

Orcas Senior Signal

Senior Center Hours 9 AM-4 PM, Monday-Friday
P.O. Box 18, 62 Henry Rd., Eastsound, WA 98245

Volume IX, No. 1 • January, 2004

360 376-2677 (V/TDD) • FAX 360 376-5465

Autographs Sought for First 'Friendship Quilt'

A unique "Friendship Quilt" is underway, thanks to **Jo Anne Bastron**.

An idea that germinated from **Jo Anne's** volunteer work at the Orcas Historical Museum, the queen-sized quilt will feature the embroidered signatures of about 60 seniors, plus a suitable border.

Writing From The Heart—**JoEllen Moldoff**
Experienced Teacher, Poet

To Offer Writing Class

Why write? Because writing deepens our experience of life, both in the present and in recollection. Writing connects us with our inner world of insight and spirit, and our outer world of people and activity. You don't have to call yourself a writer to write. You just have to enjoy reading and be interested in using the written word for personal expression. This workshop invites you to write about the person you know best: yourself.

Poems and prose pieces will be offered for writing prompts and discussion, and we will have opportunities to share our writing—story, poem, journal, memoir—in an informal and relaxed setting. **JoEllen** has been writing poetry, memoir and journals for many years. She is an experienced teacher and counselor, and has been teaching poetry at the Orcas Island Library.

She is offering this class in honor of the late **Rosalie Chantiny**, who encouraged her to teach at the Senior Center.

Three sessions: Tuesdays 1:30-3:30, beginning January 13. Cost: \$15. Scholarships, as for most offerings here, are very much available. Register at the Front Desk or by calling 2677.

It will be raffled next year at This Gifted Island Holiday Fair, to provide unrestricted funds for the Senior Center's ongoing needs.

Pearl Muse was the first signer, and **Joyce Rupp** has volunteered to embroider that one. The late **Rosalie Chantiny's** signature is on file, and **Annette Mazzarella** will do that embroidery proud.

Continued on Page Six

Ebba Brophy to Teach Hands-on Decorative Arts

Ebba Brophy, multi-faceted craftswoman, will teach a six-session class, Decorative Arts and Tole Painting, beginning Jan. 14, 1-4 PM, in the Multipurpose Room. Cost: \$36.

A student of **Jean Putnam**, **Ebba** herself has taught for many years, including in her competent repertoire such arts as rosemaling, the Scandinavian painted decoration (as on furniture, walls, or wooden dinnerware) that consists especially of floral designs.

Tole painting, French influenced, often is done on sheet metal or tinplate and used in ornamental wares.

Ebba will provide materials for the first class; students will be directed to find materials for subsequent classes when they have selected a project.

Sign up at the Front Desk, early, as the class is for a maximum of eight students. Scholarships available, of course!

Resolutions: Part of A Map for Living

When your descendants read your signature on the Friendship Quilt (See Page One) in another 50 years, what energizing memories will they have of you? Can what you do this year affect those "future memories"?

Many of us may be a bit blasé on the subject of new year's resolutions, due to having made & broken dozens of them over the years. If I'd lost all my planned pounds, I'd be a wraith, a ghost of Designs Past.

However, a good reason for persisting with new resolutions is that they serve as a blueprint for the kinds of persons we want to be and the kinds of lives we want to lead. Most of us have progressed well beyond weight loss toward the things that really matter, such as using our skills and life experiences to live joyously, fully, and helpfully.

How can the staff of Orcas Senior Center help you—and ourselves—to do this, to enhance quality of life? Frankly, we don't always know, and we persist with the directions that we know best: on the one hand with direct supporting services such as transportation, nutrition, counseling and case management, and on the other hand with classes, courses and clinics to help us grow.

In his splendid book, *Aging Well*, George Vaillant suggests that a primary goal of aging folks needs to be generativity, defined by the late Erik Erikson as the capacity to pass on to future generations what one has learned from life. Says Vaillant: "Biology flows downhill."

Continued on Page 3, Column One

REMEMBERING, WITH LOVE
Pat Carver
David Mathews

From the Desk of Linda T. . .

HAPPY NEW YEAR! As I write this, the ball on Times Square hasn't even dropped yet and we are already deep into planning for the year to come.

Can you believe we have been in our new building for almost two years? And, so many wonderful things have happened. Now that we have gotten our feet wet, we are really ready to take off and make the Senior Center the kind of place where there will be something for everyone and always room for more.

The Travel Committee has been busy planning trips off island for the first six months of 2004. You can look forward to a train trip to Vancouver, the Seattle Symphony, the Flower and Garden Show, and, perhaps, an Alaskan cruise! Of course, we will still make our monthly shopping junket to the mainland on the third Thursdays. And, remember that we are always willing and able to provide transportation to many events at the Orcas Center and elsewhere on the island.

Speaking of transportation, I am still amazed when someone is surprised to learn that we provide both on- and off-island transportation for medical appointments and procedures. We provide this service to seniors and disabled persons. I try to get the word out as best I can and I could also use your help in letting people know about this program. Some people don't want to be a bother. Please... it is no bother. It's one of the big reasons we are here.

In fact, we are always looking for volunteer drivers for our vans. We have many opportunities to use your time and talents. If this type of volunteer activity appeals to you, please contact me at 376-2677 and we can discuss the modest requirements for the job.

And, speaking of driving, many insurance companies offer a discount to their drivers over the age of 55 who successfully complete the 55-Alive Driver Safety course that I teach through AARP. In order to receive a certificate of completion, all you have to do is attend the day-long

(Continued on Page 8)

My Gift to Orcas Senior Center

Enclosed is my gift. I would like it used as follows:

☐ **ENDOWMENT** ★ A money gift to the Orcas Senior Center Building Fund to create a capital reserve for future construction and major maintenance expenses

☐ **RESTRICTED MEMORIAL OR DONATION** ★ A money gift to the Orcas Senior Center for one of the following purposes:

☐ **MAINTENANCE FUND** ★ Used for ongoing building and grounds maintenance and repair expenses

☐ **BUILDING FUND** ★ Used for either current or future construction and major maintenance expenses. Giving Orchard named tiles, available for donations of \$100 or more, are used for this purpose.

☐ **SPECIAL NEEDS FUND** ★ Used to provide emergency aid to elderly and disabled individuals

☐ **PROGRAM FUND** ★ Used to cover startup and supplemental expenses for various types of programs

☐ **UNRESTRICTED MEMORIAL OR DONATION** ★ A money gift to the Orcas Senior Center to be used as determined by the Orcas Senior Center Advisory Committee

If you are thinking about a legacy gift or bequest of property transferred to the Orcas Senior Center by a will, one of our Advisory Committee members will be happy to provide you with the appropriate forms and a brochure describing the benefits of giving in this way.

Want Ads

FOR SALE (Entire proceeds to benefit Orcas Senior Center!): 1986 Toyota Camry, 148,000 miles. Great island car. Best offer over \$600; sale closes Jan.31; decision by Feb. 1. Information at Front Desk, 2677.

Irene O'Neill needs quart mayonnaise jars (Western Family) to make Valentine decorations. Call her at 2837.

HELP our budget and burn off excess holiday calories at the same time! The Senior Center is reimbursed for the county's share of weeding costs, washing windows, and a few other maintenance jobs. Average value of these jobs is \$12/hour! So pick up an asparagus stick or trowel the next time you drop by, and be sure to record your hours in the Volunteer Book at the Front Desk, so the center can be reimbursed!

Continued from Page 2, Column One

All of our children and grandchildren—and our friends' progeny—can be expected to face the same successes and failures that we face, and our examples of managing well can equally be expected to influence them. Learning to drive, as did our late Rosalie Chantiny after her loved husband died, or perking up motoring skills in a 55-Alive class, can have happy consequences well beyond our own generation.

So can mastering other new skills and knowledge, such as tole painting, baroque music, a stringed instrument, a new computer program, or self-knowledge through a writing course. Elsewhere in this *Signal*, you will find references to the current opportunities offered here this month. If you don't find what you want there, check with the Front Desk volunteers, Linda, Jo Anne, or myself, or other community institutions. All of us will be happy to help your resolutions show up as reality this year! JK

Orcas Senior Signal
Jan Ferris Koltun, Editor
Linda Tretheway, Jo Anne
Bastron,

Associate Editors

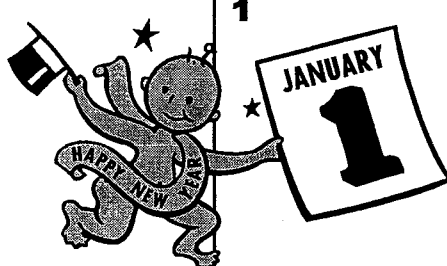
This newsletter is published by Orcas Senior Services, PO Box 18, Eastsound, WA 98245. We invite contributions from all Orcas Senior Center members and friends. Deadline for the February, 2004, issue: January 15. Email: jank@co.san-juan.wa.us

Senior lunches are on Tuesdays
& Fridays, 11:30-1 PM
in the Betty Lundeen Room.
Want to know what's for lunch?
See Menus, Page 5

December SENIOR SIGNAL
Page 4
**ORCAS ACTIVITIES
CALENDAR**

January Cake Bakers:
**Jeanne DeLong,
Pat Logan, Emily
Reid, Faith Deeds,
Agnes Forbes**

January host & hostess:
Trudy & Wally Erwin

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
ABBREVIATIONS: LR = Lundeen Room MP = Multipurpose Room CR = Conference Room * = reservations at office (2677) necessary ** = schedule by calling 378-2163			1 January exhibit: Orcas Historial Museum oral historie & photos 3:30-12-step grp., Rm. 28	2	3
5 1 Caregivers' Group (MP)	6 Library Lady, Blood Pressure Clinic At Lunch 7 - Choral Society open rehearsal (LR)	7	8	9 3:30-12-step grp., Rm. 28	10
12 1 Caregivers' Group (MP)	13 1-3 Moldoff writing group (MP)* Western Hearing Aid Clinic* 7 - Choral Society(LR)	14 10 S-HHH! (hard-of-hearing) 1-4 Ebba Brophy decorative arts class(MP)*	15 9 AM-5 PM 55 Alive! * (LR) Mainland shopping Trip*	16 3:30-12-step grp., Rm. 28	17
19 Martin Luther King Jr. Day 1 Caregivers' Group (MP) Senior Center Closed	20 Costco Hearing Aid Clinic* 1-3 Moldoff writing group 7 - Choral Society(LR)	21 1-4 Ebba Brophy decorative arts class (MP)	22 1-3 PM Elderlaw Clinic Rm. 28** Trip to Anac. Choc'lt F'ctory Chinese New Year (4701) Year of the Monkey	23 3:30-12-step grp., Rm. 28	24
26 1 Caregivers' Group (MP)	27 B'day lunch 1-3 Moldoff writing group 7 - Choral Society open rehearsal (LR)	28 FOOT CARE CLINIC* 1-4 Ebba Brophy decorative arts class (MP)	29	30 FOOT CARE CLINIC* 3:30-12-step grp., Rm. 28	31

Thanks!

Thanks to all the Holiday Fair bakers, to those who called them, and to everyone who sold baked goods.

And thanks to **Glenna Richards** for obtaining the beautiful swags that decorated the Lundeen Room last month and to the Visual Arts Committee for the card exhibit!

Elderlaw Clinics to Resume

Diana Hancock, the Lopez attorney, will conduct the first of what are anticipated to be bi-monthly Elderlaw Clinics at the Orcas Senior Center, 1-3 PM January 22, in Room 28.

You'll need to sign up ahead of time for the free, half-hour sessions, by calling the Clerk of the Superior Court, 378-2163.

The previous Elderlaw Clinics were conducted by **Mitchell Herzog**, who moved to his southern home last year.

Terry Slocombe Serves as New Lifeline Service Coordinator in Islands

Terry Slocombe, long-time cook when Senior Services' lunch program was at Orcas Center, has become the new San Juan Islands' coordinator for Lifeline, the service that provides instant connections for help in case of falls or other accidents. If you would like more information regarding Lifeline, pick up a brochure at the Senior Center, or call **Terry** at 378-9490 (home) or 310-6231 (cell). You'll find her as responsive to Orcas needs as to those on San Juan.

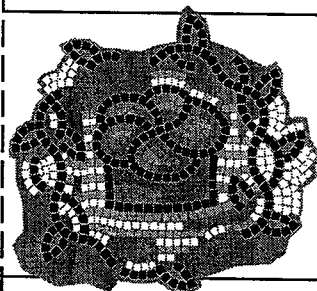
Welcome, Newcomers!

Although some of you have been around for awhile, these are new memberships, thank you!

Jay & Janet Booth
Jean Weir
Opal Ferguson

January Menus

Lunches by our culinary artist, **Amy Raven**, are the best way to beat the January blahs! Served at noon on Tuesdays and Fridays, they require no advance registration. No Senior Supper this month due to holidays.



2

Beef Enchiladas
Spanish rice
Refried Beans
Sherbet

6

Sweet & sour
chicken & rice
Oriental veggies
Bread sticks
Orange,
pineapple, &
banana salad

9

Hot roast beef
sandwiches
Mashed potatoes &
gravy
Peas
Tomato/zucchini
salad
Tropical fruit

13

Spaghetti
Green beans
Garden salad
Garlic bread
Peaches

16

Fish Florentine
Rice pilaf
Italian veggies
Caesar salad with
tomato wedges
Pears

20

Meat loaf
Mashed
Potatoes &
gravy
Peas & carrots
Garden salad
Pistachio
pudding

23

Taco salad bar
Prune crisp

27

Stuffed green
peppers
Parslied red
potatoes
Italian blend
garden salad
Applesauce

30

Grilled Rueben
sandwiches
Mini-salad bar
Ranger cookies

Happy January Anniversaries!



Happy January Birthdays!

Wally and Trudy Erwin	01/10/77
Jon and Linda Abbott	01/16/83
Dubi and Carmen Izakson	01/21/82
Doug and Ida Rae McDonald	01/25/67

QUILT, Continued from Page One

The actual signings are being done with fabric pens on 8" off-white cotton squares, which have been backed with ironed-on refrigerator paper to provide a stable writing base. Then the signer will have the option of embroidering it herself (or himself), or letting another experienced embroiderer do that work. It also is acceptable to draw a small design, such as flowers or another personal symbol, on an individual square to be embroidered.

Both pens and squares are available in Joanne's office, and a list is being kept of who has checked them out.

Betty Jean Thompson Hall and friends have volunteered to sew the first quilt. The time frame is: obtaining signatures and embroidering, January-March; quilt making, April-June; raffle sales beginning thereafter.

"We hope this will be an ongoing yearly event, providing a unique record of the over-60 Orcas folks at any given time," said **Jan Koltun**, Senior Services Coordinator.

She added that if more squares are obtained than needed to complete the first quilt, the excess ones will be saved, in order of the signers' ages, to be used the following year.

To obtain your square and fabric pen or pens, check with **Jo Anne**, mornings, at the Front Desk.

Enid Blanc	1
Marlia Starwater	2
Les Speed	3
Edward Coons	3
Bob Blanc	3
Calvin Blaine	4
Gayle Benton	4
John Poletti	5
Jane Cheesman	7
William Burlew	7
Ann Waltersdorph	9
Andrea Wilson	9
John Oakes	10
Janet Bronkey	10
Charlotte Brebner	13
Elaine Jagels	13
Caroline Yarnall	13
Calvin McLachlan	14
Patricia Emery	15
Jean Glidden	18
Ellen Emery	18
Stan Moldoff	18
Agnes Forbes	19
Katie Jensen	19
Tony Antal	19
George Arbuckle	20
Tom Carroll	20
Diane James	21
Virginia Reagles	21
Austin Grant	22
Joyce Burghardt	22
Cis Kirtland	23
Virginia Erhardt	23
Loretta Poschman	23
Pamela Doerr	24
Peggy Enderlein	26
Bertie Millett	26
Karen Hiller	27
B.J. Bangert	27
Wes Pomeroy	27
Roy Blay	27
Jacquelyn Hoag	27
Jon Abbott	27
Robert Bennett	29
Ruth Newman	30
Jack Gilman	30
Linda Libiez	30
Bill Trogon	31

SERVICES WE PROVIDE & WHOM TO CALL



Lunch: Served twice a week. Orcas lunches are Tuesdays and Fridays. No reservations needed.

Donation: \$3.

Home Delivered Meals are available for the homebound and can be delivered twice weekly. Additional

frozen meals also can be delivered. Call Jan to arrange. Donation: \$3.

Senior Suppers are served in style, third Mondays at 6 PM except holidays when Center is closed. \$5.

Blood Pressure Clinic Second Tuesdays around mid-day. Free. No reservations needed. **Mary Totten**, Public Health Nurse

Foot Clinics: Reservations needed, through the Front Desk. See the monthly *Signal* Calendar for clinic dates. Cost: \$12. Please remember to bring your own towel. **Barbara Fleming**, RN, and **Joanna Serwold**, RN.

Hearing Screenings by Costco and Western Hearing. Dates in monthly *Senior Signal* Calendar. Call Front Desk for appointment.

Senior Transportation:

On lunch days volunteers provide transportation in vans. They also stop, after lunch, at the post office, store, and for some



individual needs such as picking up a prescription at the pharmacy.

Medical transportation on-island for non-emergency appointments with doctors and other practitioners. Mainland transportation also is available. Reserve as early as possible, through **Linda**, **Jo Anne**, or **Jan**.

Senior Trips: Mainland shopping trips on the third Thursdays; reservations needed for these. Recreational trips about once a month, planned by the Travel Committee; check with **Linda**. Suggested donation for mainland trips: \$10.-\$20.

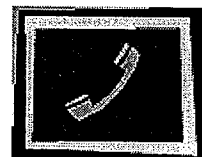
Information and Assistance: (Staff) This program will help you find needed information about services and resources.

Elderlaw Clinics: Half-hour clinics, bimonthly at Senior Center. Check the *Signal* Calendar; then call 378-2163 to schedule.

Case Management services are available to assess and offer options to those in need. For this and Respite, call **Jan** for more information.

HELP IS JUST A CALL AWAY

Loan Closet: We have wheel-chairs, walkers, canes and crutches available for temporary loan.



Special Needs Fund: Limited emergency assistance when no other funds are available. Call Senior Services (**Jan**) for additional information and qualifications.

Weatherization Assistance to reduce energy costs. Income dependent. 1-800-649-5121.

Dental Assistance: Serves low-income seniors with up to 25 percent reduction in costs by participating dentists. Call Senior Services.

Lifeline Emergency Monitoring Service: Call **Terry Slocombe**, 378-9490.

P.A.L. Assistance with winter electrical costs. Call OPALCO 376-3550.

SHIBA: Medicare and insurance questions: Call the Medical Center, 2561, to make appointment with **Peg Griswold**.

DSHS Medicaid help. 378-4196.

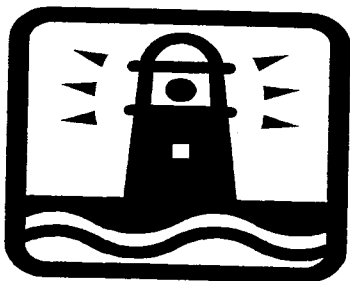
Social Security: 1-800-772-1213

Medicare: 1-800-444-4606

Orcas Senior Signal

Senior Services Council of San Juan County
PO Box 18
Eastsound, WA 98245

Bulk Rate
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Eastsound, WA 98245



Mystery Trip With Dick Thompson

Who are these people? Where did they go? You'll need to ask one of them, or go the next time, yourself. One conclusion is certain: they had a great time!

Take the AARP 55 ALIVE Driver Safety Program

- ▶ Learn how to avoid driving hazards
- ▶ Minimal course fee
- ▶ No tests!

AARP 55 ALIVE
Driver Safety Program



Call TOLL-FREE: 1-888-227-7669 (1-888-AARP-NOW)
www.aarp.org/55alive

Continued from Page 2

session. There is no exam, no driving test. Ask others who have taken the course. We have a good time and even come away with new information or the reinforcement of what we already knew.

I will be teaching the course four times this year here on Orcas and also in Friday Harbor. The first Orcas class this quarter will be held Thursday, January 15 in the Lundeen Room, 9 AM-5 PM. Please call the front desk to reserve a spot and get more details. There will also be classes in April, July, and October this year. I hope to see you at one of them. LT

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Free AARP Tax Help Now Available Here

Jim Biddick, a certified AARP tax preparer with 31 years in the computer industry, will offer free help with tax preparation for low and middle income seniors and families, 1-4 PM on Tuesdays, Feb. 10-April 13 at the Senior Center.

Participants need to bring Social Security card(s) or a 2002 Tax Return or a letter from the Social Security Administration which would include your Social Security number, and all tax forms and financial records for 2003.

The scope of assistance is confined to all "1040", "C", and "CEZ" forms.

Jim, who has a degree in secondary education, also tutors high schoolers in many subjects. He and his wife have been coming to Orcas for the last 21 years, and his present full-time occupation is finishing their house.

Nobel Laureate to Lecture, Demonstrate

Dr. William Phillips, a Nobel Laureate whose work led to the development of the atomic clock, will discuss "Research at the Edge of Absolute Zero" at 7 PM Monday, Feb. 16, in the Lundeen Room.

A leading researcher with the National Institute of Standards and Technology, **Dr. Phillips** is internationally known for advancing basic knowledge and new techniques to chill atoms to extremely low temperatures. He was named a co-winner of the 1977 Nobel Prize in Physics.

Youngsters are especially encouraged to come to this lecture and demonstration **Dr. Phillips**. Donations will go to The Unhouse.

Sponsored by the Senior Center, the talk is free and open to the public.

Chantiny Gift: 'Generosity Informed by Insight'

The Senior Center has received an extraordinary gift from the estate of **Rosalie Chantiny**. Her son **Mark**, executor of her will, presented us with a check for \$70,000, as well as a collection of Northwest serigraphs which she and her late husband, **John Chantiny**, had collected for years. The money is to memorialize **John**. The artwork is for us to remember **Rosalie**.

Mark Chantiny also gave a serigraph he had selected, which will be hung at the Center as a memorial for both his parents.

Rosalie knew what she was doing. She sat in our committee meetings and worried with us how to raise money to repair the steam table, or to buy bookshelves, or to fund special needs.

She worked hard for those fund-raised dollars, and shared our joy when we made it and the bills were paid and the programs offered. She planned to help us still, and she has. For such generosity informed by such insight, we will be forever grateful.

This unanticipated largesse is so recent that no plans have yet been made for it. Your Advisory Committee will discuss it at our next meeting Feb 26, but I would invite any of you to think with us. Let us know your ideas of how to memorialize the **Chantiny Family**, and what would be fitting uses for her gift. I personally feel overwhelmed and inadequate to the task of responding appropriately.

Once again, **Rosalie** has left me struggling to measure up to her standards.

Sincerely,
Annette Mazzarella,
Chairman

Orcas Senior Advisory Committee

Legacy: Wisdom, Experience, & Skills

"I'd rather have her around than the money," said one of our staffers.

She was commenting on the late **Rosalie Chantiny's** two bequests to the Orcas Center and her important gifts to the Orcas Island Music Festival and the Orcas Library.

In a culture of exceptional senior volunteers, the reason that we all miss her so much is that she used her knowledge, her mature wisdom, seasoned experience, and skills so well. There was no waste.

Rosalie's gifts to the Orcas Senior Center were characteristically well thought out, and point up the need, not only to build buildings, but to fund their long-term effectiveness.

A Senior Center Advisory Committee member way back before the new building, she returned to serve as catalyst for intelligent programming as well as fund-raisers, **Rosalie** left the larger of her bequests—\$70,000—in memory of her late husband, **John Chantiny**. It is likely that this will go into endowment funds to ensure that needed capital repairs will be done and solid programs adopted.

Proceeds from her second bequest to the seniors—her charming collection of Native American art—will go into a fund named for **Rosalie**. Although the nonprofit Advisory Committee will make the final determination, it is my understanding that she wanted it to augment our special needs funds. These are used to meet hardships not covered by existing funds.

Both bequests are a challenge to all of us, to use our resources effectively. We all are wealthier in knowledge, skills, and resources, for having known **John** and **Rosalie**. I am deeply grateful to both of them. JK

FROM THE DESK OF LINDA T. . .

One pleasure of my job as the Senior Center Specialist here is to keep track of, and tabulate, the many hours our wonderful volunteers give of their time and talents throughout the year. Of more than 5,000 hours you all put in, at least 1,560 of them are donated by ten Front Desk Volunteers.

Many of you might not be aware of all the valuable functions these folks perform. The Front Desk Volunteer is the first representative of the Senior Center whom people encounter, whether by phone or walk-in. These volunteers set the tone for your experience of the Senior Center and we are delighted with their friendliness, competence and grace.

In addition, they sell water test kits, schedule use of Athletic Club keys and computer room, answer questions about the Senior Center's programs and classes, field quirky enquiries such as "Is the Orcas ferry in yet?" and send faxes.

All of this may seem overwhelming, and to be honest, it can sometimes get hectic, especially on lunch days. And there is a lot of support and assistance from **Jo Anne**, **Jan** and **Linda** and fellow volunteers.

This month, on Wednesday, February 4, at 3 PM, we are having a Front Desk Volunteer Orientation and Refresher course for all our present volunteers and any others who think they might be interested in giving some time.

Please, whether you are currently on our Front Desk Roster or are interested in joining this team, call 376-2677 and let us know you will be joining us on Feb. 4.

REMEMBERING, WITH LOVE
George Colwell, 1909-2004
Rev. Norm Harrison, 1913-2004
Georgina Lane, __-December, 2003
Albert Tillman, 1928-2004

Seniors, Garden Club Combine Forces for the Seattle Lower and Garden Show Feb 5. Get your van reservations in early! Cost: \$31, includes admission and transportation.

And mark your calendar for the March 24-26 train trip to Vancouver, two days and three nights with Three Star accommodations, great fellowship. Sign-up at the Front Desk ASAP with \$20 non-refundable deposit, date of birth, and citizenship verification.

The Travel Committee is planning an April trip to South Tahoe or Reno, and in the third week of May, a gardeners' delight, by bus to Silverton, Oregon with delightful stops. More information on this one next month!

Fashions From the Past--Fashion prints from Godey's Ladies' Books, clothing and photos of early well-dressed Orcas ladies will be exhibited in the Lundeen Room this month. The exhibit, part of which will be shown at the Orcas Library, also will include old magazines and other memorabilia. **Ann Reardon, Lois Baney, and Heidi Lindholm** have put together this walk into fashions of yesteryear.

Sign up for Conversational Greek!

Looking ahead to the Summer Olympic Games in Athens, **George Karnikis** will teach an eight-week conversational Greek class, starting Feb. 11, 1-3 PM. Cost: \$40. Sign up at the Front Desk; call 2677.

George has taught contemporary Greek at Skagit Valley College, Whatcom Community College, and at Orcas High School. He holds a teaching certificate in English as a Second Language from Western Washington University.

Best TV Techniques for Hard-of-Hearing

Dick Myers will present "Personal Loop Systems for TV Listening" at the Orcas Island Chapter of SHHH (Self Help for Hard of Hearing) meeting, 10-11:30 on Wednesday, Feb. 11 in the Multipurpose Room.

The public is welcome. This program is sponsored by the Orcas Senior Center.

Friendship Quilt--There's still time to sign up for the Friendship Quilt, literally! Deadline is March 1 to have 60 quilt squares signed by seniors and embroidered either by the signers or by other volunteers. The queen-sized quilt, intended as an ongoing creative fund-raiser, will be raffled in November at This Gifted Island Holiday Fair. This first-edition quilt will bear **Rosalie Chantiny's** signature, on file from one of her many letters asking support for programs and special needs.

Want Ads

WANTED: Friday PM walkers to explore Madrona Point. Contact **Jack Titus** at lunch or sign up at the Front Desk.

YOGA, TAI CHI TEACHERS NEEDED, & FOR PAY!

Hours can be arranged; 9 or 10 AM are best. Call **Jan**, 2677.

Red Cross Supplies Now Stored at Senior Center

In accordance with original plans that the Senior Center would serve as an emergency relief center, blankets and pillows now are stored in the basement. Good work, **Diane Baxter**, and thanks to **Jason Green**, our high-school volunteer, for helping to store them!

Orcas Senior Signal Jan Ferris Koltun, Editor Linda Tretheway, Jo Anne Bastron,

Associate Editors

This newsletter is published by Orcas Senior Services, PO Box 18, Eastsound, WA 98245. We invite contributions from all Orcas Senior Center members and friends. Deadline for the March, 2004, issue: February 15. Email: jank@co.san-juan.wa.us

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in the Betty Lundeen Room.
Want to know what's for lunch?
See Menus, Page 5

February **SENIOR SIGNAL**
Page 4
ORCAS ACTIVITIES
CALENDAR

February Cake Bakers:
Elaine Bowman,
LeeAnn Stewart,
Irene O'Neill, Adele
Pinneo, and
Veronica Thornton

February host & hostesses: **Agnes**
& **Andy Forbes, Ebba Brophy**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 	3	4 1-4 Ebba Brophy decorative arts class(MP)* 3-5 PM Front Desk Vol. training	5 Trip to Seattle Flower & Garden Show 2-4 Bonner: Go For Baroque (LR)	6 1 PM Madrona Point walk 1-3 --OICF Seminar: Planned Giving 3:30-12-step grp., Rm. 28	7
9 1 Caregivers' Group (MP)	10 B.P.Clinic Library Lady 1-4 PM AARP tax help*(MP) Western Hearing Aid Clinic*	11 10 S-HHH! 1--Greek Conversation 1-4--Ebba Brophy dec. arts (MP)*	12 2-4 Bonner: Go For Baroque (LR)	13 3:30-12-step grp., Rm. 28	14  15 4 PM Junius Rochester: Lewis & Clark Odyssey (LR)
16 President's Day--Senior Center Closed 1 Caregivers' Group (MP) 7 Dr. Bill Phillips (LR)	17 Costco Hearing Aid Clinic 1-4 PM AARP tax help*	18 11-1--24-hr. chicken soup! 1--Greek Conversation 1-4 dec. arts class(MP)*	19 2-4 Bonner: Go For Baroque Mainland shopping Trip*	20 1 -- Clay workshop (MP)_ 1 Madrona Pt. walk 3:30--12-step grp., Rm. 28	21
23 1 Caregivers' Group (MP)	24 1-4 PM AARP tax help* B'day lunch	25 FOOT CARE CLINIC* 1--Contemp. Greek 1-4 dec. arts class (MP)	26 10--Pwer.Pt. 2-4 Bonner: Go For Baroque	27 FOOD CARE CLINIC* 1 Claywkshp. 1 Madrona Point walk 3:30-12-step grp., Rm. 28	28
Welcome, Newcomer! Although some newcomers have been around for awhile, these are new memberships, thank you! Dick Montgomery Antoinette Botsford			ABBREVIATIONS: LR = Lundeen Room MP = Multipurpose Room CR = Conference Room * = reservations at office (2677) necessary		

New Vital Info Forms Available

Max Jones, who spoke at a recent senior lunch on the importance of having vital information on hand in case of emergencies, has brought us a good supply of the forms, which Front Desk volunteers can find for you.

