



Golden Age Gazette

"The Voice of the Peninsula Senior Activity Center."

April 2009

Peninsula Senior Activity Center

New mailing address:
21603 "O" Lane, Ocean Park, WA 98640

Phone: 360.665.3999

Fax: 360.665.0099

Email:

PSAC@willapabay.org

Website:

www.peninsulaseniorcenter.com



"Volunteers don't necessarily have the time, but they have the heart." -- Anonymous

"Destiny is not necessarily what we get out of life, but rather, what we give." --Cary Grant

"Volunteers are paid in six figures... S-M-I-L-E-S" --Gayla LeMaire

"The best and most beautiful things in the world cannot be seen nor touched...but felt in the heart." --Helen Keller

Volunteers are the only human beings on the face of the earth who reflect this nation's compassion, unselfish caring, patience, and just plain loving one another. --Erma Brombeck

A message from Michael Goldberg, Secretary

To our valued members:

The last eleven months have been a bumpy ride for the Board. For those Board members who strapped on their seat belts and are still around, the positive results of a lot of hard work and cooperation are now apparent. The Board has passed an annual budget for 2009. We have basically completed the vision to make the Center an Emergency Shelter. We have installed a generator. We have installed a ham radio and will be offering classes for any members who want to be trained as radio operators.

LINDA BAEHR is our new office manager and she is everything we hoped she would be. She has excellent computer and office skills, is extremely friendly and helpful, and is a can-do type of person. If you get a chance, please come to the office and meet her.

We approved a package of By-laws revisions that change little but make our By-laws consistent with how we are actually operating. **We need membership approval at our annual meeting.**

The Board decided that the increase to 15 Board members initiated a year ago is not a good idea and we are reducing the Board to 11 members by not filling the four positions that are becoming vacant. Our thanks to ART HERRING, CARMEN MAESTAS, AND WES MOEHNKE for their contributions to the Center over the last 3 years. I hope all of them will continue to serve on the committees they are on.

We have been without a president and vice-president since last October. I have assumed the role of chairman at the meetings. Several other Board members stepped up to supervise and manage many of the tasks required at the Center. Having now experienced the reality that the President would not be required to do "everything," I am willing to be President with the Board's approval. A slate of ERNIE HENSON, vice-president, CARMEN MAESTAS, treasurer, and SANDY THAMES, secretary is willing to assume the leadership of the Board. I think the Center will be well-served in the coming year with these people at the helm.

Continued on page 2

A message from Michael Goldberg, Secretary

Continued from page 1

GLEN RIPLEY graciously volunteered to update our website on the Internet and we now have a much improved website with many interactive features. Please check it out at peninsulaseniorcenter.com. Thank you Glen, for an excellent job.

We should have a new janitor by the time the Gazette is published.

It is important for the membership to be aware of the financial health of the Center. Fortunately, we have received several large donations in the past that have allowed us to have nest egg which we earn interest on. Due to ongoing smaller donations and an energetic fund raising committee, we have been able to pay our normal bills.

Last year, however, the Center made several large purchases, including automatic doors, a flat screen TV, an on-demand water heater, the generator and the ham radio. We were able to raise about half the cost of the generator plus installation. This left us about \$7000 short--despite the help of Board member RAY BOWMAN using his contactors license to purchase the generator, and an extremely favorable electrical bid from FORD ELECTRIC. So we have dipped heavily into our savings. As our costs are going up, the Board is considering raising some of its fees, but no decision has been made yet. FURTHER DONATIONS WOULD BE GLADLY ACCEPTED.

The coming year bodes well. We have an excellent Board who has contributed an incredible amount of time and energy to clean, maintain, improve and raise money for the Center. My personal thanks are offered for the exceptional efforts of the Board Members - SANDY THAMES, CARMEN MAESTAS, JEANNIE ELLEVOLD, DORIS KING, ELDRED GILPIN, BOB STEWART, AND CINDY MORROW.

