



Off The Rocker Dispatch

May 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

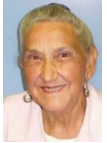
2023/25 Board Contact Information



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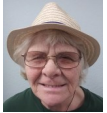
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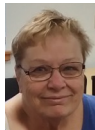
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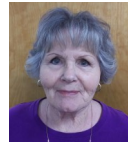
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Rhonda King, Treasurer

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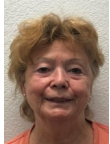
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India Moss, Director at Large

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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, April 15, 2025, at 1:30pm. After establishing a quorum, approving minutes, and reading correspondence—the Board:

- ◆ Approved the March 31, 2025 *Treasurer's Report* with \$217,971.83 total liquid assets, including \$9,379.34 in net monthly income. There were \$17,743.90 in gross receipts from the Thrift Store alone!
- ◆ Denied a suggestion to increase the thrift store volunteer gift cards.
- ◆ Discussed writing an SOP defining who is considered a volunteer.
- ◆ Approved the Election Committee for the 2025 Elections and By-law changes.
- ◆ Approved allowing rentals to use the stage for an additional \$20 charge.
- ◆ Moved the May board meeting to May 6th to be able to close the nominations prior to deadline to mail the ballots.

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

From the Desk of the President . . .



Well, it looks like spring is here, finally! In addition, it is nearing the end of the IVSC fiscal year. So, we are posting reminders that annual dues are expiring on June 30th. Please remember to renew before that date to keep your membership active.

It is also the time to vote for new officers and directors. Our two-year terms are up on June 30th and we need some new blood on the Board. So keep an eye out for those ballots, which should be arriving the second half of May. Deadline for returning your ballot is June 10th at 4pm, and our Annual Meeting announcing the results will be held at 7:00pm that night. We hope to see you there!

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.



Who Came Up With That One?

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

“Pooped” The term goes back to sailors who brought it to land. The stern of a boat is called the poop. During strong winds and storms, waves smashed against it repeatedly. Any ship’s stern that showed damage from all of this was called “pooped” and lucky to still be floating after days of battering waves. So when the sailors got ashore, in their descriptive way they would often say that they felt as tired and battered and as “pooped” as their ship. People took hold of this phrase and soon used it to describe themselves even when on land as being totally pooped out when they were really tired, fatigued and exhausted from anything.

Volunteer of the Month Sue Jenkins

By Judy Krouse, 1st Vice President

1st Vice President Judy Krouse presented the **IVSC Volunteer of the Month Recognition to Sue Jenkins** at the April 15th Board Meeting.

Sue works on Fridays at the Thrift Store and is wonderful and affable, and will do anything but shoes! LOL! Sue will be moving soon and we will miss her smiling face and hard work.

The recognition includes a Certificate of Recognition, a lapel pin, and a \$100 check. **Thank you, Sue, 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.

One minute you're young, wild and carefree. Next minute you're photographing vegetables in your garden.

Elections Committee for the Officer Elections and the Proposed IVSC By-Law Revisions

The IVSC By-Laws require an Election Committee consisting of seven (7) members with at least one (1) Board member be appointed by the President, with the Board of Directors concurrence at its April meeting. The following members of the 2025 Election Committee have been so appointed: Chair Janet Krogen, Wendy Glasgow, Kathy Key, Terri Hector, Jeanette Montgomery, Janice Sommers (Board Representative), and Jeannette Rogers. My thanks to all of them for stepping up and volunteering!



May Birthdays



- | | | | | |
|------------------|--------------------|-------------------|-----------------------|-------------------|
| Terry Alexander | Jessica Couris | Leslie Kingsford | Sharon Nelson | Kathy Schwindt |
| Richard Alves | Ralph Crilly | Rick Krogen | Steffen Nielsen | Emily Scott |
| Darlene Anderson | Steven Delaney | Sandy Lilly | Carol Nye | Michael Shinerock |
| David Anderson | Dennis Eckstein | Corky Lindauer | Lynn O'Grady | Robert Simmons |
| David Baker | Earlene Edwards | Kathleen Lombardo | Janna Perry | Charles Taylor |
| Lorna Baker | Suzie Garman | Cleta Luft | John Plute | Sharon Taylor |
| Elaine Barker | Terri Gerber | Celine Martens | Sarah Queener-Plourde | Donna Tellyer |
| Paula Blackton | Gerry Golden-Kent | Leslie McCombs | Jackie Radcliffe | Poul Thomsen |
| Susan Boigon | Bonnie Greener | George McElroy | Mary Reynolds | George Triant |
| Roberta Brown | Charlene Hickerson | Judy McGovern | Mark Richardson | Ray Wilberg |
| Janice Carey | Janice Humphrey | Shirley Merrill | Denise Rochelle | Gary Williams |
| Carol Caswell | Brad Key | Michael Milligan | Melanie Savord | Eugene Zola |
| | | | | Judith Zulliger |

