



# Off The Rocker Dispatch

**December 2024**



## Illinois Valley Senior Center

PO Box 462 / 520 E River St

Cave Junction, OR 97523

Phone: 541-592-6888

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

## 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**



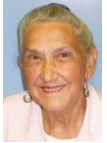
# 2023/25 Board Contact Information



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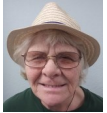
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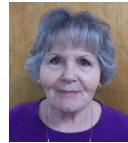
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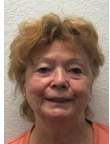
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**Correspondence may also be sent to:** Illinois Valley  
Senior Center, P.O. Box 462; Cave Junction, OR 97523

## Business of the Board

Your Illinois Valley Senior Center (IVSC) Board held its regular meeting on Tuesday, November 19, 2024, at 1:30pm. After establishing a quorum, approving minutes, and reading correspondence—the Board:

- ◆ Approved the October 31, 2024 *Treasurer's Report* with \$190,269.81 total liquid assets, including a loss of \$13,666.56 in net monthly income. There were \$17,054.83 in gross receipts from the Thrift Store alone!
- ◆ Approved increasing the Kitchen Box funds to \$150 in order to increase the amount of money in the coin changer.
- ◆ Approved upgrading QuickBooks for a yearly cost of \$491.00.
- ◆ Approved having a vendor raffle at the Holiday Bazaar to reimburse the cost of one table.
- ◆ Approved setting up a new webpage and paying \$100/year to IV Data to host it.
- ◆ Approved opening the Thrift Store on Saturdays between 11am and 3pm beginning January 2025.

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

# From the Desk of the President . . .



Believe it or not, 2024 is almost over! I can't comprehend how fast the year went and it's almost Christmas.

The Board had a busy meeting last month and I'm proud to say that our Directors are doing a great job of supporting the IVSC. Be sure to see page 2 for details.

Please see Jean Shubert's article about the Christmas Dinner to be held on December 25th. She also has an article about the Holiday Bazaar and Quilt Show. As of the time of writing this newsletter, we are preparing for the Thanksgiving Potluck, and I hope to see a great turnout.

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*

If I had an hour to solve a problem, I'd spend 55 minutes thinking about the problem and 5 minutes thinking about the solution.

Albert Einstein

Growing old is like climbing a mountain — you get a little out of breath, but the view is so much better.

When you're young, you think you know everything. When you get old, it all suddenly clicks — your neck, your back, your knees....

## Who Came Up With That One?

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

**“Blue Jeans”** Many years ago a heavy cloth was created in Janua (modernly known as Genoa today) and shortened to the term “jean.” In 1495, King Henry VIII of England bought 262 bolts because it didn't wear out quickly and was very prized. It remained its natural shade for years and years until one day a batch was dyed blue and turned over to tailors. For many years the pants made from this fabric was for men only. Only until women wearing pants became socially acceptable (around WWII?) and later in the 50s and 60s have jeans become a fashion garment for women as well as men. They are no longer worn for their durability, since today many blue jeans are promoted for being softer and even include spandex for stretch blue jeans.

# Volunteer of the Month Chris Granville

*By Rhonda King, Treasurer*

Treasurer and Thrift Store Principal Sales Coordinator, Rhonda King, presented the **IVSC Volunteer of the Month Recognition to Chris Granville** at the November 19th Board Meeting.

Chris has volunteered at the Thrift Store for many years and has worked hundreds of hours, and is always a great help there.

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



HIKING GROUP

It's that time of year again: the Hiking Group is taking a winter break. See you in the spring!



# Christmas Dinner

Yes, it's just around the corner – so plan to come join us on December 25th at 1:00pm for a pot-luck lunch/dinner and gift exchange for those of us who have no family close by to share the day. If you would like to exchange a gift, please bring one in the \$5 range along with a dish to serve 4 to 5 people. We always have fun and enjoy all the good food.

There is a sign-up sheet on the desk for information so you know what is being prepared, so we don't have half a dozen of the same thing, which we never do. This dinner is for members only and one guest. See you there, I hope!