-Michael Goldberg, Secretary

"SMOKED" RAZOR CLAMS

- 1 limit of razor clams
(cut into small pieces)
- 1/2 C. oil
- 1 tbsp. Liquid smoke
- 2 tbsp. Worcestershire sauce
- 2 tbsp. lemon juice
- 1 tbsp. seasoning salt
- 1 tbsp. chili powder
- 1 tbsp. celery salt
- 1 tbsp. garlic powder



Combine and stir oil and seasonings, then add clams. Bake on cookie sheet or in shallow pan at 350 degrees for 1 hour. Stir and drain frequently, saving juice. Store clams and juice in air-tight container. Will keep in refrigerator 2-3 weeks.

"This is a recipe and photo reproduction of a Washington Department of Fish and Wildlife document and is not the official document or regulations of the Washington Department of Fish and Wildlife. The accuracy of the reproduction cannot be guaranteed by WDFW."

MANY THANKS

To everyone who worked on or donated items to our BAKE, BOOK and Collectible Sale! We raised over \$500. We are well on our way to a defibrillator. Thank you! Thank you! Thank You!

- Jeanne Ellevold

Questions about health care access or insurance? 1-800-562-6900

Statewide Health Insurance Benefits Advisors **HelpLine** is a free and impartial public service offering counseling, advocacy, assistance, education.

www.insurance.wa.gov

MEMORIALS DONATIONS

In Loving Memory of **George Edmund Lee**

Deloris & Ken Butcher
Marylou & Harold Cook
Jeanne Ellevold
Lydia Fauver
Beverly & Eldred Gilpin
Doris & Willie King
Alfred & Anita Klepps
Howard & Grace Peterson
Paul Peterson
Viola L. Robinson
Nancy & Ronald Schnitger
Doris and Dale Shoemaker



In Loving Memory of **Derek Leonard**

Doris & Willie King

In Loving Memory of **Lilly Matthews**

Deloris & Ken Butcher
Doris & Willie King



Annual Board Meeting & Potluck Sunday, April 26th

2pm meeting-potluck to follow.

Members with last names starting with...

A-M Please bring a salad or vegetable.

N-Z Please bring a dessert.

PSAC will be providing the pork roast, potatoes and gravy.

PRIVATE DONATIONS

Nancy Beliveau
Camp Victory
Tina Davis
Freda Everdell
Catherine Gabrielson
Linda Gertner
Russell Harwood
Susan Kearny
Judy Leonard
Dorothy Tenney
Sandra Thissell
Patricia Ullock
Franziska Valentine
Tom & Lil Wahlgren
Kenneth & Louise Weaver
VL Zimmerman

GENERATOR DONATIONS

Dennis Crumbley
Ernie & the Superbowl Party Crew
Hal & Geneva Gardner
Eldred & Beverly Gilpin
Kathryn Haavisto
Moffitt Brothers Transportation
Doris and Dale Shoemaker
Ruth Toner
Jon & Audrey Waldorf
Garry Whyte

Upcoming Dinner Menus

April 16th 5-6:30 Turkey Dinner
May 21st 5-6:30 Meatloaf Dinner
June 18th 5-6:30 BBQ burgers & hot dogs
July 16th 5-6:30 Pork Loin Dinner

Great meals for all ages at \$7 for adults and \$5 for children
Meals include entrée, veggies, salad, beverage and dessert.



NEW IDEAS WELCOMED

The Board of the Center is very interested in establishing new activities for seniors. Anyone who would like to either organize an activity or is looking for other people with a similar interest should contact our office manager, Linda Baehr. We have a television with Direct TV access if any one would like to organize movie events or watching TV programs. Most importantly, we are looking for people who would like to serve on our Program Committee, which is in charge of coordinating and proposing new activities at the Center. We need creative people with the desire to provide ongoing activities for seniors on the peninsula.

HAM RADIO CLASS

Now that the Center has a ham radio for emergencies, a class is coming up to train any members who would like to assist with the radio during emergencies. The class will be held on April 11 from noon to 6 pm and April 25 from 10 am to 4 pm.



