

# ROCC HAPPENINGS

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We have had a wonderful and busy year! Gardening, cookouts, ice cream social, kayaking, packer parties, craft shows. We also had brunch, went to the movies, fish fries, and bowling, Super Bowl party and so much more!!

We continue to have great support groups with many different topics, with input from members.

**We welcome new members - stop by for support and coffee.**

Cheryl

A great sense of humor is  
important for your well-  
being!!!!



# Creative Cooking

## Greek Potatoes

### INGREDIENTS

- 8 large potatoes, peeled, cut into large wedges
- 4 garlic cloves, minced
- ½ cup olive oil
- 1 cup water
- 1 tablespoon dried oregano
- 1 large lemon, juiced
- salt
- black pepper

### DIRECTIONS

1. Preheat oven to 420° spray the baking pan with Pam
2. Put all the ingredients into a baking pan large enough to hold them.
3. Season generously with salt and black pepper.
4. Give everything a toss to distribute.
5. The garlic will drop into the water/oil solution but its flavor will permeate the potatoes, and this way, it won't burn.
6. Bake for 40 minutes.
7. When a nice golden-brown, stir, season lightly with a bit more salt and pepper and just a light sprinkling of oregano.
8. Add 1/2 cup more water if pan appears to be getting dry, and pop back into oven to brown other side of potatoes.
9. This will take about another 40 minutes.



## Buffalo Chicken Stuffed Shells

### INGREDIENTS

- 2 tablespoons olive oil
- ½ cup onion diced
- ¼ cup celery diced
- ¼ cup carrot diced
- 2 cups shredded cooked chicken,
- 1 ¼ cups buffalo, sauce
- ½ teaspoon salt
- ¼ teaspoon pepper
- 1 cup ricotta cheese
- ½ cup parmesan cheese, divided
- ½ cup blue cheese, divided
- 1 cup shredded mozzarella cheese, divided
- 1 large egg,
- 18 cooked jumbo pasta shells
- ¼ cup ranch dressing
- ¾ cup hot sauce
- 8 tablespoons butter, cut into pieces
- 1 tablespoon white wine vinegar
- ¼ teaspoon salt
- ⅛ teaspoon black pepper

### DIRECTIONS

1. Preheat oven to 400 degrees F. in a skillet over medium heat, cook onion, celery and carrot until vegetables are soft. Stir in shredded chicken, 1/4 cup buffalo sauce, salt and pepper.
  2. In a bowl, stir in ricotta cheese, 1/4 cup parmesan cheese, 1/4 cup blue cheese, 1/2 cup mozzarella cheese and egg. Fold in chicken and vegetable
  3. Lightly coat an 7x10 baking dish with olive oil. Spoon 1/4 cup buffalo sauce into the bottom of the dish. Fill shells with mixture Top evenly with 1/2 cup buffalo sauce, 1/4 cup parmesan cheese, 1/4 cup blue cheese and 1/2 cup mozzarella cheese. Bake for 25 minutes.
  4. Top shells with remaining buffalo sauce, drizzle of ranch
- To Make the Buffalo Sauce:**
5. Combine all ingredients in a small saucepan over medium high heat. Whisk until butter is completely melted.
  6. Makes 1 1/4 cup.

## AFFIRMATION CORNER

“Be a good Listener. Your ears will never get you in trouble.” Frank Tyger

“Happiness is not something you postpone for the future; it is something you design for the present.” Jim Rohn

“I can’t change the direction of the wind, but I can adjust my sails to always reach my destination.” Jimmy Dean

“We must let go of the life we have planned, so as to accept the one the one that is waiting for us.” Joseph Campbell

### Upcoming Events:

We have some exciting events coming up in the next few months. Remember to stop by to sign up for the upcoming events.

**January** We will also be having a game night on the 27. Time 4-10.

We will be going to a movie on the 30<sup>th</sup>, stop by ROCC and sign up.

