



Golden Age Gazette

The Voice of the Peninsula Senior Activity Center.

NOVEMBER 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**](mailto:PSAC@willapabay.org)

See us on the web at
[**peninsulaseniorcenter.com**](http://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

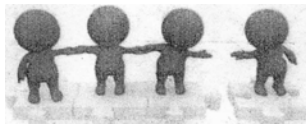
Board Meetings

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

MESSAGE FROM THE PRESIDENT

I am sad to report that our good friend, Willie King has passed on. Willie and his lovely wife Doris were a very large presence here at the center. Willie and Doris moved to Lacey, WA about a year ago to be closer to family, we have missed them so much and we are so sorry for Doris' loss. Jeff Pearson's yard adoption plan is really working well, several of the planting areas have been spoken for but we still have a couple left. This is an easy way to volunteer as you can work on your own time schedule. Two of our volunteers have gone above and beyond, Melissa and Mike Goldberg have spent hours working on our landscape, weeding, pruning and applying eight yards of compost. Thank you both so much. Congratulations to Quilts from the Heart as they are celebrating their 20th anniversary this month. They have donated over 2000 quilts here in Long Beach and in the Puget sound area. The quilters started here at the center with four ladies, today there are 24. They have given quilts to hospice, Children's services, Columbia Memorial Hospital and as far away as Long Beach NY to victims of Hurricane Sandy. Some of their quilts are on exhibit on our walls. The steak and oyster feed was just great with Jeff Pearson as the grill master with Bob Stewart and myself sautéing over 500 oysters. This was so good it will probably be an annual event. Thanks to Dennis Tufts for procuring those awesome oysters and as always, thanks to John Vale and the planning committee for another wonderful event. I owe a big apology to Jeri Dawson as I forgot to include her on my list of pie bakers in the October Gazette. Jeri baked several pies including the biggest blueberry pie as I have ever seen. Thank you again Jeri. Don't forget to RSVP for our Thanksgiving dinner to be held on November 21st. This is always our biggest event, and we want to be sure that everyone will have a good time and plenty to eat.
By Ernie Henson

Alone we can do so little; !



together we can do so much.

Helen Keller

Partnering with PSAC:

PSAC is a 501©(3) non-profit organization. We encourage you to consider how you might partner with the Center, some thoughts are:

Membership, Memorial Fund, Endowment Donations, Individual Donations, Attending Fundraisers, Ideas for programs, etc.

THANK YOU FOR PARTNERING WITH US!

PENINSULA STORIES



(Continued from October)

"Hotel guests found bottles at the ocean beach and the folks displayed them at the new porch windows. Sun shone through the bright colors and made the room so beautiful." While I had their rapt attention, I added another tidbit. "In the 'state dining room, all was dark and mysterious, and to warm it, they lit a small iron fireplace.

Anne Nixon

Only grown-ups ate there, though, on Spode China "Now you'll love this, kiddos—the very formal parlor. A ceramic Indian head hung on the far wall, and we imagined his black eyes followed our every move!" I whispered, "He was scary!" "Wow!"

I wanted to explore an open shed that was once the laundry, out past the old apple trees we climbed. The horizontal wooden, double-cylinder washer was there, with holes in the inner barrel to let water flow in and out. Part of the huge wringer was too, that worried adults when we came around. 'Go away!' they hollered, 'Ya wanta get your arms yanked off?!' The wide mangle had pressed sheets, but it was all rusted. Gone were the clothes lines reaching out like fingers toward the bay, clothes flying in the wind.

"Uncle John's vegetable garden was there beside the road," I said, as we turned to leave. "He let us pull up carrots and pick peas after the busy summer season."

The Next Section --- *We've walked from the south end of Oysterville to the "bottle house" as our old family home is now called. We continue on. -- Anne*

"Tell us more stories." The girls enjoyed hearing about the four sisters who ran the Heckes Inn. Their parents had migrated from Ireland, they from Bimidji, Minnesota.

"Remember our great-great grandmother hunted moose in the north woods?" Lauren prompted.

"Yes, one sister, Aunt Ann, had hunted with the men. When she married Louis Kemmer the entire family honeymooned with them to Oregon. Aunt Nanny married John Heckes. Aunt Rye never married, and Aunt Ev's husband died early of appendicitis. They'd always lived as one big family, all but one brother who died young.

"Across the road here was the barnyard, full of cows, pigs and chickens." Lauren knew I liked pigs. "We all loved to watch as someone fed that smelly slop—" "Ugh," Kristin shrieked.

