

Save the date,  
Jan. 7, for  
potluck and  
line dancing!  
Story, back  
page

# Orcas Senior Signal

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

Volume X, No 1 • January, 2005

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

Website: [www.Orcasseniors.org](http://www.Orcasseniors.org)

## Welcome, New Advisory Committee Members!

Newly-elected Orcas Advisory Committee members are: BJ Arnold, Helen Bee, Ellen Emery, Fredrica Kundig, and Wally Logan. At their Jan. 20 meeting, the entire group will elect officers, who will also serve as delegates to the parent body, the Senior Services Council of San Juan County.

The new members, elected for three-year terms, will join the returning members: Judy Binney, Libby Blackwell, Jack Conant, Carol Ely, Karen Hiller, Dave McPeake, Bob Otis, Maggie Schuler, Rebekah Selwyn, Patsy Stephens, and Dick Thompson.

Retiring members are: Barbara Ehrmantraut, Annette Mazzarella, Ed Peterson, and Bob Scott.

## Thanks for Building Community!

This issue would be incomplete without our heartiest thanks to all of you who build a caring community for seniors and disabled persons.

In particular, thanks go to: Annette Mazzarella, whom we will miss as she is retiring as Advisory Committee chair, and the entire Advisory Committee (See story, above) & friends for a memorable year of fund-raising and other assistance;

Gordon & Barbara Buman, for the myriad of jobs that they do to keep the building running smoothly;

All of the drivers, who help people keep their medical appointments on the mainland;

All volunteer kitchen supporters, youngsters from Orcas School, the Christian School, and home-schoolers  
(Continued on Page 2)

### Holiday Fair Proceeds:

**'More than \$5,000'**

**Mike Boetger Wins Quilt;  
Betty Corbett, Orcas Authors'  
Library; D. Hunt, Floren photo;  
Charlotte Butler, lithograph!  
Story and thanks: P.2**

## Healthy Classes May Transform Winter Blahs to Spring Energy

The winter schedule at Orcas Senior Center includes something healthy for everyone: tai chi, meditation, yoga, a women's discussion group, watercolor workshop, and Skagit Valley College classes in music and literature. Costs and descriptions are below. Call the Front Desk, 376-2677, for more details.

Watercolor workshops (3)--Jan. 6-Feb. 3, 10-3 PM. Feb. 17-March 17 (3). \$90 for each three-class series with **Caroline Buchanan**. All will focus on color.

Tai chi—Joan Roulac's eight-week tai chi chuan class will begin at 10 AM Monday, Jan. 10 for those who have mastered the 20 basic moves of this balancing exercise. For beginners, or for anyone who wants to go over the basics again, class will be at 1:30 PM. Cost: \$50, plus \$10 for a class video (optional). Text at Darvill's.

Bells & Bowls—Meditation, 11-11:30 Mondays, with Joan. Like tai chi and yoga, meditation has proven itself as a tool for reducing perceived stress and/or anxiety, and for lowering blood pressure. \$16. Starts Jan. 10.

Gentle Yoga—An eight week class beginning at 9 AM Wednesday, Jan. 12, this class will focus on safety, appropriate  
(Continued on Page 5)

## Thanks for a Great Fair!

This Gifted Island Holiday Fair '04 was a great success! We raised over \$5,000 for our Senior Center. We could not have done it without the help & support of these wonderful people:

Joy Bennett, Thelma Kallam, Irene O'Neill, Barb Pesola, Beth Roberts, Fran Suzick, Betty Williams--thank you for helping with mailings, raffle ticket cutting, & reminder calls at the front desk.

Dora Blake & Phyllis Wilkinson-- thank you for all your hard work in organizing the senior baked goods tables. Also, thanks to all our talented bakers who donated those tasty treats, and to Katie Jensen, for those incredible kelp pickles.

Irene O'Neill & Marylou Cobb--thank you for organizing this year's "Tea Room." What a beautiful space you created for those of us needing a restful break!

May Shiozawa & Cecelia Schwanke--thank you for helping to sell the lovely poinsettias which were 100% donated by Lorna Vester from Driftwood Nursery.

Theresa & Tom with Rosario Resort, Laura Selwyn with Everyone's Village, Wally Logan with the Orcas Island Library & Dave McPeake--I can't thank these people enough for helping to supply & deliver tables for the fair. It got down to the wire on this one & they all came through for the Senior Center!

Dick & BJ Arnold--Thank you for your help in designing this year's vendor table floor plan. That creative plan made the flow comfortable & inviting for all.

Maggie Schuler (Organizer) Kraemer Frenger ( Raffle Containers) Judy Binney, Carol Ely, Dave McPeake, Wally Morgan, Irene O'Neill, Bob Otis, David Selwyn, Patsy Stephens, Opal Ferguson, Jack Titus & Jan Titus: thank you all for helping with raffle ticket sales at Island Market. And thanks to Island Market for allowing us to promote this community fundraiser indoors--out of the cold!

Beth Roberts, Patsy Stephens & Annette Mazzarella--thank you for your help at the front door on Fair Day.

Stu & Patsy Stephens with Re/Max Properties, David Selwyn with Everyone's Village, Ted Grossman with the *Sounder*, Peggy Hoyle & Jan Titus-- all these wonderful people helped with the advertising and promotion.

Judy Binney-- Thank you for being there for clean-up after the fair.