The forms, on which you note current medical information, including medications, directives for Emergency Medical Technicians, and the name of your doctor, should be updated whenever the facts change. They should be posted in a location that is easy to find, such as your refrigerator door.

'Twenty-four Hour Chicken Soup' to be Taught, Prepared, Savored!

Some feel that it has health-giving properties except, of course, for chickens. Some sip it in summer and winter. Songs have been written about it, and zillions of jokes, such as:

Definition of a bad movie: "Better films have formed on day-old chicken soup."

All of the above is by way of introducing a tasty February class: Twenty-Four Hour Chicken Soup.

Betty Densmore, whose bachelor of science degree from Seattle Pacific University is in foods and nutrition, will teach all comers to make a nourishing chicken soup, in the Senior Center kitchen and Lundeen Room, 11-1 PM on Wednesday, February 18. The cost, \$5, will include lunch (on pre-made soup which she will bring), hands-on instruction in making the soup (this includes boning the chicken), and if participants bring a pint jar, freshly-prepared soup to take home and, presumably, simmer for 22 more hours.

"I thought this would be fun to do," said Betty, an island native who

February Menus

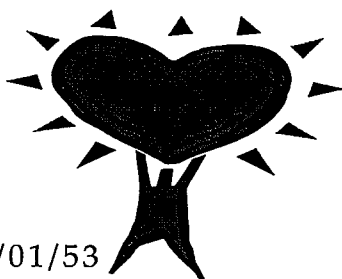
Lunches by our culinary artist, Amy Raven, are the best way to beat the February blahs! Served at noon on Tuesdays and Fridays, they require no advance registration. No Senior Supper this month due to holidays.

3	Pork Loin Mashed potatoes & gravy Winter mix veggies Spice cake	6	Cabbage rolls Parslied red potatoes Baked squash Tropical Fruit Salad
10	Baked potato bar & chef's salad bar	13	Healthy baked fish Scalloped potatoes Scandinavian veggies Cole slaw Fruit salad
17	Chicken tortilla casserole Broccoli Normandy Garden salad Mandarin orange salad	20	Roast beef Mashed potatoes & gravy Broccoli Garden salad Brownies
24	Calif. chowder Country chicken salad Roll Oatmeal cookies	27	Sweet & sour meatballs Rice Italian veggies Garden salad Apple cake

returned with her husband to their Olga home a few years ago. "It shows the importance of good nutrition for seniors."

In the words of the famous toast: To chicken soup: may it be seen and not heard!

Happy February Anniversaries!



Happy February Birthdays!

Edson & Jane Kempe	2/01/53
Gordon & Barbara Buman	2//04/99
Dick & Bobbie Hattrup	2/09/80
Bob & Harriet Miller	2/11/??
Toby & Karen Hiller	2/12/78
Bill & Margaret Tyree	2/13/44
Rick & Janet Bronkey	2/14/??
Andy & Agnes Forbes	2/14/42
Gene & Lois Baney	2/14/53
John & Faith Heath	2/14/69
Bruce & Sharon Heller	2/20/60
Jim & Diane Baxter	2/27/60

Antoinette Botsford	1
Jens Harboe	1
Walter Rutledge	2
Betty Lou Grant	2
Liane Olsan	2
Doc Weston	2
Werner Kundig	3
Rick Bronkey	3
Lois Sheedy	4
Andrea Hendrick	4
Beth Jurgensen	4
Viola Coleman	5
Pete McCorison	6
Maggie Schuler	6
Kiko Harrison	7
Richard Griot	11
Larry Cornwell	12
Eleanor Peterson	12
Doug Pearson	12
Gale Marple	12
Joan McMillen	14
Dick Montgomery	15
Ebba Brophy	15
Carmen Izakson	15
Jane Bristow	16
Bob Shipstad	16
Barbara Lutz	16
Dubi Izakson	18
Nahoko Staley	18
Clarena McLachlan	19
Faith Heath	19
Merry Bush	20
Dan Greaves	21
Tom Cannon	22
Toby Hiller	22
Lee Gardiner	23
Jean Wellington	23
Doris Brain	24
Vance Stephens	24
Dottie Trogon	25
Reba Lehmann	27
Evelyn Rutledge	27
Carl Poschman	27
Rosa Montgomery	28
Phoebe Bee	28
Phyllis Wilkinson	29

Planned Giving Seminar Feb. 13

The Orcas Island Community Foundation is sponsoring a Planned Giving Seminar February 13, featuring **Bill Sperling** and **Frank Minton** from The Seattle Foundation. The seminar will be at 1PM at the Senior Center.

Subjects that will be covered include establishing trusts for charitable giving, bequests and other methods to fulfill your charitable giving goals. Please contact **Barry Acker**, 376-2284, to reserve a space at the seminar. We look forward to seeing you!

Buchanan Class Planned for March

Caroline Buchanan will teach a four-part class, Painting Landscapes and Nature, 12:30-2:30 PM, March 4, 11, 18, and 25 at the Senior Center. Cost had not been determined at newsletter deadline time, but mark your calendars for a stellar learning experience. If you sign up ahead through the Front Desk, you will be called with the information around March 1.

SERVICES WE PROVIDE & WHOM TO CALL



Lunch: Served twice a week. Orcas lunches are Tuesdays and Fridays. No reservations needed.

Donation: \$3.

Home Delivered Meals are available for the homebound and can be delivered twice weekly. Additional

frozen meals also can be delivered. Call Jan to arrange. Donation: \$3.

Senior Suppers are served in style, third Mondays at 6 PM except holidays when Center is closed. \$5.

Blood Pressure Clinic Second Tuesdays around mid-day. Free. No reservations needed. **Mary Totten**, Public Health Nurse.

Foot Clinics: Reservations needed, through the Front Desk. See them on the *Signal* Calendar for clinic dates. Cost: \$12. Please remember to bring your own towel. **Barbara Fleming, RN**, and **Joanna Serwold, RN**.

Hearing Screenings by Costco and Western Hearing. Dates in monthly *Senior Signal* Calendar. Call Front Desk for appointment.

Senior Transportation:

On lunch days volunteers provide transportation in vans. They also stop, after lunch, at the post office, store, and for some indi-



vidual needs such as

picking up a prescription at the pharmacy.

Medical transportation on-island for non-emergency appointments with doctors and other practitioners. Mainland transportation also is available. Reserve as early as possible, through **Linda, Jo Anne**, or **Jan**.

Senior Trips: Mainland shopping trips on the third Thursdays; reservations needed for these. Recreational trips about once a month, planned by the Travel Committee; check with **Linda**. Suggested donation for mainland trips: \$10.-\$20.

Information and Assistance: (Staff) This program will help you find needed information about services and resources.

Elderlaw Clinics: Half-hour appointments, every other month at Senior Center. Check the *Signal* Calendar; then call **Jan (2677)** to schedule.

Case Management services are available to assess and offer options to those in need. For this and Respite, call **Jan** for more information.

HELP IS JUST A CALL AWAY

Loan Closet: We have wheel-chairs, walkers, canes and crutches available for temporary loan.



Special Needs Fund: Limited emergency assistance when no other funds are available. Call Senior Services (**Jan**) for additional information and qualifications.

Weatherization Assistance to reduce energy costs. Income dependent. 1-800-649-5121.

Dental Assistance: Serves low-income seniors with up to 25 percent reduction in costs by participating dentists. Call **Jan**.

Lifeline Emergency Monitoring Service: Call **Terry Slocombe**, 378-9490.

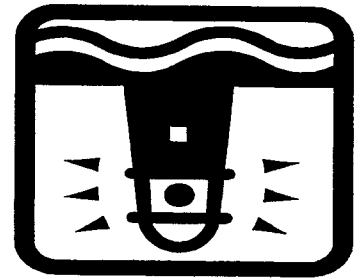
P.A.L. Assistance with winter electrical costs. Call **OPALCO** 376-3550.

SHIBA: Medicare and insurance questions: Call the Medical Center, 2561, to make appointment with **Peg Griswold**.

DSHS Medicaid help. 378-4196.

Social Security: 1-800-772-1213

Medicare: 1-800-444-4606



Orcas Senior Signal

Senior Services Council of San Juan County
PO Box 18
Eastsound, WA 98245

Bulk Rate
Non-profit
U.S. Postage Paid
Permit # 10
Eastsound, WA 98245

Power Point Class to be Offered Here

Linda Tretheway will hold a Power Point class, 10-noon, on Thursday, Feb. 26. The first hour will be in the Lundeen Room where she will use the projector attached to a laptop to show participants how it's done. Then the class will move into the Conference Room where they can try out techniques on the computers.

Students should bring a disk or CD (if they choose) with pictures of something they might want to put into a slide show, and a blank disk on which to put the finished product. There are spare disks at the Senior Center: 50 cents each.

Cost: \$5. Minimum number of students: 8. Register by calling the Front Desk, 2677.

Historian, Author to Present Lewis & Clark Odyssey

Junius Rochester, a prominent regional historian and author of six books, will present "The Lewis & Clark Odyssey" at 4 PM Sunday, Feb. 15, in the Lundeen Room.

A third-generation member of a pioneer family, his books include: *The Last Electric Trolley: A Seattle History*; *Roots and Branches: The Religious Heritage of Washington State*; and *Thirty Years Over the Top: Scandinavian Airlines System Polar Flights*.

He has served as the weekly regional historycommentator at Seattle's Public Radio affiliate, and is part of a team writing local history for the Internet (www.historylink.org).

Sponsored by the Senior Center, this lecture is free, and open to the public.

Orcas Senior Signal

Senior Center Hours 9 AM-4 PM, Monday-Friday
P.O. Box 18, 62 Henry Rd., Eastsound, WA 98245

Volume IX, No. 3 • March, 2004

360 376-2677 (V/TDD) • FAX 360 376-5465

Tai Chi, Yoga Offered in March; Tale to Continue

Tai chi for early risers will be offered at 8 am on Wednesdays, beginning March 3, in the Multipurpose Room. The program will be a video tape, Tai Chi for Seniors, projected onto the large screen. **Jan Koltun** will demonstrate the routines along with the video teacher. Cost: \$10 for the five-week class, which will be continued in May, after an April hiatus, if there is enough interest.

Genevieve Kenny, an experienced Elderhostel yoga teacher, will teach gentle stretching and toning at 9 AM on Mondays, for four sessions starting March 8. Cost: \$20.

Sign-ups are required for the above classes, and for **Ebba Brophy's** tale painting group, a six-week class starting 1-3 PM March 3, Multipurpose Room. Cost: \$48.

Ebba's sessions will focus on German and Bavarian folk art, using acrylics, and varying brush techniques including early blending techniques. The group will do a candle with a round brush design, and designs with strawberries and daisies, and dogwood.

Madrona Point Walks meet at 1 PM Fridays at the road turnaround by the old dock. Wear sturdy old shoes or boots!

NEW TRANSPORTATION POLICY

Beginning March 1, all transportation costs must be paid at the time of sign-up for off-island recreational and/or shopping trips. Refunds will be made up to a week before departure if a cancellation is necessary. Refunds will only be made during the week prior to the trip if special circumstances require last minute cancellation. If you have any questions, please call **Linda** at 2677.

Take the "V" Train!

With **Dick Thompson** driving to the depot, and possible side trips to Vancouver's Anthropology Museum, Gas Town, and much more sight-seeing and good times, the Vancouver train trip March 24-26 is shaping up as the travel event of the season!

Cut-off date to sign up at the Front Desk is Friday, March 5. Trainfare (\$44) and van cost (\$13) must be paid at the time of sign-up. the two-night stay in Vancouver's Best Western Hotel (\$120) is for double occupancy (twin beds) and breakfasts. Participants also will need discretionary spending money for lunches, dinners, and optional purchases.



Jackie Abell to Present 2004 'Herstory' Talk

Jackie Abell, who worked her way through college to become a noted speech therapist, as well as raising an achieving family, will present the annual "Herstory" talk at 12:30 PM Friday, March 26 in the Lundeen Room.

Her talk is part of Women's History Month celebrations around the island (and the rest of the U.S.), and is free. Come to hear this able **Abell**, whose son, the banjo player **Kurt Abell**, gave us a memorable banjo concert four years ago in memory of his late father, **Ken Abell**.

Profile'Birthday Lady' Has
Habit of Giving

Veronica Thornton is living proof that lifetime habits of giving persist, whether a person moves or changes focus. This petite, lively lady manages our monthly birthday celebrations, recruiting and reminding cake bakers, often baking herself, bringing decorations from home and fielding last-minute changes adeptly.



"I had no prior experience with Senior Centers; this is the first one," she smiled.

Her community service has included chairing the PTA in the elementary school that her two daughters attended in Passaic, New Jersey, and running a First Aid station in the boys' and girls' camp that her husband, Alexander Podlipny, directed during the summers. (He was director of the Boys' Club of Passaic.) She also was a working mom, managing two physicians' offices.

She collected music boxes, but gave away much of her collection when she moved west. Her other hobbies have included embroidery and collecting teacups, but her focus has changed these days.

Widowed for 13 years, she "refused to get involved," and took her time accepting a marriage proposal from her second husband, the late Arthur Thornton. (He was treasurer of the Lipton Tea Company, and she is a tea

drinker to this day.) She said she'd think about it, and went to California to visit her daughter, Ginny Bivaletz, for a month.

After accepting the proposal, they spent several happy years traveling and enjoying their home in Clifton, New Jersey, until his death.

When her daughter Ginny, and husband, Bob, decided to move to Orcas from California, Veronica decided to join them. She has her own quarters, but is close enough for sociability.

"My neighbors back east used to feel sorry for me, moving into such a faraway place," she said. "I've been writing to them and telling what we do, and they want to come now."

"I enjoy the feeling of this Senior Center," she said.

Although her life, as with most of us, has not been entirely free of pain (one daughter died at the age of 32), this beautifully-organized woman is a source of joy to friends and acquaintances. We are so happy that she decided to move west! JK

Raymond Egan to Bring
'Ezra Meeker: Remember
The Oregon Trail' Here

Raymond Egan, who portrays memorable Northwest historical figures from their own words, found in memoirs, diaries, and published interviews, will present his one-man play: **Ezra Meeker: Remember the Oregon Trail!** at 4 PM Sunday, March 28, in the Lundeen Room.

In full costume and makeup, Egan portrays a still-vigorous Meeker campaigning in the early 1900s for the preservation of the Oregon Trail. Using the pioneer's own words, he delivers a moving account of Meeker's first trip west in 1852 with his 16-year-old bride.

The program is free and open to the public. A donation basket will be available.

REMEMBERING, WITH LOVE

Nan Culver, 1920-2004
Barbara Gudgell, 1915-2004
Edith Hurlbut, 1917-2004
Marion Manley, 1934-2004
Evelyn Rutledge, 1923-2004

My Gift to Orcas Senior Center

Enclosed is my gift. I would like it used as follows:

- ☐ **ENDOWMENT** ★ A money gift to the Orcas Senior Center Building Fund to create a capital reserve for future construction and major maintenance expenses
- ☐ **RESTRICTED MEMORIAL OR DONATION** ★ A money gift to the Orcas Senior Center for one of the following purposes:
 - ☐ **MAINTENANCE FUND** ★ Used for ongoing building and grounds maintenance and repair expenses
 - ☐ **BUILDING FUND** ★ Used for either current or future construction and major maintenance expenses. Giving Orchard named tiles, available for donations of \$100 or more, are used for this purpose.
 - ☐ **SPECIAL NEEDS FUND** ★ Used to provide emergency aid to elderly and disabled individuals
 - ☐ **PROGRAM FUND** ★ Used to cover startup and supplemental expenses for various types of programs
- ☐ **UNRESTRICTED MEMORIAL OR DONATION** ★ A money gift to the Orcas Senior Center to be used as determined by the Orcas Senior Center Advisory Committee

Imago To Perform at Lunch: No Foolin'

The noted troupe Imago will perform at Senior Lunch on April Fool's Day! It's a Thursday! There will be no Senior Lunch on April 2; it is being moved to April 1 to take advantage of this outstanding (and free!) show.

Imago Theatre, with its "escaped penguins, silent sloths, finicky frogs, devilish strings and numerous other thingz," began performing in 1979 in small towns around the Pacific Northwest. They have toured internationally and won many film and theatre awards.

School youngsters will join Imago for the luncheon performance. The troupe also will perform at Orcas Center on Thursday night, April 1, with tickets at \$16 and \$18, and a special rate of \$10 for seniors.

Origami, Swans, and Brides

Join us after lunch, 1:00-3:00 PM March 9 in the Lundeen Room, to learn the art of folding Origami swans. Materials and directions will be supplied and **Joyce Rupp** will teach this simple, elegant form of folded paper art. Then, join us again March 16 to fold bridal favors for Jan's April wedding.

In Hawaii, the tradition is for the bride and her ladies to give away paper cranes to all the wedding guests. Swans seemed more appropriate for the Pacific NW and since Jan lives on Otter's Pond where the swans like to winter. (They are also much simpler to fold so don't be afraid to come give us a hand with this beautiful expression of affection. Men too, are invited; we'll bend tradition a little.)

Please sign up at the front desk so we can have plenty of paper ready.

Dr. Fritzberg to Discuss Trekking

Dr. Alan Fritzberg will present "Monasteries and Trekking in the Kangchenjunga Region," a slide show about hiking on the world's third tallest mountain, at 4 PM Sunday, March 21, in the Lundeen Room.

He and his wife made the trip with the guidance of **Janling Norgay**, son of **Tenzing Norgay**, who with **Sir Edmund Hillary** was the first to summit Mt. Everest. Janling was featured in the Imax movies of Everest. The **Fritzbergs'** adventure included a visit to the Himalayan Mountain Institute, where the Sherpas, some of the hardest humans on the planet, are trained.

The program is free; there will be a donation basket.

Orcas Senior Signal

Jan Ferris Koltun, Editor
Linda Tretheway, Jo Anne

Bastron,

Associate Editors

This newsletter is published by Orcas Senior Services, PO Box 18, Eastsound, WA 98245. We invite

contributions from all Orcas Senior Center members and friends.

Deadline for the April, 2004, issue: March 15.

Email: jank@co.san-juan.wa.us

Senior lunches are on Tuesdays
& Fridays, 11:30-1 PM
in the Betty Lundeen Room.
Want to know what's for lunch?
See Menus, Page 5

March SENIOR SIGNAL
Page 4
**ORCAS ACTIVITIES
CALENDAR**

March hostesses: Marylou Cobb
and Emily Reid

March Cake Bakers:

Marjorie Hayes
Genevieve Kenny
Gretchen Shelton
Maryln Stiffler
Myrna Wood

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 1 Caregivers' Group (MP) New art exhibit: McCoy and Floren	2 1-4 PM AARP tax help	3 8 Tai Chi (MPR)* 9 Yoga (MPR)* 1-4 Tole Painting* (6-week class begins)	4 12:30-3:30 Buchanan art class (MPR)* 2-4 Baroque (ongoing class) 5:30 Art reception	5 1-3 Patio Planters (Lindalena)(MPR) 1 PM Madrona Point walk 3:30-12-step grp., Rm. 28	6
8 1 Caregivers' Group (MP) 2:30-4:30 Aloysia Friedmann master class	9 Library Lady, Blood Pressure Clinic At Lunch 1-4 PM AARP tax help* Western Hearing Aid Clinic* 1 Origami (LR)	10 8 Tai Chi (MPR)* 9 Yoga (MPR)* 10 SHHH! (LR) 1-4 Tole Painting	11 12:30-3:30 Buchanan art class (MPR)* 2-4 Baroque (ongoing class)	12 1 PM Madrona Point walk 3:30-12-step grp., Rm. 28	13
15 1 Caregivers' Group (MP) 6 PM Senior Supper	16 Costco Hearing Aid Clinic* 1-4 PM AARP tax help* 1 Folding swans (LR)	17 8 Tai Chi (MPR)* 9 Yoga (MPR)* Day of Beauty* 1-4 Tole Painting	18 12:30-3:30 Buchanan art class (MPR)* Mainland shopping Trip* 2-4 Baroque	19 1 PM Madrona Point walk 3:30-12-step grp., Rm. 28	20 21 4 Dr. Fritzberg (Himalaya trekking)
22 1 Caregivers' Group (MP)	23 1-4 PM AARP tax help*	24 8 Tai Chi (MPR)* 9 Yoga (MPR)* FOOT CARE CLINIC* 1-4 Tole Painting	25 12:30-3:30 Buchanan art class (MPR)* FOOT CARE CLINIC*	26 9 AM Advisory Committee 1 PM Madrona Point walk 3:30-12-step grp., Rm. 28	27 28 4 Ray Egan: Ezra Meeker
29 1 Caregivers' Group (MP)	30 B'day lunch 1-4 PM AARP tax help*	31 8 Tai Chi (MPR)* 9 Yoga (MPR)* 1-4 Tole Painting	Save April 1 for Senior Lunch with Imago!! NO Senior lunch on Friday, April 21	ABBREVIATIONS: LR = Lundeen Room MP = Multipurpose Room CR = Conference Room * = reservations at office (2677) necessary	

First College Intern Plans New Workshop

One of the newest friendly faces in our halls, **Lindalena Dingman** is our first college intern. She is majoring in Human Development, through Washington State University's Distance Learning Program. She achieved straight A's in five three-credit courses last semester, and is the recipient of the American Association of University Women's Jo Bush Scholarship.

Many of you know **Lindalena** from one of the other roles she has capably filled, such as running the Walkabout Orcas Program last summer. She will do this again, beginning in May. And she was a caregiver at the Butler Group Home.

The best is yet to come! A Master Gardener, **Lindalena** decided, for one of her internship projects, to do a two-part Flower Seeding Workshop. (See story, below.)

Flower Seeding Workshops Set for March 5, April 8

The first of a two-part Flower Seeding Workshop starts 1-3 PM on Friday, March 5, in the Multipurpose Room. **Lindalena Dingman**, Washington State University intern, will welcome you to this hands-on effort to beautify the Senior Center. All materials will be provided.


Workshop I will be the initial planting of seeds that will germinate inside until April. Then in Workshop II, helping hands will transplant starts into the new planter boxes made by **Roy Pringle**. Sign up at the Front Desk, so that **Lindalena** can have planting materials ready for you.

Thanks, Roy!

We are deeply indebted to **Roy Pringle** for measuring, designing, and building the new planter boxes, which will grace the south end of the building. The Orcas Garden Club, under the leadership of **Margaret Greever** and **Gordon Greiner**, raised funds for the project two years ago and it is a great joy to have it come to fruition.

March Menus

Lunches by our culinary artist, **Amy Raven**, are uplifting for soul & tummy any time of the year. Served at noon on Tuesdays and Fridays, they require no advance registration. No lunch on March 16 this month, as we resume Senior Suppers on March 15!

2	Beef fajitas Tortilla shells Spanish rice Refried beans Sherbet	5	Pizza & Mini-salad bar
9	Barbeque ribbers Baked potatoes Bean medley veggies Romaine salad Apple & orange slices	12	Chicken strips Mandarin orange salsa Capri blend veggies Romaine salad Tropical fruit
15	Sure, and it's an Irish Supper! Corned beef & horseradish red potatoes Cabbage & carrots Soda bread Lime Jell-o w/pears	19	Chicken Parmesan Buttered noodles Capri blend veggies Caesar salad Peaches & pears
23	Beef Stronganoff Broccoli Normandy Romaine salad Lemon pudding	26	Shrimp salad Oatmeal bread Fresh fruit tray
30	Teriyaki chicken Parslied red potatoes Capri blend veggies Carrot & raisin salad Applesauce bars		

Happy March Birthdays!

Heather O'Malley	2
Trudy Erwin	2
Rose Beckwith	2
Gunther Eschenbrenner	3
Lolly Halverson	3
Helen Baumgaertel	3
Ellen Madan	4
Majeane Palmer	7
Liz Waterman	7
Lois DeVaney	9
D.E. Finkelnburg	9
Dora Blake	10
Victor Bracke	10
Dan Stowell	10
Al Englehartson	12
Thornton Thomas	12
Jim Newland	12
Carl de Boor	12
Ginny Robinson	13
Gael Shipstad	13
Barbara Gudgell	14
Richard Hughes	15
Ashley Wickes	15
Inger-Lise Reinholt	16
Larry Parker	17
Sheila Pringle	17
Bob McLaughlin	19
Hattie Dixon	19
John Libiez	20
E. Louise Spencer	23
Mary Crosten	23
Carole Grumney	23
Lee O'Malley	24
Mary Hatten	24
Bob Littlewood	24
Donna McKee	24
Jane McIlroy	27
Fran Peden	27
Lynda Johnson	27
Judy Schliebus	29
Judith Struthers	30
Audrey Garrels	31

Poschman to Address SHHH March 10

Carl Poschman, who heads San Juan County's Emergency Management program, will discuss plans and programs for persons with hearing loss at the March meeting of SHHH (Self-Help for Hard-of-Hearing People), 10 AM on Wednesday, March 10, in the Lundeen Room.

Happy March Anniversaries!

Jan and Connie Zehner	3/02/??
Dan and Anne Stowell	3/08/91
Austin and Betty Lou Grant	3/10/46
John and Linda Libiez	3/18/??
George and Audrey Garrels	3/19/55
Dick and Jean Glidden	3/20/59
Lloyd and Adele Pinneo	3/21/64
Kiko and Kamala Harrison	3/21/94
Kraemer and Bette Frenger	3/22/42
Tom and Beverly Slater	3/23/??
Dan and Marcie Greaves	3/23/61
Gene and Peg Elliott	3/27/??

Day of Beauty Offered March 17

Two island beauticians have offered their haircutting services at greatly reduced rates, for men or women, on March 17, at the Senior Center. It's a great time to get spiffed up for St. Patrick's day, or just for a cosier look in the mirror!

Sally Hart, a cosmetologist who provides in-home services with \$10 discounts for seniors, will cut hair for all comers, 9 AM-noon. Charge: \$15.

Melissa Lowrey, owner/stylist of Melissa's Salon, who offers in-salon discounts for seniors, will wield the shears 1-4 PM here, at \$10 for men and \$14 for women.

Reservations must be made at the Front Desk. This is a "first" for our Senior Center, but it could become a regular event.

Buchanan Drawing Class To Begin March 4

Register soon for Caroline Buchanan's four-part landscape drawing class! It may start you on a lifetime of sketching for travel, for pleasure, or for self-discovery.

Sponsored by Orcas Senior Center, the four March classes start on Thursday, March 4, 12:30-3:30 PM. Cost: \$100. Call the Front Desk to register.

SERVICES WE PROVIDE & WHOM TO CALL



Lunch: Served twice a week. Orcas lunches are Tuesdays and Fridays. No reservations needed.

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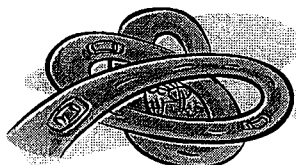
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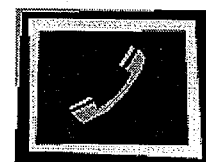
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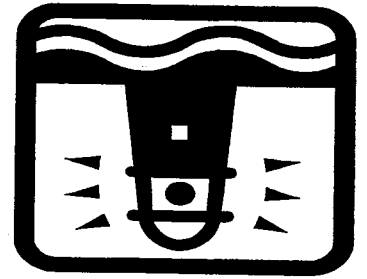
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Orcas Senior Signal

Senior Services Council of San Juan County

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March Art Exhibit: Photography Plus!

Please join us, 5:30-7:30 PM on Thursday, March 4, to welcome our newest exhibit: two accomplished Orcas photographers, **Louellen McCoy** and **Joe Floren**.

Louellen, a long-time Island resident, has been a serious photographer for more than 10 years. Her pictures have won top awards in county and regional competition, and in 2002 she was a finalist in a world-wide Canon-sponsored photographic contest. She currently has two pictures in Eastsound's Lambiel Museum.

Joe's photography shows the strong influence of his deep involvement in abstract painting. Even though most of his subject matter is literal, the composition of his images follows strong abstract patterns.

He takes a very simple and direct approach to picture-taking, seldom deviating from the hand-held camera, using only available light.

Photo, Essay Contests Invite Your Works

You are invited to enter two contests celebrating Older Americans Month in May. Theme of both is: "Aging Well, Living Well." The winning photo and essay will be announced at the annual Washington State Association of Senior Centers (WSASC) conference in May, and the winner will receive a Barnes & Noble gift certificate for his or her Center.