*Some days I just sit and ponder.
 Then my mind goes for a
 wander.
 Then I forget about my ponder
 As my minds gone over yonder*



New Members

Please welcome the following new members who joined this month:

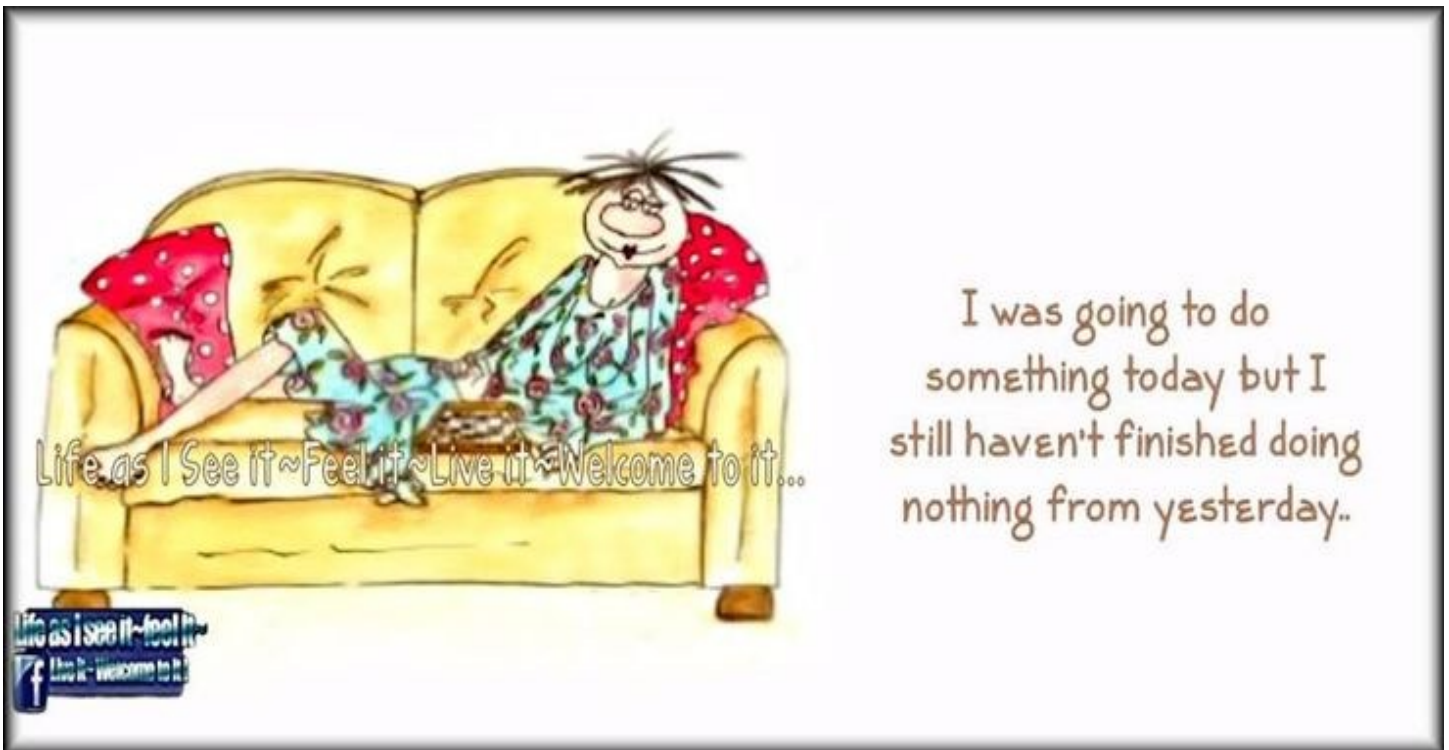
- | | | |
|------------------------|---------------------------|----------------------|
| <u>Life Members:</u> | None | |
| <u>Annual Members:</u> | Susie Beck | Karen Coleman |
| | Melissa Forester | John Prather |
| | Gretel Schmidbauer | |

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

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!**



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.