Jean Shubert

It's paradoxical that the idea of living a long life appeals to everyone, but the idea of getting old doesn't appeal to anyone. Andy Rooney

# Oregon Drivers

Oregon drivers ranked worst for running red lights, refusing to yield to other drivers, and speeding in school zones, according to a recent study released Aug. 21 by Forbes Advisor.

According to a Forbes Advisor study which analyzed data from every state to determine which has the worst driving behaviors, they ranked Oregon among the top 10 worst U.S. states, ranking second for the worst driving behaviors. You can read more about this study here: <https://bit.ly/3BNyHoc>.

“Given that ranking, it shouldn’t be a surprise that Oregon ranks second for motorists causing car accidents, tied with Massachusetts, New Jersey and Alabama. In the survey, 2% of Oregon drivers fessed up to causing an accident in the past month,” Forbes Advisor said.

The outlet added, “Another black mark for Oregon motorists: 45% of drivers say they’ve speeded (less than 10 mph over the speed limit) in the past month.”

According to Forbes Advisor, speeding – less than 10 miles per hour over the speed limit – is the worst driving habit in the U.S., followed by eating while driving, speeding up to yellow lights, speeding 10-19 miles per hour over the limit, and texting while driving.

In addition, this comes as another Forbes Advisor study ranked Portland among the top 10 worst U.S. cities to drive in. You can read more about this study here: <https://bit.ly/3UbjpQA>.

One of the topics included in AARP’s Smart Driver course for seniors is a discussion of strategies for seniors to use in addressing situations created by unsafe drivers. You can download AARP’s complete schedule and calendar here: <http://gofile.me/4Phrd/oZ3yVzqP0>.



# Recent Events

*By Jean Shubert, 2nd Vice President*

The past few weeks have been a very busy time at the Senior Center, starting with the Valley Girls Quilt Show, which was well represented as usual, with an amazing array of quilts and an attendance of about 150. The Girls are known for their quilting creations and their culinary talents. You may not know, but they supply the delicious desserts for our burger lunch, which we really appreciate. My thanks to them and I look forward to next year.

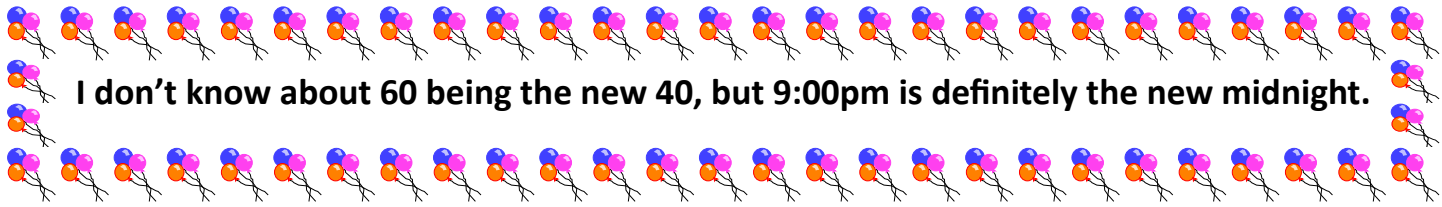
Following closely behind the Quilt Show was the annual Holiday Bazaar. Our attendance was down, as is most events in the Valley and elsewhere, too! We had an overall attendance of approximately 170, with Kitchen at 46. Just as a point of interest, 10 years ago (2014), we served 101 in the kitchen and our very best since I started in 2010 was 114. Once again, I emphasize that we need more participation from our members and vendors alike. So pass the word on to your family, friends and public. The Bazaar is a good place to show off your talents while visiting with old friends and making new ones. We hope to see you next year as a vendor or an attendee. Our sincere thanks to everyone who has participated in any way, especially my kitchen crew.