Photography guidelines: Photos must show a positive image of aging, be labeled on the back with the photographer's name and Senior Center address, and will become property of WSASC.

Essay guidelines: Length: 1,000 words maximum, marked with author's name, Senior Center address, phone/and or email; will become property of WSASC; maximum of five entries from any one Senior Center; and may be mailed, or e-mailed as a Word document to klaw@spokanecity.org.

Deadline to receive photos is April 1; deadline for the essay contest is May 1.

Address: Kathy Law, East Central Seniors, 500 S. Stone, Spokane, 99202.

Orcas Senior Signal

Senior Center Hours 9 AM-4 PM, Monday-Friday
P.O. Box 18, 62 Henry Rd., Eastsound, WA 98245

Volume IX, No. 4 • April, 2004

360 376-2677 (V/TDD) • FAX 360 376-5465

Matching Cash for Shades Sought



If you've been in our lovely Lundeen Room for a Sunday afternoon lecture, for the Holiday Fair, for Senior Lunches or for any slide show held here during the day-time, you likely have observed that it can get very light and very hot.

That is because we have no shades on the north and south windows.

Although we have managed to obtain light-blocking shades for the multipurpose, conference, and lobby rooms, the Lundeen Room has curved windows that are expensive to shade.

Initial measurements and estimates for the shades were around \$6,000, and the Advisory Committee decided to wait until the improvement could be made out of operating capital.

Monies from recent fund-raisers has largely gone into operating expenses, the most recent being a \$7,000 price-tag to repair the lobby entrance overhang and to ensure that it could not sustain vehicle damage in the future. Recent bequests, such as the John Chantiny Fund, by law have to go into endowment funds, and cannot be used for present needs.

Light for the light-blocking problem has been suggested by the possibility of a foundation grant, if the Advisory Committee can match the requested funds.

Therefore, we ask your help. We are seeking \$3,000 to match the amount we are asking in our grant application.

A recent talk by Alan Fritzberg netted \$105.57, which the Advisory Committee is using to start Cash for the shades. Any amount, large or small, is welcome, will be recorded and acknowledged. JK

Long-Anticipated Tai Chi To Begin April 12

Joan Roulac, an accredited tai chi teacher for 17 years, will begin the first of a three-level series of classes, 10-11 AM Monday, April 12 in the Lundeen Room. She teaches T'ai Chi Chih, a healing form that builds strength, balance, and flexibility and can have positive effects on people with chronic health conditions such as heart disease, multiple sclerosis, and joint problems.

Her four-week classes will be structured around a circle of chairs in the Lundeen Room, so that participants may sit down or stand up for as much of the session as needed. This form of tai chi is appropriate for sitting or standing.

Results of a Tufts University study published in the March 8, 2004 issue of the *Archives of Internal Medicine* indicate that tai chi seems to improve functioning in the heart, blood vessels, and lungs among healthy people as well as those with heart conditions, including patients who have had coronary artery bypass surgery. Practicing tai chi also appears to reduce pain, stress and anxiety and

(Continued on page 8)

Photography Show to Continue

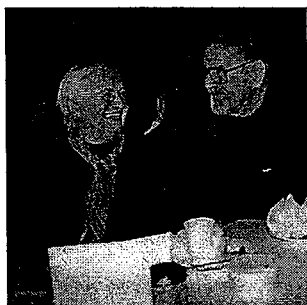
Photographs by Joe Floren and Louellen McCoy will remain on the walls throughout the building during April for everyone's enjoyment.

Salim Bailey's multi-technique show is scheduled for May, and June, with Father's Day is an especially appropriate time for the Trogon father-&-son exhibit.

PROFILE; KRAEMER AND BETTY FRENGER

Friendship Works Both Ways

"We've never had so many friends anywhere as we have on Orcas," noted **Kraemer Frenger**, in the puzzled way he has that masks but cannot hide his quick brain. **Bette Frenger**, smiling, nodded assent.



She's a native Californian; he was born in the Bronx. Both were born at home, a unique bond in a 62-year marriage in which he remodeled houses, she ran the business, doing the books and typing after some adjustment period.

"She was the family miser," he teased, "and the best partner I've ever had."

"The best years of my life have been traveling, raising kids. . . and a husband," quips **Bette**.

They met in their high school senior year, but the relationship didn't "take," and they more or less ignored each other for a time. However, something must have kicked in, because right after Pearl Harbor, there he was on the Eldridge doorstep ("Eldridge" is **Bette's** maiden name.) They married in 1942.

While he served with the Air Corps in Europe, England, and the invasion of Normandy, she moved back home with her parents, gave birth to their first son, Rick ("Dad and Mom took me to the hospital"), and sang light opera with a Gilbert & Sullivan group, up and down the Coast.

When he came home from World War II, he apprenticed as a carpenter and became a contractor, remodeling houses for theatrical folks. She learned about budgeting. "Our accountant and I kept the business going," noted **Bette**.

They bought a home in Lynnwood, CA, and their middle child, **Susan**, was born.

A decade later, they moved to Studio City, where they lived for 32 years before moving here in 1988. Their youngest,

Andrea, was born there in 1963, nineteen years after the birth of their first child.

"Our son **Rick** was in his first year of college. He said, 'Dad, I thought babies were planned,'" said **Kraemer**.

While raising their family, **Bette** sang with a mothers' choir, sewed, designed, entertained, and worked in lots of fund-raisers. She got beautiful experience. One of the first "events," in the fund-raising that produced our building, was a tea that she and **Dora Blake** produced at the Frenger home. Didn't it get us off to a great start!

When he could get away from remodeling houses, he and **David Sofaer** founded the Pacific Single-Handed Sailing Association, which is still going. Their families sailed with them, and this eventually brought both families to Orcas.

"I remodeled everybody else's house but never built one for ourselves until we moved here," **Kraemer** said.

During the Big Freeze of '89, he helped the late **Bob Irwin** fix pipes.

"**Bob** was working on our house and not getting very far because he had to stop and work on other people's houses," **Kraemer** recalls. "I offered to help in order to get mine done."

Once the island discovered he had contracting skills, he was almost fully occupied. He was Clerk of the Works for the school district on the new high school, and inspected buildings for new buyers.

Fortunately for the Senior Center, **Bette** started volunteering on the Front Desk, and then "volunteered" **Kraemer** to drive for us. He did that for seven years, and served on the Advisory Committee for 14 years. Among his major contributions was his oversight role in our new building.

As you may have read, above, and know if you've been fortunate enough to meet the Frengers, there's a good reason for their having many friends: they have been good friends to so many people here. We owe them deepest thanks. JK

From the Desk of Linda T...

Every day, your staff more deeply appreciates the hours and effort our wonderful volunteers put into the Senior Center. This month is National Volunteer Month. So we are inviting all of you to join us on Friday, April 23, for a special lunch devoted to recognizing and thanking you, who make us "go" and keep us "running."

It is also an opportunity for those of you who may not know who is working on your behalf to meet and thank them for all they do.

With at least 5,000 hours of time and talent donated each year by volunteers who answer phones, fold newsletters, drive vans, set up for lunch and serve on your Advisory Committee, our programs and activities reflect a generous island.

Speaking of trips. . . As hard as we try, sometimes the ideas we come up with are not appealing to enough people to make the trip feasible. So, we're trying something new. If you have a particular trip or off-island activity in mind, bring me the names of at least four other people who want to join you, and I will arrange a driver and the rest of the details. Once we have five people interested and committed to a particular trip, we will announce it and post it in our White Book for others to sign up. So far, the Casino Trip May 5 is the first try at this idea and it seems to have worked.

'Friendship Quilt' Now Being Sewn

The Friendship Quilt is being quilted, thanks to a group led by Betty Thompson Hall! Since January, seniors have been signing squares, and others have been filling in the signatures, often adding symbols characteristic of the signatories. It is intended as a unique record of over-60s Orcas residents.

Pearl Muse, who will be 102 on April 23, was the first signer. The late Rosalie Chantiny's signature, which fortunately was on file, was embroidered along with a drawing of one of Rosalie's native American icons.

Some 36 signatures were gathered and embroidered.

(Continued on page 5)

HELP WANTED

The Visual Arts Committee is looking for a Reception Planner, one or two good chairs or co-chairs to manage receptions for our fine arts exhibits. Pay is in gratitude! Contact Ann Reardon, 2707.



Pots A-Building! Trudy Erwin watches as Carolyn Carroll constructs a bowl at a recent clay class in the Multipurpose Room. On April 20, Jeanne deLong and Trudy will show participants how to make pendants, great gifts for Easter or graduations. \$5 covers cost of materials; advance registration is needed.

Tax Help Still Available

Jim Biddick, certified AARP tax preparer, will be on hand for two more Tuesdays in April. He provides free help, 1-4 PM, for low- and middle-income seniors and families.

REMEMBERING, WITH LOVE

Charlotte Brebner, 1911-2004
Laraine Rowse, 1926-2004

Orcas Senior Signal

Jan Ferris Koltun, Editor
Linda Tretheway, Jo Anne Bastron,
Associate Editors

This newsletter is published by Orcas Senior Services, PO Box 18, Eastsound, WA 98245. We invite contributions from all Orcas Senior Center members and friends. Deadline for the May, 2004, issue: April 10. Email: jank@co.san-

juan.wa.us


Senior lunches are on Tuesdays
& Fridays, 11:30-1 PM
in the Betty Lundeen Room.
Want to know what's for lunch?
See Menus, Page 5

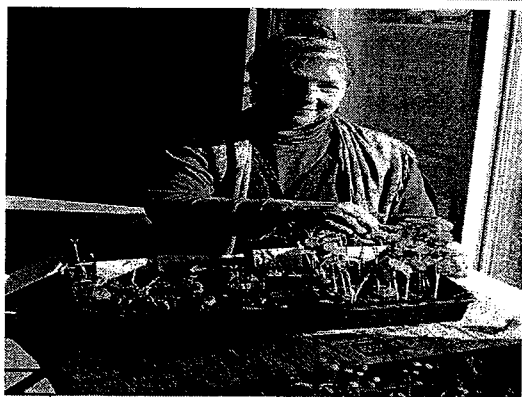
April SENIOR SIGNAL
Page 4
ORCAS ACTIVITIES
CALENDAR

April 27 Cake Bakers:
**JoAnne Bastron, Pat
Logan, Opal
Ferguson, Rosemary
Kimball, May
Shiozawa**

Host & Hostess: Jeanne & Gil DeLong

Monday Tuesday Wednesday Thursday Friday Saturday

<p>ABBREVIATIONS: LR = Lundeen Room MP = Multipurpose Room CR = Conference Room * = reservations at office (2677) necessary ** = schedule by calling 378-2163</p>			<p>1 12:30: IMAGO, NO FOOLIN' (LR) Special lunch</p>	<p>2 No lunch 3:30-12-step grp., Rm. 28</p>	<p>3</p>
<p>5 1 Caregivers' Group (MP)</p>	<p>6 Library Lady, Blood Pressure Clinic At Lunch 1-4 AARP tax help</p>	<p>7 1-4 tole painting</p>	<p>8</p>	<p>9 1-3 Patio planting 3:30-12-step grp., Rm. 28</p>	<p>10</p>
<p>12 10 Tai chi (Joan Roulac)* 1 Caregivers' Group (MP)</p>	<p>13 Western Hearing Aid Clinic* 1-4 AARP tax help</p>	<p>14 10 SHHH! (hard-of- hearing) 1-4 PM Pendant Workshop (MP)*</p>	<p>15 9 AM-5 PM 55 Alive! * (LR) Mainland shopping Trip*</p>	<p>16 10-3:30 Passports at Auditor's office 3:30-12-step grp., Rm. 28</p>	<p>17</p>
<p>19 10 Tai chi (Joan Roulac)* 1 Caregivers' Group (MP)</p>	<p>20 Costco No lunch Hearing Aid Clinic* 1-3 Pendant workshop (MP)</p>	<p>21</p>	<p>22</p>	<p>23 3:30-12-step grp., Rm. 28</p>	<p>24</p>
<p>26 10 Tai chi (Joan Roulac)* Sr. supper 1 Caregivers' Group (MP)</p>	<p>27 B'day lunch</p>	<p>28 FOOT CARE CLINIC*</p>	<p>29</p>	<p>30 FOOT CARE CLINIC* 3:30-12-step grp., Rm. 28</p>	



Planting Workshop II To Fill New Patio Planters

Lindalena Dingman, our student intern, will present Planting Workshop II at 1 PM Friday, April 9. Participants will transplant the flower starts from the first workshop to the new cedar planter boxes built by Roy Pringle for the patio outside the Multipurpose Room.

This will be a very fulfilling completion of our spring planting process.

Participants are encouraged to check on the plants' progress as they mature into beautiful flowers. All materials are provided; helping hands are needed to help transplant. Please sign up at the Front Desk if you can be here for this.

Lindalena, who was on the President's List at Washington State University for her 4.0 GPA last term, will conclude her internship with us April 16.

However, we look forward to seeing her back again in May, when she will begin the second year of the popular Walkabout Orcas program. This encourages seniors and others to walk in their own neighborhoods or on the new Vitality Trail at the Orcas School, when the latter is not in use by students.

(Continued from page 3)

The quilt will be shown, and raffle tickets for it sold, on 12 successive Festival Fridays at Rosario. Tickets also will be sold at the Library Fair this summer. We have the use of a tent for the display and sales. A few good ticket sellers are needed; contact JoAnne Bastron through the Front Desk.

Drawing for the quilt will be at the Holiday Fair in November.

April Menus

Lunches by our culinary artist, Amy Raven, are served at noon on Tuesdays and Fridays, and require no advance registration. No lunch on Friday, April 2, due to the Thursday lunch that week, or on Tuesday, April 20, due to Senior Supper the night before.



1 Breaded cod
Rice pilaf
Scandinavian
veggies
Cole slaw
Tropical fruit

6 Grilled pastrami
sandwiches
Mini-salad bar
Brownies

9 Lasagna
Italian veggies
Romaine salad
Garlic bread
Peaches, pears &
apricots

13 Bacon & broccoli
quiche
Roasted red
potatoes
Carrotcoins
Garden salad
Fruit pudding

16 Barbecued beef on
burger bun
Potato wedges
Winter mix veggies
Cuke & onion salad
Chocolate cake

19 Sr. Supper
Honey mustard
chicken
Hawaiian rice
Peas & carrots
Garden salad
Tapioca
pudding

23 Garden tomato
soup
Turkey & cheese
sandwich
Applesauce bars

27 Taco salad
Spanish rice
Corn bread
Sliced melons

30 Herbed chicken
Stuffed potatoes
Capri veggies
Spinach salad
Jell-o w/fruit

Happy April Anniversaries!

Clyde & Barbara Teague	4/10/76
Bruce & Donna Ballanger	4/11/00
Ed & Eleanor Peterson	4/13/80
William & Maureen Burlew	4/14/67
James & Treena Williamson	4/19/96
Bob & Marylou Cobb	4/20/65
Jack & Gail Gilman	4/26/58



Recorders, Anyone?

Anybody recognize Ilse Herz in the 1960s photo, above? She is dark-haired beauty at the back of the recorder group. If anyone would like to play recorder in a group, sign up at the FrontDesk and we'll try to talk Ilse into being an advisor, or find an instructor.

Hundreds Hit By Alleged Internet Drug Scam

A Web site promising discounted prescription drugs from Canada has been taking thousands of dollars from checking accounts around the United States, but the account owners say they'd never even heard of the service until they spotted the transaction on their bank statements.

PharmacyCards.com claims to offer 80 percent drug discounts and lists an address in West Vancouver, B.C. But the phone number listed on the site goes to a third-party firm in Montreal and the real company at the B.C. address said it had never heard of PharmacyCards.com.

How many people were caught up

(Continued on half-page 8)

Happy April Birthdays!



Bob St. Jean	1
Beverly Johanson	2
Tom O'Brien	3
David Grumney	4
Ingrid Karnikis	6
Jan Wells	7
Jim Jenkins	7
George Lundstrom	8
Bill Tyree	8
Anne Marcin	8
Gene Baney	8
Ann Reardon	8
Thomas Gahan	8
Gail Gilman	8
Eugene Crowe	9
Arteen Wood	11
Carol Parks	12
Bea Marcum	14
Nancy Schmidt	17
Arjean Filmer-Bennett	18
Gladys Gropper	18
Jan Zehner	18
Lina McPeake	19
Gretchen Shelton	19
Willi Kuehle	20
Kitty Curley	21
Brian Cleary	21
Fredrica Kundig	22
Edson Kempe	22
Pearl Muse	23
John Beckwith	23
Marylou Cobb	23
Marianne Shelton	23
Bill McMillen	24
Kathleen Dewhurst	25
Ron Schuler	25
Sylvia Biddick	26
Helen Bee	27
Cay Tretheway	29
Bill Montgomery	30
Jan Gage	30
Ilse Herz	30
Jerry Crisman	30
Barbara Urschel	30
Margaret Wilson	30

SERVICES WE PROVIDE & WHOM TO CALL



Lunch: Served twice a week. Orcas lunches are Tuesdays and Fridays. No reservations needed.

Donation: \$3.

Home Delivered Meals are available for the homebound and can be delivered twice weekly. Additional

frozen meals also can be delivered. Call **Jan** to arrange. Donation: \$3.

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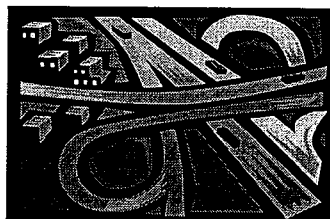
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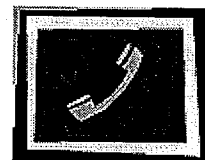
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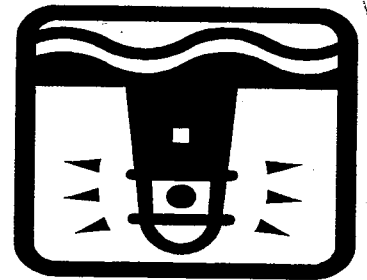
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(Continued from Page One)

may improve memory, concentration, and digestion.

There is only one pose and 19 gentle, graceful movements in t'ai chi chih, in contrast to more than 100 in some other versions. Joan's first-level students will learn about ten movements over the initial four-week period, the remaining ten in the second four-week session. The third, or advanced, level, will focus on consolidating gains from the first two levels.

Daily practice is very helpful: ideally, each morning and/or afternoon for 15-20 minutes.

If more than ten students sign up for the April 12 class, an additional section will be offered.

Questions? Call Joan, 376-6336.

Cost: \$20 for the four-week session.

Advance registration and payment are required. Call 2677 to sign up.

(Continued from page 6)

in the alleged scam is unclear, but in nearly every case, victims report that PharmacyCards.com somehow managed to withdraw \$139 from their checking accounts. What seems most troubling about this alleged scam is that many of the consumers don't know how PharmacyCards.com got their bank information.

A consumer complaint Web site, RipoffReport.com (<http://ripoffreport.com/>) said it has received over 700 e-mails related to the company.

There are legitimate companies which provide prescription discounts from Canadian pharmacies, and a list of these is included in the SHIBA HelpLine publication Paying for Prescription Drugs, available online at http://www.insurance.wa.gov/publications/consumer/Paying_For_Prescription_Drugs.pdf



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Volume IX, No. 5 • May, 2004

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PLANTING TIME!--Participants in Lindalena Dingman's planting workshops show the seedlings--soon to be blossoms--of their labors. From left: Opal Ferguson, Cay Tretheway, Lindalena, Marlia Starwater, Irene O'Neill, and Wally Morgan. These intrepid farmers & others potted the seeds a few weeks previously, then planted them in the lovely new boxes that Roy Pringle constructed on the southern end of the building. Thanks to all of you!

Linda Tretheway Photo

Old Buzzards Invited to Fly!

Why should kids have all the fun? After years of introducing school kids to flying, the local chapter of the Experimental Aircraft Assn. decided to offer free plane rides to seniors. The youngsters' program is called "Young Eagles," so Old Buzzards' Day was born. Come Saturday, May 8, 10-2 at the biplane hangar, enjoy views from the air, and receive a certificate of completion after your ride! (Birth certificates not needed!)



Salim Bailey to Hang One-Woman Show Here

Salim Bailey, whose works will hang in the Lundeen Room during May, started having shows on Orcas and San Juan Islands more than 20 years ago. In 2003, she had a one-person show at Orcas Center.

"As a small child, I wanted to sing and tap dance," she writes. "My parents gave me art supplies to divert me & keep me quiet. I have also posed a lot for artists and art classes, which taught me a lot about art."



Salim also has studied with Ron Lukas in Seattle, Carol McKinstry on Orcas, and Joe Miller on San Juan Island.

Walkabout Orcas Program to Start This Month

The eight-week Walkabout Orcas program will start again this month around neighborhoods in Olga, Rosario, Orcas Village, and Eastsound.

This program is free, funded through Regence Blue Shield with help from the medical center, and coordinated by San Juan County Health & community Services. **Lindalena Dingman**, Orcas program manager, will support the volunteer group leaders with program materials, walking logs, use of pedometers, and measurement of village walking courses.

To register for this free program, or to volunteer as a group leader, contact **Lindalena** at 376-4272 or leave your name at the Front Desk, 2677. All former participants are welcomed, and all registrants will be contacted before the starting day. Program materials and use of the pedometers will be provided on the first session of each village group.

PROFILE

Actions Add Beauty, Joy, to Many Lives

Dora Blake's life is full of movements that make a hymn out of the ordinary. A few local examples:

- ♦ The benches in front of our front door are in memory of her late husband, **Bill**, with whom she came to this country in the 1950s after helping to rebuild their war-torn native England and Wales;
- ♦ The Animal Shelter is cleaned, weekly, in places that normal cleaning never gets to, such as white woodwork and countertops. **Dora** and a friend, **Phyllis Wilkinson**, also do the laundry there each week;
- ♦ Dogs in her neighborhood, where she walks at 6 AM daily for 45 minutes with a friend, are on the lookout for the treats she always brings them.
- ♦ Her garden is a delight to neighbors and other friends.

There are many more, such as the weekly raffles by **Dora** and the Go-Go Girls, who bring in funds for needed items such as the condiment holders on our tables, holiday placemats and other decorations. Where did she come from, and how was Orcas lucky enough to draw her? Born in the county of Kent, England, she won a scholarship to high school. At 16, she went to work in a hospital there, prior to nurse's training.

"Our local church was bombed every night. We held our breaths, wondering what was coming next," she said. They grew their own vegetables, endured food shortages, rationing, and queues.

"Word would spread that a certain store had, say, bananas, and everybody would flock there," she noted.

While she was working in the hospital, **Bill Blake** was stationed in her home town. (He'd grown up in Devonshire.)

"The hospital matron said we could invite some of the soldiers to a party, with a

Dora

Blake



gramophone. He didn't dance, so we played ping pong," she recalls. He was stationed in an old house surrounded by syringa, from which he used to pick bouquets for her.

With fellow members of the Royal Engineers' bomb disposal unit, he was sent to Gibraltar. When he was "demobbed" from the Army, he came and stayed with her family.

They were married in August, 1947, and lived in a small apartment owned by her mother until they managed to build a house. She did private nursing in people's homes and he was a carpenter. He had two aunts living on the West Coast, who invited them out and sponsored them for citizenship.

They left England in 1957 with their two daughters, **Elizabeth**, then 6, and **Barbara**, 2. **Jim**, their son, was born in Vancouver, WA, where they settled and where their children went to school. There, **Dora** worked in the schools and **Bill** worked with builder **Glen Monson**, who moved to Orcas and invited them to visit. In the 70s, they bought a lot from him. He framed their house; they came up nearly every weekend to do the finish work.

Bill and **Dora** both enjoyed gardening, travel, especially back to England for visits, and to Alaska. Both sang in their church choir in Vancouver.

Daughter **Barbara** lives in Bellingham, son **Jim** in Vancouver, and daughter **Elizabeth** in South Carolina. What keeps their mother here?

"I love the beauty of this place, and the fact that I feel safe here. Also, I'm happy that we have such a lovely Senior Center." JK

REMEMBERING, WITH LOVE

Charlotte Lamoureux, 1911-2004

Robert Edward Todd, 1919-2004

Betty Whitridge, 1922-2004

**Planter Barriers
Now in Place**

You may have noticed that we had a small accident with the overhang at the front of the Senior Center. The repairs are almost complete. To make it more difficult for the same type of collision to happen again, we have posted two large, cement bowls at the corners of the entrance. Each is filled with potting soil, colorful pansies and a Dwarf Alberta Spruce, donated to the Senior Center by Lorna Vester of Driftwood Nursery (next to Island Market). Be sure to stop in and thank her next time you are in the neighborhood.

May Trips

Reserve at the Front Desk. Van fees are due when you sign up.

TULALIP CASINO

May 5th - all day

Van fee; \$13.

WHIDBEY GET AWAY

May 26th - all day

Sign up by May 19th

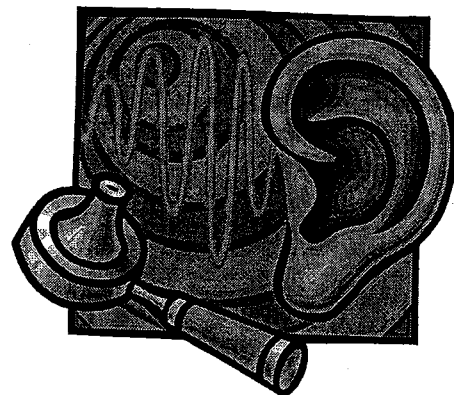
Van fee: \$15.

Want Ads

A few good drivers are needed for mainland trips and to deliver Meals on Wheels; if gas costs are a problem, use of our vans can be arranged. Contact Linda, 2677.
Weeders, help us stay ahead of the 2004 crop! Contact Pierrette, 4264.

Orcas Family Physicians Provide Space for Hearing Screenings

Beginning in May, both Western Hearing and CostCo will be seeing clients at Drs. David Shinstrom and Shannan Kirchner's new medical offices at 1286 Mt. Baker Road, Suite B102 (just west of the airport in the Airport Center). The doctors generously offered to donate space for these free hearing appointments when it became necessary to find another location for the regular second and third Tuesday sessions. Appointments can still be made by contacting the Front Desk at the Senior Center. Please call 376-2677 for more information or to schedule an appointment.



?

Want to know who won the volunteer awards at the 2004 Recognition Luncheon April 23? So do we, at this writing! Because this issue of your *Signal* was constructed earlier than usual last month, we did not have the final information at press time, but the winner(s) will be announced in the June edition! JK

Orcas Senior Signal

Jan Ferris Koltun, Editor

Linda Tretheway, Jo Anne Bastron,
Associate Editors

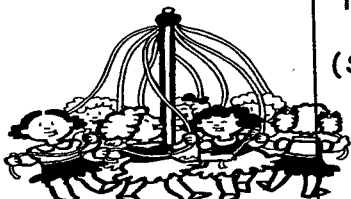
This newsletter is published by Orcas Senior Services, PO Box 18, Eastsound, WA 98245. We invite contributions from all Orcas Senior Center members and friends. Deadline for the June, 2004, issue: May 15. Email: jank@co.san-juan.wa.us

Senior lunches are on Tuesdays
& Fridays, 11:30-1 PM
in the Betty Lundeen Room.
Want to know what's for lunch?
See Menus, Page 5

May SENIOR SIGNAL
Page 4
ORCAS ACTIVITIES
CALENDAR

May Cake Bakers:
Bill Humes,
Myrna Wood,
Adele Pinneo,
Cay Tretheway,
Rosemary
Kimball

May hostesses are: **Mary Gordon and Myrna Wood**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>ABBREVIATIONS: LR = Lundeen Room MP = Multipurpose Room CR = Conference Room CG = Caregivers' Group, meets at 1 PM Mondays * = reservations at office (2677) necessary</p> 					<p>1 Mayday Festival & luncheon! (Story, P.8)</p>
<p>3 1 Caregivers' Group (MP)</p>	<p>4 Library Lady, Blood Pressure Clinic At Lunch</p>	<p>5 1-4 Ebba Brophy decorative arts class(MP)*</p>	<p>5 Tulalip Casino trip*</p>	<p>7 Dancers at lunch! 3:30-12-step grp., Rm. 28</p>	<p>8 OPALCO annual ferry meeting: Orcas riders board 9:30 AM</p>
<p>10 10 New Tai Chi Level II (LR) 1 Caregivers' Group (MP) 1:30 New Tai Chi Level I</p>	<p>11 1-4 PM Workshop: End-of-Life Issues</p>	<p>12 10 S-HHH! (hard-of- hearing) 1-4 Ebba Brophy decorative arts class(MP)*</p>	<p>13</p>	<p>14 3:30-12-step grp., Rm. 28</p>	<p>15</p>
<p>17 10 New Tai Chi Level II (LR) 1 Caregivers' Group (MP) 1:30 New Tai Chi Level I 6--Senior Supper</p>	<p>18 No Lunch</p>	<p>19 1-4 Ebba Brophy decorative arts class (MP)</p>	<p>20 Mainland shopping Trip*</p>	<p>21 3:30-12-step grp., Rm. 28</p>	<p>22</p>
<p>24 Caregivers' Group Tai (MP) CG Chi 3 Classes Closed for Memorial Day</p>	<p>25 B'day lunch</p>	<p>26 Whidbey getaway* FOOT CARE CLINIC* 1-4 Brophy class (MP)</p>	<p>27 FOOT CARE CLINIC*</p>	<p>28 3:30-12-step grp., Rm. 28</p>	<p>29</p>

Caregiver 'Extraordinaire' Takes on Many Tasks



Caregiving runs in his family, and we predict a sturdy "retooled" career for **Larry Melvin**. A positive

LARRY MELVIN guy with a great sense of humor, he'd like to run his own care company eventually.