Frank Wolfe, the instructor, would like enrollees to contact him prior to class. His phone # is 665-5292, and his email is nm7r@yahoo.com. It is required to purchase the book, Gordon West Technician Manual, which costs \$18.95, and Frank recommends reading the book before the first class. It can be purchased at Ham Radio Outlet; Portland, OR: 1-800-854-6046 <http://www.hamradio.com>. The cost for taking the test is \$15 and attendance is required at both sessions.

NEW COMPUTER TERMINAL



A computer terminal will soon be available at the Center for members who do not have a computer and would like access to a word processor for typing letters or reports and for accessing the Internet and email.

BY-LAWS REVISIONS NEED MEMBERSHIP APPROVAL

The Board approved a variety of changes to the current by-laws. The vast majority of these changes were simply for clarity or grammar. The entire committee section was redone to make it more uniform and consistent with current committee responsibilities. The goal of the Board is to have committees perform **the majority of the Board's business**, although important decisions must still be brought to the Board for approval. Copies of the new By-laws (with additions in **BOLD**;) and copies of the old by-laws can be picked up at the Center's office for those wanting to review them prior to the Annual Membership meeting. **It is very important for members to attend the Annual meeting to vote in favor of the changes.**

Grandkids – What to do?

Do you have any ideas to do with grandkids in our area to share with other members? E-mail your suggestions to psac@willapabay.org or write-out your suggestion and drop it by the office.



**FREE "WIFI" 24/7
Use your laptop
inside the center or
in the parking lot.**

"Laughter is the shortest distance between two people."

—Victor Borge (1909-2000); comedian, pianist

Name that star!

Names to choose from: Doris Day, Joan Crawford, Charlton Heston, Judy Garland, John Wayne, Jean Harlow, Elton John, Gene Wilder, Ginger Rogers and Cary Grant.

This star was born as...

and is known to us as...



1. Archibald Alexander Leach

2. John Charles Carter

3. Reginald Kenneth Dwight

4. Jerome Silberman

5. Marion Michael Morrison

6. Doris Mary Ann Von Kappelhoff

7. Virginia Katherine McMath

8. Harlean Carpentier

9. Lucille Fay LeSueur

10. Frances Gumm

Caring for someone with memory loss? Share, support, and learn.

Telephone Support Group 3rd Tuesday of each month 7:30-9pm

Recognizing that some caregivers find it a challenge to access traditional support groups, the Chapter holds a telephone support group that offers the benefits of a traditional Face-to-face support group without the need to leave home.

The toll-free telephone group is facilitated by Barbara Bridges, RN, MSN. Barbara has over 40 years of registered nursing experience, is a member of the National Association of Professional Geriatric Care Managers, a long time caregiver support group facilitator, and brings a wealth of experience through call-in radio programs, internet chat rooms and message boards.

Join Barbara in a peer environment where participants share challenges, grief, anger, and humor. Learn about dementia, self-care, and local resources available throughout the progression of the disease. The common experience of caring for a loved one with dementia provides a bond for participants that many describe as essential to the caregivers' emotional health and well being.



**For additional information, and call-in instructions please contact:
Linda Whiteside, Director of Community Support 1(800) 848-7097 or
Linda.whiteside@alz.org**

Alzheimer's Association, Western & Central WA State Chapter, 12721 30th Avenue Northeast, Suite 101, Seattle, WA 98125, 1-800-848-7097 www.alzwa.org

Did you know?

The can opener was invented 48 years after cans were introduced.

The first animal in space was the female Samoyed husky named Laika, launched by the Soviets in 1957.

Only one of the Seven Wonders of the World still survives: the Great Pyramid of Giza.

US citizens watch the most TV. By age 65, an American would have watched the equivalent of 9 years uninterrupted screening, viewing more than 20,000 TV commercials per year.

The Walt Disney Company was founded in 1923, and in 1927 Walt came up with the idea for an animated mouse called Mortimer Mouse. His wife Lillian convinced him to change it to Mickey Mouse.

