



Off The Rocker Dispatch

June 2025



Illinois Valley Senior Center

PO Box 462 / 520 E River St

Cave Junction, OR 97523

Phone: 541-592-6888

Email: ivseniorcenter@gmail.com

New Website: 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

Notice

Annual Member

Dues Time

Regular Hours: 9:30am—4:00pm

Editor: Doris Fowers

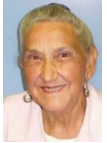
2023/25 Board Contact Information



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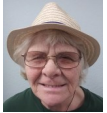
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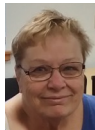
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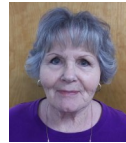
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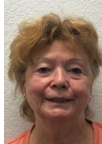
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Janice Sommers, Director at Large

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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, May 6, 2025, at 1:30pm. After establishing a quorum, approving minutes, and reading correspondence—the Board:

- ◆ Approved the April 30, 2025 *Treasurer's Report* with \$224,494.78 total liquid assets, including a loss of \$1,307.83 in net monthly income. There were \$15,720.54 in gross receipts from the Thrift Store alone!
- ◆ Approved two SOPs discussing who is considered a volunteer and adding a \$20 rental charge for using the stage.
- ◆ Approved purchasing a new window air conditioner for the kitchen and having it installed.
- ◆ Looking into adding a bulletin board outside the front door.
- ◆ Approved listing weekly events on the white board in the lobby.

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

From the Desk of the President . . .



For those of you keeping track, my two-year term as President is coming to a close. I have enjoyed serving all of you and making new friends. By now, most of you should have received your ballots and you will see that I am not running for any Board positions. However, I will continue on as Business Manager on July 1st. As such, I will still be working closely with the Board, but will no longer have voting power. This position should take a lot of stress off the President, Secretary and Treasurer, as well as providing more consistency within the office. In the past, those positions were not only voluntary, but required quite a bit of work to keep the IVSC running smoothly. As such, there were times that things fell through the cracks due to the fact that not all volunteers may have the skills or understanding of what is required of each of those positions. So the Board put this position in place to smooth out those rough edges. I look forward to continuing my service to the IVSC and its members!

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

Annual Flea Market Sellers

Remember . . . if you signed up to sell at the annual IVSC Yard Sale/Flea Market on Saturday June 7th, you must be sure to pay for your space in advance. See Richard Crow at the IVSC between the hours of 9:30am and 1:00pm.

Any man who reads too much and uses his own brain too little falls into lazy habits of thinking. Albert Einstein

Who Came Up With That One?

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

“Sidekick” The term comes from the days of notorious pickpocket activities in London. They had their own language for different pockets that were the style of the day. For example: *Jerve* was a vest pocket. And *Kick* was a pocket on the side in a pair of pants. And the *Pratt* was the back pocket. Of all the pockets, the most difficult to pick was the *Kick*, because it was close to the victim’s leg and was always moving. After a while, smart people discovered that the safest spot to keep your money was in the “side kick” or side pocket of their pants. Today the term now means a faithful partner or pet that is by one’s side, often even helpful and protective.

Volunteer of the Month Janet Krogen

By Judy Krouse, 1st Vice President

Treasurer Rhonda King presented the **IVSC Volunteer of the Month Recognition to Janet Krogen** at the May 6th Board Meeting.

Janet has volunteered at the thrift store for the last two years. She is very energetic and inspirational to the other volunteers. She has also been the Elections Committee Chairman for the past two years and done a wonderful job!

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



Annual Yard Sale/ Flea Market



The Illinois Valley Senior Center (IVSC) will be holding its yearly Yard Sale/Flea Market this year on Saturday June 7th from 8am to 4pm. If you wish to reserve a space, contact the IVSC at 541-592-6888 between the hours of 9:30am and 1:00pm and ask for Richard Crow who is coordinating set-up. If there is no answer, leave a message and Richard will return your call.

Kitchen Bulletin

By Jean Shubert, Kitchen Mgr

The kitchen has added a new item to the menu, French Toast, and it was a hit. Of the 91 orders we had, there were 64 slices of French Toast served.