Orcas-reared, he has been working with us since January, as our caregiver intern on a vocational training program from the state Department of Labor & Industries. You may have seen him helping in the kitchen, but mostly he's been where the rubber hits the road: in people's homes.

So far, he has washed windows, cleaned floors, given baths, brushed up his cribbage & Scrabble skills, evicted dead rodents, and managed some gardening and "dump runs" for a variety of grateful clients. The reviews have been universally positive and enthusiastic!

He will go to Islands Convalescent Center next month to complete his Certified Nursing Assistant work this summer. Meanwhile, he saves a little time for his favorite hobbies: hiking, fishing, and singing karaoke.

A 1977 Orcas High School graduate, Larry attended Evergreen State College. Little known fact: he was a drummer in a rock band for a time. Settling down, he became a journeyman carpenter and then a supervisor, until a job injury which forced him to sit out for a while.

Larry, who was very young when his father died, is the son of **LeOra Melvin**, retired Olga postmistress. He has two sisters: **LeOra Dempsey, RN**, of Alger; and **Martha Hallam, LPN**, who lives in Coupeville. His brother, **Patrick**, is a contractor on Orcas.

New Decorative Arts Class will start May 5. The group will be painting clay flower pots, using tole and other techniques taught by **Ebba Brophy**. Register with the Front Desk.

May Menus

Luncheon by our culinary artist, **Amy Raven**, along with viewing the current art exhibit on the Lundeen Room walls, makes a lovely spring treat! Served at noon on Tuesdays and Fridays, this requires no advance registration. No lunch on third Tuesdays due to Senior Supper on third Monday evening (see below).

4 Chef's salad Rolls Apple crisp	7 Meatloaf Mashed potatoes & gravy Peas & carrots Garden salad Raspberry Jell-o
11 Chicken strips Mandarin orange salsa Rice pilaf Sandinavian veggies Romaine salad Tropical fruit	14 Shrimp salad Oatmeal bread Fruit tray
17 Senior Supper Cabbage rolls Buttered parslid red potatoes Baked squash Peaches, pears & apricots	21 Hamburgers w/ cheese Lettuce, tomato & onions Baked beans Potato salad Watermelon
25 Pork loin Mashed potatoes & gravy Spring mixed veggies Blueberry cobbler	28 Spaghetti Green beans Romaine salad Garlic bread Peaches

May 11 Workshop to

Explore End-of-Life Issues

Lexie Lamborn, **Max Jones**, **Molly Roberts**, and **Linda Abbott** will participate in a workshop on end-of-life issues in the Lundeen Room, May 11, 1-4 PM. The workshop is free and open to the public. There will be a donation basket.

Happy May Birthdays!

	Birthday
Don Montgomery	1
Bob Foulk	1
Joy Bennett	2
Anne Boone	2
Linda Weston	2
Geoff Lemon	3
Judy Dorman	3
Claude Rubeling	4
Jack Titus	4
May Shiozawa	5
Kamala Harrison	5
Bud McKee	5
Joyce Pearson	5
Marion Speed	7
Joan Miller	7
June Cale West	8
Marjorie Bevin	9
Babs McCorison	9
Thelma Kallam	11
Shirley Aggas	11
Bruce Ballanger	11
"Mac" Trunkey	11
Linda Abbott	12
Anna Mae Kann	14
Barbara Fleming	14
Carol Bee	14
Anne Weingarth	15
Jim Munson	16
Beverly Slater	16
Cheri Munson	16
Dorothy Brown	17
Larry Melvin	17
Larry Johanson	18
Phil Burbo	20
Bob Scharnhorst	21
Elizabeth Bret	21
Marcie Greaves	21
Elizabeth Star	22
Dean Buchan	24
Lee Waltersdorff	25
Verna Pehl	26
Phyllis Chambers	26

Old Senior Services Building Razed

The turn-of-the-century building that housed our Senior Services on North Beach Road for decades was razed March 29. It was built by the Geoghegan family and used by the late Fred Geoghegan as his dental office and home during the 1920s and 1930s.

In the 1940s, it was bought by Nora Winkler and her sister, Jean Crow, nieces of Robert Moran. An accomplished violinist who had occupied a chair with the San Francisco Symphony, Nora taught violin and piano to many island youngsters. She and Jean, a weaver, were active in the formation of the Orcas Historical Society.

During the late 1970s, the building became offices for Orcas Senior Services and Early Childhood Education. Since these and other county offices moved to the new building on Henry Road two years ago, the structure has remained vacant.

Plans for the space are not firm. JK

Happy MAY ANNIVERSARIES!

Steve and Terry Hopkins	5/08/64
Bob and Phyllis Henigson	5/14/66
Grace and Kern Hendricks	5/15/37
Richard and B.J. Bangert	5/26/43

	Birthday
Sandy Thompson	26
Barbara Meyer	27
Bette Frenger	28
Hi Stickney	28
Frederic Croydon	28
Grace Hendricks	29
Elizabeth Nuzum	29
Dorna Theaman	29
Sue Carroll	31

SERVICES WE PROVIDE & WHOM TO CALL



Lunch: Served twice a week. Orcas lunches are Tuesdays and Fridays. No reservations needed. Donation: \$3.

Home Delivered Meals are available for the homebound and can be delivered twice weekly. Additional

frozen meals also can be delivered. Call **Jan** to arrange. Donation: \$3.

Senior Suppers are served in style, third Mondays at 6 PM except holidays when Center is closed. \$5.

Blood Pressure Clinic Second Tuesdays around mid-day. Free. No reservations needed. **Mary Totten**, Public Health Nurse

Foot Care Clinics: Reservations needed, through the Front Desk. See them on the *Signal* Calendar for clinic dates. Cost: \$12. Please remember to bring your own towel. **Barbara Fleming, RN.**

Hearing Screenings by Costco and Western Hearing. Dates in monthly *Senior Signal* Calendar. Call Front Desk for appointment.

Senior Transportation:

On lunch days volunteers provide transportation in vans. They also stop, after lunch, at the post office, store, and for some individual needs such as picking up a prescription at the pharmacy.

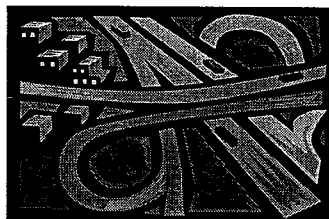
Medical transportation on-island for non-emergency appointments with doctors and other practitioners. Mainland transportation also is available. Reserve as early as possible, through **Linda, Jo Anne, or Jan.**

Senior Trips: Mainland shopping trips on the third Thursdays; reservations needed for these. Recreational trips about once a month, planned by the Travel Committee; check with **Linda.** Suggested donation for mainland trips: \$10.-\$20.

Information and Assistance: (Staff) This program will help you find needed information about services and resources.

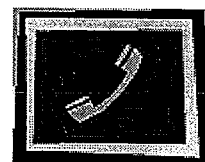
Elderlaw Clinics: Half-hour clinics, bimonthly at Senior Center. Check the *Signal* Calendar; then call **Jan** to schedule.

Case Management services are available to assess and offer options to those in need. For this and Respite, call **Jan** for more information.



HELP IS JUST A CALL AWAY

Loan Closet: We have wheel-chairs, walkers, canes and crutches available for temporary loan.



Special Needs Fund: Limited emergency assistance when no other funds are available. Call Senior Services (**Jan**) for additional information and qualifications.

Weatherization Assistance to reduce energy costs. Income dependent. 1-800-649-5121.

Dental Assistance: Serves low-income seniors with up to 25 percent reduction in costs by participating dentists. Call Senior Services.

Lifeline Emergency Monitoring Service: Call **Terry Slocombe, 378-9490.**

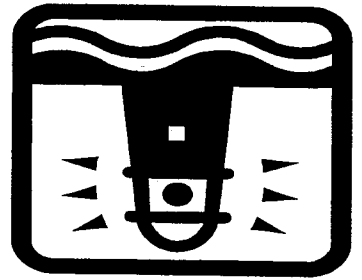
P.A.L. Assistance with winter electrical costs. Call OPALCO 376-3550.

SHIBA: Medicare and insurance questions: Call the Medical Center, 2561, to make appointment with **Peg Griswold.**

DSHS Medicaid help. 378-4196.

Social Security: 1-800-772-1213

Medicare: 1-800-444-4606



Orcas Senior Signal

Senior Services Council of San Juan County
PO Box 18
Eastsound, WA 98245

Bulk Rate
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Eastsound, WA 98245



You are invited

... to the May Day Festival luncheon and concert, May 1, 12 noon in the Lundeen Room, honoring our island treasure, **Susan Osborn**. Japanese food by **Charles Dalton**; please specify vegetarian or chicken-based serving when you sign up. Donation: \$25, benefits Orcas Senior Center. RSVP: PO Box 18, Eastsound, 98245, by April 25.

Monthly
Elder Law
Clinics to
Begin • P. 5

Orcas Senior Signal

Chantiny Art
Auction &
Raffle: July
31!

Senior Center Hours 9 AM-4 PM, Monday-Friday
P.O. Box 18, 62 Henry Rd., Eastsound, WA 98245

Volume IX, No.6 • June, 2004

360 376-2677 (V/TDD) • FAX 360 376-5465

Website: www.orcasseniors.org

Beyond These Shores

Scheduled Trips

Include Gardens, Picnics

The Travel Committee, headed by **Pat Logan**, has come up with unusual and charming trips for the next three months. To help you plan, the trips and sign-up deadlines are included, below. All trips must be paid for at time of sign-up.

~~Wednesday, June 16: Bonsai Gardens, Seattle. Free tour. Van cost: \$15. Sign-up deadline: June 10.~~

Thursday, July 15: Picnic on South Beach, San Juan Island. Bring a sack lunch and drink. Van cost: \$5. We will walk onto the ferry and get on a van at Friday Harbor. Sign up by July 8.

Tuesday, August 17: Picnic at the top of Mt. Baker! Potluck. Sign up for food items in the Travel and Activities book. Van cost: \$15. Sign up by **August 10**.

In September, there is a possible trip to Emerald Downs Racetrack in Kent. Let us know if you are interested!

Two Generations of Family to Show in Lundeen Room

A unique father-and-son show in the Lundeen Room will celebrate June and Father's Day. (The show will be up on the walls May 28. Father's Day is June 20, for any forgetful Moms!) **Bill Trogdon**, FAIA, and his son, **Ben**, AIA, will show personal works, many created while carrying on their sturdy architectural careers.

Currently **Ben** is renovating a Doe Bay home that was **Bill's** first commission out of the Harvard Graduate School of Design.

Please Re-Member!

Memberships in the San Juan Senior Services Council are up for renewal this month. Membership is from July 1 to June 31 and costs \$15 for individuals and \$25 for couples. New members are also welcomed and encouraged to join now.

Your basic membership fee goes to help support the Transportation Program by providing the funding for van insurance. Transportation is available to senior and disabled folks who need help getting to doctor appointments both on- and off-island for a small round-trip donation of \$1 (on-island) and \$10 (off-island). Monthly mainland shopping trips are also provided, and other recreational activities. Van fares for these trips range from \$10-\$20, depending on the distance traveled. These fares cover gas and ferry fees.

Your membership also brings you discounts with local merchants such as Ray's Pharmacy, Deer Harbor Inn, Eastsound Kennel, and Poppies Fabrics. All you need to do is present your current card at the time of purchase. Our list includes 28 merchants and we are continually adding more. In addition, we have a reciprocal relationship with participating merchants on San Juan and Lopez.

Finally, for a suggested donation of \$3-\$5, seniors can access the Orcas Athletic Club. Hours of availability are Monday through Friday, 10:00 AM-3 PM. Everything the Club provides is available: pool, weight room, hot tub, sauna, and basketball, volleyball and racquetball courts.

Please take a moment to complete and clip the Membership Application Form on the back page, and send it, with \$15 (individual) or \$25 (couples) to: Orcas Senior Services, PO Box 18, Eastsound, WA 98245.

(Continued on Page 5)

Practical Volunteer Honored

- Did you ever wonder who among us:
- ♦ takes the dish towels home to launder after Senior Lunch?
 - ♦ can always be relied upon for last-minute mainland van trips?
 - ♦ is a volunteer swan counter?
 - ♦ Has an "animal-friendly" house, and cares for friends' pets when they are away?

"If I see something that needs doing, I do it," says Cay Tretheway, whose practical volunteering philosophy results in all of the above activities, and more.

Her life has been full of hard work, from managing a travel agency, to restaurant labors. "When I quit, I realized I could start volunteering." Born in Indiana, she and her three sisters moved with their parents to Oregon during World War II, and remained on the West Coast.

She went to the University of Oregon for a year, then went to California and worked in the MGM studios in their fan mail department. That was during World War II and the letters to the stars constituted a "fun" window on the world.

Then she moved back, for a year, to the University of Oregon, where she met Dick Tretheway, the father of her five children: Linda, Dane (deceased), Scott, a computer whiz, Sean, a magician who lives near Brisbane, Australia; and Roxanne, who works in a Southern California law office.

Along the way, Cay worked part and full-time, and worked in a little volunteering, at an aquarium in San Pedro and, at the Santa Ana Zoo, bird watching.

Here on Orcas, her volunteer activities have included counting swans

during an annual reckoning, where each person records the numbers seen over a two-hour period. "My spot is at Cascade Lake," she said.



CAY TRETHEWAY

Cay's oldest sister, the late Marty Harter, moved to Orcas in 1949 and built a cabin with her friend, Tony Howard.

"I could not see living here then; I loved the L.A. hustle and bustle," Cay said.

But she changed her mind in 1989 and moved up here with her daughter, Linda, who works here as a Senior Center Specialist for the county (see her column next page) and who presently is recovering from back surgery.

Marty, who managed the Front Desk in the old Senior Center for many years, died the day after Cay and Linda moved here. And Cay pitched in to take up some of the slack.

She served on the Advisory Committee as secretary, but since has taken on more direct-service volunteering. "I'll do anything, but not on a committee."

She lives with two of her children, Scott and Linda. Cay acknowledges having "an animal-friendly house." Her dog is Libby, short for "Liberty;" Scott has Alta, and Linda, Idgy. In addition, there are three cats, Big Buddy, B.J. (for "Beetlejuice"), and Cleo. She also takes turns caring for friends' animals.

"Here [at the Senior Services Center], you can pick and choose; so much needs doing," Cay noted.

Orcas seniors are indeed fortunate that she has done so much of "what needs doing". JK

REMEMBERING, WITH LOVE
Dick Scott Langdon, 1925-2004
Milton (Bud) Winsell, 1915-204

FROM THE DESK OF LINDA T...

What has 248 legs, 124 hearts and spent 4,933 hours helping the Senior Center in 2003? Our wonderful team of volunteers, that's what!

Doing everything and anything from sitting on committees to weeding, setting tables, selling raffle tickets, driving vans, planning trips off island, teaching computer skills, and answering phones, the people who gave of their time and talents last year are the people who truly kept the Senior Center alive and well.

In April, Volunteer Appreciation Month, we honored our volunteers at a lunch set aside for such a purpose. While the contributions of all the folks who help are valued and appreciated, we took the time to recognize some who have shown their dedication in the number of hours they have put in.

Cay Tretheway, Volunteer of the Year, was acknowledged as the volunteer who contributed the most hours, with a total of 234. (See story, P. 2). The "top ten" volunteers, those with the highest number of hours, were also called upon to stand and be recognized. They are: Thelma Kallam (222 hours); Margaret Jonas (221); Barb Pesola (217); Adele Pinneo (179); Dick Thompson (172); Pat Logan (158); Roger Congdon (151); Carlene Kim (145); and Betty Williams (136).

Other volunteers, who contributed over 100 hours each are: Anna Mae Kann (133); Jo Anne Bastron (126, before she was hired to her present position); Trudy Erwin (124); Joy Bennett (114); Margaret Wilson (108); and Maggie Schuler (103). Congratulations and a heartfelt thanks to all of you!!

The Advisory Committee's Agape Award was given during the celebration to Kraemer Frenger, whose lively dedication and attention to detail over the years has made a significant impact, not only as the "clerk of the works" during the construction of our new building, but as an ever-present bundle of energy willing to do whatever needed his special skills and attention. The Agape Award is given each year to the volunteer who most exemplifies the ideals of volunteerism, in terms of constancy and dedication.

Congratulations, Kraemer!

Finally, we'd like to take a moment to recognize the dedication of a small group who have come early and stayed late on lunch days to set tables, create and distribute decorations and place settings, run the raffles and clean-up. Many thanks to: Dora Blake, Elaine Bowman, Gladys Brimhall, Marylou Cobb, Al Englehartson, Arjean Filmer-Bennett, Agnes and Andy Forbes, Goodie Goodrich, Pat Logan, Bertie Millett, Rex and Maryln Stiffler, and Myrna Wood.

Want Ads

A few good drivers are needed, so that we will not burn out our fantastic existing crew. Call Linda or Jan, 2677.

Festival Friday Chiefs & Indians needed, to bake cookies, sell Friendship Quilt raffle tickets at Rosario. Call Jo Anne or Jan, 2677.

Weed pullers needed, once a week, an hour shift. Call Pierrette, 4264.

Do you know anybody who cannot afford to come for Senior Lunch or supper, but who might enjoy doing so? An anonymous friend has given us some funds for this purpose, and all inquiries and referrals will be confidential. Call Jan, 2677.

Orcas Senior Signal
Jan Ferris Koltun, Editor
Linda Tretheway, Jo Anne Bastron,

Associate Editors

This newsletter is published by Orcas Senior Services, PO Box 18, Eastsound, WA 98245. We invite contributions from all Orcas Senior Center members and friends. Deadline for the July, 2004, issue: June 10. Email: jank@co.san-juan.wa.us

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See Menus, Page 5

June SENIOR SIGNAL
Page 4
ORCAS ACTIVITIES
CALENDAR

June host & hostess: Bette &
Kraemer Frenger

June Cake Bakers:
Agnes Forbes, May
Shiozawa, Dora
Blake, Arjean
Filmer-Bennett,
Karen Fuhring

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5
				3:30-12-step grp., Rm. 28	
7 10 Tai chi 1 Caregivers' Group (MP) 1:30 Tai chi	8 Library Lady, Blood Pressure Clinic At Lunch 1-3 PM Elderlaw Clinic Rm. 28	9 10 AM SHHH! Speaker: Dr. David Russell	10	11 3:30-12-step grp., Rm. 28	12
14 10 New Tai chi I 1 Caregivers' Group (MP) 1:30 New Tai chi II	15 Western Hearing Aid Clinic*	16	17 Mainland shopping Trip*	18 3:30-12-step grp., Rm. 28	19
21 10 Tai chi I 1 Caregivers' Group (MP) 1:30 Tai chi II	22 Costco Hearing Aid Clinic* 6 Senior Supper	23 FOOT CARE CLINIC*	24 9 Advisory Committee FOOT CARE CLINIC*	25 3:30-12-step grp., Rm. 28	26
28 10 Tai chi I 1 Caregivers' Group (MP) 1:30 Tai chi II	29 Chantiny art collection up! Birthday lunch	30	ABBREVIATIONS: LR = Lundeen Room MP = Multipurpose Room CR = Conference Room * = reservations at office (2677) necessary		

Free Elder Law Clinic Scheduled Here

Cyrus W. Field, attorney at law, will be available at the Senior Center this month to provide free half-hour consultations for seniors. **Cy**, who has been practicing for nearly 14 years, recently was admitted to the Washington Bar and moved to Shaw Island from Oregon.

The Elder Law Clinic is currently scheduled from 1-3 pm, the second Tuesday of each month. If you are interested in participating, please call **Jan**, 2677, to schedule a confidential half-hour session.

Cy is a graduate of the Northwestern School of Law at Lewis & Clark College. Following admission to the Oregon Bar in 1990, he gained a broad range of experiences handling real estate, landlord tenant, debtor-creditor, contract, intellectual property, estate planning and probate matters.

In 2001, desiring to focus his practice in an emerging area of the law that he found particularly satisfying, **Cy** joined an elder law firm. One year later he met his future wife, who happened to live in the San Juan Islands. **Cy** currently resides with his family on Shaw Island and maintains an office in Friday Harbor.

Walkabout Orcas Still Adding Groups

The Walkabout Orcas program is off to a good start, with three groups underway. Next sessions begin this month. Call **Lindalena Dingman**, 376-4272, or the Front Desk, 2677, to sign up.


New Tai Chi, Levels I and II, will begin June 14. Cost of the four-week sessions: \$20. Sign-up at the Front Desk. (See Calendar for times)

(Continued from Page One)

Bill, who was a practicing architect for about 50 years and a founding member of Northwest Architectural Company, has enjoyed his drawing talents for sketching, water colors, and travel journals. For the past eight months, he has participated in the drawing class of **Terry Johnson**, MFA.

Ben is owner of Ben Trogon Associates, a 15-year-old custom residential design office in Seattle. He has served as a guest critic at The College of Architecture and Urban Planning at the University of Washington.

Lunches by **Amy Raven** are a treat! Served at noon on Tuesdays and Fridays, they require no advance registration. Meals on Wheels also can be arranged on these days; contact **Jan**, 2677. And remember, **Senior Supper** will be on the **Second Tuesdays** from now on, by popular vote!

1 Baked potatoes Chef salad	4 Clam chowder Tuna salad w/leaf lettuce & tomato roll Carrot & raisin salad Chocolate chip cookies
8 Breaded cod Rice pilaf Scandinavian veggies Cole slaw brownies	11 Chicken & dumplings Winter mix veggies Spinach salad Oatmeal raisin cookies
15 Turkey chop suey Rice Oriental veggies Garden salad Fortune cookies	18 Chicken Reuben Buttered spiral noodles Mixed Veggies Broccoli & Caul. sal'd Applesauce bars
22 Senior Supper Chicken lasagna Green beans Caesar salad Garlic bread Peaches & pears	25 Ham w/ pineapple sauce Scalloped potatoes Glazed carrots Pear halves
29 Stuffed green peppers Parslied red potatoes Capri veggies Garden salad Applesauce	

HAPPY JUNE ANNIVERSARIES!

Wayne and Joan Haslett	6/02/52
Frank and Alice Blumenshine	6/03/44
Hugh and Andrea Hendrick	6/05/54
Richard and Ann Griot	6/07/00
Richard and Margaret Wilson	6/08/00
Bob and Gael Shipstad	6/09/60
Don and Rosa Montgomery	6/10/45
Bob and Susan Foulk	6/14/59
Dale and Carol Ely	6/14/69
Carl and Loretta Poschman	6/15/63
Calvin and Clarena McLachlan	6/17/50
Roy and Betty Williams	6/17/50
Jim and Cheri Munson	6/19/00
Harlan and Anne Pedersen	6/20/00
Rex and Maryln Stiffler	6/21/57
Bill and Dottie Trogdon	6/23/52
Dick and Verna Pehl	6/24/50
Les and Marion Speed	6/24/51
Doc and Linda Weston	6/25/66
William and Valerie Anders	6/26/55
George and Dorothy Hungar	6/26/69
Robert and Joy Bennett	6/27/74
Brian and Shenandoah Myrick	6/27/98
Ric and Ann Sanchez	6/30/00
Bill and Hattie Dixon	6/30/45
George and Dorothy Arbuckle	6/30/46

Rosario Festival Fridays to Feature Friendship Quilt

The 2004 Friendship Quilt, signed by many and embroidered by several, was unveiled at a recent senior lunch by **Jo Anne Bastron**, whose idea it was, and in the presence of **Betty Jean Hall**, who designed and sewed it.

Raffle tickets for the quilt will be sold, beginning June 1, and it will be displayed at our Senior Booth during Festival Fridays at Rosario, 5:30-7:30 PM July 2-Sept. 3, and at the Library Fair.

Ticket sellers are needed to staff the Rosario booth, which may also feature cookies and home-made kelp pickles. **Jim Newland** will be the point person to set up the booth. Sign up at the Front Desk.

HAPPY JUNE BIRTHDAYS!

<u>Elizabeth Berdan</u>	2
Roy Williams	2
Bobbie Hattrup	3
Patricia Littlewood	3
Joe Nichols	3
June Magnuson	4
J. Chandra Hahn	4
Carolyn Carroll	4
Don Gerard	5
Marilyn Erly	7
<u>Lucile Willis</u>	7
Marjorie Hayes	8
Patsy Kuehle	8
Paul Greenwell	8
Polly Pratt	8
Harry Patton	9
Lorraine Marx	9
Howard Shirley	9
Muriel Silvertooth	12
Jane Kempe	12
Penny Cannon	13
Penny Perdue	13
Peter Huie	14
Roy Pringle	16
Sharon Buchan	16
Suzan Chamberlayne	17
Richard Greaves	20
<u>Harriette Mathews</u>	21
Pat Blay	21
Valerie Anders	21
Frances Lane	22
Captain Don Palmer	22
John Erly	22
Hazel O'Brien	23
Richard Bronson	23
<u>Veronica Thornton</u>	24
Robert Lundeen	25
Carol Tully	26
Ed Lavender	27
Elsie McFarland	27
Anne Stowell	27
<u>Gil DeLong</u>	28
Richard Bangert	28
Buyral Madan	28
William James	28
Anne Pedersen	29

SERVICES WE PROVIDE & WHOM TO CALL



Lunch: Served twice a week. Orcas lunches are Tuesdays and Fridays. No reservations needed.

Donation: \$3.

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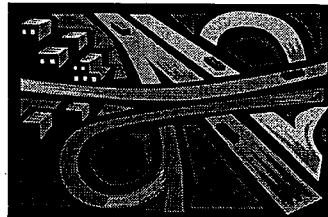
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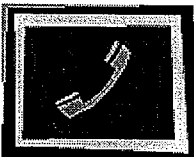
Information and Assistance: (Staff) This program will help you find needed information about services and resources.

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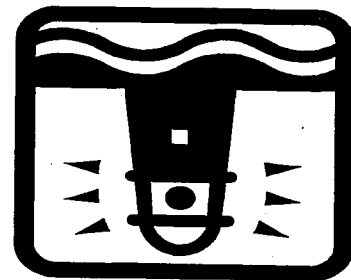
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Orcas Senior Signal

Senior Services Council of San Juan County

PO Box 18
Eastsound, WA 98245

Bulk Rate
Non-profit
U.S. Postage Paid

Permit # 10

Eastsound, WA 98245

RE-MEMBERSHIP FORM

Name _____ Birthday* _____
Spouse/Partner (if applicable) _____ Birthday* _____
Anniversary** _____ E-Mail _____
Street Address/P.O. Box _____
City _____ State _____ Zip _____ Phone _____
Winter Address _____
Dates of Departure & Return _____ Phone _____

*Birth year optional! **Please include year of anniversary.

FOR OFFICE USE ONLY

Check is for Individual (\$15) ___ Couple (\$25) ___

Date Received _____ Amount _____ Check# _____ Cash _____

Membership # _____ Spouse # _____ Date Mailed _____

New Member _____ Renewal _____ Previously Newsletter Only _____

Mail to: ORCAS SENIOR CENTER

PO BOX 18

EASTSOUND, WA 98245

See Festival
Fridays Want
Ads, Page 3.

Orcas Senior Signal

Please Re-
Member!
See back
page.

Senior Center Hours 9 AM-4 PM, Monday-Friday
P.O. Box 18, 62 Henry Rd., Eastsound, WA 98245

Volume IX, No.7 • July, 2004

360 376-2677 (V/TDD) • FAX 360 376-5465

Website: www.Orcasseniors.org

Sharon Abreu in Concert

'Summer Airs' to Feature Noted Soloist

The Orcas Senior Center is sponsoring a concert, "Summer Airs" by Sharon Abreu, a soprano who has performed with folksinger Pete Seeger, Metropolitan Opera soprano Lucia Albanese, and with a professional children's opera company.

The concert will be at 4 PM Sunday, July 18, in the Lundeen Room. It is free and open to the public, with a donation basket at the door.

Continued on page 6



For Low-Vision Folks Book Club to Begin July 20

If you know of anybody whose vision may prevent them from reading this story, please let them know that the Orcas Senior Center will host a new Book Club for blind and partially-sighted persons of all ages, starting July 20, 1 PM after lunch (\$3., seniors; \$4.50 others).

At that time, they will decide how often to meet and what to read. The books to be read and discussed will be chosen by consensus of group members, and trained speakers will read chapters of the selected books. Joellen Moldoff will facilitate the first session.

Book Club membership is free.
Transportation is available.

Please contact Jan at 376-2677 for additional information or with suggestions.

Exhibit to Give Final Look At Chantiny Collection Before July 31 Auction

Rosalie Chantiny's exhibit of First Peoples art—native Canadian works—is on the Lundeen Room walls this month, marking the last time her collection will be shown as a group.

An Advisory Committee member and intrepid fund-raiser for the Senior Center, Rosalie left the collection, and other works acquired by herself and her late husband, John Chantiny, to be sold in order to provide endowment funds for ongoing special needs.

These monies will help fund situations where seniors and disabled persons need a little extra help to go on functioning.

The auction—along with a feast of the sort Rosalie would have loved—will be at 5 PM Saturday, July 31, at Fred Whitridge's place in Deer Harbor.

Tickets—\$60 per person—include dinner, beverages, and the auction catalog. Space is limited; if you would like to come, please send your check to: Orcas Senior Center, PO Box 18, Eastsound, 98245.

Annette Mazzarella is chairing the event, assisted by Phil Burbo, Mark Chantiny, Joe Floren, Lea Hooker, Peggy Hoyle, Patsy Stephens, Rebekah Selwyn, and a host of volunteers including the auctioneers, Richard Fadem, Doug Bechtel, and John Mazzarella.