Bill Hanna and Joe Barbera created Tom and Jerry in 1939.

On average, a movie makes about 5 times more from its video sales than ticket takings.

Answer Key Name that star?

- | | |
|--------------------|------------------|
| 1. Cary Grant | 6. Doris Day |
| 2. Charlton Heston | 7. Ginger Rogers |
| 3. Elton John | 8. Jean Harlow |
| 4. Gene Wilder | 9. Joan Crawford |
| 5. John Wayne | 10. Judy Garland |

Plants donations needed for upcoming plant sale on Sat., April 11th !



We are looking for donations of Crocuses, Tulips, Irises, Lilacs, Aster & other perennials. It is said that regular division of perennial plants encourages healthier growth. So, think us of as you start your Spring gardening. We are guaranteed to appreciate all donations!

Helping hummingbirds

By Penny Ripley



I had read an article that suggested keeping hummingbird feeders out year round in our area and my interesting experience during one of the snow storms this last winter certainly made me glad I had remembered to do that for the little birds.

I was sitting by the window to our deck and watched a little hummer come to eat. He ate, perched a bit and stayed around. All of a sudden I caught a movement and watched him fall off the perch and land upside down in the snow under the feeder area. He was still alive so I quickly and carefully picked him up and brought him inside. He didn't seem to struggle at all and we tried to give him a little hummer food but he wouldn't open his beak. After a bit of this he started to open his wings so we held open the door a bit, I put my hand outside and he finally flew off.

Amazing - and I was oh so happy that I didn't have to watch him die (or be holding him when he did. We think he probably just perched too long in the open on the feeder ledge and got too cold. Found out later from a friend that does a lot of bird watching that this is torpor and the hummers use it as a way to survive the cold and low food supply but usually at night and they usually stay on the perches. (trees or feeders)

Poor baby. But he came back (or a buddy) and landed on the deck again, this time he was upright with wings outstretched. When I opened the door to pick him up out of the snow he flew off so guess a gust of wind caught him at just the wrong time.

For a picture that captures this special moment in the palm of my hand you can check out the new PSAC website. [Click Here.](#)

New Website Profile
www.peninsulaseniorcenter.com

I have been working over the last few months to update and redesign our website. The goal is to make it more beneficial and interesting both to existing members and introduce our center to potential new members and visitors to our area.

Please send us your comments, recipes, stories and sayings by using our new feedback features or by sending them to the center office. Documents in electronic format are preferred to save us time re-typing them. Submissions will be approved by the committee before they will be uploaded to the new site.

Our objectives for the re-design included the following:

- * Introduce ourselves to prospective rental clients and members.
- * Inform our members about news, events, trips and policies.
- * Provide a means to submit comments, suggestions and complaints.
- * Share interesting things such as photos, stories, recipes and sayings.
- * Provide a resource of useful community contacts.

- Glenn Ripley

FREE LEGAL SERVICES

If you are low-income and need help with a non-criminal legal problem, call

NorthWest Justice Projects
Toll Free Clear Intake Line
1-888-201-1014
1-888-201-9737 TTY

Clear Intake Hours: 9:30am-12:30pm M-F
and Tuesday afternoons 3:30-6:15pm

Free self-help information available at
[**www.washingtonlawhelp.org**](http://www.washingtonlawhelp.org)

CLEAR is Northwest Justice Project's Coordinated Legal Education, Advice and Referral system. Northwest Justice Project, a federally funded legal services program, is part of the Washington State Access to Justice Network.