Breakfast was a busy day with a good turn-out, but unfortunately it may be sporadic as we had the Car Club and some drivers from the High School Track Tournament this time. It was good to see our volunteers scrambling to keep up with the orders. It reminded me of the old days when we served over 200, but unfortunately it has dwindled to between 40 and 60 paying customers, which is financially barely enough to make it worthwhile. We hope to keep it going for our faithful members, so tell your friends, neighbors and everyone to come join us—it is open to the public. Thanks to all.

P.S. Remember to pay your dues.



June Birthdays



Robert Adams
 Miriam Admoni
 Joe Armstrong
 Brigid Baker
 Lori Barker
 Amelia Benson
 Carol Bourns
 Dale Brain
 Donna Brentt
 Nicki Bruno
 Marian Chavez
 Richard Clady
 Kathy Cunningham
 Arline Delaney
 Ted Deloyola

William Dickson
 Audrey Dougherty
 Debbie Dupree
 Deana Engles
 Eva Erskine
 Dusty Fiske
 Kimberly Fujita
 Robert Gilson
 Carol Grandbois
 Crystal Griffin
 Eloise Groover
 Robert Hale
 Alice Hatch
 Phil Householder
 Linda Hughes
 Barbara Ingle

Darlene Jenne
 Cheryl Johnson
 Nancy Jones
 Lori Kofahl
 Judy Krouse
 Shirley Lazzara
 Nancy Lindquist
 James McCormack
 Kathleen McLennan
 Teddie Milligan
 Ginger Morgan
 Jean Nix
 Tana Parker
 Clyde Purse
 Cedric Schieber
 Patricia Schieber

Carol Sharp
 James Shirley
 Hazel Smith
 Bill Smith
 Kenneth Storm
 Pauline Storm
 Esther Striffler
 Patty Thompson
 Cindy Tolliver
 Louis Triner
 Margaret Warren
 Gail Weller
 Sandra Wilson
 Patrick Wright
 Marilyn Young

I'm not old, I just need some WD-40.

New Members

Please welcome the following new members who joined this month:

Life Members:

None

Annual Members:

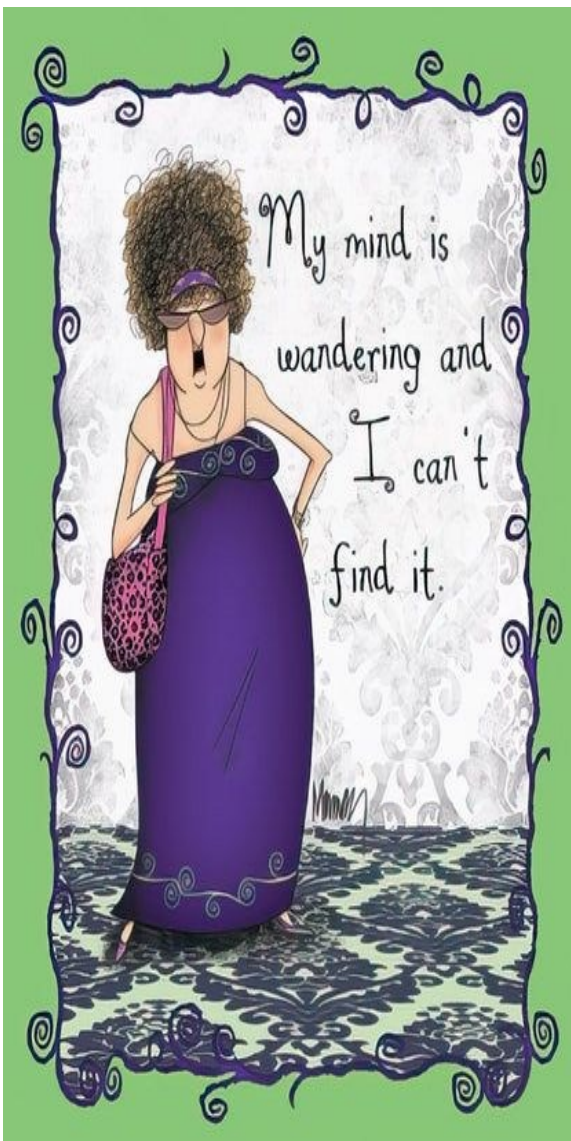
**Guenter Ambron
 Vallani Harris
 Lori O'Donnell
 Laura Orton
 Matthew Pappas**

**Jannie Crocker
 Terra James
 Gina Oneto
 Betty Pappas**

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

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.