International Story Telling Here July 13

You'll be able to hear and observe the art of story-telling at its finest, 1-2:30 PM July 13 in the Lundeen Room, when story-tellers from varied places perform here as part of a week-long international event on Orcas.

Sponsored by Orcas Senior Center in cooperation with the Orcas Recreation Program and the story-tellers' group, Ethno-Tec, the program is free, with a donation basket at the door.

Emily: Profile

Full Life Nurtures Family, Community, Plants & Earth

All her life, **Emily Reid** has been a learner, a worker, a volunteer who has treated each job professionally, whether driving the senior van, serving on state councils, or cutting peonies and delphinium for a school graduation party. Out of such fullness, what has she found most important?

"The older you get, the simpler it is. What's important is being a member of the human community. Your obligation is to be supportive, mindful of others' needs and sensibilities," she responded.

Along with raising three children to strong adulthoods, she has developed into a "good natural history person," who today uses those well-honed skills as our building's plant expert, often tending sick specimens that people donate.

She started driving a senior van in the summer of 1981, twice a week, all over the Pacific Northwest. ("I've been in and out of 13 hospitals and lots of nursing homes," she recalled.) A member of our Advisory Commttee for 13 years, she also served on the Area Agency on Aging's regional council, and as the governor's appointee to the state AAA council. She has been a Girl Scout leader, president of Garden Clubs, a garden show judge, and worked for pay when that was needed.

Such a sense of responsibility comes of being "first-born in a family where your job is to uphold the family's place in the community."

Emily Snyder Reid was born and raised on a wheat ranch in Adams County, half-way between Spokane and Walla Walla, six miles out from the village of Washtucna, named by the natives for its fresh water springs. The eldest of three girls and a boy, she developed take-charge abilities early.



EMILY REID

When she was 16, her mother became ill and was in the hospital for six weeks, at harvest time.

"We had 15 hired men, plus the family and always a relative or two fattening up for three weeks at a time. No electricity. The hired girl couldn't figure out how many potatoes to bring up for the evening meal and she quit. My sister and I could count," she noted.

From the Washtucna School, she and her sister went to Whitman with \$250 in each of their apron pockets, money they had made by raising turkeys and selling them "ready for the oven, at \$5 each." While on a marine-biology collecting expedition from college, she first saw the San Juan Islands.

When she graduated, World War II was on. She married **Payton Reid**, an Arlington, WA man whom she had met when he came to visit his family in Washtucna. When he went to sea on a minesweeper, she went to Kennewick,

Continued on page 3

Continued from page 2

where, at 24, she was managing the second largest rationing office in the country.

"We had rationing boards for everything and farmers got lots of extras because produce was so necessary for the war effort. They all came in and gave me hell six times a day. Every morning I had stacks of paper to read and file, and nine women working for me," she recalled.

After the war, she and her husband spent 32 years in Portland, raising Bill (whose career has been managing an international computer company), Christina (whose long-awaited cookbook will be out soon), and Michael, (who drives for an island business). She became charter president of the Cedar Hills Garden Club, took flower-school judging courses, taught horticulture classes for adults and Boy and Girl Scouts, and helped to build three new high schools and four swimming pools.

As a young family in 1953, they came to Orcas, where Payton had at 16 helped to build a cabin at Camp Orkila.

The family stayed at West Beach Resort, where a cabin cost \$52, plus about the same amount for groceries and gas for their new 10-horse Johnson that powered one of Curly Kramer's lapstrake boats.

In 1957, they bought their present property at West Sound. She went to work to help pay for it, as the plant doctor in a family-owned feed and seed business in Portland.

"And when we came up here, we worked. The kids also had work on Blakeley and other places while growing up.

"We worked at making it possible for our young people to stay here. It's been good for all of us, but we've all had to work at it," she observed. JK

New Transportation Policy

Help Us Help You to Keep Mainland Medical Appointments

In order to make the most of our volunteer drivers and limited staff hours, the Orcas Senior Center is scheduling mainland medical appointments **only** on Mondays and Wednesdays. We encourage **you** to ask your mainland doctors to give you appointments on those days.

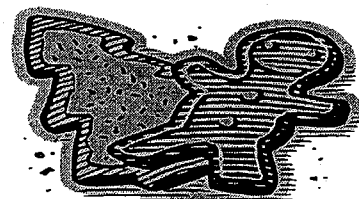
It also is helpful to call the Front Office, 2677, a week ahead of time, so that we can find a volunteer for you without risking disruption of his or her schedule at the last minute.

With this small bit of planning, and some new and returning drivers, we feel confident of being able to meet your needs. Try us!

Want Ads

A few persuasive souls are still needed to help sell raffle tickets at Festival Fridays. The contest is on to see who can sell the most tickets on the Friendship Quilt, at Festival Fridays the Library Fair, and the Holiday Fair! Honor system for keeping track! Prize: Dinner for two at the Orcas Island restaurant of your choice. Sign up NOW! Call Jo Anne, 2677.

Cookie Bakers needed for the Seniors' Quilt Booth at Festival Fridays. Sign up on the raffle ticket-sellers' sheet, Front Desk, if you can make a few dozen cookies for one of the Fridays.



Orcas Senior Signal
Jan Koltun-Titus, Editor
Linda Tretheway, Jo Anne
Bastron,

Associate Editors

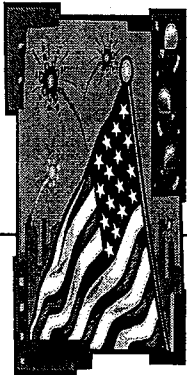
This newsletter is published by Orcas Senior Services, PO Box 18, Eastsound, WA 98245. We invite contributions from all Orcas Senior Center members and friends. Deadline for the August, 2004, issue: July 10. Email: jank@co.san-juan.wa.us

Senior lunches are on Tuesdays
& Fridays, 11:30-1 PM
in the Betty Lundeen Room.
Want to know what's for lunch?
See Menus, Page 5

July **SENIOR SIGNAL**
Page 4
ORCAS ACTIVITIES
CALENDAR

July 27 Cake Bakers:
Carol Merrill,
Emily Reid,
Clarena
McLachlan,
Carlene Kim,
Mary Gorton

Host & Host: Wally Morgan, Jack Titus

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>Senior Center Closed 1 Caregivers' Group (MP)</p>	<p>1</p> <p>ABBREVIATIONS: LR = Lundeen Room MP = Multipurpose Room CR = Conference Room * = reservations at office (2677) necessary. Trips must be paid for at sign-up.</p>	<p>2</p> <p>Rosalie Chantiny First Peoples Art Exhibit -- all month</p>	<p>3</p> <p>3:30-12-step grp., MP</p>		
	<p>5</p> <p>Library Lady, Blood Pressure Clinic At Lunch</p>		<p>8</p>	<p>9</p> <p>3:30-12-step grp., MP</p>	<p>10</p>
	<p>12</p> <p>10 Tai Chi I (continued class) 1 Caregivers' Group (MP) 1:30 Tai Chi II (cont'd)</p>	<p>13</p> <p>Western Hearing Aid Clinic* 1-3 PM Elderlaw Clinic CR 1-2:30 Int. Storytellers Story, P. 1)</p>	<p>14</p> <p>10 S-HHH! (hard-of-hearing)</p>	<p>15</p> <p>Picnic on South Beach, San Juan Island*</p>	<p>16</p> <p>3:30-12-step grp., MP</p>
	<p>19</p> <p>10 Tai Chi I (new class) 1 Caregivers' Group (MP) 1:30 Tai Chi II (new class)</p>	<p>20</p> <p>Costco Hearing Aid Clinic* 1 Lo-vision reading Group MPR* Senior Supper</p>	<p>21</p>	<p>22</p> <p>Mainland shopping Trip*</p>	<p>23</p> <p>3:30-12-step grp., MP</p>
	<p>24</p> <p>10 Tai Chi I 1 Caregivers' Group (MP) 1:30 Tai Chi II</p>	<p>25</p> <p>B'day lunch</p>	<p>26</p> <p>FOOT CARE CLINIC*</p>	<p>27</p> <p>FOOT CARE CLINIC*</p>	<p>28</p> <p>3:30-12-step grp., MP</p>
					<p>29</p> <p>4 PM Summer Airs: Sharon Abreu in Concert LR</p>
					<p>30</p> <p>5 PM Rosalie's auction!</p>

Thanks to Life Savers, who make our lives more comfortable!



you summer are making organized and

Notably, this list includes Cy Field, whose free, half-hour Elderlaw Clinics have a waiting list this month and sign-ups already for August.

Joan Roulac, the tai chi teacher, has been a life saver to her paid students by coming in a half hour before each class to "catch people up" if they've needed to miss a session.

Pat Logan, who in addition to her Travel Committee work of finding imaginative places to go (Sign-up sheets are at the Front Desk for the July picnic on San Juan and for the Mount Baker summit in August), volunteers on the Front Desk Tuesday afternoons and still finds time to help with lunch clean-up.

Myrna Wood is another Life Saver, who always steps in where the need is great! And our kitchen towels, as often happens, are superbly laundered by Cay Retheway. It's also great to see Carlene Kim back from her vacation! And for her Tuesday morning Front Desk stint, Irene O'Neill always comes in early.

The July cake-bakers, listed above the calendar, make birthdays so enjoyable, and for the first time they are joined by two hosts: Wally Morgan and Jack Titus.

Peggy Hoyle and Lea Hooker, LeaAnna Stewart and Thelma Kallam have spent many hours preparing graphics for Rosalie's Auction July 31. Annette Mazzarella has been reaching out for auction volunteers in more directions than a Balinese dancer! Finding 'em, too! And Patsy Stephens is doing a terrific job on pre-publicity for the event!

Patsy is again a Life Saver, with Carol Ely, for taking on Advisory Committee responsibilities for building room rental policy decisions.

And welcome & thanks to our newest drivers, B.J. Arnold and Barbara Buman, and to returning drivers John Beckwith and Frieda Nichols.

We've undoubtedly missed a few of you but please know that everybody's lives are happier because of you.

July Menus

Lunches by our culinary artist, Amy Raven, are refreshing. Served at noon on Tuesdays and Fridays, they require no advance registration. On the third Tuesday, there is no lunch as we serve Senior Supper that night, usually with entertainment.



2

Shrimp salad
Oatmeal bread
Fresh fruit tray

6

French dips au jus
Potato wedges
Peas & carrots
Orange, banana,
& pineapple salad

9

Teriyaki chicken &
rice
Capri blend veggies
Carrot & raisin
salad
Applesauce bars

13

Beef enchiladas
Spanish rice
Refried beans
Sherbet

16

Grilled Reuben
Mini-salad bar
Fresh fruit tray

20

Supper

Turkey w/cranberry
Mashed potatoes &
gravy
Brussels sprouts
Pumpkin cake

23

Fish Florentine
Scalloped potatoes
Italian veggies
Cole slaw
Tropical fruit

27

Pork loin w/
Apple chutney
Mashed potatoes
& gravy
Mixed veggies
Garden salad
Apple cake

30

Chicken tortilla
casserole
Broccoli Normandy
Garden salad
Mandarin orange
Jell-O



Happy July Anniversaries!

Richard & Sandra Bronson	7/12
Buyral & Ellen Madan	7/14
John & Frances Suzick	7/14
Lew & Mary Lehmann	7/14
George & Ingrid Karnikis	7/21

Continued from page One

At home singing a wide range of vocal styles, her concert will include Italian art songs, Broadway tunes, and folksongs.

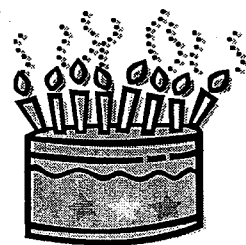
A favorite performer for Elderhostel groups in the Pocono Mountains of Pennsylvania, she was a soloist for the "Puccini Heroines" lecture series at Marymount Manhattan College in New York City, and performed for three years with Opera Enterprise, the professional children's company.

Her love of comic opera led her to perform the roles of Susanna in *Le Nozze di Figaro*, Despina in *Così fan tutte*, Zerlina in *Don Giovanni*, and Papagena in *The Magic Flute* at the Liederkrantz Foundation in New York.

She has performed her original compositions at the United Nations during the U.N. Commission on Sustainable Development in 1999, 2000, and 2001.

Sharon and her partner, Michael Hurwicz, have appeared in concert at the Orcas Center and at The Living Room. They have harmonized across the U.S., in Europe, Mexico, and at the 2002 World Summit on Sustainable Development in South Africa. As a duo, their rich voices blend with superb harmonies, accompanying themselves with two guitars, violin and upright bass.

Happy July Birthdays!



William Marx	2
Bob Halverson	2
Eloise Monson	2
Kern Hendricks	4
Liz Clark Lemon	4
Maggie Kaplan	4
Maryln Stiffler	5
Beulah Swan	6
Frank Loudin	6
Beth Jenkins	8
Bruce Heller	8
Lorraine Lucas	9
Margaret Englehartson	10
Rusty Robertson	10
Glen Monson	10
Frank Rouleau	11
Shirley Guilford	13
John Suzick	14
Elaine Mowrey	15
Bill Hall	16
Mary Riveland	18
Joan Babcock	19
Joan Haslett	19
David Evans	19
Dick Pehl	20
Charlotte Gallemore	20
Joseph Lane	23
Dick Haffey	24
Barbara Rosenkotter	24
Grace Kidder	27
Mary Lehmann	28
Steve Hopkins	29
Lynn Schiager	30
Jan Koltun	30



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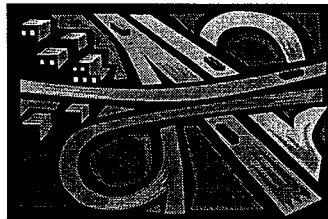
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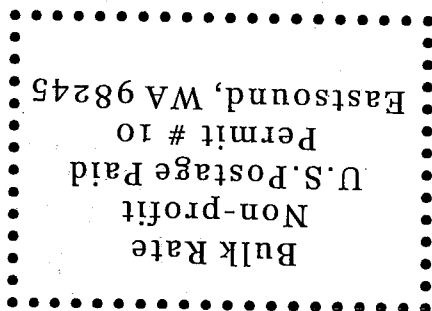
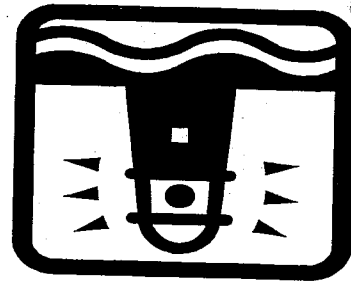
Medicare 1-800-444-4606

Veterans' Admin. 1-800-827-1000

Faith in Action Orcas Volunteers Trained volunteers, together through a grant locally sponsored by Lahari, provide a few hours a week of practical assistance with such services as caregiver respite, errands, light housework, meal preparation, shopping and companionship.

Call **Linda Abbott**, 376-7723.





Orcas Senior Signal
Senior Services Council of San Juan County
PO Box 18
Eastsound, WA 98245

RE-MEMBERSHIP FORM

Name _____ Birthday* _____
Spouse/Partner (if applicable) _____ Birthday* _____
Anniversary** _____ E-Mail _____
Street Address/P.O. Box _____
City _____ State _____ Zip _____ Phone _____
Winter Address _____
Dates of Departure & Return _____ Phone _____

*Birth year optional! **Please include year of anniversary.

FOR OFFICE USE ONLY

Check is for Individual (\$15) _____ Couple (\$25) _____

Date Received _____ Amount _____ Check# _____ Cash _____

Membership # _____ Spouse # _____ Date Mailed _____

New Member _____ Renewal _____ Previously Newsletter Only _____

Mail to: ORCAS SENIOR CENTER

PO BOX 18

EASTSOUND, WA 98245

Orcas Senior Signal

Senior Center Hours 9 AM-4 PM, Monday-Friday
P.O. Box 18, 62 Henry Rd., Eastsound, WA 98245

Volume IX, No.8 • August, 2004

360 376-2677 (V/TDD) • FAX 360 376-5465

Website: www.Orcasseniors.org

**Chantiny Auction Roundup:
Thanks to all who helped; see
September Signal for complete
information!**

Friendship Quilt to Hang Here

The 2004 Friendship Quilt, with its signatures and symbols of 47 seniors, will hang in the Senior Center most of the time until the raffle drawing Nov. 27. Tickets (\$1, six for \$5) are at the Front Desk.

WANTED: Healthy Breathers

Are you a healthy breather? Come and find out!

Rosemary MacGregor, RN, MS, a biofeedback therapist who has taught breathing work for 25 years all over the world, will talk about "Proper Breathing" at 1 PM Friday, August 6, in the Lundeen Room.

Both a presenter and researcher, she will bring an instrument that will show you whether you are exhaling properly, and will discuss the subject of carbon dioxide as the key to proper breathing.

She will explain that carbon dioxide (CO₂), not oxygen (O₂), is the real key to relaxation, efficiency of our nervous system, and regulation and detoxification of hormones, neurotransmitters, enzymes, and antibodies. CO₂ is a powerful antioxidant as well.

"Breathe properly and live longer," she says.

The program, of special interest to family caregivers, is free and open to the public. There will be a donation basket at the door to help defray airplane gas costs from Lopez, where Rosemary lives.

If you have computer access, you may want to read the "Carbon Dioxide" article on Website: <http://asthma-inc.com> before her talk.

Program to Emphasize Support for Family Caregivers

Orcas Senior Services is reinforcing its programs designed to support family caregivers. This includes backup for individuals and couples who do not have immediate family living in the area.

While some kinds of support have always been available for persons who are caring for their loved ones, one facet that is new is that we now have the ability to refer to contracted consultants who will train caregivers in hands-on occupational and physical therapy, and nursing care.

An example of such support would be a referral for services of an RN to teach the caregiver how to manage a specific disease such as Alzheimer's.

The second new program is to give the caregiver some quality experiences while their spouse or other relative receives care from someone else.

To this end, we are testing a series of programs such as the Aug. 6 talk on "Healthy Breathing" (story in left column). We are working with the new Faith in Action program, which will help with volunteers to provide care for one person while the spouse or other family caregiver attends the program.

Please let us know if we may help you take advantage of these programs, and also how they may be improved at any time. Call Jan, 2677, at any time with questions, problems, or suggestions. JK

Tai Chi to Resume in September

There will be no tai chi classes, after the summer session ends August 9, for the remainder of the month. When Joan Roulac resumes her popular series, on Mondays in September, they will be for an eight-week series.

June Magnuson: 'Progress is Not Confined to Material Things or Physical Change'

June von der Hellen Magnuson was born in Eagle Point, Oregon, while the Rogue River was flooding. "They wanted to move my mother to Medford but she refused to go, so they moved her up to the second floor for the birthing," she said.

She has been on an upward track ever since.

June, who retired as Deer Harbor

Postmaster 23 years ago after being the catalyst for the new post office there, has had a lively career that included a journalism degree from the University of Washington, reporting for various publications, marrying a fellow reporter and living in Washington, DC when he was elected to Congress and she got to meet Eleanor Roosevelt.

On March 21, 1962, June landed on Orcas with three of the five children from their blended marriage. (Her former husband's first wife had died, leaving him with two children; June's marriage was blessed with three more.)

She had been here once before: on a Memorial Day weekend in 1942 with a girlfriend while working for the *Seattle Times*. They stayed at North Beach Inn; its proprietor, the late Ed Gibson, met them at the ferry.

When she came again in the 1960s, "There was nothing to rent. Ten thousand dollars was our limit. We stayed the first week at Bartel's [now Bartwood], then moved to North Beach Inn because Mrs. [Edna] Gibson gave us winter rates." She and the children wanted a place where they could have a horse.

They bought, from the late Ron Berdan and his wife Elizabeth, the John Harrison farm, across North Beach Road from what is now the Senior Center. "For \$9,500, we bought an eight-acre farm, a five-bedroom house, a chicken house, and a tool shed, all in need of new roofs," June wrote.

Bill Humes, who with his wife, Barbara, had arrived on Orcas the same day as the Magnusons, boarded up the house foundation, insulated various rooms, and made other repairs. The barn was beyond repair.

Now this narrative goes to June's own writing, with her permission:

"March 19, 1963. Burned barn yest. John LeCompte [Community Church pastor] lit a match on the hay at 3 PM. (I gave the church \$30 to start the fire.) 'My father said you'll never set the world on fire with just one match,' he said.

"John Harrison and Evelyn LeCompte helped pick up loose boards to throw back into the fire.

"Mr. Harrison said the barn was built in 1906. He cut a sapling to help clear the site. His dad [a brother of Dr. Isaac and brother-in-law of Dr. Agnes Harrison] cleared all the land. Broke his leg while clearing the land south of the barn and never planted it.

"[John Harrison said] his father first homesteaded on Cascade Lake, then bought the house on North Beach Road that we now have. He recalled 'the housefulls we had' when friends came from San Juan Island for the annual baseball game. His father met them at the ferry and brought them home in the wagon. The boys slept in the barn and the girls all over the house.

"Work was harder in those days,' he added, 'but we had some mighty good times too.'

"His father was in Alaska three years during the Gold Rush. . . His mother was left with the little children. . . His father raised hops, only at 15 cents a lb. it wasn't worth it. Ran the store for awhile.



JUNE MAGNUSON

Linda Tretheway Photo

(Continued on Page 2)

(Continued from Page 2)

"In the city John Harrison worked in a bank; here, he had managed a good living as a carpenter. After 16 years he—who had been born and gone to school here—was resented by the islanders. He got lots of work as a carpenter, though, but the other carpenters didn't like it.

"The wife [Claudia] and I decided during the Depression to bring our four boys up here. We knew we would always be sure of having enough to eat. So we came back to the island and opened the old farmhouse."

"Mr. Harrison tended the fire with fatherly interest and talked calmly and unemotionally except for [telling about] when his mother had to raise the kids alone and when his father did not receive proper return for labor or property.

"The fire was still burning at 3 AM. [John LeCompte] said there would be coals until Thursday at least. However, it has been raining all night.

"I was. . . tired, physically, anyway, and think proper respect for the past was shown the way the burning was done."

June's observations are not confined to history. I'd like to close this piece with three notes from her journal, all of which bear witness to the upward track on which this extraordinary woman has moved through life:

- ♦ "Progress is not confined to material things or physical change, but also to our mental and spiritual growth. It doesn't come naturally. It means reading on subjects you are not particularly interested in."
- ♦ "[after a passionate religious discussion] I think she was surprised to find me a believer. If you think too much, [some] think you are an unbeliever."
- ♦ "I recall saying to my children when recounting the drama of their birth that 'they knocked at the door.' My picture of a door is really a gate. [It] should open to beautiful fields and lovely music if it is in harmony with the universal experiences recounted by men and women who have been brought back to life," she wrote in 1963, the year after she came to Orcas. JK

Works of Visual Arts Chair To Enhance Lundeen Room

After hanging everyone else's works for many years, Ann Reardon is ready to tackle her own! This fine artist, who has chaired the visual arts committee for Orcas Center and has served our Senior Center in the same capacity for the past two years, will present a learning experience this month as well as the chance to view some varied works of art.

"I want to help people appreciate the work that precedes a finished painting or drawing, the studies and exercises," Ann said.

"While some work is spontaneous, other works demand decisions that the artist must make in advance. Sometimes, I've written down all the things I've wanted to accomplish in advance, and then tried to do them," she added.

She has studied art history with the head of the art history department at the University of Vienna, and has apprenticed to respected artists at Pepperdine University and UCLA.

Ann owned and managed a gallery in Malibu before she and her husband, Don, moved to Orcas.

REMEMBERING, WITH LOVE
 Henry (Hank) Tellefsen, 1930-2004
 Bobbie Hatstrup, -----2004
 Alvin (Elliott) Button, 1913-2004

Orcas Senior Signal

Jan Koltun-Titus, Editor
 Linda Tretheway, Jo Anne

Bastron,

Associate Editors

This newsletter is published
 by Orcas Senior Services,
 PO Box 18, Eastsound, WA
 98245. We invite

contributions from all
 Orcas Senior Center
 members and friends.

Deadline for the September,
 2004, issue: August 10.

Email: jank@co.san-
 juan.wa.us

Senior lunches are on Tuesdays
& Fridays, 11:30-1 PM
in the Betty Lundeen Room.
Want to know what's for lunch?

See Menus, Page 5

August SENIOR SIGNAL
Page 4
ORCAS ACTIVITIES
CALENDAR

August Cake Bakers:
**Faith Deeds, Jeanne
De Long, Madeline
Haffey, Veronica
Thornton**

August host & hostess: **Rex & Maryln
Stiffler**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 10 Tai Chi I 1:30 Tai Chi II 1 Caregivers' Grp. (MP)	3 10-noon Lavender Workshop (MPR) 1-2:30 Lo- vision reading & discussion group	4	5	6 1-3 Rosemary MacGregor, "Proper Breathing"	7
9 10 Tai Chi I 1:30 Tai Chi II 1 Caregivers' Group (MP)	10 Library Lady, Blood Pressure Clinic At Lunch Lo-vision reading group 1-3 PM Elderlaw Clinic Rm. 28	11	12	13	14
16 1 Caregivers' Group (MP)	17 Mount Baker Trip Western Hearing Aid Clinic*	18 10 S-HHH! (hard-of- hearing)	19 Mainland shopping Trip*	20	21
23 1 Caregivers' Group (MP)	24 Costco Hearing Aid Clinic*	25 FOOT CARE CLINIC*	26 FOOT CARE CLINIC*	27	28
30 1 Caregivers' Group (MP)	31 Birthday lunch		ABBREVIATIONS: LR = Lundeen Room MP = Multipurpose Room CR = Conference Room * = reservations at office (2677) necessary		

Clarification

Contrary to the article in last month's newsletter, stating that transportation for mainland medical appointments would be scheduled only on Mondays and Wednesdays, we will try to meet demands on Mondays through Fridays, subject to volunteer availability and staff time.

When possible, Linda Tretheway asks that you schedule appointments for after 12 noon (to avoid the need to take the red-eye ferry), and to request transportation at least a week in advance of your appointment. If you would like to call us at 2677 before scheduling your appointment, we can let you know the date (s) and time (s) of currently-scheduled trips so that you can, if practical, be included on one of these.

Self-Neglect Leads Adult Abuse Cases

Self-neglect is the leading cause of adult abuse in this state, according to statistics compiled by the Dept. of Social and Health Services (DSHS), Adult Protective Services (APS).

In 2003, APS dealt with 656 cases of self-neglect statewide, topping the list of substantiated causes of adult abuse. Financial exploitation was next with 482 cases, followed by mental abuse with 420 cases. San Juan County had five reports of self-neglect, six of financial and two of mental abuse.

Self-neglect occurs when vulnerable adults fail to provide adequately for themselves. Some obvious indicators:

- ♦ Dehydration, malnutrition, poor personal hygiene;
- ♦ Inadequate medical care, untreated or improperly attended medical conditions, failure to take prescribed medications properly, lack of necessary medical aids (such as a day-related pill box to aid in remembering to take medications);
- ♦ Inappropriate or inadequate clothing;
- ♦ Unsanitary living conditions with situations like insect infestations, no functioning toilet, fecal or urine smells;
- ♦ Unsafe, hazardous or grossly inadequate housing, or homelessness.

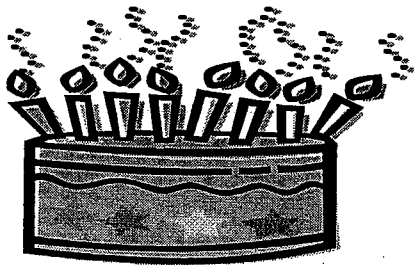
August Menus

Lunches by our culinary artist, Amy Raven, are refreshing. Served at noon on Tuesdays and Fridays, they require no advance registration. On the third Tuesday, there is no lunch as we serve Senior Supper that night, usually with entertainment.

3	BBQ Ribbers Baked potatoes Bean Medley Romaine salad Oatmeal raisin cookie	6	Taco salad Spanish rice Cornbread Cantaloupe slices
10	Pizza Salad bar Apple crisp	13	Shrimp salad Oatmeal bread Fresh fruit tray
17 DINNER	Roast beef Mashed potatoes & gravy Broccoli Normandy Garden Salad Chocolate pudding	20	Golden lite fish w/tartar sauce Rice Mixed veggies Cole slaw Tropical fruit
24	Hot pastrami sandwich Mini-salad bar Fresh fruit tray	27	Chicken strips Mandarin orange salsa Rice pilaf Capri blend veggies Romaine salad Peaches & pears
31	Hamburgers w/all the trimmings Baked beans Potato salad watermelon		

Happy August Anniversaries!

Bud & Donna McKee	8/01/53
Clyde & Dorothy Brown	8/04/35
Robert & Carol Tully	8/11/84
Dick & Madeline Haffey	8/14/50
Bob & Barbara Otis	8/18/50
Dick & Patty Thompson	8/23/75
Bill & Sharon Buchan	8/24/74
Hi Stickney & Penny Purdue	8/25/02
Tom & Evelyn Rodrique	8/26/50
Don & Marian Gerard	8/27/60
Lee & Ann Waltersdorph	8/27/60
Captain Don & Majeane Palmer	8/28/64
Frank & Jan Loudin	8/29/58
Vincent & Patty Monaco	8/30/69



Lavender Workshop Set for August 3

Seems like a lavender world, at least at this time of year here, so come to a workshop designed to help you make the most of this happy situation! Jan will teach you how to make a lavender wreath that you'll be proud to take home. We'll use the lavender growing so abundantly outside the Senior Center doors, and there will be plenty for the first ten people who sign up. The cost, \$3, covers materials.

If the class fills up, as did the lavender wand workshop last year, sign up for the waitlist and we'll schedule another session if someone is willing to make a run to Michael's for the wreath frames. The Front Desk will call you with the exact date if that becomes necessary.