**February:** Super Bowl party 4<sup>th</sup>. 5-10.

**March:** Bowling and fish fry on the 16<sup>th</sup>. 5-8

Easter Brunch 25 11-2, brunch served at 12



## Give Me a Giggle

A man got hit in the head with a can of 7up----he is alright though it was a soft drink---

Why do the French like to eat snails so much?---They don't like fast food---

Optimist: The glass is half full Pessimist: The glass is half empty—Mother: Why don't you use a coaster!

I forgot my cell phone when I went to the bathroom—we have 245 tiles---

When I look at chocolate, I hear two voices in my head.—The first one says; You need to eat that chocolate —The other voice goes: “ You heard. Eat the chocolate.--



### DONATIONS

We would to thank all the donations that we received toward ROCC's success.

Gollon Brothers for our Thanksgiving dinner and Skies for our turkey.

Donation made to make our beautiful garden was supplies by the following: The Busy Bees, Snowbelt, The Word and Portage County.

Food donated by the Salvation Army.

Both Woodland Church and Celebration Church for the use of their facility.

Portage County for fixing our stove.

Love it or hate it, “Star Wars: The Last Jedi” has proven divisive—and with that, it provides us with the opportunity to learn how to disagree well.

### **Hayden Royster**

#### **RELATED ARTICLE: Examining the Grand Themes of Family in ‘Star Wars’**

Wherever you fall on “The Last Jedi,” it’s undeniable that this latest installment in the saga has proven divisive. On one side, you’ve got those—including most film critics—who love the movie, calling it “simply stupendous” and “a new hope.” Overall, the film has garnered a Metacritic score of 86% and a Rotten Tomatoes score of 92%. On the other side, there are those—including many die-hard Star Wars fans—who hate the film, claiming that it’s too long, uneven and disgraces the legacy of George Lucas’ original trilogy. Some have gone as far as petitioning to erase “The Last Jedi” from the Star Wars canon and writing negative Rotten Tomatoes reviews to purposefully lower the audience score. Suffice to say, opinions are split.

So here we are, at another cultural standstill. Two groups. One side against the other. Both passionate, both stubborn, both assured of their rightness.

#### **Do you see a pattern here? We’ve been here before.**

This tribe clashes with that tribe, and we hardly ever meet in the middle for dialogue. We’re polarized and we stay that way.

Real listening takes effort. It takes shutting your mouth, turning off the *No, no, no* in your brain and opening yourself up to another perspective.

There’s a lot at play here, of course. Part of it is human nature. We’re binary creatures; our brains instinctively frame the world in terms of opposites—good and bad, black and white, up and down. So blame the hardwiring, but also blame technology. For one thing, the internet has only heightened our ability to become entrenched in our views. There are now more “triggering stimuli” to stoke our admiration or outrage, as psychologist M.J. Crockett notes.

By reading and sharing content that we fervently agree with, we can easily find ourselves at the center of an echo chamber, isolated from every view but our own. Plus, consider the fact that the digital age has completely transformed fandom. Creator and consumer are no longer at a distance; now, they’re both on Twitter, and consumer can tell creator *exactly* what he thinks about Porgs and that hyperspace scene (if you’ve seen it, you absolutely know which one).

Basically, I think there’s more to the furor over “The Last Jedi” than just fans being fans. I see it as symptomatic of something larger. And I’m not saying, “Don’t have an opinion about Episode VIII.” How could you not? If you saw it, you’ve got a stance. That’s a given. What I am saying, though, is this: with Star Wars, let’s try something different.

Right now, I don’t see very much evidence of civil discourse. There’s a lot of outrage to go around. But maybe, with Star Wars, we can give respectful dialogue a try. Maybe Star Wars can teach us how to disagree well.

Ultimately, listening keeps us compassionate, even when we disagree.

It starts with recognizing that our differing perspectives are rooted in the same thing: a love of galaxies far far away. There’s no one, on either side of this issue, who is lukewarm on Luke Skywalker. That’s why the response to “The Last Jedi” has been so impassioned. For those that disliked it, they feel like something fundamental was lost in the new film. And for those who adored it, they see the film as still honoring tradition while soaring to new, dazzling heights. Both responses stem from a deep love for Star Wars and what it represents. If we’re ever going to discuss this—or anything—without vitriol or ad hominem attacks, we need to start here.