Top Ten Senior Pickup Lines

10. Come here often? If so, could you tell me where I am?
9. Do you have an oxygen tank? Because you took my breath away.
8. Like to come by and see my medicine cabinet?
7. Make like a compression sock and give me a squeeze!



6. Ever had a lap dance in a wheel chair before?

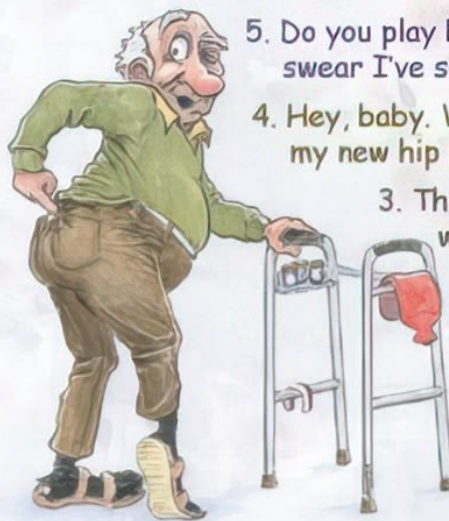
5. Do you play bingo, because I swear I've seen you B4.

4. Hey, baby. Wanna help me test my new hip replacement?

3. That pretty smile of yours would sure look good in a glass on my nightstand!

2. You're not dead yet either? We have so much in common!

1. Your heating pad or mine?



We are not limited by time and resources, but by vision and leadership. Paul Simon

Notice

Annual Member Dues Time

Annual Members of the Illinois Valley Senior Center (IVSC)—it is time to pay your annual dues! Your twenty dollar (\$20) annual dues payment is due at the IVSC Office on June 30th (payable without penalty through July 30). Please drop off your 2025/2026 Annual Member dues payment at the IVSC! Checks should be made payable to the Illinois Valley Senior Center. Or you can make a one-time payment of one hundred dollars (\$100) for a Lifetime Membership. **Thank you!**



Bereavements

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

- **Walter Pose**

Don't forget the **Blood Drive** on **June 19th from 11:00am to 4:00pm**

When you come to give blood, platelets, or AB Elite plasma in June, you'll be automatically entered for a **chance to win a \$7,000 gift card**. There will be two lucky winners. Plus, when you come to give, **you'll receive a \$15 Amazon.com Gift Card** by email.

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

OR CALL 541-592-6888 AND LET US KNOW WHAT TIME YOU WOULD LIKE TO DONATE AND WE CAN ENTER IT FOR YOU.

Driving is a lot cheaper since I retired. I now get about three weeks to the gallon.



I always cook with wine.
Sometimes I even add it to the food.

www.calepress.com/GeezerShop

ILLINOIS VALLEY COMMUNITY PLAN SURVEY!

Sign up for
updates and
enter the raffle
for a local gift
card!

TAKE THE SURVEY



Or visit www.ivcdo.org/survey



Share ***YOUR*** vision for the future
of the Illinois Valley!

Responses will be used to update the Illinois Valley
Community Plan - a roadmap to our future!

**ALL I.V. residents are welcome and
encouraged to take the survey!**

Scholarships Awarded

By India Moss, Scholarship Chairman

I would like to Express a HUGE thanks to fellow IVSC members Mary Corwin, Evelyn Goynes, Tyrone Montgomery and Jeannette Rogers. It was not an easy task; they devoted many hours to reading over and evaluating this year's 21 Academic and 4 Trade School Scholarship applications. The 2025 applicants were all outstanding students, which made the task even more challenging, but together, using a point system to ensure a fair, unbiased result, we came up with this year's IVSC scholarship recipients (listed below the picture). The excitement at the Awards Ceremony on May 14th was palpable and I was extremely proud to be a part of it in representing the Illinois Valley Senior Center. I was also extremely grateful to have Evelyn and Tyrone in attendance with me to calm my nerves. The IVSC is fortunate to have awarded a total of \$18,000 in scholarships to these 6 amazing young people this year with a total of \$241,00 in scholarships being awarded last night to our 2025 Illinois Valley High School Graduates! Go Cougars!!!!



The IVSC Scholarship winners from left to right: **Alissa Yost, Bryson Gillmore, Zackary Dugas, Indio Heberlein, Julian Whittlinger and Nickolas Taylor.**

June 2025

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

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Saturday 11:00am—3:00pm

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



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

June 2025

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