Happy August Birthdays!

Ruth Boyd	1
Edna Mentch	1
Bob Otis	1
Marilyn Greenwell	1
Dorothy Arbuckle	3
Faye Finkelnburg	3
Barbara Jamieson	3
Mark Theaman	3
Lloyd Pinneo	4
Doug McDonald	6
Edith Thomsen	7
Laura Selwyn	7
Walter D. Morgan	9
Larry L. Pence	9
Bill Harris	10
Elaine Bowman	11
Ida Rae McDonald	11
Diane Baxter	15
Judy Hughes	16
Sharon Heller	16
Jan Cleveland	16
Margaret Jonas	17
Robert Lucas	18
Eugene Herz	20
Mardi Lister	20
Joy Potts	21
Mary Lee Gorden	22
Anita Boldman	22
Mary Lou Clever	22
Lillian Rouleau	22
Betty Marcum	22
Laura Conant	22
Jo Anne Bastron	23
John Greever	24
Barry Hatten	24
Marilyn Koral	24
Joanna Serwold	26
Treena Williamson	26
Dick Boberg	27
Tony Howard	27
Richard Hatstrup	28
Harlan Pedersen	28
Tom Slater	28
Myrna Wood	28
George Garrels	28
Sallie Ford Bell	28
Bernita Sedenko	29
Gordon Buman	29
Molly Roberts	29
Newell Emery	30
Josell McCoy	30
Patty Monaco	31
Clyde Brown	31
Kathryn Dilling	31

SERVICES WE PROVIDE & WHOM TO CALL



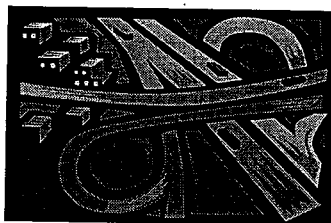
Lunch: Served twice a week. Orcas lunches are Tuesdays and Fridays. No reservations needed. Donation: \$3.

Home Delivered Meals are available for the homebound and can be delivered twice weekly. Additional frozen meals also can be delivered. Call **Jan** to arrange. Donation: \$3.

Senior Suppers are served in style, third Tuesdays at 6 PM. \$5.

Senior Transportation:

On lunch days volunteers provide transportation in vans. They also stop, after lunch, at the post office, store, and for some individual needs such as



picking up a prescription at the pharmacy.

Mainland Medical transportation for non-emergency appointments with doctors and other practitioners. Reserve as early as possible, through **Linda** or **Jo Anne**. \$10.

Senior Trips: Mainland shopping trips on the third Thursdays; reservations needed. Recreational trips about once a month, planned by the Travel Committee; check with **Linda**.

Suggested mainland-trip donations: \$10.-\$20.

Information and Assistance: (Staff) This program will help you find needed information about services and resources.

Elderlaw Clinics: Half-hour sessions with elderlaw attorney Cy Field, by appointment, at Senior Center. Usually on second Tuesdays. Check the Signal Calendar; call **Jan** to schedule.

Case Management services are available to assess and offer options to those in need. For this and Respite, call **Jan** for more information.

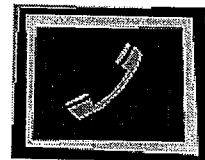
Blood Pressure Clinic Second Tuesdays around mid-day. Free. No reservations needed. **Mary Totten**, Public Health Nurse

Foot Clinics: Reservations needed, through the Front Desk. See the monthly *Signal* Calendar for clinic dates. Cost: \$12. Please remember to bring your own towel. **Barbara Fleming**, RN.

Hearing Screenings by Costco and Western Hearing. Dates in monthly *Senior Signal* Calendar. Call Front Desk for appointment.

HELP IS JUST A CALL AWAY

Loan Closet We have wheel-chairs, walkers, canes and crutches for temporary loan.



Special Needs Fund Limited emergency assistance when no other funds are available. Call Senior Services (**Jan**) for additional information and qualifications.

Weatherization Assistance to reduce energy costs. Income dependent. 1-800-649-5121.

Dental Assistance: Serves low-income seniors with up to 25 percent reduction in costs by participating dentists. Call Senior Services.

Lifeline Emergency Monitoring Service Call **Terry Slocombe**, 378-9490.

P.A.L. Assistance with winter electrical costs. Call **OPALCO** 376-3550.

SHIBA Medicare and insurance questions: Call the Medical Center, 2561, to make appointment with **Peg Griswold**.

DSHS Medicaid help. 378-4196.

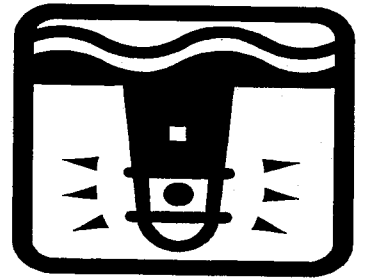
Social Security 1-800-772-1213

Medicare 1-800-444-4606

Veterans' Admin. 1-800-827-1000

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Call **Linda Abbott**, 376-7723.



Orcas Senior Signal

Senior Services Council of San Juan County

PO Box 18

Eastsound, WA 98245

Bulk Rate

Non-profit

U.S. Postage Paid

Permit # 10

Eastsound, WA 98245

How to Prevent Self-Neglect

There are very few studies on self-neglect. It cannot be predicted and there are many reasons why a person begins to neglect themselves.

Self-neglect occurs when you cannot care for your daily needs. The onset may be gradual, brought on by advanced age, illness, or confusion. Other causes might be depression or progressive dementia.

How can you prevent self-neglect as you age? Research indicates that isolation is common among all types of self-neglect. To avoid becoming isolated, you can:

- ◆ Become involved in senior center activities, church functions, or other groups in your community so you can stay in touch with others;
- ◆ Get to know your neighbors;
- ◆ Stay in contact with one or two people on a regular basis so someone is aware of your health;
- ◆ Schedule and attend regular medical and dental appointments;
- ◆ Create a will and advance directives so your wishes will be followed should anything happen to you. If you choose a durable power of attorney, make sure this person is someone you know well and trust;
- ◆ If you are aware that your health is declining and you are having difficulty taking care of yourself and your property, get and accept help. You may be eligible for in-home services that can help you maintain your independence.

Orcas Senior Signal

Senior Center Hours 9 AM-4 PM, Monday-Friday
P.O. Box 18, 62 Henry Rd., Eastsound, WA 98245

Volume IX, No.9 • September, 2004

360 376-2677 (V/TDD) • FAX 360 376-5465

Website: www.Orcasseniors.org

First Peoples Auction: 'All Was Right'

The sun shone, the wind moderated, the wasps gave us a break. The guests were happy and generous. All was right July 31 for the seniors' auction. Your team acquitted themselves well, bringing great acclaim to both the individuals and the organization involved. In particular, **Fred Whitridge** used his influence to produce perfect weather and gave a delightful first appearance as an auctioneer. Our main auctioneer, **Richard Fadem**, was urbane, informative and elegant as well as most effective. He coaxed surprising amounts of money from the crowd of 140 supporters. The dinner was a challenge for our caterers, the Orcas Village Store, since they had to work out of an old cow shed with an extension cord for power and no water or light to the site, but they served up more food than we had bargained for, with a cheerfully efficient staff that added to the friendly island ambiance.

The evening culminated weeks of efforts by **Peggy Hoyle**, who was the artist responsible for the invitations and art catalogue; **Barbara Trunkey**, who agreed to do table arrangements and ended by erecting a longhouse for our art display; **Patsy Stephens**, who saw to it that the paper publicized the event for the entire preceeding month; and all the other volunteers who schlepped stuff, sewed stuff, cooked stuff, called people, etc. I never knew how much detail, as well as luck, was involved in a successful event.

The best news is that, after taking care of expenses, the endowment fund for the seniors is richer by \$33,048. As planned, the proceeds are invested with the Community Foundation account established last year, and the interest each year will be used to fund "special needs" for the seniors.

Thanks again to the Orcas community and the many unnamed volunteers who made this possible.

Annette Mazzarella, Chairman

Personal Invitations to be Sent:

If you did not send in your 2004-5 membership, your mail will soon include a personal invitation to join us. Please do so!

'Open Rehearsal' to Give Memorable Music Here

Jackie Kimura Parker will rehearse with **Andres Cardenes**, concertmaster of the Pittsburgh Symphony, during the annual open rehearsal of Chamber Music Festival participants at 1:15 PM on Tuesday, August 31, in the Lundeen Room.

They will do piano and violin showpieces with some storytelling.

Inviting the seniors to an open rehearsal has been a tradition since the start of the six-year-old Festival, which has won awards and praise for adventurous programming, and quality of performances.

Tickets for the Aug. 24-Sept. 3 event went on sale Aug. 21 at Orcas Center.

Monday T'ai Chi Series To Resume Sept. 13

When **Joan Roulac** resumes her popular t'ai chi chih series, on Mondays starting September 13, participants will be able to enjoy an eight-week series, with a new addition: a video!

Glen Ribble, producer/director of Victory Hill Productions in Eastsound, will film **Joan** and some of her students performing the moves that the class will learn during this fall series. No one will be filmed without their permission.

In November, the video will be available for students who want to practice on their own between classes.

Continued on Page 5

Steady, Predictable Growth Increases Needs for Volunteers

Five-year increases, especially in the numbers of information calls, and individual assistance clients, may help us all to better understand why we keep asking for volunteers.

During the first three months of this year, Orcas fielded 916 information calls and served 216 individual assistance clients, the latter with problem-solving help that included finding caregivers, applying for financial assistance, mobilizing existing families' resources, and telephone reassurance. This compares with 616 calls and 110 assistance clients during the first quarter of 1999.

This is in line with the other main islands' experience: San Juan Island, with a larger population base, had 1158 calls in the first three months of this year, 741 calls during the same time in 1999, 220 individual assistance clients compared with 44 in the 1999 period. Lopez, with the smallest population base of our three islands, had 293 calls and 57 assistance clients in the first quarter of 2004, compared with 276 calls and 59 assistance clients in the same 1999 period.

Our professional staff—which has not expanded since well before 1999—is sometimes stretched by the increases, and we couldn't do it without our fine crew of front-desk volunteers. They put in three-hour shifts, to cover the phones and walk-ins, five days a week. We applaud each of them!

In addition to the front desk, we always need a few good drivers, plus table set-up and clean-up crews for Senior Lunches.

Please give us a call if you might like to help. JK-T

REMEMBERING, WITH LOVE

Capt. Jesse Adams, 1922-2004

Betty Burns, 1917-2004

Carl Nordstrom, 1927-2004

Howard Porter, 1914-2004

Multi-Faceted Couple Married Twice!

Bill and Barbara Humes, teachers, mentors, and friends to the community as well as to each other, will celebrate their sixtieth wedding anniversary Sept. 3. Actually, they were married twice.

"The church wedding was on the third, but the license for San Diego County was on the fifth," Barbara explained.

Barbara, who in 1944 had worked as an artist for Walt Disney for five years, and Bill, a B17 pilot who flew 50 missions in and from North Africa during World War II, met in Oceanside, California, where both their families lived.

He was home on leave. Barbara's mother told her daughter to "come for Thanksgiving; bring your bathing suit."

"In November?" Barbara asked. Even in California, that was a bit much.

"Yes, you're going to meet a neighbor's son," her mother said.

Bill had grown up in Casper, Wyoming, and his parents had relocated to California. Barbara, a native Californian, grew up near Pasadena, on land where the Rose Bowl now is. She was two weeks short of graduating from art school when a friend called about the Disney job.

"So with 50 cents in my purse, I went," she noted. She did inking and painting for many of Disney Productions' classic films, such as *Dumbo* and *Fantasia*, *Pinocchio* and *Bambi*.

In 1945, after Bill got out of the Army Air Force, they decided to homestead in Alaska. For six years, they cleared land, built a cabin and an outhouse, near Hope, on the Kenai Peninsula. Social life was "every Saturday night, a potluck dinner and dancing," Barbara recalled.

They paid for the births of their children Shereen and Larry, with \$100 in eggs from their farm, and sold other produce in Seward. Their third child, Dale, was born in Colorado, where they

(Continued from Page 2)

oved and Bill became a union carpenter.

"For our anniversary in Colorado, we put roofing on our new house," Bill recalled. He built three houses for the family: a log cabin on concrete in Alaska, a brick home in Littleton, Colorado, and the home on their Warm Valley Farm, near Orcas.

When they moved to Orcas (March 21, 1962, the same day as June Magnuson), Bill became a plumbing and electrical contractor, which he did for 25 years. "There was only one of each here when I came," he noted.

"When we saw the farm, I said, 'I feel like I've come home,' recalled Barbara. "He said, 'You want it?' And that was it."

They found some of the same community here as in Alaska, with dances at the Grange and at the old West Sound Community Hall where "the floor was so bad you had to dance around the crooked spots," she said.

They had been here less than two months when their children were invited to join a 4-H club and its then-leader decided to resign and leave the job to Bill. He also served on the school board for eight years.

She became a spinner and knitter, and estimates she has taught 40-50 people to spin, including Maria Nutt, who then learned how to weave and now has a beautiful shop on Orcas Road across from Warm Valley Farm. Barbara wrote "Easy Knit Family Patterns for Your Homespuns," which can be found at Artworks and at Maria's shop. She also has written at least three dozen articles for *Organic Gardening* and other magazines, and has completed a novel for young adults.

Bill served for 30 years on the Soil Conservation Board, helping others with drainage problems and selling trees. Vern Coffelt, the late Joe Bond, and Glenn Rodenberger were also on it, and his wife, Elizabeth (both are now deceased), used to bake pies for their meetings.

When they purchased their 78-acre farm in 1962, it had been so over-grazed that nothing would grow on it. Thanks to their extensive studies of organic gardening, they created what former *Sounder* writer Linda Hurwicz called "a fertile wonderland."

Warm Valley Farm was named Soil Conservation Farm of the year in 1996, a fitting tribute to a couple who have always put more into the soil and the community than they have taken from it. JK-T



Barbara and Bill Humes Linda Tretheway Photo

Orcas Senior Signal
Jan Koltun-Titus, Editor
Linda Tretheway, Jo Anne Bastron,

Associate Editors

This newsletter is published by Orcas Senior Services, PO Box 18, Eastsound, WA 98245. We invite

contributions from all Orcas Senior Center members and friends.

Deadline for the October, 2004, issue: September 10.

Email: jank@co.san-juan.wa.us

Dennis Bonner to Teach 'Go for Baroque' This Month

Dennis Bonner will teach his popular history of classical music, *Go for Baroque*, 2-4 PM here beginning Sept. 23. To register, call Skagit Valley College, 378-3220.

Holiday Fair Invitations to be Mailed Soon

Craftspersons' invitations to the 2004 This Giving Island Holiday Fair, Nov. 27, will be mailed the week after Labor Day.

Senior lunches are on Tuesdays
& Fridays, 11:30-1 PM
in the Betty Lundeen Room.
Want to know what's for lunch?
See Menus, Page 5

September SENIOR SIGNAL
Page 4
**ORCAS ACTIVITIES
CALENDAR**

September Cake
Bakers: **Pat Logan,**
Agnes Forbes, Joan
Miller, Emily Reid,
Maryl Stiffler

September host & hostess:
Dora Blake and Elaine Bowman

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	August 31 Chamber Music Festival Open Rehearsal. Lundeen Room. 1:15 PM, with Jon Kimura Parker and Andres Cardenes	1	2	3	4
6 HAPPY LABOR DAY; CENTER CLOSED 1 Caregivers' Group (MP)	7 Library Lady, Blood Pressure Clinic At Lunch Lo-vision reading group	8	9	10	11 / 12 4 PM Clark Roberts & Mark O'Neill, The Peloton Project
13 10 Ta'i Chi fall series begins** 1 Caregivers' Group (MP)	14 Western Hearing Aid Clinic* (Rm. 28)	15 10 S-HHH! (hard-of- hearing) (CR)	16 Mainland shopping Trip*	17	18
20 10 Ta'i Chi 1 Caregivers' Group (MP)	21 Costco Hearing Aid Clinic* (Rm. 28) 6 Senior Supper	22	23 2-4 Go for Baroque w/ Dennis Bonner	24	25
27 10 Ta'i Chi 1 Caregivers' Group (MP)	28 Birthday lunch 12:30-2:30 Elderlaw Clinic Rm. 28	29 FOOT CARE CLINIC* Elder Abuse Luncheon and Program Emmanuel Church	30 FOOT CARE CLINIC* 2-4 Go for Baroque	ABBREVIATIONS: LR = Lundeen Room MP = Multipurpose Room CR = Conference Room * = reservations at office (2677) necessary ** A second section will be added if first section fills up.	

Continued from Page One

The class will be offered at 10 AM for all skill levels, as all 20 t'ai chi chih moves will be taught. If the morning class fills up, a second class will be offered at 1:30 PM.

One reason this class is so exceptional is that Joan, who has taught ta'i chi for 18 years, comes in a half hour before each session to help participants catch up if they have needed to miss a class. There is no extra charge for this assistance.

Glenn Ribble, likewise, is an accomplished professional. His 1988 bachelor's degree from Bard College was earned with a major in film making. His TV commercials and music videos included an exercise video for USA Networks featuring Arnold Schwarzenegger as the exercise instructor as part of his role in the President's Council on Physical Fitness. During 1992-98, he served as Senior Producer of On-Air Promos for MTV Networks in New York.

Dr. Andrew Weil recently reported on results of a study published in the *Archives of Internal Medicine* (March, 2004) showing that t'ai chi seems to improve functioning in the heart, blood vessels and lungs among healthy people as well as those with heart conditions including patients who have had coronary artery bypass surgery.

A 2001 National Taiwan University Hospital study found that this exercise qualifies as aerobic; a 150-pound person can burn 270 calories an hour. And studies at the Chinese University of Hong Kong found that postmenopausal women who practiced t'ai chi five days a week for a year had stronger bones than those who did not.

Cost of the hour-long, eight week series is \$60, and the video is included in the tuition. You may register by calling 376-2677; before September 10, your place will be held up to three days until your check arrives.

September Menus

Lunches by our head chef, Amy Raven, are served at noon on Tuesdays and Fridays; no advance registration is needed. On the third Tuesday, there is no lunch as we serve Senior Supper that night, usually with entertainment.



3

Chef's salad
Rolls
Fresh fruit
tray

7

Lasagna
Green beans
Garlic bread
Garden salad
Tropical fruit

10

Fish Florentine
Scalloped potatoes
Scandinavian
veggies
Cole slaw
Red jello w/fruit

14

Pork loin w/
applesauce
Rice pilaf
Veggies
Chocolate cake

17

Turkey
Mashed potatoes w/
gravy
Broccoli
Pumpkin cake

21 SUPPER

Chicken burgers
w/ lettuce,
tomato, onion
Macaroni salad
Baked beans
Watermelon

24

Teriyaki chicken
Rice
Capri veggies
Carrot/raisin bread
Applesauce bars

28

Meat loaf
Mashed potatoes
& gravy
Peas & carrots
Garden salad
Pudding



Happy September Anniversaries!

Bob & Jean McLaughlin	9/02/44
Bill & Barbara Humes	9/03/44
D.E. & F. Finkelnburg	9/04/48
Jim & Beverly Ohlman	9/04/66
Emery & Scotty Emmes	9/05/47
Wes & Pat Pomeroy	9/06/52
Chase & Mary Riveland	9/07/01
Thornton & Claire Thomas	9/10/50
Bill & Joan McMillen	9/12/48
Joseph & Frances Lane	9/14/46
Robert & Mary Jane Schwarz	9/16/61
John & Lori Oakes	9/24/78

Alice Logan Wallhangings To Spice Lundeen Space

An artist's own words are often more interesting than whatever anybody else writes; so it is with Alice Logan's description of her works that will hang in the Lundeen Room during September:

"I've always enjoyed quilting. I picked it up from my mother, who loved to do traditional patterns. Even when I was working and raising kids, I was slipping in the occasional bed spread, pillow, throw or baby blanket whenever I had the chance, looking at books for interesting patterns using (what else?) 100 percent cotton calico.

"When my husband and I retired to Orcas, life became very different. I found considerably more time for quilting, and also, to my great surprise, that a quilter didn't need to stick to calico or even use traditional designs.

"I'd always been good at free-hand drawing, so I began to apply this skill to quilting. After nine years of 'playing about' here on Orcas, I've morphed into a quilter who does 'representational wallhangings' using techniques I've either stumbled onto or made up.

"The wallhanging style of quilting particularly appeals to me because I'm not confined to washable cottons. If you look closely, you'll find cottons mixed with rayons, polyesters, satins and silks. And not all the fabric is bought at fabric stores. I've picked up curtains at garage sales, upholstery material at Value Village, old formal at Salvation Army, just to name a few of my favorite haunts."

Happy September Birthdays!

Hal Syrstad	1
Bill Humes	1
W. Lawrence Garvin	1
Ken Speck	2
Barbara Ehrmantraut	2
Birgitta Manthey	5
Elaine Gleeson	5
Robert Scott	5
Irma Quackenbush	5
Herlwyn Lutz	5
Elizabeth Roulac	6
Dale Ely	6
Barbara Buman	7
Leonard Wood	9
Faith Deeds	9
Roger Congdon	9
Beverly Franklet	10
Jerry Schmidt	10
Jackie Abell	11
Margo St. James	12
Lori Oakes	12
Tom Rodrique	14
Bill Potts	14
Charles Mottl	15
Emery Emmes	16
Marion Wiseman	17
Irene Syrstad	17
Barbara Humes	17
Jay Booth	17
Wally Erwin	18
Doris Boyer	20
Margaret Coons	20
Trudy Jackson	21
Peg Elliott	23
Corky North	23
Margaret Tyree	24
Jim McKinnon	24
Thomas Ritter	25
Robert Tully	27
Mary Schoen	27
Gordon Hayes	30
Mary Poletti	30
Adele Pinneo	30
Linda Libiez	30
Judy Schmidt	30

Weatherization Assistance Available for OPALCO Customers

Orcas residents who heat with electricity may be eligible for weatherization help through the Opportunity Council. Assistance is based on household income and energy usage. Call the Council, (360) 255-2192 or (888) 586-7293, 9 AM-noon or 1-4 PM.

SERVICES WE PROVIDE & WHOM TO CALL



Lunch: Served twice a week. Orcas lunches are Tuesdays and Fridays. No reservations needed. Donation: \$3.

Home Delivered Meals are available for the homebound and can be delivered twice weekly. Additional frozen meals also can be delivered. Call **Jan** to arrange. Donation: \$3.

Senior Suppers are served in style, third Tuesdays at 6 PM. No lunch that day. \$5.

Senior Transportation:

On lunch days volunteers provide transportation in vans. They also stop, after lunch, at the post office, store, and for some individual needs such as

picking up a prescription at the pharmacy.

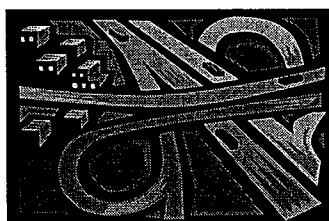
Mainland Medical transportation for non-emergency appointments with doctors and other practitioners. Reserve as early as possible, through **Linda** or **Jo Anne**. \$10.

Senior Trips: Mainland shopping trips on the third Thursdays; reservations needed. Recreational trips about once a month, planned by the Travel Committee; check with **Linda**. Suggested mainland-trip donations: \$10.-\$20.

Information and Assistance: (Staff) This program will help you find needed information about services and resources.

Elderlaw Clinics: Half-hour sessions with elderlaw attorney Cy Field, by appointment, at Senior Center. Usually on second Tuesdays, but this month on Sept. 28. Check the Signal Calendar; call **Jan** to schedule.

Case Management services are available to assess and offer options to those in need. For this and Respite, call **Jan** for more information.



Blood Pressure Clinic Second Tuesdays around mid-day. Free. No reservations needed. **Mary Totten**, Public Health Nurse

Foot Clinics: Reservations needed, through the Front Desk. See the monthly *Signal* Calendar for clinic dates. Cost: \$12. Please remember to bring your own towel. **Barbara Fleming**, RN.

Hearing Screenings by Costco and Western Hearing. Dates in monthly *Senior Signal* Calendar. Call Front Desk for appointment.

HELP IS JUST A CALL AWAY

Loan Closet We have wheelchairs, walkers, canes and crutches for temporary loan.

Special Needs Fund Limited emergency assistance when no other funds are available. Call Senior Services (**Jan**) for additional information and qualifications.

Weatherization Assistance to reduce energy costs. Income dependent. 1-888-586-7293.

Dental Assistance: Serves low-income seniors with up to 25 percent reduction in costs by participating dentists. Call Senior Services.

Lifeline Emergency Monitoring Service Call **Terry Slocombe**, 378-9490.

P.A.L. Assistance with winter electrical costs. Call **OPALCO** 376-3550.

SHIBA Medicare and insurance questions: Call the Medical Center, 2561, to make appointment with **Peg Griswold**.

DSHS Medicaid help. 378-4196.

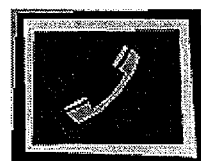
Social Security 1-800-772-1213

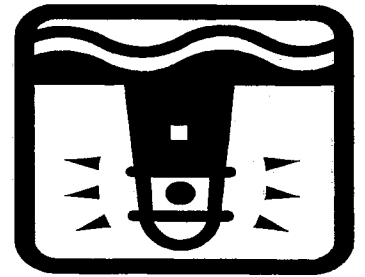
Medicare 1-800-444-4606

Veterans' Admin. 1-800-827-1000

Faith in Action Orcas Volunteers Trained volunteers, together through a grant locally sponsored by Lahari, provide one or two hours a week of practical assistance with such services as caregiver respite, errands, light housework, meal preparation, shopping and companionship.

Call **Linda Abbott**, 376-7723.





Orcas Senior Signal

Senior Services Council of San Juan County
PO Box 18
Eastsound, WA 98245

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'Peloton Project' Riders to Talk Here Sept. 12

Mark O'Neill, technical director of Orcas Center, and Clark Roberts, a businessman, will discuss Lance Armstrong's 'Peloton Project' to raise awareness of our ability to overcome handicaps, in the Lundeen Room, 4 PM Sunday, Sept. 12.

The term "peloton" refers to the group of riders who pace a competing member of their own team, during races such as the Tour de France that Lance, a cancer survivor, has now won for the sixth time.

No strangers to handicaps, Mark is a cancer survivor and Clark learned at age 18 that he would lose his sight.

Both men will fly to Austin, Texas, to ride with Lance October 17 in the eighth annual Ride for the Roses, a 10-to-100-mile bike race to celebrate the Peloton Project.

"The name is symbolic," said Mark. "We all have some kind of handicap and we all need others' help."

Mark, the son of island natives Irene and the late Ken O'Neill, was diagnosed with cancer in 2000, eight months after his

father died. Following surgery, some lifestyle changes, and soul searching, his most recent challenge came last November, when he was advised that attention to physical fitness might aid his long-term survival chances.

"I had done some cycling before, but withdrew from this level of competition because the cancer made it a challenge," said Mark, who has ridden with Clark in a Seattle-to-Portland trek.

Clark is the president and owner of Ultimate Vision, a Bellevue-based company providing motivational and educational programs for organizations across the country. He also is a golfer and skier who is raising a family.

"Clark is a master at redefining," Mark said. "Instead of saying, 'I can't do it,' he says, 'I'm not able to do it in the same way as others'. Then, if he wants to do it, he finds another way."

As you may guess, their experiences hold a lot to inspire us about aging!

Their program, sponsored by the Senior Center, is free and open to the public. A donation basket at the door will be split between our operating funds and the 'Peloton Project'.

Orcas Senior Signal

Senior Center Hours 9 AM-4 PM, Monday-Friday
P.O. Box 18, 62 Henry Rd., Eastsound, WA 98245

Volume IX, No.10 • October, 2004

360 376-2677 (V/TDD) • FAX 360 376-5465

Website: www.Orcasseniors.org

Elder Abuse & Fraud Prevention Forum Sept. 29

"Could this Happen to You or Your Parents?" a forum at Emmanuel Church on Wednesday, 12-2 PM, Sept. 29, will feature speakers from the area Adult Protective Services and the state Attorney General's Office. A complimentary luncheon will be served. Call 376-2352 to reserve.

55-Alive! Defensive Driving Oct. 25, Nov. 3

Larry Schulze, Lopez Senior Services Coordinator, will teach the 55-Alive! Defensive Driving class on Lopez, 9:30 AM on Monday, October 25. To sign up, call 468-2421. Cost: \$10.

The class will be taught on Orcas Nov. 3, here at the Senior Center. The instructor will be **Blake Thompson** from Anacortes. Details of the start time will be in the next *Signal*.

FIA Volunteers' Orientation to be Offered October 2

Faith in Action Orcas Volunteer Caregivers will present a free volunteer orientation and training, "Neighbors Helping Neighbors—the Spirit of Service," on Saturday, October 2. The training will be held 9 AM- 3 PM at the Lahari Hospice and Respite Care Center in Deer Harbor.

Program volunteers provide practical assistance, emotional support and companionship to adults coping with illness, disability, frailty or isolation. If you have one or two hours a week to help a neighbor in need, please call Program Director **Linda Abbott**, 376-7723, to pre-register.

Holiday Fair Plans Well Underway!

With **Rebekah Selwyn** at the helm of a seasoned crew, plans for This Gifted Island Holiday Fair '04 are percolating, and this homegrown gala promises to be better than ever.

The Fair has grown to provide a good chunk of our annual operating expenses.

Maggie Schuler heads the raffle for our unique Friendship Quilt, a library of island authors' books, and much more. If you can give two hours to man a table at Island Market, please let the front desk know your preferred time on Nov. 20, 22, 24, or 26. If enough volunteers are willing, another day or so could be added.

