



# Newsletter

## SENIOR POINTS TO PONDER

**L**ying around, pondering the problems of the world. I realized that at my age, I don't really give a rat's --- anymore. If walking is good for your health, the postmen would be immortal.

A whale swims all day, only eats fish, and drinks water, but they are still fat.  
A rabbit runs, and hops everywhere and only lives 15 years, while a tortoise doesn't run and does mostly nothing, yet it lives to be 150.

And they tell us to exercise? I DON'T THINK SO!!! Just sayin'.....

## TREASURES REPORT

**L**inda Sheridan, our treasurer, is off work for a while taking some personal time. She is not here for this publication, for her regular report. Her work is being carried on by the other two office staffers, Yvonne and Barbara. Everything is up to date and will be available for Linda to make her report for our next edition.

## Notes from the Kitchen

Doris Loveday

**T**otal eclipse of the sun, what a day to remember, I hope everyone enjoyed the experience safely.

Summer is almost gone but the squash, cucumbers and tomatoes are just coming in to the kitchen. Our gardeners are keeping the kitchen well supplied. Last Friday we received a box with 4 different varieties of tomatoes. Saturday morning we received a bucket of apples so while Saturday breakfast was in full swing, I sat and peeled them. Thanks to Dale and Margaret, I didn't have to cut them up. Dale cut them up and we now have 3 ½ gallons of apples in the freezer.

Margaret and I spent one weekend making jelly. We now have some grape, plum, grape-plum jelly, some fig jam and some apple butter. We also have another bag of plums to cook down and make more jelly. I have been researching sugar free jelly also.

Have you checked out the Farmers Market? One of the booths has gluten free bread for sale. I have had a couple of inquiries about serving gluten free in the kitchen. To be honest, I need someone to come in and take over that project before we can offer gluten free bread for sandwiches. If anyone is interested in doing baking gluten free bread please drop by and talk to me.

Another suggestion for a money maker for the Center--Pre-made pies for the holidays, Thanksgiving and Christmas. I am looking for a pie making crew. Do you have a favorite "no fail" recipe you would share? I have a killer recipe for "Eggnog Pie" but I cheat and use store bought pie shells. So if you have a killer recipe for pie shells come on down. We have a mixer big enough to handle large recipes.

Mark your calendar, October 28th, for our third annual Halloween Dance. We have Dean the DJ booked for our music and entertainment. Dean works with many non-profit groups providing safe entertainment. Of course we need to do our part to get the Center ready for a spooky night out. We need help decorating the Center. Remember the decorations for the Sock Hop? Well, we need to match that and go one step further. Spiders, ghosts, black cats, whatever! We need your help to spook up the Center, inside and out. Spider web donations can be brought into the kitchen. Just make sure the spiders aren't still crawling around.

## Farmers' Market out Our Front Door

Ruth Smith

**R**oseburg Senior Center members can now find fresh produce and other locally produced food right out our front door every Tuesday from 3 to 7 pm. Through October 31st, The Southside Community Market Farmers' Market operates weekly in the parking lot of the Roseburg Senior Center.

We have more offerings each week as the growing season goes into full swing & more vendors join the Farmers' Market. Currently we have: fruits, vegetables, micro greens, bread, other baked goods, Grass fed beef, eggs, candies, fudge, sauces, jellies, coffee beans & specialty teas. Locally made items include Natural Beauty and cleaning products, as well as handcrafted items.

You can also preorder from many of the Market vendors and just pick up your items on Market day. We are also pet friendly, so you don't have to leave your dogs at home to enjoy the Market.

The Farmers' Market is looking for more food producers, including home gardeners. All food vendors get their space for free. If you are a home gardener with only a small amount of food for sale, we offer a free community table where you can sell your items, if you don't have enough to have your own space.

The Southside Community Market Farmers' Market is a project of the neighborhood association [SERVICE](#) in partnership with the Roseburg Senior Center and [Neighbor Works Umpqua](#). The Farmers' Market is part of an overall strategy to bring food to the southeast downtown area of Roseburg.