Retired Teacher Ms. Andrews' Realizations

(Sung to the Tune "Favorite Things")

Maalox and nose drops and needles for knitting,
Walkers and handrails and new dental fittings,
Bundles of magazines tied up in string,
These are a few of my favorite things.



Cadillacs and cataracts, and hearing aids and glasses,
Polident and Fixodent and false teeth in glasses,
Pacemakers, golf carts, and porches with swings,
These are a few of my favorite things.

When the pipes leak, when the bones creak,
When the knees go bad,
I simply remember my favorite things,
And then I don't feel so bad.



Hot tea and crumpets and corn pads for bunions,
No spicy hot food or food cooked with onions,
Bathrobes and heating pads and hot meals they bring,
These are a few of my favorite things.



Back pains, confused brains, and no need for sinnin',
Thin bones and fractures and hair that is thinnin',
And we won't mention our short, shrunken frames,
When we remember our favorite things.

When the joints ache, when the hips break,
When the eyes grow dim,
Then I remember the great life I've had,
And then I don't feel so bad.



May 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Canasta 1p-4p Ladies Pool 1p-3p	2 Food & Friends Lunch 11a-12p Beginners' Tai Chi 12:30p-1:00p Qigong 1:00p-1:30p Regular Tai Chi 1:30p-2:00p	3 Breakfast 8a-11a 
4	5 Food & Friends Lunch 11a-12p Pinochle 1p-4p	6 Pine Needle Basket Class 11am-1pm Ladies Pool 1p-3p Board Meeting 1:30p	7 F & F Lunch 11a-12p Transitional Yoga 9:35a-10:45a Ongoing Yoga Practice 11a-12:30p Beginning Yoga w/ Chair 1p-2p	8 Canasta 1p-4p Ladies Pool 1p-3p	9 Food & Friends Lunch 11a-12p Beginners' Tai Chi 12:30p-1:00p Qigong 1:00p-1:30p Regular Tai Chi 1:30p-2:00p	10
11	12 Quilting 10a-2p Food & Friends Lunch 11a-12p Pinochle 1p-4p	13 <i>Library in use</i> 11a-4p Pine Needle Basket Class 11am-1pm Ladies Pool 1p-3p	14 F & F Lunch 11a-12p Transitional Yoga 9:35a-10:45a Ongoing Yoga Practice 11a-12:30p Beginning Yoga w/ Chair 1p-2p	15 Canasta 1p-4p Ladies Pool 1p-3p	16 Food & Friends Lunch 11a-12p Beginners' Tai Chi 12:30p-1:00p Qigong 1:00p-1:30p Regular Tai Chi 1:30p-2:00p	17
18 Ladies' Tea 1p 	19 Food & Friends Lunch 11a-12p Pinochle 1p-4p	20 Pine Needle Basket Class 11am-1pm Ladies Pool 1p-3p	21 F & F Lunch 11a-12p Transitional Yoga 9:35a-10:45a Ongoing Yoga Practice 11a-12:30p Beginning Yoga w/ Chair 1p-2p	22** Canasta 1p-4p Ladies Pool 1p-3p	23 Food & Friends Lunch 11a-12p Beginners' Tai Chi 12:30p-1:00p Qigong 1:00p-1:30p Regular Tai Chi 1:30p-2:00p	24
25	26 Quilting 10a-2p Food & Friends Lunch 11a-12p Pinochle 1p-4p	27 Pine Needle Basket Class 11am-1pm Ladies Pool 1p-3p	28 F & F Lunch 11a-12p Transitional Yoga 9:35a-10:45a Ongoing Yoga Practice 11a-12:30p Beginning Yoga w/ Chair 1p-2p	29 Canasta 1p-4p Ladies Pool 1p-3p	30 Food & Friends Lunch 11a-12p Beginners' Tai Chi 12:30p-1:00p Qigong 1:00p-1:30p Regular Tai Chi 1:30p-2:00p	31

****Newsletter submission cut-off (by noon)**

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Illinois Valley Thrift Store

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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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Programs Coordinator

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✉ brandy.ivwellnessresources@gmail.com

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

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

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