



# Off The Rocker Dispatch

**April 2025**



## Illinois Valley Senior Center

PO Box 462 / 520 E River St

Cave Junction, OR 97523

Phone: 541-592-6888

Email: [ivseniorcenter@gmail.com](mailto:ivseniorcenter@gmail.com)

New Website: [www.ivseniorcenter.org](http://www.ivseniorcenter.org)

## Senior Thrift Store

102 S Redwood Hwy

Cave Junction, OR 97523

Phone: 541-592-6630

## BOARD OF DIRECTORS

### Officers:

Doris Fowers - President

Judy Krouse -1st Vice President

Jean Shubert - 2nd Vice President

Donna Marie May - Secretary

Rhonda King - Treasurer

### Directors at Large:

Betty Jacobson, David Levison, India Moss,

Jim Shirley and Janice Sommers

**Parliamentarian:** Carol Caswell



**Regular Hours: 9:30am—4:00pm**

**Editor: Doris Fowers**

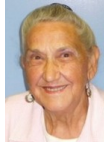
# 2023/25 Board Contact Information



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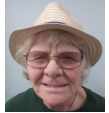
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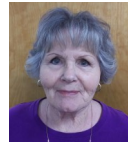
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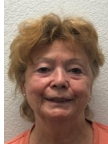
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Phone - 541-916-2825



**Janice Sommers, Director at Large**

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Phone - 541-659-2875

**Correspondence may also be sent to:** Illinois Valley Senior Center, P.O. Box 462; Cave Junction, OR 97523

## Business of the Board

Your Illinois Valley Senior Center (IVSC) Board held its regular meeting on Tuesday, March 18, 2025, at 1:30pm. After establishing a quorum, approving minutes, and reading correspondence—the Board:

- ◆ Approved the February 28, 2025 *Treasurer's Report* with \$208,460.51 total liquid assets, including a loss of \$458.12 in net monthly income. There were \$10,596.70 in gross receipts from the Thrift Store alone!
- ◆ Suspended Bingo effective March 31st due to not being able to meet Oregon Gaming Commission minimum income requirements.
- ◆ Approved increasing scholarship award dollar amounts for 2025.
- ◆ Approved donating \$500 to East River Street Gardens and providing them cardboard from the Thrift Store.
- ◆ Approved the Nominating Committee for the 2025 Elections and By-law changes.

**Complete meeting minutes are available in the IVSC office once approved (usually at the Board's next meeting).**

## From the Desk of the President . . .



I understand that the March concert was a big hit with the attendees! So, we may be doing more concerts in the near future. David Levison has been doing a great job of increasing participation at the events and I personally want to thank him for the work he does as Events Coordinator.

Unfortunately, we had to cancel Bingo at the end of March due to the lack of public participation. The Oregon Gaming Commission requires us to make a certain amount of profit and we just have not been able to meet their guidelines. I'm sorry that the Board had to make this difficult decision.

As always, please contact us if you are able to volunteer at either the Thrift Store (541-592-6630) or the IVSC (541-592-6888). We can always use your help!

*Doris Fowers, President*

## Scholarship Committee News

I would like to take this opportunity to thank the following members who have agreed to donate their time and join me on the Scholarship Committee:

Donna May, Jeannette Rogers, Tyrone Montgomery and Evelyn Goynes.

I am also pleased to let you know that the Board of Directors voted unanimously on Tuesday to increase the Scholarship amounts. This year we will be offering the following:

- 2 one-year scholarships of \$2000 each (\$4,000)
- 2 two-year scholarships of \$2000 each (\$8,000)
- 2 CTE (trade school) scholarships of \$3000 each (\$6,000)

The kids of this valley are our future and I am honored to head the Scholarship Committee this year and extremely grateful for your time.

*India Moss, Scholarship Committee Chairman*

## Who Came Up With That One?

Origins of Commonly Spoken Words, Phrases, and Sayings by Brownielocks & The 3 Bears

**“Double-cross”** Illiteracy was common in the old days and so when a person was asked to sign his name to a document, he would put an “X” or a cross and it was perfectly legal. Now, many times this was done under pressure and the party making the “X” had no intention of observing the terms of the contract. Oral lore stated that if a cross was doubled—one was written over the other one—then the second one voided out the first. The contract was then null. So a double-cross was often referred to someone who promised in word or writing, but changed their minds, or never even intended to obey the rules they agreed to.

# Volunteer of the Month Sally Yarbrough

*By Judy Krouse, 1st Vice President*

1st Vice President Judy Krouse presented the **IVSC Volunteer of the Month Recognition** to Sally Yarbrough at the March 18th Board Meeting.