"The cows were creamy white and gold, milk cows," I continued, changing the subject. "And Uncle John squirted milk in the kitties' mouths," one added. "In a shed here by the road," I told them, "he poured the warm milk into a machine that separated the cream and milk. He carried it to the back porch to cool, and occasionally we'd sneak out to stick a finger into the bucket of cream, then lick it off." The barnyard ended. Across the road stood Aunt Dora and Uncle Cecil's red house. They were sister and brother of Harry Espy. "It's just as originally built, and one day I discovered the floor in a downstairs room slants into one corner."

"Want to hear an exciting love story?" I asked, knowing the answer. "Every summer the place was full of young cousins," I told them. "And one year a beautiful blond girl came along as a nanny. At the end of the summer she eloped with a handsome young man, movie-star-handsome." The girls were spellbound! "A desperate call to New York went out—on our phone! The caller rang Central, the operator. That was one long twist of a handle on the side of our wooden wall phone. Into the long mouthpiece she yelled, 'Central, I want to call New York!' Nothing that summer, or any other, compared to that!" "Then what?" Lauren's voice was excited. I looked at them, knowing I could make up something. "I don't remember."

Next door, secluded in trees, we passed Stoners' place, built by Dewitt in 1905. The gals were swimmers, and I knew they'd appreciate Mr. Stoner rescued men from the sea.

Continued from page 2

We sat on a grassy strip beside the road and looked across at the fire station. "A community center once stood there. Benches lined the walls and we danced on worn old wooden floors. Your cousin Judy remembers live bands." I knew they wouldn't care that town business was discussed and settled there, too. Getting to our feet we ambled north. "Here's the Freshley's house," I said. "Larry and cousin Pete used to trap mink, then skin and hang them to dry before sending them off for money.

"Right there, next to Freshley's, was the Sherwood cannery. It burned to the ground one day. Cans of fish sounded like popcorn as they exploded."

We turned to walk down by the big cannery, the old Northern Oyster Company.

"The Olson's barn used stand there, then began leaning at a rakish angle before it finally fell. Edith and her family ran a dairy." A wonderfully funny store came to mind. "A bull lived in this pasture, right over here." I pointed, reliving the time like it was yesterday. "Somebody, probably a boy, wanted to show how brave he was and climbed inside the barbed wire fence. But when the huge bull moved we all screamed and yelled. "Did the bull get him, Grandma?" I shook my head. "You can't imagine how fast he got thru that barbed wire, though!" We laughed. It had been a lovely afternoon walk.

HEALTH TIPS — *BY Melissa Goldberg (Retired RN)*

A calorie is NOT a calorie... Robert H. Lustig M.D. is a Professor of Pediatrics at the University of California – San Francisco. He explains it's not the number of calories we eat, but what kind of calories we eat, Lustig says. The main culprit for leptin resistance is overconsumption of sugar, as it causes insulin resistance which, "blocks leptin signaling." According to Lustig, the excessive consumption of sugar is occurring on such a massive scale and we can't reduce it because, "600,000 items in the American food supply, eighty percent of them are spiked with added sugar and, of that sugar, one-half of it is in foods we didn't even know had it." Fructose, the sugar found in fruit, is healthy to consume because the fiber content in fruit slows the absorption of sugar. Metabolic Syndrome - a cluster of chronic metabolic diseases characterized by energy overload of the mitochondria". This overload wreaks havoc in numerous organs and body systems.



I highly recommend his book - **FAT CHANCE beating the odds Against SUGAR, PROCESSED FOOD, OBESITY, and DISEASE** a well researched and informative offering.



