



Golden Age Gazette

The Voice of the Peninsula Senior Activity Center.

OCTOBER 2013

MESSAGE FROM THE PRESIDENT

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

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

I hope all of you got to see the Harvest moon over Willapa Bay, so beautiful and yet it signals the end of a great summer. Yes, fall is upon us with all the leaves to rake and time for your flu shots. We will have flu shots available here at the Center on Sunday, October 13th and October 27th. Times available are from 10:00am to 2:00pm on both days.

Board member Jeff Pearson made a great suggestion that we divide our landscaping areas into twelve plots and let our members adopt one to care for. Three areas have already been spoken for, thanks to Mike and Melissa Goldberg, Larry and Mary Cook and Ernie and Janet Henson. Pick a flower bed before they are all gone to help us keep our grounds beautiful.

Our ham dinner and pie auction was another success thanks again to John Vale and his kitchen crew and our pie bakers, Jeri Crumbley, John and Kathy Vale, Linda Gernert, Sandy Stewart and Melissa Goldberg.

Can you believe that we served 186 people at our Rod Run Breakfast? The breakfast along with our garage sale made for a very successful day. Thank you to all our wonderful volunteers!!

Ernie Henson, President



HALLOWEEN PARTY

COSTUME CONTEST!

There will be prizes for the best costume.

Come and enjoy an October Fest Dinner;

German sausages, red cabbage, hot potato salad

sauerkraut and dessert!

THURSDAY, OCTOBER 31ST 5:00PM

PENINSULA STORIES



On my "walk" around Oysterville we head north . Anne (continued from September)

Standing before the Espy house, I discussed with my granddaughters, Lauren and Kristin, how families lived in a very small town that had, some years before, been a thriving boomtown.

Anne Nixon

"When our family got off the narrow-gauge train in Nahcotta, the line's north end, Harry Espy happened to be there and offered them a wagon ride to Oysterville. Some had to walk to the house they'd recently bought." I pointed to that next property north, where the home now looked nothing like what I remembered, nor the one to which the folks were headed. "They had all sailed down the Columbia River from Portland to Megler, WA on a paddle wheeler, the *T. J. Potter*, then boarded the train." "Were they just going to walk to their house?" Lauren wondered. I shrugged, knowing she was thinking of today's cabs and buses. "There were few roads at that time. A boat came back and forth from South Bend to Nahcotta. Later a ferry crossed the Columbia River to Oregon, before the bridge." I'd loved those ferries, one of which I learned was sold for a gunboat on the Mekong Delta when they quit running.

"The train stopped simply by them standing out beside the tracks. I heard that a man needed a match to light his pipe, so he flagged down the train for matches. Imagine that! "Cool!" [The railroad led from Megler to Chinook (inland from today's dock), Ilwaco (Tetz Co. gas station), Seaview (Depot Tavern), Long Beach (Elks Lodge), Tioga, North Long Beach (Pell's Floor Covering), Oceanside settlement south of Klipsan Beach and north of Cranberry Road, Ocean Park and Nahcotta. The trains ran onto that dock, then backed up and turned around to head south.] After trains were gone, tracks were covered with gravel for a road. Rusty rails and ties were often unearthed by old road graders.

We walked toward the school house, surrounded by tall spruce where Theophilus Goulter's turkeys once roosted. I'd spent two weeks sitting at a little desk there during World War II, though I've forgotten why.

"Your cousin, Helen, came here to teach in the 1920—less than a dozen kids in all eight grades." I knew they didn't suspect she was the only teacher, so I explained. We peeked through a window. "Now it's a community center with a kitchen and bathrooms." The little city-slickers laughed as I described outhouses. Our family home was familiar to them, and we walked down the lane and looked back. The front porch had been restored like half a century before.

When the folks bought that derelict house in 1919, they fixed it up and eventually remodeled, to become a hotel. On the north and east sides they added a wraparound sun porch, and built a huge fireplace from ballast stones off ships from San Francisco that had come to take back Willapa Bay oysters." I explained ballast, then added, "Stones not used for the fireplace still lay on the sand when we kids played there." They wanted to explore it now, but I was walk-oriented. "Tomorrow," I said.

"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.

(to be continued in November)

To our " Southwest winter wanderers" -

Valley fever is becoming increasingly common, and it can be debilitating and costly, more than a third of patients need to receive care in the hospital. Only **about half those who inhale the fungus will even get sick. Sickness can range from flu-like symptoms, to severe pneumonia, to death.** The fungus *Coccidioides* lives in soil and dust in the S.W. United States and parts of Mexico, Central America, and South America. People get valley fever by breathing in the microscopic, airborne fungal spores. Valley fever cases in endemic areas are dramatically on the rise -- from 2,265 in 1998 to 22,401 in 2011. Since 1990, more than 3,000 people have died. Although people of any age can get valley fever, it is most common among older adults, particularly those ages 60 and older. People who have recently moved to an area where the disease naturally occurs are at higher risk for the infection. Many in the general public and even in the medical community know very little about the illness. Lack of knowledge can delay diagnosis and treatment