#### **RELATED ARTICLE: ‘Justice League’—We Can Save the World Together**

Secondly, we would do well to heed the wisdom of a certain ancient text: “Be quick to listen, slow to speak and slow to become angry...” (James 1:19) How often do we actually do this? Or do we usually skim a little bit, listen to a sound byte, just to get the gist and then we respond in anger right away? The issue isn’t that we’re passionate about Star Wars (well, maybe that’s part of it). The problem is we’re *so passionate* that we prevent ourselves from hearing other points of view.

Real listening takes effort. It takes shutting your mouth, turning off the *No, no, no* in your brain and opening yourself up to another perspective. It means that you can’t just kind of half-listen while you think of the next thing you want to say. Listening is hard. But it’s necessary. Listening allows us, as Listen First Project founder Pearce Godwin argues, to “move beyond slander and seek common ground, each with a newfound appreciation and respect for the other side.” Ultimately, listening keeps us compassionate, even when we disagree.

**And we will disagree. That’s inevitable. About Star Wars, certainly, but about so many other, dare I say more important things. Politics. Religion. Gun reform. Immigration. Climate change. Evolution.** We may disagree on things that you or I can’t believe we’re actually disagreeing about. And the easy thing would be to run to our side, find those who agree with us and lob criticisms at the opposing side. But I think we’re better than that. Moreover, I think “The Last Jedi” could be our chance to prove it. Can we disagree about Star Wars, with charity toward all, seeking to listen first and respond respectfully later? I think we can.

I wouldn’t go so far as a holographic Princess Leia and claim that this is “our only hope.” It’s not. But it’s an opportunity, certainly. Let’s do ourselves a galactic-sized favor, and not waste it.



**ROCC POINT LUNCH AND ACTIVITY CALENDAR**

# January 2018

ROCC Point Hours:  
 Mondays 10:30-5:00  
 Tues-Fri 10:30-3:30  
 Saturdays 10:00-2:00

**ROCC Point**  
**2040 Jefferson St, Stevens Point, WI**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
	<b>1</b> CLOSED  HAPPY NEW YEAR!	<b>2</b> 12:00 Fish Sticks & French Fries  3:30 Men's Group	<b>3</b> CLOSED	<b>4</b> 12:00 Sandwiches  1:00 Support Group  Baking	<b>5</b> 12:00 Leftovers  1:00 Employment Group	<b>6</b> 11:00 Support Group
<b>7</b>	<b>8</b> 12:00 Sandwiches  1:00 Support Group	<b>9</b> 12:00 Taco Salad  3:30 Men's Group	<b>10</b> 12:00 Sandwiches  3:30 Women's Group	<b>11</b> 12:00 Sandwiches  1:00 Support Group  Baking	<b>12</b> 12:00 Leftovers  1:00 Employment Group	<b>13</b> 11:00 Support Group
<b>14</b>	<b>15</b> CLOSED  Martin Luther King Jr. Day	<b>16</b> 12:00 Roast & Potatoes  3:30 Men's Group	<b>17</b> 12:00 Sandwiches  3:30 Women's Group	<b>18</b> 12:00 Sandwiches  1:00 Support Group  Baking	<b>19</b> 12:00 Leftovers  1:00 Employment Group	<b>20</b> 11:00 Support Group
<b>21</b>	<b>22</b> 12:00 Sandwiches  1:00 Support Group	<b>23</b> 12:00 Sloppy Joes  3:30 Men's Group	<b>24</b> 12:00 Sandwiches  3:30 Women's Group	<b>25</b> 12:00 Sandwiches  1:00 Support Group  Baking	<b>26</b> 12:00 Leftovers  1:00 Employment Group	<b>27</b> 11:00 Support Group
<b>28</b>	<b>29</b> 12:00 Sandwiches  1:00 Support Group	<b>30</b> 12:00 Chicken Dinner  3:30 Men's Group  MOVIE NIGHT!!	<b>31</b> 12:00 Egg Salad Sandwiches  3:30 Support Group			

**STOP IN! MEMBERSHIP IS FREE!!**



For more information, call 715-344-4210