Bill Yarlott has graciously offered to be our Santa this year! **Dora Blake** and **Phyllis Wilkinson** will head the Baked Goods Table, and **Patsy Stephens** will head Publicity and Advertising.

Invitations have gone out to last year's vendors and a few new ones, and a new table map is being drawn to avoid over-crowding. If you know anyone who should get an invitation, please let Jan know.

Caroline Buchanan Classes to Begin Oct. 2-3

Caroline Buchanan's fall offerings here will begin with her Basic Watercolor Weekend, Oct. 2-3, 10-4 PM. Students will learn the seven basic processes that are combined to work in watercolor; you'll have time to practice each and try combining them in a single painting. Cost: \$120.

Following that, will be continuing practice on four October Thursdays, 10:30-3 PM, at \$50/session or \$120 for all four. Bring a sack lunch; 12-person maximum.

And starting Jan. 6 through March, will be a class every other Thursday. Sign up at the Front Desk.

He Transformed Island Roads, Fought Fires

Did you ever wonder who was most responsible for turning the main Orcas roads from dirt into macadam? **Dean Buchan** also was in the first EMT class here. His career has included stints as a mining engineer, fire warden and fire boat chief, and land surveyor.

Dean, who celebrated his ninetieth birthday in May, was born in Palo Alto. His father, who served a stint in the military before becoming a banker, was stationed in New York when **Dean**, at three, recalls seeing then-President Woodrow Wilson at a War Bonds parade.

As had his father before him, **Dean** attended Stanford University, graduating in 1936 with a degree in geology. Then he worked as a mining engineer, northeast of Sacramento in Mother Lode country, "drilling, mining, timbering." His pay: "\$5.50 for an eight-hour day, 2,000 feet down, handling explosives.

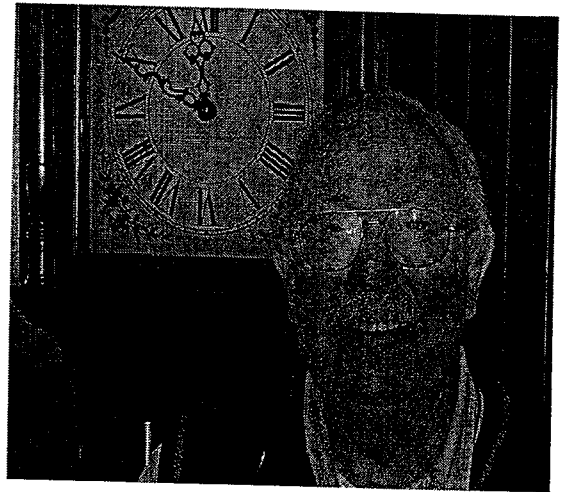
"Funny thing about that was, I was making more than my father and grandfather, who both were executives of Bank of America," he noted. After he saved enough, he went back to Stanford to business school, and also joined the National Guard.

Called into active Army duty at the start of World War II, he served with the Combat Engineers, mostly in Europe with Gen. Patton's Third Army. He was awarded the Purple Heart and Bronze Star.

During a stint at Fort Lewis, he met and married **Helen Morisette**, an attractive Army nurse. They first came here in 1946, because she knew about Orcas from a former patient. They started a small Olga resort, building four cabins.

"We bought 10 acres of land for \$18,000. You could have gotten Obstruction Island for \$11,000," **Dean** said.

They also farmed, made their own butter, sold eggs, and had "just about every animal you could imagine," said their son, **Bill**, a retired Air Force Colonel who lives with his wife, **Sharon**, on Orcas.



DEAN BUCHAN

Linda Tretheway Photo

However, the resort business was spotty for the newcomers. During 1949-53, **Dean** became acting county engineer, in which capacity he worked with the Skagit County engineer (as **Dean's** license was as a land surveyor) to modernize most of Orcas' main roads.

Meanwhile, **Helen** maintained a nursing station at Olga, and was the only full-time nurse here. She worked via telephone with mainland doctors. **Dr. Judd** came from Friday Harbor on emergencies.

From 1953-61, **Dean** worked for the state highway department on the mainland, prompted in part by doubled wages and partly by the desire for better education for their son, **Mike**, who overcame Downs Syndrome to work at the grocery store for many years. The **Buchans** helped to start the first school for handicapped youngsters in Skagit County (Burlington). **Mike** lives independently in Mount Vernon.

Dean supervised construction on much of the then-new Highway 20 between Anacortes and Mount Vernon. He also returned to Orcas during this period to supervise reconstruction of the fire-damaged Orcas ferry dock.

Returning to Orcas again in the early 1960s, **Dean** worked seven years for the Department of Natural Resources. He was in charge of the fire boat, a 21' Boston Whaler that carried a portable pump and

REMEMBERING, WITH LOVE

Terry Flaherty, 1921-2004
 Mike Wareham, 1925-2004
 Moe Schaeffer, 1919-2004
 Elaine Bowman, 1923-2004

My Gift to Orcas Senior Center

Enclosed is my gift. I would like it used as follows:

- ☐ **ENDOWMENT** ★ A money gift to create a capital reserve for future major construction and maintenance expenses
 - ☐ **RESTRICTED MEMORIAL OR DONATION** ★ A money gift for one of the following purposes:
 - ☐ **MAINTENANCE FUND** ★ Used for ongoing building and grounds maintenance and repair expenses
 - ☐ **BUILDING FUND** ★ Used for either current or future construction and major maintenance expenses. Giving Orchard named tiles, available for donations of \$100 or more, are used for this purpose.
 - ☐ **SPECIAL NEEDS FUND** ★ Used to provide emergency aid to elderly and disabled individuals
 - ☐ **PROGRAM FUND** ★ Used to cover startup and supplemental expenses for various types of programs
 - ☐ **UNRESTRICTED MEMORIAL OR DONATION** ★ A money gift to the Orcas Senior Center to be used as determined by the Orcas Senior Center Advisory Committee
- If you are thinking about a legacy gift or bequest of property transferred to the Orcas Senior Center by a will, one of our Advisory Committee members will be happy to provide you with the appropriate forms and a brochure describing the benefits of giving in this way.

(DEAN, continued from Page 2)

1,400' of firehose to out-of-control fires as far away as the north end of Whidbey.

"Our first season, we had 30 fires," he recalls. "Haven't been as many in any year since."

Part of the reason for that, he noted, was that people used to come up on the beaches and build fires, then leave them untended. With the advent of more state parks and camping facilities, as well as more homes built along the shoreline, there are fewer such fires.

"Dean was always helpful to others," recalls John Willis, whom Dean recruited for DNR work in the 1970s.

Helen, who died in 1991, named the enormous dog who lives with Dean in the family home at Obstruction Pass. The dog, half Great Dane and half Lab, is called Cra-o, a term which is Gaelic for "small dog."

"I enjoy living here. It seems like a friendlier neighborhood. I know most of the people in Olga," Dean said. "I sometimes go to sleep listening to the Olga Symphony." JK-T

Orcas Senior Signal
Jan Koltun-Titus, Editor
Linda Tretheway, Jo Anne Bastron,

Associate Editors
 This newsletter is published by Orcas Senior Services, PO Box 18, Eastsound, WA 98245. We invite contributions from all Orcas Senior Center members and friends. Deadline for the November, 2004, issue: October 10. Email: jank@co.san-juan.wa.us

Senior lunches are on Tuesdays
& Fridays, 11:30-1 PM
in the Betty Lundeen Room.
Want to know what's for lunch?
See Menus, Page 5

October SENIOR SIGNAL
Page 4
**ORCAS ACTIVITIES
CALENDAR**

October Cake Bakers:
**Madeline Haffey,
Irene O'Neill,
Gretchen Shelton,
May Shiozawa,
Veronica Thornton**

October host & hostess:
Wally & Trudy Erwin

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
ABBREVIATIONS: LR = Lundeen Room MP = Multipurpose Room CR = Conference Room * = reservations at office (2677) necessary. All classes must be paid for at time of registration.		Sept. 29 Elder Abuse & Fraud Prevention Forum, (See Story, P. 1)		1	2 Caroline Buchanan's Basic Watercolor Weekend, 10- 4 PM today & Sunday*
4 10 AM and 1:30 PM tai chi* (LR) 1 Caregivers' Group (MP)	5 Library Lady at lunch + Blood pressure at nurses' office	6 1-4 PM Xmas ornament making with Ebba Brophy*	7 2-4 PM Go for Baroque* (LR) 10:30-3 PM Watercolor Workshop* (MP)	8	9 / 10 4:30-7:30 PM Freeholders Candidates' Forum
11 10 AM and 1:30 PM tai chi* (LR) 1 Caregivers' Group (MP)	12 Western Hearing Aid Clinic*	13 10 AM S-HHH! (hard-of- hearing) 1-4 PM Xmas ornament making *	14 2-4 PM Go for Baroque* (LR) 10:30-3 PM Watercolor Workshop* (MP)	15 Luncheon speaker: Rosemary MacGregor	16
18 10 AM and 1:30 PM tai chi* (LR) 1 Caregivers' Group (MP)	19 Costco Hearing Aid Clinic* 6 PM Senior Supper	20 1-4 PM Xmas ornament making *	21 Mainland shopping Trip* 2-4 PM Go for Baroque* 10:30-3 PM Watercolor Workshop* (MP)	22	23
25 10 AM & 1:30 PM tai chi* (LR) 9:30 AM (Lopez) 55-ALIVE! Call 468-2421 1 Caregivers	26 Birthday lunch	27 1-4 PM Xmas ornament making *	28 2-4 PM Go for Baroque* (LR) 10:30-3 PM Watercolor Workshop* (MP)	29 Noon talk by Rosemary MacGregor Indiv. meetings 1-5 PM Rm. 28	30

Parzival Myth to be Explored in October Art Show

The October show at Orcas Senior Center will be "Parzival and the Quest for the Grail," a set of 12 paintings by Marga Englehartson, a long-time Orcas artist.

The myth was written in verse form in the early 13th century. "The story... is a 'coming of age' one that is still meaningful in our time," Englehartson noted: "Parzival's quest for the Grail mirrors our own individual search for the 'Grail,' whatever we perceive it to be."

Her paintings, done in soft pastels, follow the color theory developed by J.W. von Goethe and Rudolf Steiner. Each painting uses one "theme color" depicting the psychological development of the hero.

Orcas Parks Board Member Needed

The San Juan County Parks Board needs one member to meet once a month, mostly on San Juan Island, to help make decisions regarding building, space, facilities, recreation, and the Orcas Island Recreation Program. If you would like more specific information, please call Dona Wuthnow, 370-7452.

Hearing Information

FROM SUSAN KOSIUR & the Northwest Lions Foundation (NWLFF)

Hearing loss affects more people in the USA than heart disease, cancer, tuberculosis, venereal disease, and kidney disease combined. One of every 10 persons is affected to some degree.

Despite the magnitude of the problem, hearing studies attract less than one percent of the dollars spent on medical research.

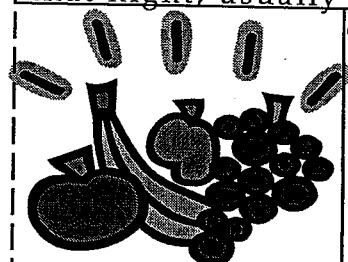
The average midlevel-quality hearing aid costs \$1,600 per ear. Most health insurance does not cover hearing aids.

A European study—the Maastricht Report (1999)—shows that hearing loss is one of the disabilities that can be treated

(Continued on Page 6)

October Menus

Amy Raven will be on vacation Oct. 7-19, and our able chef will be restaurateur Sue Kline. Served at noon on Tuesdays and Fridays, lunch requires no advance registration. On the third Tuesday, there is no lunch as we serve Senior Supper that night, usually with entertainment.



1

fish Primavera
scalloped potatoes
Capri veggies
broccoli &
cauliflower salad
chocolate cake

5

beef fajitas
w/flour tortillas
Spanish rice
refried beans
sherbet

8

pizza
salad bar
cookie for dessert

12

spaghetti
green beans
romaine salad
garlic bread
peaches

15

breaded cod
rice pilaf
Scandinavian veggies
cole slaw
M&M cookie

19

Senior Supper

Oktoberfest!
bratwurst
red cabbage
sauerkraut
hot potato salad
apple cake

22

garden tomato soup
turkey & cheese
sandwich
brownies

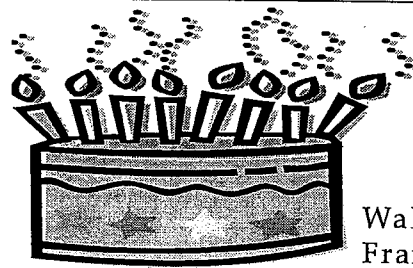
26

savory chicken
mashed potatoes &
gravy
Brussels sprouts
applesauce

29

French dip au jus
tater tots
peas & carrots
orange, banana, &
pineapple salad

Happy October Birthdays!



Time
to
think
about
baking
for This
Gifted
Island
Holiday
Fair,
Nov. 27!
AND
YOU
COULD
WIN
THE
QUILT
OR THE
SET OF
ISLAND
AUTHORS'
BOOKS,
and
more!!

Stan Englehartson	2
Larry Lindberg	2
Maureen Burlew	4
Jim Allan	4
Annie Allan	5
Irmgard Conley	6
Annette Clark	6
Sara Jane Johnson	6
Sage Conley	6
Frank Bret	7
Gundrun Goodrich	7
Harriet Miller	7
Harold Asper	8
Sharin Lee	8
Sandra Bronson	8
Andy Forbes	9
Maurine Taylor	10
Galen Burghardt	13
Bloddie Bruce	13
Eileen Dean	13
Janet Finnerty	14
Claire Thomas	14
Wally Barrow	14
Betty Williams	15
Margot Shaw	15
Dave McPeake	16
Betty Sumrall	16
Richard Evans	16
Marian Gerard	16
Karen Key Speck	16
William Anders	17
Barbara Trunkey	18
Catherine Pedersen	19
Ann Griot	19
Terry Hopkins	19
John Babcock	20
Betty Hall	20
Sandy Huie	20
Karen Ritter	21
Alice Peacock	23
Irma Williamson	24
Lew Lehmann	24
Sarah Geiser	24
Evelyn Jensen	24
Madeline Haffey	25
John Heath	25
Marsha Harris	28
JoEllen Moldoff	28

Happy October Anniversaries!

Wally & Josie Barrow	10/06/51
Frank & Lillian Rouleau	10/07/50
Robert & Lorraine Lucas	10/08/66
Glen & Eloise Monson	10/21/71
Norm & Mary Ann Carpenter	10/24/76
Larry & Heidi Lindberg	10/25/75
Bob & Lolly Halverson	10/26/51
Ken & Karen Key Speck	10/29/83

(BIRTHDAYS, cont. from col. one)

Kenneth Day	29
Odetta "Dee" Coughlin	29
Beatrice Ranker	30
Elaine Omer	30
Frances Suzick	31
John Liger	31
Patsy Stephens	31
Mary Boberg	31

Rosemary MacGregor to Offer Breathing Consultations

Rosemary MacGregor, RN, MS, biofeedback therapist, will return to speak on "Proper Breathing" at Senior Lunch on Friday, October 15.

After lunch, she will be available for individual, hour-long consultations, at \$50. Reservations are needed; call 376-2677.

(Continued from Page 5)
most inexpensively, and with the greatest benefit.

Although hearing aids are better than ever, and many hearing-impaired people would benefit from using them, only one out of five persons who need hearing aids actually have one.

SERVICES WE PROVIDE & WHOM TO CALL



Lunch: Served twice a week. Orcas lunches are Tuesdays and Fridays. No reservations needed. Donation: \$3.

Home Delivered Meals are available for the homebound and can be delivered twice weekly. Additional frozen meals also can be delivered. Call **Jan** to arrange. Donation: \$3.

Senior Suppers are served in style, third Tuesdays at 6 PM. \$5.

Senior Transportation:

On lunch days volunteers provide transportation in vans. They also stop, after lunch, at the post office, store, and for some individual needs such as

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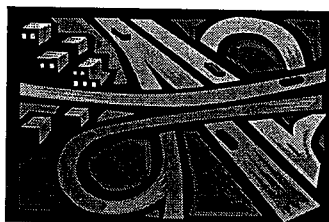
Mainland Medical transportation for non-emergency appointments with doctors and other practitioners. Reserve as early as possible, through **Linda** or **Jo Anne**. \$10.

Senior Trips: Mainland shopping trips on the third Thursdays; reservations needed. Recreational trips about once a month, planned by the Travel Committee; check with **Linda**. Suggested mainland-trip donations: \$10.-\$20.

Information and Assistance: (Staff) This program will help you find needed information about services and resources.

Elderlaw Clinics: Half-hour sessions with elderlaw attorney **Cy Field**, by appointment, at Senior Center. Usually on second Tuesdays. Check the Signal Calendar; call **Jan** to schedule.

Case Management services are available to assess and offer options to those in need. For this and Respite, call **Jan** for more information.



Blood Pressure Clinic Second Tuesdays around mid-day. Free. No reservations needed. **Mary Totten**, Public Health Nurse

Foot Clinics: Reservations needed, through the Front Desk. No clinics in October, but three dates in November (19th, 22nd & 23rd). Cost: \$12. Please remember to bring your own towel. **Barbara Fleming**, RN.

Hearing Screenings by Costco and Western Hearing. Dates in monthly *Senior Signal* Calendar. Call Front Desk for appointment.

HELP IS JUST A CALL AWAY

Loan Closet We have wheel-chairs, walkers, canes and crutches for temporary loan.

Special Needs Fund Limited emergency assistance when no other funds are available. Call Senior Services (**Jan**) for additional information and qualifications.

Weatherization Assistance to reduce energy costs. Income dependent. 1-888-586-7293.

Dental Assistance: Serves low-income seniors with up to 25 percent reduction in costs by participating dentists. Call Senior Services.

Lifeline Emergency Monitoring Service Call **Terry Slocombe**, 378-9490.

P.A.L. Assistance with winter electrical costs. Call **OPALCO** 376-3550.

SHIBA Medicare and insurance questions: Call the Medical Center, 2561, to make appointment with **Peg Griswold**.

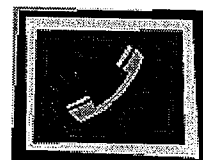
DSHS Medicaid help. 378-4196.

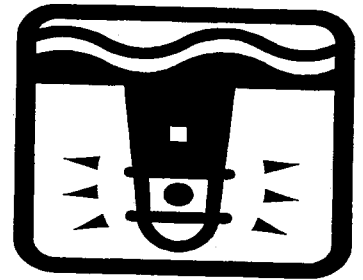
Social Security 1-800-772-1213

Medicare 1-800-444-4606

Veterans' Admin. 1-800-827-1000

Faith in Action Orcas Volunteers Trained volunteers, together through a grant locally sponsored by Lahari, provide one or two hours a week of practical assistance with such services as caregiver respite, errands, light housework, meal preparation, shopping and companionship. Call **Linda Abbott**, 376-7723.





Orcas Senior Signal

Senior Services Council of San Juan County
PO Box 18
Eastsound, WA 98245

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Eastsound, WA 98245

'Affordable Hearing Aids' Now Sponsored by Lions Under New Program

The Northwest Lions Foundation (NWLF) is now making a high-quality, digitally-programmable analog, behind-the-ear (BTE) hearing aid available to low-income patients, through hearing professionals working with NWLF.

This hearing aid, called the Affordable Hearing Aid (AHA), can be fitted by audiologists to specific patient needs, and with user-friendly software provided by NWLF, can help anyone with a mild to moderately severe hearing loss.

NWLF will continue to collect hearing aids, and will refurbish in-the-ear and in-the-canal aids, and BTEs that are fully digital.

The new BTEs will be offered first in the Northwest. Product features will include directional microphones, multiple bands and channels (four each), and other features using fully digital technology. These will be available for income-qualified (low income) patients on a four-

tiered pricing model, and will be offered to Lions members at one tier below that for which they qualify.

The highest possible price for the NWLF-sponsored AHA is \$450, plus audiologist fees; the lowest price is \$100 (also plus the fitting fees).

Someone living in a single household would qualify to purchase an AHA if the annual income was \$26,940 or less. For a five-person household, the annual income could reach \$64,620 before that person could be excluded from eligibility.

For further information, including complete income-qualified pricing guidelines, contact NWLF at 1-800-847-5786.

This program is activated by local Lions clubs, which sponsor and pay for patient testing and fitting.

**Flu shot
Concerns?**

Check with our
Front Desk; we'll try
to keep you current
when vaccine is
available!

Orcas Senior Signal

Senior Center Hours 9 AM-4 PM, Monday-Friday
P.O. Box 18, 62 Henry Rd., Eastsound, WA 98245

Volume IX, No.11 • November, 2004

360 376-2677 (V/TDD) • FAX 360 376-5465

Website: www.Orcasseniors.org

Friendship Quilt to Be Raffled at Fair

Creative effort among Orcas seniors and others has resulted in a Friendship Quilt that will fit the top of a queen-sized bed or grace a wall. It carries the hand-embroidered signatures of 36 islanders aged from mid- 60s to 102 years, together with an appropriate symbol for each.

It is being raffled, together with a library of island authors (See story, p. 2) and many more prizes. For tickets, come to the Front Desk, or chances will be sold at Island Market and here on the day of the Holiday Fair, Nov. 27. The drawing will be held at 3:30 PM in the Senior Center's Front Lobby.

This project started last January, when Jo Anne Bastron, our office manager, remembered seeing one while she was working as a volunteer at the Orcas Island Historical Museum.

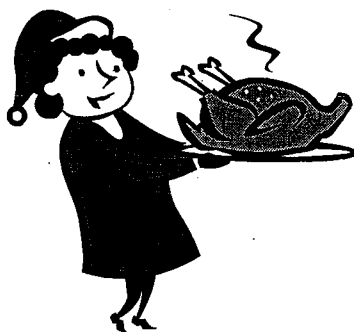
The 36 seniors wrote their names on muslin squares, which then were embroidered, either by the signee or by experienced needlewomen, headed by Irene O'Neill. The embroiderers added a symbol characteristic of each signer or their family.

The quilt is dedicated to the late Rosalie Chantiny, and Irene is embroidering a special backing square with a northwest native symbol for the woman who contributed so much time, talent, and treasure to Orcas over many years.

Betty Jean Hall did the quilting, adding an attractive border.

Friendship Quilts, dating at least a few centuries back, used to be made as bridal gifts, bearing the signatures of all who wished the new family well. This

(Continued on Page 6)



This Gifted Island Holiday Fair '04: Exhibitors, Food, Fun

Skilled and varied offerings from innovative Orcas artisans promise to make This Gifted Island Holiday Fair '04 the best in its three-year life! Thanks to a new floor map drawn by Richard Arnold, improved traffic flow will make it easier for

everyone to view the lovely works at the Senior Center.

Admission: \$1, or two cans of food for the Food Bank, also gets you a raffle ticket toward a prize of your choice. (See story at left.)

The Tea Room will remain open throughout the Fair, both for patrons and exhibitors to enjoy home-made goodies and "time out" from

the bustling scene. Irene O'Neill and Marylou Cobb co-chair this relaxing room.

More glorious food: Dora Blake and Phyllis Wilkinson will chair the baked goods tables in the front lobby.

Rebekah Selwyn, this year's Fair chair, and others started early in September to prepare for the Nov. 27 extravaganza, which produces a large share of the funds needed to operate the Senior Center as well as tidy income for many artisans. These include:

Shirley Aggas, hand-painted pottery; Richard & B.J. Arnold, fused glass art; Salim Bailey, cards, prints, and magnets; Christine Bean-Hearne, soft orca whales & other marine life; Sallie Bell Designs, jewelry, clothes, and antiques; Oak Boesky, fabric art including embellished jean jackets, home decorating items, purse and quilts; Antoinette Botsford, beadwork;

(Continued on Page 5)

Qualified Teachers of Tai Chi, Yoga: 'Double Home Run'

A good, experienced teacher is worth what we wish we could pay them: at least their weight in diamonds! An extraordinary group have presented classes, workshops, and talks in recent months. Two such 'home run' teachers will present eight-week classes starting in January: **Joan Roulac**, tai chi; and **Sara Dailey-Smith**, yoga.

Those of you who have taken Joan's classes know her background and accomplishments. We are also pleased to welcome Sara, who has 20 years' experience in therapeutic and recreational yoga along with certifications in yoga, gerontology, stress management, PACE (safe exercise for persons with arthritis), and clinical nutrition.

Beginning January 12 at 9 AM, she will teach an hour-long gentle yoga class once a week for eight weeks; the class can be expanded to twice weekly if there is sufficient response.

Her class will focus on safety, different levels of ability, stretching, breath and relaxation to enhance health.

Transportation can be provided if you will indicate that when signing up.

"Sessions will start with chair work. Then people who can, will go to standing, or stay in their chairs. When we do some floor work, participants will have the option of staying in the chair. We'll also do some work on breathing, getting more oxygen into the brain," said Sara, who has worked with people in wheelchairs and many others during her two decades of teaching.

The eight-week class will cost \$50. If enough participants opt for two classes a week during the period, they may opt for an additional \$40. Some scholarship funds are available.

Participants are encouraged to bring yoga mats if they have them; if not, mats will be available for \$12. In addition, they need to bring a small blanket, for the relaxation period at the end of the working session. JK-T

Island Authors' Donations Sought to Complete 'Shelf of Orcasians'

A shelf of books by 14 island authors—complete with its own bookshelf crafted by **Kraemer Frenger**—has been assembled to be raffled at the Holiday Fair. We are still looking for a few that, at press time, have eluded our searchers.

The most impressive inclusion, for its translations into German and Chinese as well as English, is four books of *The Ferret Chronicles* by **Richard Bach**: *Rancher Ferrets on the Range* (in American English); *Ferrets in the Air* (in German); *Rescue Ferrets at Sea* (in English); and *Writer Ferrets: Chasing the Muse* (in Chinese).

The variety of interests and skilled writing of all contributors makes this bookshelf one that will stimulate your winter's reading. These include:

Tom Carroll, *Build Your Own Combat Robot*; **Suzan Chamberlayne**, *As I Breathe, Poetry of Nature*; **Margaret Doyle**, *The Fisherman's Quilt*; **Daniel Gottlieb**, *The Galileo Syndrome*; **Tish Knapp**, *Home By Dark*; **Frank Loudin**, *Capture the Charm of Your Hometown in Watercolor*; **Jan Loudin**, *The Witch & the 'Roo of Wicky Woo*;

Barbara Meyer, *Sketching in the San Juans... & a Bit Beyond, and More Sketches: Carmel to Orcas Island*; **Noel Murchie**, *The Accidental Hermit*; **Anita Orne**, *Duck the Pup*; **Christopher Peacock**, *Rosario Yesterdays*; the late **Moe Schaeffer**, *God's Hillbilly*; the late **Bill Urschel**, *A Thought, A Jiggle, A Chuckle, and Orcas' Smiles*; the late **Betty Whitridge**, & others, *Fourteen San Francisco Women Tell Their Stories*.

Mark Your January Calendar For A Foot-Stompin' Good Time!

If all these January events, such as tai chi and yoga, are enough to cause you to start your 2005 calendar early, here's another to add: on Friday, Jan. 7, **Melinda Milligan** will lead a line-dancing class at 7 PM, with potluck supper beforehand, around 6 PM. (You'll get another reminder next month!)

My Gift to Orcas Senior Center

Enclosed is my gift. I would like it used as follows:

- ☐ **ENDOWMENT** ★ A money gift to the Orcas Senior Center Building Fund to create a capital reserve for future construction and major maintenance expenses
 - ☐ **RESTRICTED MEMORIAL OR DONATION** ★ A money gift to the Orcas Senior Center for one of the following purposes:
 - ☐ **MAINTENANCE FUND** ★ Used for ongoing building and grounds maintenance and repair expenses
 - ☐ **BUILDING FUND** ★ Used for either current or future construction and major maintenance expenses. Giving Orchard named tiles, available for donations of \$100 or more, are used for this purpose.
 - ☐ **SPECIAL NEEDS FUND** ★ Used to provide emergency aid to elderly and disabled individuals
 - ☐ **PROGRAM FUND** ★ Used to cover startup and supplemental expenses for various types of programs
 - ☐ **UNRESTRICTED MEMORIAL OR DONATION** ★ A money gift to the Orcas Senior Center to be used as determined by the Orcas Senior Center Advisory Committee
- If you are thinking about a legacy gift or bequest of property transferred to the Orcas Senior Center by a will, one of our Advisory Committee members will be happy to provide you with the appropriate forms and a brochure describing the benefits of giving in this way.

Special Thanks To...

Island Hardware & Supply, for lumber used by a local builder to make a ramp for someone who needed it.

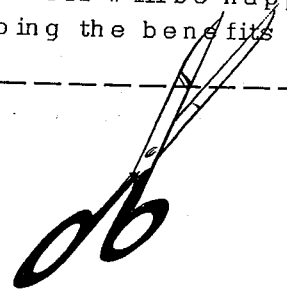
The high-school student, Elena, whose last name we could not verify, who cleaned up a large mess of glass at the top of Henry Road. This girl did what several "grown-ups" who drove past the mess, did not do!

The Anonymous Donor who provides funds for meal tickets, which are used by persons who enjoy the lunches but can't stretch their budgets to cover the cost. This program has been successful for several months.

If you are in this boat, either temporarily or for the foreseeable future, please contact Jan. Your tickets will be mailed to you, and as they are exactly like the birthday-gift tickets, confidentiality is maintained. Some folks use them to supplement their budget, pay when they can, and use tickets at other times. Perfectly acceptable!

