



Golden Age Gazette

The Voice of the Peninsula Senior Activity Center.

JULY 2013

Peninsula Senior Activity Center

21603 "O" Lane,
Ocean Park, WA 98640

360.665.3999

**OFFICE HOURS:
MONDAY-FRIDAY
9:00-4:00**

Email:

PSAC@willapabay.org

See us on the web at
peninsulaseniorcenter.com

Find us on Facebook!

The Peninsula Senior Activity Center

is a 501(c) (3) non-profit organization ! We receive no funding from county, state or federal sources.

PSAC Officers

President - Ernie Henson
Vice-President - Paul Wilson
Secretary - Gwen Wagner
Treasurer- Sandy Nelson

Board Members

Larry Cook
Melissa Goldberg
Jeff Pearson
John Vale
Paul Wilson

Board Meetings

2d Friday of each month 9:00 am
Office Manager
Sylvie Warren

MESSAGE FROM THE PRESIDENT

Aloha from the islands! At least it felt like we were in Hawaii on June 14th at the Luau. We had a ukulele band , hula dancers and a great rendition of "Blue Hawaii" sung by Pete Hanner with Laurie Haight performing a beautiful hula. This was a sold out event and was enjoyed by all attending. The food was unbelievable; there were five desserts, Kalhua pork, barbecue chicken, stir fried vegies and rice, macaroni salad, Polynesian coleslaw, spam deviled eggs , Mai Tai punch, fresh fruits. *Wow!* John Vale and his kitchen crew did an outstanding job with this event. Do yourself a favor and do not miss any of the RSVP dinners coming up.

As promised in our May gazette I have more financial information to share with you, Sylvie and I have been reviewing the center financial reports from 2003 through 2012. In 2003 our expenses totaled \$20,325.00 and in 2012 they were \$64,559.00, this is a \$44,234.00 increase. Why, for one thing, using a 3% figure for inflation we see an increase of \$5584.00. This figure will continue on and on. Utilities are up from \$3850.00 in 2003 to \$10,158.00 in 2012. There were no salary or employment tax expenses in 2003 but the total last year was \$21,411.00. We can understand with this information and the report in the May issue that expenses can only continue to rise.

While our volunteers are doing an outstanding job creating income it is evident that we need to seek out more donations, the last significant donation was in 2007. By significant I mean donations of over \$50,000. Of course this is not all gloom and doom, as reported in our May edition our financial committee is doing an outstanding job . Our membership is up by \$1500.00 over the last three years. If you have ideas , questions , our assistance is available. Please call me or any member of your board.

Ron and Nancy Schnitger have done a wonderful job over the last several years, however, two of the scheduled trips have been cancelled due to a low signup. Help us out, what do you want? where would you like to go? Let's not lose the great travel opportunities that these two hard-working members provide.

We are looking for donations for the July 5th garage sale and we will pick up your donations just call to schedule a convenient time.

Mahalo and thank you for your support.

Ernie Henson

PENINSULA STORIES



PART THREE : *I'll continue my story of early life in Oysterville. People were often forced to be innovative and hunted for discarded things. Those were lean years.*
Anne

There were changes as the P.U.D. was organized in 1932, but we often used kerosene lamps in the bedrooms and sun porch to keep the old atmosphere. Water has always a problem on the peninsula with various places of origin, some good, some bad. The Oysterville community finally put their own system together from a pump in the first sand ridge across from the store. Life became easier and brought in more people with it piped to every dwelling. And dams on the Columbia River brought power and electricity and later the P.U.D. was organized in 1941 with cheaper power.

Glen always saw great possibilities in things other people missed. One day he found a discarded laundry in Long Beach. He erected a tall tower out by the building we called the laundry, put together a big container to hold 100 gallons of water and placed it on top. With the gasoline pump, he piped water into it. After that he conceived the idea of using steam for power to run the big wooden washer and dryer. Finding a little boiler and using wood, he made steam to operate the various belts and pulleys. It even heated the six foot mangle we used to iron the table and bed linen. We used live steam to cook big tubs of crabs, too. It was a family affair and each had his work. Glen oversaw everything. Louis Kemmer, Aunt Ann's husband, fired up the boiler. Roy managed the big wooden washer and dryer. Glen made large racks and the linen was taken out of the dryer and stretched on them to dry. Heavy things were put on a clothes line. Glen fed linen into the mangle and it came out looking almost starched.