FREE APPLIANCE
DROP-OFF* DAY
May 2, 2009

Open to residents of Pacific County

- Washers & Dryers
- Hot Water Heaters
- Ovens & Stoves
- Refrigerators & Dishwashers
- Microwaves & Freezers



Long Beach Transfer Station

4404 67th Place
May 2, 2009

10am-2pm

Questions? Pacific County DCD @ 360-642-9382

***All appliances will be recycled – sponsored by**
Department of Ecology and Pacific County

Peninsula Senior Activity Center Word Search

N L J S G F C I N D Y M O R R O W E
 D I E A N J E R I D A W S O N A N L
 A N A N I D T I X W H J S E H M A D
 A D N D R E D Y Z H N V J C K I N R
 A A N Y R N U R F O N J U P O C C E
 O B E T E N A A J Y X H Z L S H Y D
 F A E H H I N T B Y F F R R O A S G
 F E L A T S E E O G S X E S C E C I
 I H L M R T H R A Z Q B R A D L H L
 C R E E A U A C R Q M H U T O G N P
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 A P V Z Q A O V B T H Y T N I E R I
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 I O N O S N E H E I N R E A Q J F Q
 H M E K N H E O M S E W W C Z H X X

Secretary

Michael Goldberg

Treasurer

Carmen Maestas

Board Members

Doris King

Art Herring

Ernie Henson

Jeri Dawson

Jeanne Ellevold

Ray Bowman

Cindy Morrow

Sandy Thames

Wes Moehnke

Bob Stewart

Dennis Tufts

Eldred Gilpin

Nancy Schnitger

Honorary Members

Sid Snyder

Duane Hagstrom

Office Manager

Linda Baehr

"We do not believe in ourselves until someone reveals that deep inside us something is valuable, worth listening to, worthy of our trust, sacred to our touch. Once we believe in ourselves we can risk curiosity, wonder, spontaneous delight or any experience"

—e. e. cummings (1894-1962), poet, playwright, painter, essayist

MEET DORIS KING

By Birdie Etchison



As everyone knows, the Senior Center couldn't operate without its cast of volunteers. Doris King stands high in that regard.

Besides serving as president for a year, Doris has filled many capacities. "I was here for the Grand Opening in May of 2000. I decorated for it."

Doris loves flowers and still decorates the tables for the dinners, breakfasts and the Ice Cream Socials that honor birthdays of that month. Recently she started a rhododendron garden to the east of the building.

Doris was born on Easter Sunday in South Dakota. The oldest of three, her family left there and moved to North Dakota. They later moved to Anaconda Montana where her father worked in the smelter.

She and husband, Willie, met in high school in Tacoma Washington. She graduated from Lincoln in '45 and Willie in '44. They married in '45, both kids. People said they'd never make it, but they're still together and will celebrate 64 years in September.

Doris worked in the shipyards when she was in high school. "I made gallons and gallons of soft ice cream in the canteen. I cannot eat soft ice cream to this day."

Willie was in the Air Force toward the end of WWII, "but he didn't make a career of it".

They have three children and after their oldest daughter moved to the peninsula they decided to come, too. That was in 1997. A son also lives here, leaving one daughter in Auburn. "Both son-in-laws are veterinarians."

Doris has always been busy. No stay at home mother was she. "I worked at waitressing, in a lumberyard and was a grocery checker for 23 years. For Safeway and Lucky's."

She and Willie have six grandkids and six great grandkids. She ponders for a minute. "Yeah, I think that's right.

Doris's dream for the Sr. Center is another building for the men. "One where they can have a pool table and just hang out." They could also use the area for smaller classes.

You'll see Doris serving for breakfasts, dinners and always decorating the tables for these events. She's been on the Board "now and forever," she says. She's also responsible for the building of the creek in front of the building. She thinks the library is one of the best accomplishments

"I'm slowing down, though," she says with a smile.

Doris wore a pin given to her for her volunteer work. It says:

" *Volunteer – Heart of our Program.* " She has earned it many times over.



Come and have some fun with us!

You will always find a welcoming face, a cup of coffee or tea here at PSAC. Our center is a place to meet friends and to stay active socially, mentally and physically.





Volunteers Needed, Can you help?

