ C. cooked white beans (drain and rinse if using canned)
- ½ C. (to 1 C.) water
- 2-3 T. fresh squeezed lemon juice
- ½ t. garlic powder
- 2 t. dried parsley
- 1½ t. onion powder
- 1 t. dried oregano
- 1 t. sea salt (optional)

Directions:

Warm beans slightly then place in a blender or food processor. Pour in ½ C. water. Squeeze juice from lemon into a small dish, remove any seeds, then pour juice into dressing. Start with 2 T. of lemon juice and add one more tablespoon of juice if needed. Dump in the rest of the spices, then blend/process well. Scrap sides of container and add more water if necessary. Dressing should come out creamy and smooth. More water and spices can be added to suit your taste.





Severe Weather Word Search

S F B L I Z Z A R D N B A F F I J G V R
 G P X O L W R P T Y R B H C R B G I C P
 H P R Y T S I V R D N F A L E U I F B Y
 U X S E T T W V S E C O I O E B D I T N
 R U M T S H T E Z P C Y L U Z O Z S O O
 R O Y D V S U Y P Z S I K D E X E F R R
 I R F R M O U N P M W J P S R T X V N E
 C X F O E K U R D H C L A I I Z T V A A
 A G X U G D O F E E O L A B T M F Y D S
 N T A G P W E S L Q R O T L Z A G B O T
 E E J H X P X X I O K S N H M B T D L E
 A M Z T D O N Z Z A O B T W P A G I L R
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 U N V D S Z H C F X E V I R R U E A B N
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 D Z M H E A T W J G O V Q G O O E L D D
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 X Q L W H I L I G H T N I N G M Y C E R

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|------------------|---------------------|------------------|----------------------|
| ADVISORY | CLOUDS | FROSTBITE | MICROBURST |
| PRESSURE | CUMULONIMBUS | HAIL | NOR'EASTER |
| ALMANAC | FLOODING | HEAT | PRECIPITATION |
| BAROMETER | DROUGHT | HURRICANE | THUNDERSTORM |
| BLIZZARD | FREEZE | LIGHTNING | TORNADO |

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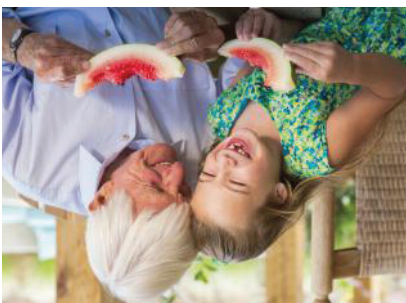


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**Silver Cougar Club
Comings & Goings Newsletter
July & August 2016**

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