Work in the kitchen was divided the same way. Aunt Rye's specialty was baking, never following any recipe. Pies especially, just rolled off the marble slab in front of small-paned windows facing the main road (originally the back of the house). Aunt Nanny did most of the meat frying and made delicious sour cream hot cakes. Glen often put several on his plate, headed for the milk on the back porch and skimmed off thick cream to put on top. And Aunt Nanny superintended the flower garden in the spring, which resembled an English garden. Uncle John took charge of the milking and vegetable garden. It was weed-free and quite a beautiful sight to people walking or driving by. Both Aunt Ann and Aunt Nanny were very gifted in choosing materials and furniture which added to the beauty inside the home. They both upholstered furniture. Every spring Aunt Ann re-papered and painted the various bedrooms to make them fresh and ready for the new season. Once there was a wreck at the mouth of the Columbia and all sorts of things washed ashore. Sacks of flour formed a crust on the outside but they peeled that off, dug into the center and made many gallons of paste.

Several ships lost their loads of lumber which washed ashore. Since there was no salvage paid for lumber in those days just the rumor brought people to gather what they could with teams and wagons, old cars, trucks. People stacked lumber and guarded it while someone else hauled loads of it home, often fighting. One day, in response to the word "There's lumber on the beach", we drove out with the truck. Looking up the beach we saw 2 x 4s standing on end like a giant might have been playing jack straws. We started to pull them down and pile them, working at fever speed. It didn't matter if I ruined a perfectly good winter coat with oil and tar that was on some of the lumber. In fact, we brought home that day enough to frame the long section of the house that is now our big family room with the bottles in the window. Other people salvaged sufficient to add to or build a house. Edith Olson's husband was fishing in Alaska, but she got enough to build a little home out by Skating Lake.

COMMUNITY SERVICE ORGANIZATION OF THE MONTH — COMMUNITY TABLE

The community table was established 9 years ago by Mary Ellen Langridge, while at that time the people located at the south end of the peninsula were being fed by "His Supper Table". Mary Ellen felt the same need was there for the north end as well, the idea took hold. Mary Ellen is a member of the OP Lutheran Church and since they have a certified kitchen it seemed the appropriate place to begin serving the lunches. His Supper Table serves their meals later in the week so Monday's seemed a good way to start the week. In the beginning they were serving 20-25 people, however it has grown to an average of 110-145 each Monday. The food may either be eaten in the church dining area or the more popular method is takeout. They also have home delivery service for shut-ins; Jo Holder is one of a team of 8 people who make 20 delivers each week in the Ocean Park area. Another 50 meals are delivered to the area trailer parks by Alex Bremont.

A couple of years after the conception of the "Table", Michael and Sidsel Tompkins, moved to the peninsula from Portland. Michael was a retired school teacher as well as owning Cascade Catering business and Sidsel retired from the Oregon Department of Justice. The Tompkins quickly became a strong part of the "Table" as it had been called. They suggested it be appropriately called the "Community Table", as it remains today. As the popularity of the Community Table grew, they established 8 teams of 4-5 people, which now has been change to 7 teams. Each team is responsible to for preparing and serving a Monday meal. The Ocean Park United Methodist Church is very supportive of the Community Table, they not only make up one of the teams, they advertise the lunch in their weekly church bulletins, and collect monetary donations on Communion Sunday. Some members of the Baptist Church also serve as a team.

While the Community Table is held at and sponsored by the OP Lutheran Church it is a separate entity. The Organization manages strictly on donations, fund raisers and from time to time a Grant from ELCA (Evangelical Lutheran Church of America) Hunger Program. They will be applying again this year. In order to qualify for grants, they are forming a governing board, but will continue to function under the Ocean Park Lutheran's 501 c-3. Fund Raisers have been held by: Rod Run Club, Do Nothing Club, Peninsula Senior Activity Center and the Peninsula Empty Bowls organization. Thank you to all who help the Community Table

The Community lunch is held every Monday from 11:30 -12:30 at the Ocean Park Lutheran Church, located at 240th and U Street. Everyone is invited - the meal is free.

PSAC COMMUNITY TABLE FUNDRAISER

On May 8th the Senior Center held a spaghetti dinner fundraiser for the Community Table. Proceeds from the dinner netted \$550.00, and a check was presented to the Lutheran Church by John Vale. Thank you to all the volunteers who participated in this community event. We hope to make this a yearly event.