Shoppers to Travel to Everett

The November 17 off-island trip will take shoppers to Trader Joe's in Everett, to the Tulalip Casino and Super Wal-Mart in Marysville. The group will leave on the red-eye. Register at the Front Desk. Cost: \$15.



Thanks!

Orcas Senior Signal
Jan Koltun-Titus, Editor
Linda Tretheway, Jo Anne
Bastron,

Associate Editors

This newsletter is published
by Orcas Senior Services,
PO Box 18, Eastsound, WA
98245. We invite

contributions from all
Orcas Senior Center
members and friends.

Deadline for the December,
2004, issue: November 10.

Email: jank@co.san-juan.wa.us

Senior lunches are on Tuesdays
& Fridays, 11:30-1 PM
in the Betty Lundeen Room.
Want to know what's for lunch?
See Menus, Page 5

November SENIOR SIGNAL
Page 4
**ORCAS ACTIVITIES
CALENDAR**

November Cake
Bakers: **Jeanne
DeLong, Myrna
Wood, Arjean
Filmer-Bennett,
Katie Jensen, Marlia
Starwater**

November host & hostess:
Cal & Clarena McLachlan

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 10, 1:30 Tai Chi (cont.) 1 Caregivers' Group (MP)	2	3 9-5 AARP Def. Driving* 1-4 PM Christmas Ornament Making (Ebba Brophy) (cont'd)	4 10-12:30 Fadem lit (cont'd) 2-4 Bonner music (cont'd)	5 1 Discussion: Eating Through the Holidays (Jan)	6 November art show up: Steve Hill, pastels
8 10, 1:30 Tai Chi (cont.) 1 Caregivers' Group (MP)	9 Western Hearing Aid Clinic*	10 1-4 PM Christmas Ornament Making (Ebba Brophy) (cont'd)	11 VETERANS' DAY - CENTER CLOSED	12	13
15 10, 1:30 Tai Chi (cont.) 1 Caregivers' Group (MP)	16 Hearing Aid Clinic* 6 Senior Supper	17 10 S-HHH! (hard-of- hearing) Mainland shopping Trip: Trader Joe's (Everett) & more!*	18 10-12:30 Fadem lit (cont'd) 2-4 Bonner music (cont'd)	19	20
22 10, 1:30 Tai Chi (cont.) FOOT CARE CLINIC* 1 Caregivers' Group (MP)	23 Costco FOOT CARE CLINIC*	24	25 Senior Center closed: Happy Thanksgiving!	26 Senior Center open for crafts vendors to set up tables	27 10-4 This Gifted Island Holiday Fair & Raffle
29 10, 1:30 Tai Chi (cont.) 1 Caregivers' Group (MP)	30 Birthday lunch	November is National Family Caregiver Month!	ABBREVIATIONS: LR = Lundeen Room MP = Multipurpose Room CR = Conference Room * = reservations at office (2677) necessary		

(HOLIDAY FAIR, cont. from page 1)

Ebba Brophy, hand-painted ornaments; **Merry Bush & Sandra Osterhouse**, hand-made Santas, fabric crafts; **Janice Cook**, crocheted items & wood plaques; **Jill Curtiss**, beaded jewelry, including necklaces, bracelets, watches, earrings, ankle bracelets, eyeglass holders, bookmarks; **Andrea DuMont & Tony Howard**, wood crafts, textiles, & jewelry;

Karen Eberle & Jan Titus, pillar candles, decorated with Japanese paper & vintage music, & lavender neck rolls, sachets & dryer bags; **Trudy Erwin**, pottery; **Didier Gincig**, 16" inflatable Earthballs, globes created from photos of earth from space, "Planet Orcas" t-shirts & hats; **Bill & Gail Glass**, fused glass earrings & jewelry, dishes; **Francis Greth-Peto**, pottery; **Kaleidoscope/Amber Minnis**, cookbooks, Christmas cards, raffle, bake sale;

Rob Kirby, sauces, spices, coffee; **Madrona Farms (Gary Franco & Alberta Plate)**, berry jams, jellies & syrups; **Rita McKinney**, cards, paintings, calendars; **Eliza Morris**, Island Thyme Herbs, Handcrafted soaps, lotions, creams, balms, & massage oils;

Michaeline (Binka) Nicol & Mandy Nigretto, sweets (candy, fruitcake), metal crafts, Christmas decorations; **Orcas Island Historical Museum**, books on local history, notecards, & t-shirts; **Orcas Island Medical Guild**, sweatshirts, potholders; **Anita Orne**, *Duck the Pup* children's book; **Maria Papademetriou**, ceramics, tiles, sculpture, decoupaged wooden boxes, jewelry;

Loretta Poschman, felted hats, bags, other crochet & knitted crafts; **Joyce Shaw**, hand-sewn items; **Nancy & Lewis Spaulding**, hand-made journals, cards, matted & framed 8x10" pastels; **Marcia Spees**, original watercolors & reproductions, notecards, postcards; **Gail Toombs**, prints, cards, jewelry, candies; **Lorna Vester**, Driftwood Nursery, poinsettias;

Cathy Vierthaler & Audrey Wells, hand-knit and hand-woven items, hand-painted silk scarves, beaded items; **Adam Warachowski**, hand-turned wooden bowls and other art objects; **Jennifer Welch**, Caprabella goat milk soap and other hand-crafted toiletries; **Jim Wester**, ironwork.

November Menus

Lunches by our culinary artist, **Amy Raven**, are tasty & fun. Served at noon on Tuesdays and Fridays, they require no advance registration. On the third Tuesday, there is no lunch as we serve Senior Supper that night, usually with entertainment.

2

Minestrone soup
Tuna melts
Spinach salad
Fresh fruit

5

Cabbage rolls
Red Potatoes
Squash
Fruit salad

9

Chicken tortilla
casserole
Broccoli
Normandy
Garden salad
Brownies

12

Beef stew
Biscuits
Garden salad
Peaches, pears &
apricots

16 DINNER

Roast turkey w/
dressing
Cranberry sauce
Broccoli
Mashed potatoes
& gravy
Pumpkin pie

19

Taco salad
Spanish rice
Corn bread
sliced oranges

23

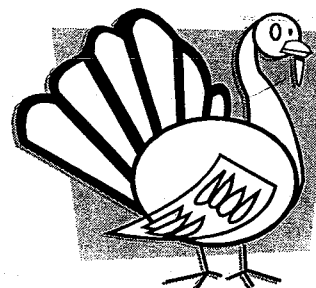
Baked chicken
Mashed potatoes
& gravy
Peas & carrots
Garden salad
Apple crisp

26

**No lunch;
Happy
Thanksgiving
weekend;
Come to the
Holiday Fair
& tea on
Saturday!**

30

Stuffed green
peppers
Parslied potatoes
Capri veggies
Garden salad
Cookies &
Birthday Cake!

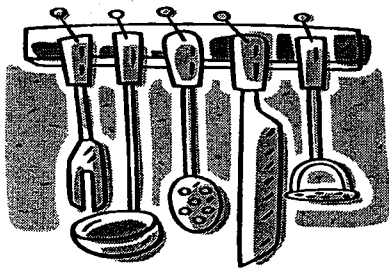


'Eating Through the Holidays' to Be Discussed Nov. 5

Can knives & forks and kitchen utensils be weapons of mass destruction? On Nov. 5 at 1 PM, after the Friday Senior Lunch, Jan will discuss ways to enjoy the holidays without eating food that makes you sick, or even too much of foods that are healthy!

The discussion, with lots of room for participants' comments, will include some handouts. Jan holds a Master of Public Health degree and has written extensively about nutrition in conjunction with the dietitians' group from Brigham & Women's Hospital in Boston.

Especially in view of the flu-shot shortage, we all need to take better care of ourselves this winter. That includes drinking plenty of water, getting enough exercise, and eating sensibly. It does of course not include using sociability as an reason to gorge, and ways to avoid that also will be presented.



(Continued from Page One)

quilt, likewise, carries the goodwill of a cross-section of seniors and their pals.

Raffle tickets are \$1 or six for \$5.

Maggie Schuler is in charge of the raffle, which will have a new twist this year: ticket purchasers will be able to choose the prize for which they want to deposit their tickets. Individual containers for each prize will be available. A huge drum is being constructed, to be sure that all the tickets get aired out and don't clump together.

At the raffle, each container will be emptied into the drum and whirled several times before the lucky ticket is drawn.

Happy November Birthdays!

Jorg Reinholt	2
Judy Evans	4
Ray Brogi	5
Bob Gropper	5
Betty Eagan	5
Bev Jenkins	6
Josie Barrow	8
Carol Ely	8
Jean Weir	10
Frieda Nichols	11
Frances Harvey	11
Jim Ohlman	11
Barbara Teague	12
Norman Carpenter	13
Velma Doty	13
Chase Riveland	13
Jack Sheedy	14
Janet Booth	17
Bob Miller	19
Clyde Teague	19
Mary Ann Carpenter	21
Lois Baney	22
Jean McLaughlin	23
William Johnson	23
John Abbenhouse	25
A.B. Pontecorvo	25
Margerite Gudgeon	25
Rex Stiffler	25
Ellen Harboe	26
Doug Schliebus	26
Marie Saltis	27
Monterey Bravinder	27
Doris Schonberger	28
George Karnikis	28
Jan Loudin	29
Donna Ballanger	30

Happy November Anniversaries!

Dick and Mary Boberg	11/04/72
Bill and June Felber	11/09/67
Joe and Frieda Nichols	11/13/54
Doug and Joyce Pearson	11/21/64
John and Rose Beckwith	11/24/55
Bill and Sherry Harpham	11/24/76
Frank and Elizabeth Bret	11/26/??
John and Marilyn Erly	11/27/??
Hal and Irene Syrstad	11/27/37
Lee and Heather O'Malley	11/28/48
William and Lorraine Stevens	11/29/99

SERVICES WE PROVIDE & WHOM TO CALL

The Front Desk, Jan, Linda, and JoAnne can be reached at 376-2677.



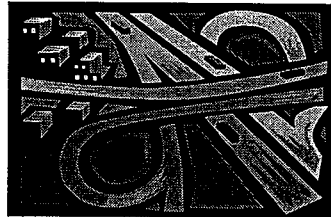
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Information and Assistance: (Staff) This program will help you find needed information about services and resources.

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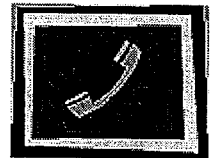
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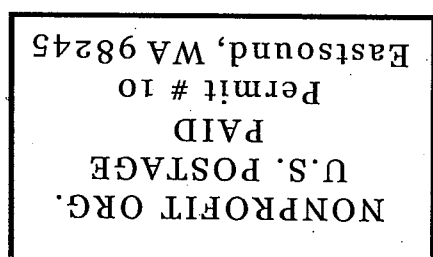
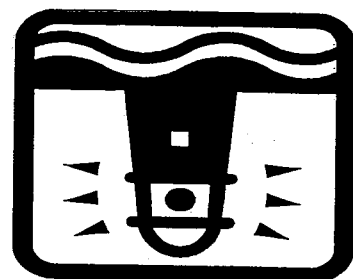
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Call Linda Abbott, 376-7723.



Orcas Senior Signal

Senior Services Council of San Juan County
PO Box 18
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AARP 55-Alive! Defensive Driving Here Nov. 3

The 55-Alive! Defensive Driving class will be taught here Nov. 3, 9-5. The instructor will be **Blake Thompson** from Anacortes. Originally from California, he is an experienced instructor who has sat in on other teachers' classes and has familiarized himself with Washington state laws, according to **Ann Hanover**, AARP coordinator in Anacortes.

This eight-hour class makes it possible to get discounts on auto insurance.
Cost: \$10.

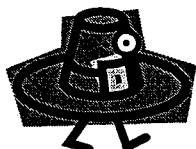
Watercolor Workshops to Meet Through Winter

Caroline Buchanan's watercolor workshops will meet here every other Thursday, January through March. Single-workshop cost: \$50. Sign up at the Front Desk.

Nominating Committee Produces Slate of New Advisory Members

The Nominating Committee (NC) has named **Wally Logan** and **Helen Bee** for positions on the Advisory Committee. The ballot will be in your December newsletter. Write-ins also are acceptable. The new members will take office in January.

NC members are **Libby Blackwell**, **Ed Peterson**, and **Judy Binney**.



Betty Hall Quilt
Show
all month

Orcas Senior Signal

Senior Center Hours 9 AM-4 PM, Monday-Friday
P.O. Box 18, 62 Henry Rd., Eastsound, WA 98245



Volume IX, No.12 • December, 2004

360 376-2677 (V/TDD) • FAX 360 376-5465

Website: [www. Orcasseniors.org](http://www.Orcasseniors.org)

Hi-Ho! Come to the Fair!

Come to This Gifted Island Holiday Fair and enjoy! At press deadline, we are racing to get this into your mail box before the Fair, 10-4 PM on Saturday, November 27.

Excitement is running high to find out if the Distinguished Persons' Friendship Quilt will remain on the island, and the 52 vendors are polishing their beautiful crafts to delight your eye as well.

Time Out, the tea-room, is preparing hundreds of sandwiches, cookies, coffee and other beverages. The baked-goods table will add pizzaz to any party you are planning. Trailblazers' 4-H club is adding extra excitement this year with pony rides at the north end of the building.

It is rumored that Santa Himself will serve as Master of Ceremonies, and will also be available for photo ops.

Your presence will make the whole event more worthwhile! Please join us for the festivities!

Botsford to Present 'Holiday Tales' Dec. 19

Antoinette Botsford, whose story-telling talents shine at local, regional, and national events, will present "Holiday Tales for Young and Old" at 2 PM Sunday, December 19, in the Lundeen Room.

Her program, aimed at ages 7-up, is both educational and entertaining.

Hot cider and cookies will be served.

Diane James is chairing the event, which is free and open to the public. There will be a donation basket at the door.

Join the Fun!

Plan to stay after lunch on Tuesday, Dec. 7, to decorate our lobby tree! Bring an ornament from home or use our extensive collection!

And on Sunday, Dec. 19, 2 PM, come to hear Antoinette Botsford tell "Holiday Tales for Young & Old." (See story, Col. 1.)

Take A Rest In December; Many Classes Begin In January

A smorgasbord of classes will begin at the Senior Center in January; any of them would make a great Christmas gift that would last longer than most gadgets.

Sign-up sheets are at the Front Desk for several classes, notably including a six-week women's group, Becoming Visible, at 10:15-11:45 Tuesdays from Jan. 11-Feb. 22, with a day off Feb. 15. Cost: \$50.

How are we visible instead of invisible through life's transitions, from mothering to working outside the home, from working (paid or volunteer) to retirement? What are the new relationships with children and others as we age? What parts of ourselves do we want to become visible as we age? What skills do we need for successful change?

Pat Littlewood, PhD, will serve as resource person for this group, in which focused discussions will center around how we view life changes.

The above group is one of our Family Caregiver events, which means that if you are caring for a family member and would like to come to the group, we will help you

(Continued on Page 3)

Medicare Beneficiaries May Qualify for \$600 Prescription Drug Credit in 2005

By **Bill Hodge**, BenefitsCheckUp Director of Training and Customer Support

Doris, a 70 year old woman living in Seattle on an income of \$978, was very happy when she found out she could get two expensive medications she takes for free. A number of months ago she signed up for two manufacturer-sponsored prescription assistance programs that now save her \$152 a month.

She found out about these prescription drug assistance programs through the local senior information and assistance office. What **Doris** didn't know until recently was that she also qualifies for a Medicare-approved drug discount card that includes a \$600 credit toward the purchase of other medications she may be taking.

Many Medicare beneficiaries, including **Doris**, have heard about the new Medicare-approved drug discount cards but have not been sure if they should sign up for one, or how they would choose the best card for them. In Washington State over 30 companies offer a Medicare-approved card.

"It's important to have an advocate to help you sort through all the information and apply for these programs that can save you money on your medications," **Doris** said. An advocate at Senior Services has now helped **Doris** apply for a Medicare-approved discount card that will include the \$600 credit. Seniors can also go to The National Council on the Aging web site www.BenefitsCheckUpRx.org to find out which Medicare-approved discount card or other assistance programs would save them the most money on their medications.

Individuals on Medicare with an annual income of less than \$12,569 a year (\$16,863 for a couple), who do not have

(Continued on Page 6)

New AC Members: Varied Careers, Community Work

Looking at the four new candidates for the Advisory Committee, which manages the nonprofit that built and owns 51 percent of our Senior Center & County Building, one is reminded of **Beth Jenkins'** favorite saying about our inhabitants: "There are no plain vanilla people on Orcas."

The candidates:

Helen Bee, PhD, newly-retired professor, has written a current textbook on early childhood development, along with other books that have been translated into several languages. She and her husband, also a retired academic, moved here about a year ago from Madison, Wisconsin. They have two grown children.

Ellen Emery, who edited the Garden Club newsletter for four years, has been a teacher, and has worked in TV and radio at Ohio State University. For ten years, she directed adult programs for the YWCA in Lansing, Michigan. She and her late husband and two children also ran a hunting and fishing camp in Ontario, Canada.

Frederika Kundig taught biology at Towson (MD) State College. She is best known here for the Orcas Women's Study Group, which meets monthly, September-June, to hear papers and book reports by its members. She also has been active with the Buck Mountain Neighborhood Association. She and her husband have a daughter in Philadelphia.

Wally Logan served as a Naval officer and pilot, then worked with Rockwell's satellite systems division. Since he landed among us, he has been Commodore of the Orcas Yacht Club, and currently is on the boards of Friends of the Library and the Orcas Youth Sailing Foundation. He and his wife have a "blended family" of six offspring.

(Continued From Page One)

find a volunteer to care for your relative, and/or provide a group experience for him or her, here in the Senior Center. Contact Jan, 2677, for further information.

Beginning Jan. 6, **Caroline Buchanan** will teach watercolor classes, 10 AM-3 PM every other Thursday through Feb 3. Cost: \$90 for this three-part series. The second three-part series, which begins Feb. 17, alternate Thursdays through March 17, also will cost \$90.

Caroline's entire series will be focused on color, a good subject during the greys of our winter months. Starting with the value of color, on Jan. 6, her Jan. 20 class will explore color in light and shadow. The Feb. 3 class will be The Sound of Color, working with color chords.

Her second series will be: Feb. 17, Whisper if You Want to Be Heard, glazing for subtle color; March 3, How to Get Glowing Colors; March 17, Painting the Color of Emotions. You also may register for any individual class, at \$50.

Joan Roulac's eight-week tai chi class will begin Monday, Jan. 10 at 10 AM, and a second section will be added at 1:30 PM if, as usual, this class fills up. Cost: \$50, plus \$10 for a video if that is desired. New this term will be a half-hour meditation conducted by **Joan**, 11-11:30 AM following the morning tai chi. (\$16 for the eight weeks) Meditation has proven useful for reducing perceived stress and/or anxiety, and lowering blood pressure. It can complement, rather than conflict with, any religious practice.

Our newest teacher, **Sara Dailey-Smith**, will teach an hour-long gentle yoga class once a week for eight weeks beginning Jan. 12 at 9 AM. (\$50) Sara is certified to teach yoga safely to persons with arthritis, and has special training in stress management and gerontology.

Her class will focus on safety, appropriate work for persons of differing ability levels, stretching, breathing and relaxation to increase health.

If enough participants opt for two classes a week during the period, that will

be offered for an additional \$40. Some scholarship funds are available, and as this is a Family Caregivers offering, transportation and volunteer care for a relative can be provided if you will indicate that you need it when signing up. (Best to call Jan if you wish to participate in the Family Caregivers part!)

Two Skagit Valley College classes will begin at the Senior Center in January. **Dennis Bonner's** series, Music For Romantics, starts Thursday, January 6, 2-4 PM, running through Feb. 24. Cost: \$52.50. To register, call Skagit Valley College, 378-3220. **Richard Fadem's** literature series, Great Literature: The Raw and The Cooked, also \$52.50, begins Jan. 20, 10-12:30 PM, and runs through March 10. To register, call Orcas Island Library, 376-4985.

Thanks to All Who Helped!

Rebecca Selwyn, chair of This Gifted Island Holiday Fair '04, wants to thank all the generous people who came forth with time, talent, and treasures for the event. Acknowledgments will be in the January Signal.

**HOW
ABOUT
A
SINGING
GROUP
IN
JANUARY
OR
FEBRUARY?
CHECK
WITH
JOYCE
OR JAN**

Orcas Senior Signal
Jan Koltun-Titus, Editor
Linda Tretheway, Jo Anne Bastron,


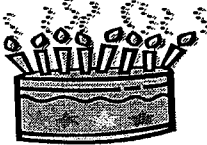

Associate Editors
This newsletter is published by Orcas Senior Services, PO Box 18, Eastsound, WA 98245. We invite contributions from all Orcas Senior Center members and friends. Deadline for the January, 2004, issue: December 10. Email: jank@co.san-juan.wa.us

Senior lunches are on Tuesdays
& Fridays, 11:30-1 PM
in the Betty Lundeen Room.
Want to know what's for
lunch? See Menus, Page 5

December SENIOR SIGNAL
Page 4
ORCAS ACTIVITIES
CALENDAR

December hostesses: Myrna
Wood & Emily Reid

Cake bakers are
taking a vacation this
month, having baked
wonderful items for
the Holiday Fair!
Birthday Lunch will
feature a "store-
bought" special cake!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
ABBREVIATIONS: LR = Lundeen Room MP = Multipurpose Room CR = Conference Room * = reservations at office (2677) necessary		1	2	3	4
6 1 Caregivers' Group (MP)	7  Lobby tree decorating after lunch!	8	9	10	11
13 Footcare Clinic* 1 Caregivers' Group (MP)	14 Footcare Clinic* Western Hearing Aid Clinic*	15	16 Mainland shopping Trip*	17	18 / 19 2 PM Antoinette Botsford: Holiday Tales From Around the World
20 1 Caregivers' Group (MP)	21 Costco Hearing Aid Clinic*	22	23	24 Senior Center Closed	25 Merry Christmas!
27 1 Caregivers' Group (MP)	28  Birthday lunch	29	30	31 Senior Center Closed	

Lundeen Room to Feature Betty Hall Quilts This Month

Some 20 quilts by Betty Hall will be on display in the Lundeen Room during December. They represent work over nearly three decades.

"Up here in the dark grey part of the year, working with colors helps your persona," she noted.

Born and raised on Orcas, Betty started quilting in 1978 when her mother-in-law, from Kansas, left her a trunk full of quilt tops. These are squares that have been pieced together but not quilted.

Around 1980, taking lessons with Dorothy Arbuckle, Betty's talents began to flower. Since then, she has continued taking lessons and seminars, many on the mainland.

She meets with other Orcas quilters at the Library, twice a month.

She had a Christmas show at Washington Federal last year, and another one-woman show at Key Bank. However, to date she has been uninterested in showing her work on the mainland.

"Quilting is for my own enjoyment, and for relatives and friends," she noted.

Betty was responsible for piecing the first-ever Orcas Distinguished Persons' Friendship Quilt, which is to be raffled at the Holiday Fair here. She was assisted by Keri Stone, who did the actual machine quilting.

"I used to do jig-saw puzzles; now I piece," she smiled.

**Save the Date! January 7
for Line Dancing
in the Lundeen Room
With Melinda Milligan**

**6 PM Potluck followed by
Line Dancing around 7 PM**

**Further details in
January, 2005 *Signal***

December Menus

Lunches by our culinary artist, Amy Raven, are refreshing. Served at noon on Tuesdays and Fridays, they require no advance registration. On the third Tuesday, there is no lunch as we serve Senior Supper that night, usually with entertainment.

	3 Pizza & salad bar Dessert
7 BBQ Ribbers Baked potato Mixed veggies Romaine salad Fresh grapes	10 Breaded cod Scalloped spuds Scandinavian veggies Cole slaw Apple cake
14 Meat loaf Mashed potatoes & gravy Capri blend veggies Spinach salad Cookies	17 Chicken lasagna Green beans Caesar salad Garlic bread Peaches, pears & apricots
21 SUPPER Roast beef Mashed potatoes & gravy Broccoli in lemon sauce Millionaire salad, roll Pie	<div style="border: 1px solid black; border-radius: 15px; padding: 10px; text-align: center;"> No lunch on Fridays, December 24, December 31 Enjoy your friends, family, neighbors, or join an extended family; call Jan (2677) if we may help you find such a group! </div>
28 Bacon & broccoli quiche Roasted red potatoes Carrots Salad Pudding	

Happy December Birthdays!

Dick Thompson	1
Wayne Haslett	3
Carl de Boor	3
Hugh Hendrick	4
Karin Fuhring	4
John J. Inch, Jr.	5
Pat Logan	6
Buzz Bosone	7
Jane Barfoot-Hodde	8
Duane Franklet	8
Leora Melvin	9
Frank Blumenshine	9
Robert Schwarz	9
Bill Buchan	10
Harvey Olsan	10
Louis Middleton	14
Arthur Lehwalder	15
Patty Thompson	16
Letitia Flint	17
James Pyka	17
Heidi Lindberg	17
Mary Tinsman	18
Don Reardon	19
Robert Hamaker	19
Evelyn Rodrique	20
Gladys Brimhall	22
Virginia Mottl	22
Rosemary Kimball	22
Ed Peterson	22
Lea Anna Stewart	22
Gene Elliott	22
Richard Glidden	23
Carol Merrill	23
Beverly Ohlman	23
Clara Appleman	24
Richard Staley	24
Ben Marcin	25
Richard Wilson	25
Joan Schermerhorn	25
Noel Murchie	25
Cecilia Schwanke	26
Mary Hillyer	27
Bob Henigson	27
Ruth Bradford	28
Mary K. Fischer	29
Bill Dixon	29
Dori Lansdowne	29
Kraemer Frenger	30
Libby Blackwell	31

Happy December Anniversaries!

John & Frances Suzick	12/00/45
Barry & Mary Hatten	12/01/74
Toby & Karen Hiller	12/02/78
Roy & Pat Blay	12/06/61
Harold & Jackie Heinmiller	12/07/44
Ben & Anne Marcin	12/08/45
Harvey & Liane Olsan	12/12/75
Mark & Dorna Theaman	12/13/??
Eugene & Ilse Herz	12/13/42
Duane & Bev Franklet	12/18/00
Stu & Patsy Stephens	12/18/65
Richard & Judy Evans	12/20/58
Peter & Sandy Huie	12/20/66
Lynn & Glenna Richards	12/20/75
Herlwyn & Barbara Lutz	12/22 /??
Mac & Barbara Trunkey	12/26/59
Louis & Mary Lou Middleton	12/27/54
Thomas & Karen Ritter	12/27/62
Gordon & Marge Hayes	12/28/69
Bob & Enid Blanc	12/28/58
Gordon & Maureen Crowe	12/28/63
Doug & Judy Schliebus	12/29/72
Jens & Ellen Harboe	12/30/50
David & Carole Grumney	12/30/61
Dave & Lina McPeake	12/31/65

(Continued from Page Two)

other prescription coverage, can qualify for a credit of up to \$600 to be used in 2005. To qualify for the full \$600 credit, a person must apply for a Medicare-approved drug discount card before March 31, 2005.

Before Doris got help in paying for her medications she sometimes had to go without them. "It's like a dream come true," she said. Not only is she getting help paying for her medications, she now feels good enough to take a Tai Chi class that she enjoys. She admits that getting signed up for these programs that help pay for medications can be a little frustrating at times, "but you come out a winner. . . It makes you feel happy."

SERVICES WE PROVIDE & WHOM TO CALL



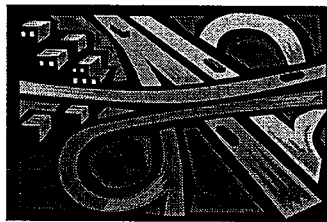
Lunch: Served twice a week. Orcas lunches are Tuesdays and Fridays. No reservations needed. Donation: \$3.

Home Delivered Meals are available for the homebound and can be delivered twice weekly. Additional frozen meals also can be delivered. Call **Jan** to arrange. Donation: \$3.

Senior Suppers are served in style, third Tuesdays at 6 PM. \$5.

Senior Transportation:

On lunch days volunteers provide transportation in vans. They also stop, after lunch, at the post office, store, and for some



individual needs such as

picking up a prescription at the pharmacy.

Mainland Medical transportation for non-emergency appointments with doctors and other practitioners. Reserve as early as possible, through **Linda** or **Jo Anne**. \$10.

Senior Trips: Mainland shopping trips on the third Thursdays; reservations needed. Recreational trips about once a month, planned by the Travel Committee; check with **Linda**.

Suggested mainland-trip donations: \$10.-\$20.

Information and Assistance: (Staff) This program will help you find needed information about services and resources.

Elderlaw Clinics: Half-hour sessions with elderlaw attorney Cy Field, by appointment, at Senior Center. Usually on second Tuesdays. Check the Signal Calendar; call **Jan** to schedule.

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Lahari Hospice & Respite Care 376-0540

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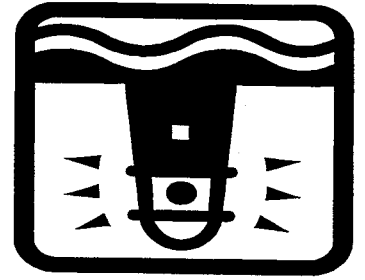
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Class of 2005 Orcas Advisory Committee

Please vote by circling the names of any or all of the four candidates listed below, and/or write in other candidate (s) (providing he or she consents to run), clip out this ballot, and mail to PO Box 18, Eastsound, 98245, or bring it to the Senior Center, 62 Henry Road, Eastsound, by December 10. The results will be announced in your December *Signal*. Also see, About the Candidates, Page 2.

Helen Bee ☐

Ellen Emery ☐

Frederika Kundig ☐

Wally Logan ☐

Other ☐