Sally is a hard-working volunteer at the Thrift Store. She always stays busy and is our go-to person for stocking the top shelves with her long reach! She also has a great sense of humor.

The recognition includes a Certificate of Recognition, a lapel pin, and a \$100 check. **Thank you, Sally, for all you do for the IVSC!!**



## IVFD CHIPPER PROGRAM

Have a few limbs or a tree you are removing? Let us know and members of our team will bring out our chipper and chip them for you.

Please note that material to be chipped must be stacked in the same direction with the larger end all on the same end pointed toward the chipper area. The pile must be located on hard ground or near a roadway that will accommodate the chipper. Chips will be left on site.

To sign up for our services please visit our website at

<https://ivfire.com/defensible-space-services>

Leave your name, address, email address and a phone number so we can contact you and schedule an appointment.

For questions or more information please call: 541-592-3159 or 541-592-2225

Jean Schubert and Charlie Hickerson have become the heartbeat of our small town's volunteer community. Despite their own health challenges, they show up faithfully, pitching in on whatever needs doing while offering wisdom gained from lifetimes of experience. Their friendship, forged through years of working side by side, inspires us younger volunteers who marvel at their energy and unwavering commitment to making their corner of the world a better place. I know everyone at the IVSC is as grateful as I am to our "Magical Leprechauns" so I wanted to take this opportunity to say Thank You Jean and Charlie for all you do.

India Moss



Genius is 1% talent and 99% hard work. Albert Einstein

# ARE YOU INTERESTED IN JOINING THE BOARD?

It's that time of year again — election of officers and directors for the IVSC board. We are currently taking names for positions on the board. If elected, the position will begin on July 1st. Please contact one of the following people if you would like to be considered. We have several openings to fill!

Nominating Committee Chair Jeannette Rogers 541-415-1035

Janet Krogen 530-351-4128

Wendy Glasgow 541-592-3017

Teresa Hector 514-415-8857

Janice Sommers 541-659-2875

Feel free to also contact the IVSC at 541-592-6888 to leave your name at the front desk.

Thanks for your consideration!



## Bereavements

IVSC members send our thoughts and prayers to the families of the following members who recently passed:

- Sharon Seaburg
- Patrick Morgan
- Wanda Collins



Don't forget the **Blood Drive** on **April 17th from 11:00am to 4:00pm.**

When you come to give blood, platelets, or AB Elite plasma in April, you'll be automatically entered for a **chance to win a \$5,000 gift card.** There will be three lucky winners. Plus, when you come to **give April 1-13, you'll receive a \$15 Amazon.com Gift Card** by email. OR come to give **April 14-30, and you'll get an exclusive American Red Cross T-shirt,** while supplies last.

To sign up: <https://www.redcrossblood.org/give.html/drive-results?order=DATE&range=10&zipSponsor=97523>



## HOW TO KNOW YOU'RE GROWING OLD

- **Everything hurts, and what doesn't hurt, doesn't work.**
- **The gleam in your eye is from the sun hitting your bifocals.**
- **You feel like the night before, and you haven't been anywhere.**
- **Your little black book contains only names ending in MD.**
- **You get winded playing chess**
- **Your children begin to look middle aged.**
- **You finally reach the top of the ladder, and find it leaning against the wrong wall.**
- **You join a health cub and don't go.**
- **You begin to outlive enthusiasm.**
- **You decide to procrastinate, but then never get around to it.**
- **Your mind makes contracts your body can't meet.**
- **A dripping faucet causes an uncontrollable bladder urge.**
- **You know all the answers, but nobody asks you questions.**
- **You look forward to a dull evening.**
- **You walk with your head held high trying to get used to your bifocals.**
- **Your favorite part of the newspaper is 25 years ago today.**
- **You turn out the light for economic rather than romantic reasons.**
- **You sit in a rocking chair and can't make it go.**
- **Your knees buckle and your belt won't.**
- **You regret all those mistakes resisting temptation.**
- **You stop looking forward to your next birthday.**
- **After painting the town red, you have to take a long rest before applying the second coat.**
- **Dialing long distance wears you out.**
- **You're startled the first time you are addressed as "Old Timer."**
- **You remember today that yesterday was your wedding anniversary.**
- **You just can't understand people who are intolerant.**
- **The best part of your day is over when your alarm clock goes off.**
- **You burn the midnight oil after 9pm.**
- **Your back goes out more than you do.**
- **A fortune teller offers to read your face.**
- **You get exercise acting as a pallbearer for your friends who exercise.**
- **You have too much room in the house and not enough room in the medicine cabinet.**
- **You sink your teeth into a steak and they stay there.**