OPLC Pastor Adrienne Strehlow, Sidsel & Michael Tompkins, John Vale, Ernie Henson

MEMORIAL DONATIONS


In Memory of Caesar Crosta

Alan & Sandra Fox

Jane Hastings Johnston

Gwen Wagner



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 10am Tai Chi 12. AARP	2 12.30 p Bridge 1pm Cribbage	3 1pm Pinochle	4 	5 Garage Sale 9 am Crafters 9am Quilters 11.30 Lunch	6
7	8 10am Tai Chi	9 12.30 p Bridge 1pm Cribbage 6 pm Lions	10 10:30 Yoga 1pm Pinochle	11 10 am Tai Chi 1pm Pinochle 6 pm Bunco	12 9 am Crafters 9am Quilters 9am Bd Mtg	13 8am-11am Pancake Breakfast
14 2:00pm Movie Matinee "Lincoln"	15 10 am Tai Chi 2 pm Ice Cream Social	16 12.30 p Bridge 1pm Cribbage	17 1pm Pinochle	18 10 am Tai Chi 1pm Pinochle 5pm Dinner RSVP please!	19 9am Crafters	20
21	22 10 am Tai Chi	23 12.30 p Bridge 1pm Cribbage 6 pm Lions	24 10:30 am Yoga 1pm Pinochle	25 10 am Tai Chi 1pm Pinochle	26 9 am Crafters 9am-4pm Quilters	27 8am-11.am Pancake Breakfast
28	29 10 am Tai Chi	30 12.30 p Bridge 1pm Cribbage	31 1pm Pinochle	JULY		

Committee Meetings

Fundraisers Wed. before Board Mtg 10.00 am
Finance Wed. before Board Mtg 9:00am
Gazette First Tuesday 12:noon
Building & Operations Wed. before Board Mtg 11:00 am

We are looking for guest chefs, to cook the first Friday lunches. If you want to volunteer, call John at the Senior Center at 665-3999

DINNER MENU
July 18th
"Ernie's Dinner"
Cheeseburger basket/ Root beer floats
August 15th
Petite Steak & Baked Potato, Dessert

Please RSVP for this dinner!!
Our chef needs to know how many steaks to order.

LUNCH MENU
Garage Sale July 5th
Hamburgers & Hot Dogs for Lunch

August 2nd
Chicken Salad/ Muffins



VOLUNTEER OF THE MONTH

Joan Tate is our volunteer of the month- What an amazing woman! Joan Tate has been a dedicated volunteer for four and one half years. Her "egg whipping" helps keep our breakfasts running smoothly. She learned how to cook at the age of five on a coal stove. Growing up on her family's 2000-acre dairy farm with no electricity or running water. She and her four siblings kept their hands busy, especially when came time to milking twenty cows. They were a truly self-sufficient farm; they grew just about everything they ate. Her hometown of Hotchkiss, Colorado, was 250 miles by horse from the not so big city of Delta.

When Joan left the farm, she worked 12 to 14 hour days and nights as a Senior Medical Technician in Denver. Her husband of twenty - six years was the second most decorated soldier from Colorado by the end of WW II. She has been missing him for the last twenty years. Her immediate family includes 2 children and four grandchildren. She now lives with her six "grand dogs," one border collie, and five Boerboels (south African Mastiff like dogs) --each weighing between 125 and 175 pounds.

Like many of us, saying good-bye to big city traffic was a great motivator for Joan to come to the peninsula. She prefers to keep busy and the center is a beneficiary of her volunteerism. Thank you from all of us.

By Melissa Goldberg

WHAT THE PSAC COMMITTEES ARE UP TO!

FUNDRAISER COMMITTEE

The Peninsula Senior Activity Center is always a busy place with lots of seniors doing many different things. If you need to move more, we have Tai-Chi and Yoga. If you like to shuffle the card decks, we have pinochle, bridge and cribbage in the afternoons. For you crafters, the knitters, crocheters and quilters meet on Fridays. We have special lunches, breakfasts and a dinner each month at a great price. There is a free lending book library and movie library. We have yearly events like garage sales, the Christmas Bazaar and the Cookie Fest. Once a month we have a birthday party so come and get your cake and ice cream fix. All this happens because of all of our great volunteers who donated their time and efforts to help seniors stay young and active. Feel like volunteering, sign-up at the office.

The Activity and Fund-Raising Committee is the group that plans, schedules and implements all of the center events. This committee meets the Wednesday before the Board Meeting at 10:00 at the center. If you have some great ideas that the center should be sponsoring, then come to a meeting or sign up to be part of this great committee.

By John Vale

FRIDAY, JULY 5TH 9:00AM-3:00PM

GARAGE SALE

Hot Dogs & Hamburgers will be served also.

HEALTH NOTES



Caring for your health and wellbeing can be a challenge. Deciding what the "best" actions are to take care of yourself or a loved one is influenced by many factors. I think many individuals associate healthcare with illness. This perception sometime merges with an unpleasant or tragic interaction with the health care system.

Empowering people to become an advocate for themselves and others requires developing a new view of health and wellness. Sources of "information" seem endless. Some are reliable and others - not so much!

I have been most fortunate to have enjoyed a career as a professional Registered Nurse in a variety of healthcare settings. My intent for writing these articles is to highlight common sense strategies to help each of us become proactive consumers of health care.