Right now, your help is needed! Any time you have to share with a child is most appreciated. Many help out a couple of hours each week, not that you have to limit it to once a week; more often is appreciated, even a few hours once a month can make a difference. The biggest need to fill right now is from right after school through Power Hour (2:40 to 5pm) daily. On Tuesdays & Wednesdays the Club really needs a volunteer who works at the front desk checking Club members in and out with their parents. To learn more or obtain a volunteer kit, contact the Club at 642-8668 or email ErinReilly@centurytel.net. Tell them you read about it here!

The Boys and Girls Club News!!! It's official! The Boys and Girls Club of the Long Beach Peninsula has received its Charter with the Boys and Girls Club of America! That is no small feat - many have applied in the past year and a select few have made the grade (so to speak)! Amazing work by so many; kudos to all! Thank you! Shelly Pollock
P.S. See you on the beach April 18th, at our next Beach Cleanup.



State Park Volunteers Needed

The Friends of the Columbia River Gateway is a non-profit organization dedicated to the support of the Long Beach Area State Parks. We provide funds to assist in such programs as the Living Historians and the Waikiki Beach Concert Series. We also support park interpretive signage and historic building repair. Additionally, we provide funds for the occasional potlucks held for the park volunteers. These funds are made possible by the year-round operation of the Lewis and Clark Interpretive Center **Bookstore and the seasonal operation of the North Head Lighthouse Keeper's store.**

We are looking for volunteers to help at the stores. Membership in the organization is optional. We need people that are familiar with a retail environment or who have a desire to be trained. You will be taught to run the cash register and complete a charge or debit transaction. At the end of the shift the cash is counted and stored in a safe. We would prefer a regular scheduled shift of 4 to 7 hours. These volunteer positions entail meeting the public and having some knowledge of our area. Tourists ask a lot of questions! We usually work as a team of two at the Lighthouse site so get a friend to sign up with you. Contact Lona Niemi at 642 2502 for further details.

PENINSULA SENIOR ACTIVITY CENTER MEMBERSHIP DATE PAID _____

NAME _____ BIRTHDAY _____

SPOUSE _____ BIRTHDAY _____

ADDRESS _____ CITY _____ STATE _____ Zip _____

NEW \$10 EACH _____ RENEWAL _____ CARD ISSUED _____ MAILED _____

DUES PAID FOR YEAR _____ CASH _____ CHECK _____

PHONE _____ E-MAIL _____



Announcing The Golden Age Gazette by e-mail!

Help us save postage and a few trees by signing up to receive the newsletter by e-mail. We will send you a link to our website and you can read it as a Word document or as a PDF. Just send us an e-mail to PSAC@WILLAPABAY.ORG with Gazette in the subject line.

Upcoming Special Events

Plant SALE & Fundraising Pancake Breakfast on Sat., April 11th 8-11am at the Peninsula Senior Activity Center. For just \$5 for adults, \$3 for children, you have a choice of pancakes, scrambled eggs and sausage or biscuits 'n' gravy with scrambled eggs. Beverage is included. **Public Welcome**. We are accepting donations of plant "starters" and plants for our sale.

Peninsula Senior Activity Center Garage Sale and Hot Dog Extravaganza Sat., April 25th 8:30-3:30. We are now accepting donations for our garage sale on Tuesdays, Wednesdays, and Thursdays from 12-3pm. Donations may include clean and useable clothing, household goods, antiques, and jewelry. Antiques and special items are gratefully accepted. Unfortunately, we are not able to accept National Geographic & Reader's Digest books, clothing with stains/tears, ski equipment, non-working electrical items, any type of computer monitors, printers or typewriters. Don't forget to pick up a hot dog & potato salad for \$3, pop, coffee or large muffins for \$1 at our Hot Dog Extravaganza.



**Peninsula Senior Activity Center
21603 O Lane
Ocean Park, WA 98640
Phone: 360-665-3999**

ADDRESS CORRECTION REQUESTED

If you have a dot on this Gazette, you have not paid your membership dues for this year.

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POSTAGE PAID
PERMIT NO. 2
OCEAN PARK, WA
98640