# April Birthdays



Joe Alexander	Joan Guilbert	Charles Marotz	Diane Ruehling
Bertha Bradt	Mary Guthriejones	Don McLennan	Dave Smith
Pat Brown	Dennis Haibeck	Debbie McMaster	Lary Smith
Greg Carmack	Mary Halvorsen	Pat Mersman	Dennis Standish
Ron Christianson	Wayne Halvorsen	Elizabeth Metcalf	Linda Starr
Linda Corey	Linda-May Houska	Mary Monares	Buck Steffens
Steve Corwin	Judy Hoyle	Gary Moore	Donna Sutton
Alice Day	Cathy Hughes	Kay Mowery	Ramona Taylor
Arlyse Deloyola	John Humphrey	Paul Murphy	Ewa Tetone
Rita Dyer	Gary Kemmer	Carolyn Nelson	Casey Thomas
Donald Easley	Randy Kent	Lynne Pettersen	Jose Luis Valle Solis
Patty Floate	Rhonda King	Lloyd Putney	Emily Vansant
Barbara Goodson	Sue Lily	Betty Robertson	Mae Beth Williams
Donald Graham	Rick Lopian	Bill Robertson	Juanita Wilson
Robert Grandbois	Delores MacCallum	Ray Rochelle	Flora Woodruff
	Cord MacGuire	Ronald Ross	Denise Zakerski

## New Members

Please welcome the following new members who joined this month:

Life Members:

**Holly Serrano**

**ManySmiles Wright**

Annual Members:

**Donna Byrd  
Colleen Foerster  
Caroline Harris  
Fred Jones  
Samantha Lucrezi  
Lynne Pettersen  
Anna Shartle**

**James Byrd  
Susan Gustafson  
Roderick Harris  
Jeanne Jones  
Sherida Middleton  
Anita Savio  
Melanie Tehan**

Invite your friends to come explore and join the IVSC as well!

**You know you're old when you start to notice your grandkids are going grey.**

# FREE HOME ENERGY ASSESSMENT

Save on your energy bill with valuable incentives towards energy-efficiency upgrades! The first step is scheduling a **FREE Home Energy Assessment!**



## HOW IT WORKS

- 1 Contact IVCanDO to see if you qualify for a free home energy assessment.
- 2 A home energy assessor will visit your home for a 30–60 minute walk-through to learn how effectively your home is using energy and identify areas for energy efficiency and comfort improvements.
- 3 IVCanDO will connect you to trusted contractors and help you navigate the process of installing recommended energy-saving home upgrades.
- 4 IVCanDO will access Energy Trust of Oregon cash incentives to significantly lower the cost of your upgrades.

### FIND OUT IF YOU ARE ELIGIBLE:

Contact IVCanDO at 541-592-4440 or [energy@ivcdo.org](mailto:energy@ivcdo.org) to schedule your FREE home energy assessment.



## THE SENILITY PRAYER

God grant me the senility

to forget the people  
I never liked anyway,

the good fortune to  
run into the ones I do,

and the eyesight  
to tell the difference.

# NOTICE OF ANNUAL MEETING

**This year we will be sending out ballots to elect new Board Members as well as propose By-law revisions. An Annual Meeting will be held on the second Tuesday in the month of June (June 10th) at 7:00pm with the election results. A quorum of 25 members is needed in order to make any motions, so please plan to attend, if at all possible. We will provide food and beverages to attendees.**



A decorative invitation for a Spring Potluck event. The background is light blue with a central white oval. The oval contains the text: "Illinois Valley Senior Center invites you", "SPRING POTLUCK", "APRIL 19, 2025 1PM", "Spiral Ham will be provided", "Door Prizes", "Sign up in person or call 541-592-6888", and "SEE YOU THERE!". The oval is surrounded by illustrations of white rabbits, orange carrots, and pink flowers.



Package Value  
over \$450

## Support the IVHS Alumni Scholarship Fund

April 12th Raffle

Weed Eater/  
Trimmer Package

- FS 91 R Trimmer
- Face shield/Hearing Protector
- Gloves
- Trimmer Line
- Oil Mix

**\$10 Ticket**



Tickets may be Purchased

Dave's Outdoor Power Equipment

Brought to you by:



**IVHS Alumni & Friends Org.**

# April 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Pine Needle Basket Class 11am-1pm Ladies Pool 1p-3p	2 F & F Lunch 11a-12p Transitional Yoga 9:35a-10:45a Ongoing Yoga Practice 11a-12:30p Beginning Yoga w/ Chair 1p-2p	3 Canasta 1p-4p Ladies Pool 1p-3p	4 Food & Friends Lunch 11a-12p Beginners' Tai Chi 12:30p-1:00p Qigong 1:00p-1:30p Regular Tai Chi	5 <b>Breakfast</b> 8a-11a 
6	7 Food & Friends Lunch 11a-12p Pinochle 1p-4p	8 <i>Library in use 11a-4p</i> Pine Needle Basket Class 11am-1pm Ladies Pool 1p-3p	9 F & F Lunch 11a-12p Transitional Yoga 9:35a-10:45a Ongoing Yoga Practice 11a-12:30p Beginning Yoga w/ Chair 1p-2p	10 Canasta 1p-4p Ladies Pool 1p-3p	11 Food & Friends Lunch 11a-12p Beginners' Tai Chi 12:30p-1:00p Qigong 1:00p-1:30p Regular Tai Chi 1:30p-2:00p	12 <b>RENTAL</b>
13	14 Quilting 10a-2p Food & Friends Lunch 11a-12p Pinochle 1p-4p	15 Pine Needle Basket Class 11am-1pm Ladies Pool 1p-3p <b>Board Meeting 1:30p</b>	16 F & F Lunch 11a-12p Transitional Yoga 9:35a-10:45a Ongoing Yoga Practice 11a-12:30p Beginning Yoga w/ Chair 1p-2p	17**  <b>Blood Drive</b> 11a-4p Canasta 1p-4p Ladies Pool 1p-3p	18 Food & Friends Lunch 11a-12p Beginners' Tai Chi 12:30p-1:00p Qigong 1:00p-1:30p Regular Tai Chi 1:30p-2:00p	19 <b>Spring / Easter Potluck</b> 1p 
20	21 Food & Friends Lunch 11a-12p Pinochle 1p-4p	22 Pine Needle Basket Class 11am-1pm Ladies Pool 1p-3p	23 F & F Lunch 11a-12p Transitional Yoga 9:35a-10:45a Ongoing Yoga Practice 11a-12:30p Beginning Yoga w/ Chair 1p-2p	24 Canasta 1p-4p Ladies Pool 1p-3p	25 Food & Friends Lunch 11a-12p Beginners' Tai Chi 12:30p-1:00p Qigong 1:00p-1:30p Regular Tai Chi 1:30p-2:00p	26 <b>CARPET CLEANING</b>
27	28 Quilting 10a-2p Food & Friends Lunch 11a-12p Pinochle 1p-4p	29 Pine Needle Basket Class 11am-1pm Ladies Pool 1p-3p	30 F & F Lunch 11a-12p Transitional Yoga 9:35a-10:45a Ongoing Yoga Practice 11a-12:30p Beginning Yoga w/ Chair 1p-2p			

**\*\*Newsletter submission cut-off (by noon) on Thursday after Board Meeting\*\***

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## Illinois Valley Thrift Store

102 S Redwood Hwy  
Cave Junction, OR 97523  
541-592-6630

Monday through Friday 10:00am—4:00pm  
Saturday 11:00am—3:00pm

**Donations accepted at back door!  
11:00am until 3:00pm**



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🏠 315 Caves Hwy Suite "C" Cave Junction

"Supporting the well-being of seniors & disabled in their homes"

**THIS SPOT COULD BE YOURS!  
CONTACT US IF YOU ARE  
INTERESTED .**

### Newsletter Advertisement Prices

Business card space — \$10.00/month

1/4 page — \$15.00 ● 1/2 page — \$30.00 ● Full page — \$60.00

(or 12 months for 10 months prepayment of all these options)

**Please help seniors support your business and call (541-592-6888) for info!**

## Country Breakfast

520 E. River Street  
Cave Junction, OR 97523

Hours 8:00am—11:00am  
First Saturday each Month

**All You Can Eat**  
**\$9 Adult/\$4 for 11 and Younger**

## Suggestion Box

**Did you know we have a Suggestion Box?** Share your ideas, tell us how we can improve things. No suggestion is too big or small!

The Suggestion Box is located between the office and kitchen doors.



## IVSC Member Notice

Did you know . . .  
**old glasses and hearing aids can be  
turned in to the IVSC?**

Mondays through Fridays  
9:30am until 4:00pm



The Post office will not forward this Newsletter.  
Please send us your updated information if you have moved or anything has changed! Email to: [ivseniorcenter@gmail.com](mailto:ivseniorcenter@gmail.com)  
Dues are \$20.00 per year or \$100.00 for lifetime.

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P.O. Box 462  
Cave Junction, OR 97523

April 2025