Here's to Health,- Melissa Goldberg RN

**Disclaimer :* Under no circumstances do I represent myself to be an "authority" on any specific healthcare topic, nor should the information I share be viewed as a replacement for a primary healthcare providers advice.

RECIPES

Rhubarb Custard Cake

1 package (18-1/4 ounces) yellow cake mix

4 cups chopped fresh or frozen rhubarb

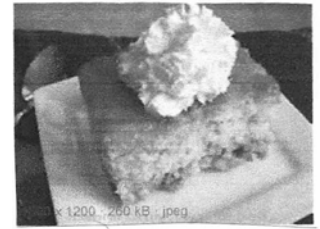
1 cup sugar

1 cup whipping cream (not whipped)

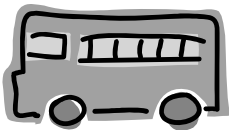
Top with whipped cream and fresh Mint (optional)

Prepare cake batter according to package directions. Pour into a greased 13-in x 9-in x 2-in baking dish. Sprinkle with rhubarb and sugar. Slowly pour cream over the top. Bake at 350 degrees for 40-45 minutes or until golden brown. Cool for 15 minutes before serving warmish with whipped cream and mint if desired. Refrigerate leftovers.

Yields: 12-15 servings



TRAVEL NEWS



This edition of travel notes for July is not what we were hoping to discuss. Trips to the Evergreen Aviation and Space Museum and Leavenworth had to be cancelled due to lack of participation. The only trip on the schedule is to Silver Reef Hotel, Spa, and Casino in Ferndale, Washington on September 22-25, 2013. A few persons have already signed up for the trip but many more are needed. Like most of our outings there is a minimum number that must be reached for each trip to proceed. Thirty (30) is the minimum number for the Silver Reef. By August 10th we must have names and monies to the hotel for this trip. Until the Silver Reef trip is a positive go there will be no additional trips planned for the year. A lot of time and energy goes into each trip (an average of 70 hours of donated time) and to have them cancelled hurts the volunteers.

If you wish to go the Silver Reef Hotel, Spa and Casino details can be found on the PSAC web site, or pick up a flier at the center or call Nancy Schnitger at 360-642-7303.

By *Ron Schnitger*

MEMBERSHIP RENEWAL FORM

Just a reminder, PSAC membership dues are valid January through December.

Please mail your dues in or stop by the office for a cup of coffee

PENINSULA SENIOR ACTIVITY CENTER MEMBERSHIP

21603 "O" Lane, Ocean Park, WA 98640 Phone: 360.665.3999

Office Hours: 9 AM - 4 PM, M - F www.peninsulaseniorcenter.com Email: PSAC@willapabay.org

Dues \$12.00 per person 2013

5yr \$50.00

Lifetime (variable rates)

NAME _____

NAME _____

BIRTHDAY _____

BIRTHDAY _____

ADDRESS _____ CITY _____ STATE _____

Zip _____ PHONE _____ E-MAIL _____

Would you like to receive our newsletter by Regular mail e-mail and regular mail e-mail only

Office Use Only DUES YEAR _____ CASH CHECK Date Paid _____ NEW RENEWAL

CARDS ISSUED 1 or 2 _____ IN PERSON OR MAILED _____

REFERRED BY : _____

OPERATING FUNDS DONATION FORM

Mail your donation to the address on the form below or bring it by the Peninsula Activity Center office, Monday-Friday from 9:00am– to 4:00pm. The office is located at 21603 O Lane, Klipsan Beach.

PENINSULA SENIOR ACTIVITY CENTER

NAME: _____

ADDRESS: _____

PHONE: _____

DONATION: \$ _____ for the Peninsula Senior Activity Center's Operating Account



Non-Profit
Postage Paid
Permit No.2
Ocean Park,
WA 98640

From:

**Peninsula Senior Activity Center
21603 "O" Lane
Ocean Park, WA 98640**

Return service requested

To:

MEMBERSHIP REMINDER

Guess What Folks 2013 is Half Over —

Which means you only have 6 more months to sign up a new member(s) and win the \$200 prize at the December PSAC Dinner.

Remember the PSAC Membership Challenge- sign up a new member and receive a free breakfast! There is no limit to the number of free breakfasts, so bring in new members!

And for every 5 new members the referring member will receive a ticket that will be placed in special cash drawing to be held on December 19th. Based on our new membership success a minimum of \$350.00 will be available to win; \$200.00, \$100.00, \$50.00. Should we reach our goal of doubling our membership, the prizes will increase. You do not have to be present to win.

Please note: The membership form has been modified to include a place for the signature of the referring member as well as the new member's information .

Remember dues are from January through December!! Are you past due, call the office to check.