For more information, <http://southsidecommunitymarket.org> or call 541-375-0320.

## ELECTION OF BOARD OF DIRECTORS

June Ervin

**D**on't forget to plan to be here on Friday, September 15th to cast your vote for our new board. This will be the only election we will have for 3 years, after the recent change to our by-laws. This is an important election and our chance to get some new people on our board to help direct us in our business venture. As property owners we must run this Senior Center as a real, self supporting business with a big mortgage. We will now need to generate much larger sums of money to support this center and we need all the expertise we can muster, with people on our board who are willing to work long and hard to see that we meet our goals to grow and prosper. Some of the new folks running have excellent backgrounds in business, management, and as property owners.

Be sure to arrive early, by 10 AM, on Election Day to hear what each candidate has to say and meet them in person if you do not already know them. Every member of the senior center was mailed a list of candidates and a bit about their background. Read it if you haven't, and come well informed to cast your ballot for the best possible choice to help us succeed and grow into a show place for seniors in Roseburg.

Also remember, only members in good standing (dues paid up to date) will be allowed to receive a ballot. If your dues are in arrears, get them paid prior to September 15th.

## FLU SHOTS

**O**nce again this year the nice folks at [Hometown Drug](#) will be here at the center to administer flu shots to our seniors. They also always have others, like shingles and pneumonia vaccines as well.

The dates they will be here this year are:

Friday Sept. 29 11:00 to 1:30

Wednesday Oct. 4 11:00 to 1:30

Medicare and many other insurance plans cover the annual flu shot at no cost to the patient.

They have the forms for us to fill in. Just fill one in and wait your turn.

How convenient for us to have our protection from flu brought to our RSC every year!

Thank you, Cai and crew.

### RENTAL AGENT NEEDED

There is a job opening at the RSC.

Our long time member and current rental lady, Carol, has just retired.

We need someone to take care of the rental bookings for our outside parties and events.

She has taken care of this job ever since we moved into our new building, and has helped make a lot of money for us over the past 3 years. We will miss her!

To apply for this very important position, stop by the office for an application.

### DECORATING PARTY

Saturday Oct 28 at 9AM

The Decorating crew, headed by Louise and Ruth will be on hand to transform our senior center into Spooksville USA the morning before our Halloween Party and Dance.

Come help put up cobwebs and whatever else they come up with to make our party fun. If you can climb a ladder you will be really welcome and popular! Come dressed to work and help these two hard working gals out. All help will be greatly appreciated.

### HALLOWEEN PARTY & DANCE

June Ervin

Our annual Halloween Party and Dance will be held on Saturday October 28th this year.

Doors will open at 5 PM and close at 9.

The Senior Center will be all "decked out" with Spooks, and Goblins and plenty of spiders and cobwebs thrown in just for good measure.

Come in costume, or not, as you please and have a wonderful time dancing or just enjoying the music, food and companionship of everyone. Our favorite DJ, Dean, will be spinning all his hits for us. He's our regular Sock Hop "music man" so you all know how great he is at entertaining us. I have heard that he may have some Country tunes up his sleeve as well; always popular dance music with this crowd. Food will be available in our 50+Café for all the party attendees. On the menu this year will be Spaghetti, Salad, Garlic Bread and a drink. Dessert will be Ice Cream!

Tickets for the supper will be sold at the door, along with entry tickets.

Entry fee will be \$5 again this year and another \$5 will buy a food ticket.

Food will be served 5:30 to 7:30. This gives the kitchen crew a chance to also enjoy the party.

This Halloween Party is one of our major fund raisers for the Senior Center and deserves all of our support. We now have a building to pay for and the more outside help we can get will mean dollars in our bank deposits. This dance is open to the public and the more members who support and advertise it to their friends the better. Come and have a wonderful time, either as yourself or your "alter self" as a frog, or Prince or surprise us!

### MEET THE SENIOR SENIORS

June Ervin

Carmen Miller joined what was then the Senior Center about 30 years ago. Back then she said you really didn't "join", you just attended. She doesn't recall if there were even dues at that time.