Ten Things You Should Know About Valley Fever, According to the CDC

- 1. Valley fever is caused by a fungus that lives in the environment.**
- 2. Valley fever is not contagious.**
- 3. Symptoms of valley fever are usually similar to the flu.**
- 4. Valley fever is common in the southwestern United States.**
- 5. Reported cases are increasing.**
- 6. Anyone can get valley fever.**
- 7. Some people are at higher risk for developing the severe form of valley fever.**
- 8. Some people will need antifungal treatment.**
- 9. It can be difficult to avoid the fungus that causes valley fever.**
- 10. Awareness is key.**




GONE FISHIN'

**A 30lbs Chinook salmon ,
caught by Linda Gernert**



**Pie Auction!! Jeff Pearson & Ernie Henson
At our September dinner.**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
OCTOBER		1 12.00 Bridge 1pm Cribbage	2 1pm Pinochle	3 10 am Tai Chi 1pm Pinochle	4 NO LUNCH 9 am Crafters 9am Quilters Dinner 5:00pm	5 Bunco for Breast Cancer 2:30p, 6:30p
		6	7 10am Tai Chi	8 12.00p Bridge 1pm Cribbage 6 pm Lions	9 10:30 Yoga 1pm Pinochle	10 10 am Tai Chi 1pm Pinochle 6 pm Bunco
13 10-2 Flu shots 2:00pm Movie Matinee "The odd life of Timothy Green"	14 10 am Tai Chi	15 12.00 p Bridge 1pm Cribbage	16 1pm Pinochle	17 10 am Tai Chi 1pm Pinochle Dinner moved to Oct 31st	18 9am Crafters 9am Quilters	19 8am-11am Pancake Breakfast
20	21 10 am Tai Chi 2pm Ice Cream Social	22 12.00 p Bridge 1pm Cribbage 6 pm Lions	23 10:30 am Yoga 1pm Pinochle	24 10 am Tai Chi 1pm Pinochle 6:30 B of P Presentation	25 10AM- 4 PM XMAS BAZAAR	26 10AM- 4 PM XMAS BAZAAR
27 10-2 Flu shots 2:00pm "Some like it hot"	28 10 am Tai Chi	29 12.00 p Bridge 1pm Cribbage	30 1pm Pinochle	31 10 am Tai Chi 1pm Pinochle 5pm Dinner RSVP please!	<div style="border: 1px solid black; padding: 5px; display: inline-block;"> No lunch November 1st </div> 	
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				No lunch in October!! Lunch will be on Friday November 8th Chili and Dessert		

DINNER MENU
FRIDAY, October 31st!!
 German sausages
 Red Cabbage
 Hot potato salad
 Sauerkraut
 Dessert
RSVP PLEASE!

Friday, October 4th
5:00– 7:00pm
Steak & Oyster Feast
\$15.00 per person
 Reservations required!!
Tickets available in the office.





VOLUNTEERS OF THE MONTH

By Gwen Wagner

Dennis and Faye Crumbley are the volunteers for October; they both have long time history with the peninsula. Dennis's father was a commercial fisherman here in 1942, and moved the family here in 1945. During this time Dennis spent four years in the Sea Bees 1941-1945. He later returned to the peninsula where he met Faye in the spring of 1955, while she was clamming on the beach. Faye said it was love at first sight for her; as she gave Dennis a loving look.

They married in September of that year and they just celebrated their 58th wedding anniversary.

After they were married, they moved to Bremerton, where Dennis began his college career going on the GI Bill. Faye also had her career as a Professional Beautician, so she helped with the finances, working while Dennis attended school. Then the babies came first two girls one in 1957, 1959, then two boys in 1960 and 1962. Faye was very busy with a different career raising her family. Dennis was now attending the University of WA graduating in 1958 and 1960 with a BA and Masters Degree in Transportation Engineering. After graduation they lived and worked in Tacoma from 1965 -1989, where Dennis was a City Traffic Engineer .

After their last child was in Junior High, Faye made her mark once again by driving both a school bus and a city bus for the City of Tacoma Transit system. Dennis retired in 1989, and Faye said I quit too! They were now free to travel and travel they did, for 5 years spending time in 42 states. Dennis said a little wistfully, "they liked to travel in the off season which made it more enjoyable, not so many tourists". Then it was time to return to the peninsula. They became involved immediately with the Senior Center, at this time Larry Cook was the President of PSAC. They jumped right in doing everything that needed doing; Faye mowed lawns, worked in the kitchen, cooking, dishes etc. Dennis did the maintenance work, also helped in the kitchen. They are still active volunteers today, maybe just not quite as fast as they were 18 years ago.