# December Birthdays



- |                 |                 |                  |                    |                    |
|-----------------|-----------------|------------------|--------------------|--------------------|
| Dino Alvarado   | Kathleen Carmer | Wendy Glasgow    | Thomas Nelson      | Trudy Stehelin     |
| Laura Anger     | Mary Ann Clady  | Dorothy Hildret  | Joyce Noleroth     | Linda Stohlman     |
| Ruth Benson     | Wanda Collins   | Diana Hill       | Marilyn Ormsby     | Delores Street     |
| Kitty Bertlin   | Gretchen Coon   | Kathleen Jones   | Barbara Padgett    | Marilyn Taylor     |
| Glenda Boothman | Lawrence Cooper | Janell Lacy      | Hans Raub          | Diane Vanden Bergh |
| Karen Braaten   | Kandi Crow      | Nanette Latimer  | Gary Reehl         | Merry Walker       |
| Patti Brain     | Ben Davis       | Karen McCullough | Bonita Reese       | Christine Watson   |
| Patricia Brandt | Ron Elliott     | Suzan McNally    | Ginnie Rhoden      | Duane Watson       |
| Roger Brandt    | Kathy Ethier    | Phyllis Meksch   | MaryLou Richardson | Judy Williams      |
| Laura Brown     | Alton Fricke    | Jane Mellard     | Victoria Smith     | Donna Wollam       |
| Roland Cababag  | Sandra Gilson   | Bob Miller       | Larry Stefanick    | Ginger Zoubek      |



I don't know about 60 being the new 40, but 9:00pm is definitely the new midnight.

# New Members

Please welcome the following new members who joined this month:

Life Members:

- Suzie Garman
- Kathaleen Ponder
- Cindy Tolliver

Annual Members:

- Anita Elgin
- Ron Fehlhaber
- Bruce LeMay
- Penny Niemi
- Catherine Renno
- Joanne Shilay
- Cathleen Warner
- Christine White

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



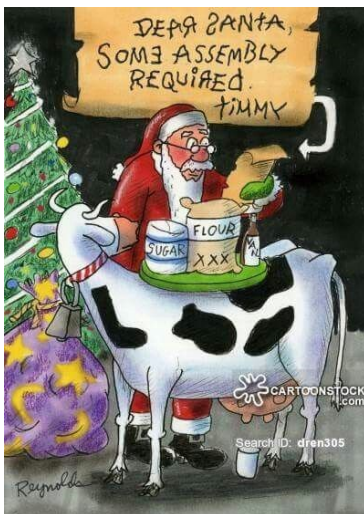
## We Appreciate You Cookie Bakers

*By Jean Shubert, 2nd Vice President*

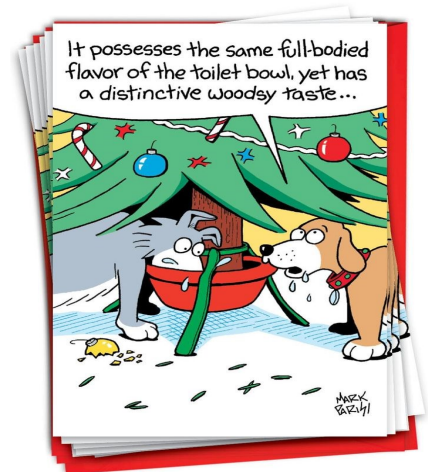
Jean Shubert presented **Certificates of Appreciation** to **Charlotte Daly (left)** and **Hazel Griffith (right)** at the November 19th Board Meeting.

Charlotte and Hazel are our top cookie bakers for the Labor Day booth at Jubilee Park. Both made hundreds of cookies and have done so for several years.

The recognition includes a Certificate of Appreciation and a gift card to Grocery Outlet. **Thank you, Charlotte and Hazel, for all you do for the IVSC!!**



**HO! HO! HO!**  
**MERRY**  
**CHRISTMAS**



## Turkey Bingo

*By Doris Fowers, President*



For those of you that missed it — we had a full house on November 20th for Turkey Bingo. All proceeds went to our Scholarship Fund that supports IVHS students. I'm proud to say that we brought in almost \$1,200.00!

With 45 minutes before the first game, the room was already filling up fast, as you can see from the picture.

Thanks to the many businesses that donated turkeys for the night. We really appreciate them!

Don't forget that we have Bingo every Wednesday night starting at 6:00pm for Early Birds, and 6:30pm for Regular Bingo. We'd love to see you there!