Helen Hayes was the president about that time. She was the mother of Trudy White, another long time member and a more recent member of the board of directors.

Even back then there were trips, some over night, from the center. She told me about several she remembers going on. One over night was to Seaside, she remembers the beautiful long beach they all walked on.

Twice they went on trips to Ashland to the theaters to see important singers of the day. Once they were in Portland to see a play in one of the theaters and she looked up at the people passing by her seat and there was her sister! She lived in Portland but Carmen had no idea that she would be at that play. Quite a surprise!

One of the day trips she recalls was to a good pizza place they all wanted to try, over at Winchester Bay.

On a trip to the Tulip Festival there was an unexpected rain storm when it just poured. They were provided cold box lunches, served in an unheated shed, STANDING UP. A totally miserable cold day she said she will never forget.

Carmen joined the senior center because she enjoys people and to get out of the house and be active. Something she thinks is very important. She regularly pays Bingo and Pinochle, enjoys meeting new people and seeing old friends. You will often see her attending special events, also. She just plain enjoys people.

Carmen was born and raised east of Roseburg and has spent her whole life here. Her parents were Dairy farmers on a ranch in the Dixonville area. The only time she spent away from Douglas County was during WWII when she traveled with her husband who was in the service. She now lives in Roseburg, but her Grandson lives on the family ranch in the Dixonville area that she and her late husband purchased right after the war.

If you do not already know Carmen, look her up, here at the center. She is a lovely lady, interesting to talk with and popular with everyone who knows her, and that includes a lot of us.

*This is the second article I have written about our long time seniors. It has proved to be a popular idea and a good way for those of us newer members to learn a little about how it used to be at the senior center. I plan to continue this section of the newsletter as long as I can corner folks willing to talk to me about the "old days". I already have several who have agreed to visit with me.*

### HOLIDAY BAZAAR

Linda Cornett

Come join us on Saturday November 11th from 10 AM to 4PM and on Sunday November 12th from 10AM to 3PM for our 5th annual Holiday Bazaar and Bake Sale.

Lunch will be served from 11AM to 2PM both days. A couple of special lunches will be available this year for \$6. Many of our regular menu items are not available due to this special event.

There will be local vendors and our own seniors selling their handmade craft items. Free door prizes will be offered just for signing up at the door.

This is a free to attend event, sponsored by the Senior Center. Profits made will go to the building fund.

Come and support the center and the vendors. Santa could make an appearance!

If you are interested in a table, or spot, call me at 541-673-9066. Prices range from \$25 to \$40, depending on size of area or table. If you know of someone who would be interested in selling their crafts, please pass on the information about how to reach me.

There will be a sign up sheet for donated food items for the bake sale at the front desk, around the end of October.

### UP COMING EVENTS

Linda Cornett

SEPTEMBER		
2	Breakfast 8AM to Noon	\$5 all you can eat
4	LABOR DAY	CENTER IS CLOSED
14	Sip and Stroll Downtown	5PM to 8PM RSC will have a booth
10	Grandparents Day	
15	Election Day 10AM	Balloting 11AM to 12:30 Results 1PM
16	Breakfast 8AM to Noon	\$5 all you can eat
29	Flu Shots at the center	11AM to 1:30PM
OCTOBER		
4	Flu shots at the center	
7	Breakfast 8AM to Noon	\$5 all you can eat
9	Columbus Day	
12	Board of Directors Mtg	10AM New board members
12	Breakfast 8AM to Noon	\$5 all you can eat
28	Decorating Party	9AM with Louise and Ruth
28	Halloween Party & Dance	5PM doors open
NOVEMBER		
4	Breakfast 8AM to Noon	\$5 all you can eat
4	Daylight Savings Time Ends	set your clocks BACK AT BEDTIME
11 & 12	Holiday Bazaar	
18	Breakfast 8AM to Noon	\$5 all you can eat
23	THANKSGIVING DAY	CLOSED
24	Thanksgiving Luncheon Buffet	Noon Turkey & trimmings \$5