In Loving Memory -



Willie King, was a long time member and dedicated volunteer at the Peninsula Senior Activity Center. Willie passed away September 30, 2013 of Alzheimer's disease. He and his wife Doris moved to the peninsula in 1997, from Lacey. They were very fortunate to meet and become great friends of Marci Hatch who is a neighbor to their daughter and son-in-law in Long Beach. Marci showed them the ropes of life on the peninsula, i.e. the Senior Center, AARP etc. The Senior Center was in the first stages of its life, so Willie and Doris became active immediately. They did all of the things needed from manning a booth at the Garlic Festival, advertising and taking donations for the Center to planting trees with Ernie. Willie was a quiet man but left his mark in many ways. He being a Master Carpenter hung the kitchen cabinets and, built and upholstered the chairs in the entry hallway. There are many items in the Center that were given or have the touch of Willie and Doris. For instance the stand in the hallway was donated by someone and refinished by Willie. Marci, Willie and Doris donated the fireplace in the Library. The display case in the hallway Doris acquired from Tony the jeweler. In speaking with Doris she reminisced how Willie loved the Senior Center trips with Milo, still asking what time they would be leaving on the next trip. Willie and Doris celebrated their 68th anniversary on September 15th. Willie will remain in our hearts and will be greatly missed.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
NOVEMBER					1 9 am Crafters 9-4 Quilters	2
3	4 10am Tai Chi 12 noon AARP	5 12.00p Bridge 1pm Cribbage	6 10:30 Yoga 1pm Pinochle	7 10 am Tai Chi 1pm Pinochle	8 9 am Crafters 9am Bd Mtg 11:30 Lunch	9 8am-11am Pancake Breakfast
10 2:00pm Movie Matinee "The trouble with the curve"	11 10 am Tai Chi	12 12.00 p Bridge 1pm Cribbage 6 pm Lions	13 10:30 Yoga 1pm Pinochle	14 10 am Tai Chi 1pm Pinochle 6 pm Bunco	15 9am Crafters 9-4 Quilters	16
17	18 10 am Tai Chi 2pm Ice Cream Social	19 12.00 p Bridge 1pm Cribbage	20 10:30 am Yoga 1pm Pinochle	21 10 am Tai Chi 1pm Pinochle 5pm Dinner	22 9am Crafters 9-3 Quilters	23 8am-11am Pancake Breakfast
24 Movie Matinee 2:00pm	25 10 am Tai Chi	26 12.00 p Bridge 1pm Cribbage 6 pm Lions	27 10:30 Yoga 1pm Pinochle	28 Center closed	29 Office Closed 	30

Committee Meetings

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

Friday November 8th Lunch 11:30am


Chili and dessert \$ 5.00 only

Friday December 6th

Beef Stroganoff

THANKSGIVING DINNER MENU
 Thursday, November 21st
 Turkey, Mashed Potatoes, Gravy
 Cranberry sauce
 Pumpkin dessert/Cider punch
 Come early, we sell out very fast!!

RSVP PLEASE!

UPCOMING COOKIE FEST 
 Sunday, December 1st 1:00- 3:00pm
 Come and eat delicious cookies !
 Music, caroling, lots of fun!!
 Door prizes!!



VOLUNTEERS OF THE MONTH

By Gwen Wagner

Vicki Libby is our volunteer of the month, every Friday morning from 9-12 you see her smiling face as she takes your blood pressure. Vicki retired from nursing April 2002, at that time she moved to the peninsula, living with her sister while her home was being built. Once she moved into her new home, she was ready to get back to sharing her nursing skills with the community.

She came to the Senior Center, asked if she could do blood pressure checks, and a deal was made. Vicki keeps her nursing license active by maintaining the required hours though volunteering and continuing education. Her goal and I quote "is to be the oldest D---- nurse on the planet". With her spirit and sense of humor I know she will fulfill this goal. Her nursing career has spanned 43 years, with nothing mundane about it. Vicki began nursing at Portland Providence hospital; at that time she said the nurses had to wear the white cap, uniform and shoes. She hates white, so she put colored shoe laces in her shoes, OF course the Sisters did not share her sense of humor so they made her replace them immediately with white ones. With 15 years into her career, she wanted to do something a little different, so seeing an ad in the Oregonian for a Civil Service Nurse in Sitka Alaska ,she applied. They interviewed and hired her over the phone; she spent 6 years there and also got a degree in Land Management. When she left Sitka she moved and worked in Tillamook where she eventually retired. Vicki's family, two sisters Dixie, Robin, their Dad and her friend Jon live here on the peninsula. Vicki belongs to the Red Hats, loves to clam, and rescues cats. Vicki loves the Senior Center and all the things they do. She ended our interview with another one of her goals in life is to "make memories" and it seems she is doing just that ----

SPOTLIGHTING OUR ADVERTISERS

"KEEPSAKE CRANBERRY VINE BASKETS"

Welcome to Janet & Art Herring owners of the *Keepsake Cranberry Vine Basket* business, they are new advertisers in the Gazette this month. Janet began making baskets out of pine needles in 1986 when she decided to quit smoking. At that time she and Art lived in Beaverton, OR, where she had access to long clump pine needles. However when they moved to the peninsula in 1994 the pine needles were not available, so using her creative genes she found that cranberry vines work as well as the pine needles. Janet said she and Art gather 45 gallons of the vines from a friend when the cranberry harvest is over. They spread the vines outside to dry; when they are dry she washes and dries them again. Using the vines and sinew thread she weaves a basket in about four hours. None of Janet's baskets are the same, she accents both the edges and the bottoms with assorted beach items, sea shells, pine cones, sand dollars, oyster shells or drift wood. This is a team project as Art drills the holes in the assortment of basket accessories. They are vendors at the Grange Indoor Market, Senior Center Christmas Bazaar, and of course the basis for her baskets the "October Cranberry Fair", as well as various other bazaars around the area.