Dennis remains on the Parking Lot Committee, studying if there is a need to enlarge the parking area and is also working on acquiring money to develop a refuge in the event of a Tsunami. One of the greatest gift's Dennis has given the Center was when he became certified to inspect Manufactured Homes, doing so under the Senior Center Umbrella. All of the funds he received for his work, he donated to the Center to purchase a generator and the heating system. I asked him if he had any projects to work on right now he said " they asked me to pull the stakes from the tent used for the garage sale, they are three feet down so I may have to get my tractor to pull them out" giving a little laugh. They both have a lot of love for the Peninsula Senior Activity Center. A big thank you to the both of you for all you do and have done for the Center.

MEMORIAL DONATIONS THANK YOU'S :

In Memory of Caesar Crosta

Larry & Mary Cook

THANK YOU'S:

Thank you to Jeff Pearson for shampooing the carpet in the great room at the Senior Center .

Jeri Crumbley

RECYCLE YOUR PLASTIC BOTTLES

& SODA CANS



WELCOME NEW MEMBERS

Jami Niece

Nancy Gusey

Alice Alexander

Barbara Beatty

Mary Anne Murray

Larry & Jean Hendrickson

Cheryl & Terry Taylor

Clifford Simmons

James & Sandra Clancy

Robert & Lora Lane

Rex & Heidi Sicka

Mark & Karen Plowman

Richard & Colleen Bonney

Edith Strange

Steve & Shannon Baker

Alan Gross

Michele Fiera

Rose Ayers

Ken & Stella Sullivan

PSAC LANDSCAPING COMMITTEE**-- ADOPT A SECTION****"BARE ROOTS/WEEDS VOLUNTEERS NEEDED**

So, you've been wanting to have some more Real Estate???

Here's your chance. And for no more than being a PSAC member, we can commit some space on our property. Truth is, we're in somewhat desperate need for a new group of folks to "step-up and sign-up" to help beautify our grounds. It would only require a few hours of your time each month during our peninsula growing season (May-October).

We've found it just to be too big a challenge for one or even a few members to keep up with the pruning, weeding and general maintenance of our grounds.

We're thinking that if a group of folks could each take on a smaller section, then collectively it wouldn't be such a burden on the few that have in the past spent hours in the dirt.

Here's the idea/plan:

We have reviewed a schematic of our property and have divided the various planting beds into 12 sections. We would like volunteers to sign-up for a section (s) much like companies do on stretches of our highways. Folks who sign-up can either be a party of one or any number, who will then concentrate and be responsible for their section. Quite frankly, it's a lot of work, but broken into 12 sections it is more easily maintainable.

Please stop by the Center and sign-up for one of these sections. Each month PSAC will provide those volunteer members who sign-up and complete their section a free breakfast card for each of the 6 months (May-October).

Please call the office to SIGN-UP, 665-3999.

WHY SENIORS STILL NEED NEWSPAPERS

I was visiting my daughter last night when I asked if I could borrow a newspaper.

"This is the 21st century," she said. "We don't waste money on newspapers. Here, use my iPad."

HIS SUPPER TABLE AND THRIFT STORE

Their Mission: Provide nourishment to body, soul and mind.

HIS Supper Table is a non-profit Christian ministry for the purpose of providing meals to those who are in need on the Long Beach Peninsula. Fourteen years ago three ladies decided to do something about this need. They began by soliciting food donations and support from local merchants; Sid's Market was and is a strong contributor. The next step was to find a place to cook & serve the meals. They contacted the New Hope Church in Ilwaco, asking to use their facility, they agreed. The first few meals fed only 6-8 people, today HIS Supper Table feeds over 25,000 a year. Location is always important so hoping to reach more people they moved to the Nazarene Church in Long Beach. As more people were being fed the food and money contributions grew, but now clothing and household items were being donated as well. These items were given to the people in need also.

With the clothing and household donations increasing, the idea came about to open a thrift store using the funds to sustain the meal mission. So a Board of Directors was elected and they applied for a 501-3C Non-profit Organization status. Through the years both HIS Supper Table and the thrift store have operated at different locations but remain strong in their commitment. Both of these operations are staffed 100% with volunteers, at this time the thrift store needs more help in the capacity of pricing and straightening merchandise. Meals are prepared and served on Monday's and Thursday's from 4:30-5:45, at the Nazarene Church. Menus vary, but usually consists of soup, salad, main dish, vegetable, dessert and drink. Donations are accepted at the Thrift Store from 11 am to 5 pm, Tuesday through Saturday. At the new Thrift Store there is limited space and they are no longer able to accept furniture, mattresses, large appliances, exercise equipment, TV's (unless they are a combo VCR or DVD player), used toys.

Today HIS Supper Table is located at the Nazarene Church, 13th Street, N Pacific Highway, and the Thrift Store is located at 911 Pacific Way N. both in Long Beach.

Gwen Wagner

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:

UPCOMING EVENTS



CHRISTMAS BAZAAR

FRIDAY OCTOBER 25TH AND SATURDAY OCTOBER 26TH

10:00—4:00PM

Lunch will be served both days!

Bake Sale!

Raffle drawing Saturday at 3:00pm!

Come and shop early for Christmas!!