# December 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Food & Friends Lunch 11am-12pm Pinochle 1pm-4pm	3 Pine Needle Basket Class 11am-1pm Ladies Pool 1pm-3pm	4 F & F Lunch 11a-12p Transitional Yoga 9:45am-10:45am Ongoing Yoga Prac- tice 11am-12:30pm Beginning Yoga w/ Chair 1pm-2pm BINGO 6pm	5 Canasta 1pm-4pm Ladies Pool 1pm-3pm	6 Food & Friends Lunch 11am-12pm Tai Chi 12:30pm-1:30pm	7 <b>Breakfast</b> 8am-11am 
8	9 Quilting 10am-2pm Food & Friends Lunch 11am-12pm Pinochle 1pm-4pm	10 Pine Needle Basket Class 11am-1pm Ladies Pool 1pm-3pm	11 F & F Lunch 11a-12p Transitional Yoga 9:45am-10:45am Ongoing Yoga Prac- tice 11am-12:30pm Beginning Yoga w/ Chair 1pm-2pm BINGO 6pm	12 Canasta 1pm-4pm Ladies Pool 1pm-3pm	13 Food & Friends Lunch 11am-12pm Tai Chi 12:30pm-1:30pm	14
15	16 Food & Friends Lunch 11am-12pm Pinochle 1pm-4pm	17 Pine Needle Basket Class 11am-1pm Ladies Pool 1pm-3pm <b>Board Meeting</b> 1:30pm	18 F & F Lunch 11a-12p Transitional Yoga 9:45am-10:45am Ongoing Yoga Prac- tice 11am-12:30pm Beginning Yoga w/ Chair 1pm-2pm BINGO 6pm	19** Canasta 1pm-4pm Ladies Pool 1pm-3pm	20 Food & Friends Lunch 11am-12pm Tai Chi 12:30pm-1:30pm	21
22	23 Quilting 10am-2pm Food & Friends Lunch 11am-12pm Pinochle 1pm-4pm	24 Ladies Pool 1pm-3pm	25 <b>Christmas</b> 	26 Canasta 1pm-4pm Ladies Pool 1pm-3pm	27 Food & Friends Lunch 11am-12pm Tai Chi 12:30pm-1:30pm	28
29	30 Food & Friends Lunch 11am-12pm Pinochle 1pm-4pm	31 Pine Needle Basket Class 11am-1pm Ladies Pool 1pm-3pm				

# DAVID ANDERSON EXCAVATING

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General Contractor

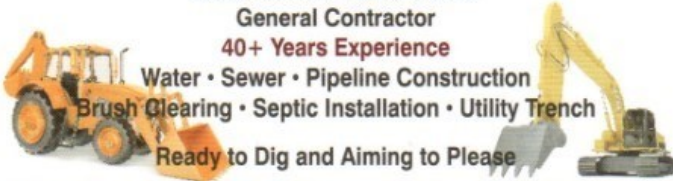
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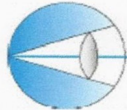


## Illinois Valley Thrift Store

102 S Redwood Hwy  
Cave Junction, OR 97523

Hours 10:00am—4:00pm  
Monday through Friday

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



## EYE CARE GROUP

OPTOMETRIC PHYSICIANS

Scott M. Walters, O.D.

Jeffrey S. Pelson, O.D., F.A.A.O.

Maisha B. Langella, O.D.

Angela M. DeDionisio, O.D.

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Cave Junction, OR 97523  
541-592-3921

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- Long Term Care



Email: Mary@MaryReynoldsLLC.com

(Phone) 541-592-6262 • (Fax) 541-592-6263 • (Cell) 541-660-7342



## I.V. Wellness Resources

Laura Mancuso

Program Coordinator

"Supporting Seniors & Disabled in their homes"

541-592-9781

Laurasunshine1969@yahoo.com



ivwellnessresources



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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.

## JOIN US FOR BINGO!

**Every Wednesday night:**

**6:00pm Early Bird**

**6:30pm Regular Bingo**

**Snacks & drinks available for purchase, or bring your own.**

## 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

NON-PROFIT  
ORGANIZATION  
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Return Service Requested  
IV Senior Center  
P.O. Box 462  
Cave Junction, OR 97523

December 2024

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Dues are \$20.00 per year or \$100.00 for lifetime.