Through the years both Art and Janet have been very active at the Peninsula Senior Activity Center. They have three daughters and five grandchildren.

MEMORIAL DONATIONS THANK YOU'S :

In memory of Willie King

Gwen Wagner

THANK YOU'S: Vicki Libby, Rita Nicely. William Lantz

WELCOME NEW MEMBERS

Earl Taft	Ann Koretsky	Jeff Schnitger
Dave Rasmussen	Doris Salley	Larry Rucker
Anna & Gene Klinger	Jim Holmes	Marlene Quillin
Margaret & Tom O'Neal		Royal & Vickie Waldock
Leland & Patty Kester		Duane & Sharon Hagstrom
Joanne McFern		Lee Moye

HISTORY OF VETERAN'S DAY



On the 11th hour of the 11th day of the 11th month in 1918, World War I ended. This day became known as "Armistice Day." In 1921, an unknown World War I American soldier was buried in Arlington National Cemetery. Similarly, unknown soldiers had been buried in England at Westminster Abbey and in France at the Arc de Triomphe. All of these memorials took place on November 11th to commemorate the end of the "war to end all wars."

In 1926, Congress resolved to officially call November 11th Armistice Day. Then in 1938, the day was named a national holiday. Soon after words war broke out in Europe and World War II began.

Armistice Day Becomes Veterans Day

Soon after the end of World War II, a veteran of that war named Raymond Weeks organized "National Veterans Day" with a parade and festivities to honor all veterans. He chose to hold this on Armistice Day. Thus began annual observances of a day to honor all veterans not just the end of World War I. In 1954, Congress officially passed and President Dwight Eisenhower signed a bill proclaiming November 11 as Veteran's Day. Due to his part in the creation of this national holiday, Raymond Weeks received the Presidential Citizens Medal from President Ronald Reagan in November 1982.

In 1968, Congress changed the national commemoration of Veterans Day to the fourth Monday in October. However, the significance of November 11 was such that the changed date never really got established. In 1978, Congress returned the observance of Veterans Day to its traditional date.

Honoring Veterans

On Memorial Day, 1958, two unidentified soldiers were interred at Arlington National Cemetery having died in World War II and the Korean War. In 1984, an unknown soldier who died in the Vietnam War was placed next to the others. However, this last soldier was later exhumed and he was identified as Air Force 1st Lieutenant Michael Joseph Blassie. Therefore, his body was removed. These unknown soldiers are symbolic of all Americans who gave their lives in all wars. To honor them, an Army honor guard keeps day and night vigil. Witnessing the changing of the guards at Arlington National Cemetery is a truly moving event.

Celebrating Veterans Day

National ceremonies commemorating Veterans Day occur each year at the memorial amphitheater built around the Tomb of the Unknowns. At 11 AM on November 11, a color guard representing all military services executes "Present Arms" at the tomb. Then the presidential wreath is laid upon the tomb. Finally, the bugler plays taps.

Each Veterans Day should be a time when Americans stop and remember the brave men and women who have risked their lives for the United States of America. As Dwight Eisenhower said, "...it is well for us to pause, to acknowledge our debt to those who paid so large a share of freedom's price. As we stand here in grateful remembrance of the veterans' contributions we renew our conviction of individual responsibility to live in ways that support the eternal truths upon which our Nation is founded, and from which flows all its strength and all its greatness

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

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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

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PHONE: _____

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



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

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To:

PSAC IS A WARMING SHELTER DURING STORM OUTAGES



Thanks to the efforts of many, the Peninsula Senior Activity Center now has a generator to provide a warm place for members and guests. Whether the peninsula experiences power loss for part of a day or longer the Senior Center is open to those in need of a warm building. If the power is out for a few hours, the center will be available during regular business hours. Extended hours of power loss will be reviewed by the board and handled accordingly to meet the needs of the community.

Anyone who comes to the Center will receive a hot cup of coffee or tea. No food will be provided; however individuals are welcome to bring **prepared** food for their own use. Cooking will not be available.