## REMEMBERING, WITH LOVE

George Arbuckle, 1917-2004

Gil DeLong, 1914-2004

Trudy Jackson, 1914-2004

Lester Newland, 1909-2004

Lee O'Malley, 1921-2004

Alice Peacock, 1913-2004

Jean Putnam, 1913-2004

(COMMUNITY, continued from Page One)

who help serve Senior Suppers and bring cookies;

The Front Desk Crew, without whom we could not operate;

Cy Field, for his monthly Elderlaw Clinics;

Trudy Erwin, John Liger & friends, for making music;

Ann Reardon, and all the island artists and volunteers who make our Lundeen Room walls so meaningful;

Mike McGregor, Laura Francesconi, and Patricia Tullock, for creative help with many projects;

In the larger community, thanks to the new kids on the block, Linda Abbott and Kate Schallie of Faith in Action, for recruiting, training and deploying volunteers to do one-on-one work with folks who need a little extra help;

Keri Rose, Molly Roberts, and the Lahari crew, for being there when most needed;

The *Sounder's* Ted Grossman, and The *Weekly's* Colleen Smith, for helping us get the word out! JK

(FAIR--Continued from Column One)

Bill Yarlott --"Santa"--thank you for spending all day with us!

And A GREAT BIG THANK YOU to JoAnne Bastron and all who contributed to this year's "Friendship Quilt," to all our local authors, to Joe Floren for his beautiful photograph & to the Estate of Rosalie Chantiny for the lithograph. These raffle items were all fantastic & helped sell a lot of raffle tickets.

There was so much community support this year, I am certain I've overlooked acknowledging some of the generosity expressed. To all those who supported our Senior Center, we say, "Thank you!" Rebekah Selwyn, Chairperson, This Gifted Island '04

## WHY IT'S NEEDED

## Volunteer Training Offered to Screen for Memory Awareness

Do you, or does anyone you know, forget names, have trouble balancing the checkbook, or keep asking the same questions over and over? Do you worry that one of these symptoms might mean Alzheimer's Disease?

If so, the Alzheimer's Society of Washington, which provided the information below, suggests that you consider a Memory Awareness Screening as a first step towards finding out if you have Alzheimer's or a related dementia, or another condition causing memory loss.

Memory screening can let you know that you are okay.

It is not used to diagnose a particular illness and does not replace consultation with a qualified physician. But it can indicate that you might benefit from further testing.

Memory can be affected by several factors, including nutritional deficiencies, depression, stress, lack of sleep, and vascular problems. Some conditions are reversible, especially with early diagnosis.

Early recognition of mild cognitive impairment--mild cognitive loss that may develop into dementia--provides a chance for health care professionals to treat this condition and possibly slow decline in memory and other functions.

For irreversible illnesses, such as Alzheimer's, available and emerging medical treatment may slow the progression of symptoms.

Screenings are safe and take less than 15 minutes. The volunteer screener may suggest that you follow up with a complete checkup by your doctor or other health professional.

### Local Training

On Orcas, Stan Williams, M.D., has offered to train volunteers to do Alzheimer's screening. If you would like to participate in the training, which will take place in late January or early February, call Jan, 2677.

## Capturing Light on Orcas Photos Comprise January Show

The January-February art show in the Lundeen Room, scheduled to go up Jan. 8, will be photographs by **Jennifer Johnson Fralick**, whose photographic education began with her father, an art director. She has studied with the late **Ansel Adams** and, in Greece, with **Caroline Buchanan**.



Photo by Jennifer Johnson Fralick

Her passions come together in her 40 years of photography, held in private collections from New York to Hawaii and St. Croix to Seattle. She describes her abstract landscapes as visual rhythms and segues, some dissonant, some harmonious. Rather than postcard-perfect pictures, **Johnson Fralick** likes to show portions of a scene to let the viewer fill in the blanks.

"The lighting through the San Juan Islands is God's stunning buffet to feast upon and savor. This has been my focus for more than 23 years on Orcas," she has noted.

H  
A  
P  
P  
Y  
  
N  
E  
W  
  
Y  
E  
A  
R  
!  
!

**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 February, 2005, issue: January 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

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

January Cake Bakers:  
**Dora Blake, Clarena  
McLachlan, Carol  
Merrill, Mary Lou  
Padbury, Maryln  
Stiffler**

January host & hostess:  
**Cecelia and Wilton Schwanke**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>3</b>  1 Caregivers' Group (MP)	<b>4</b>  	<b>5</b>  	<b>6</b> 10-3 <b>Caroline Buchanan</b> watercolor workshop, The Value of Color 2-4 <b>Dennis Bonner</b> , Music For Romantics**	<b>7</b>  5:30 PM Potluck, 7- 8:30 line dancing w / <b>Melinda Milligan</b>	<b>8</b>  
<b>10</b> 10 Tai chi with <b>Joan Roulac*</b> 11 Bells & Bowls* 1 Caregivers' Group (MP) 1:30 Tai chi (beginners)	<b>11</b> 10:15-11:45 Becoming Visible, women's discussion group with Pat Littlewood* Western Hearing Aid Clinic*	<b>12</b>  9 Gentle Yoga, with <b>Sara Dailey- Smith*</b> 11-2 Elderlaw Clinic with <b>Cy Field*</b>	<b>13</b>  2-4 <b>Dennis Bonner</b> , Music For Romantics**	<b>14</b>  	<b>15</b>  
<b>17</b>  Center Closed Martin Luther King Day  1 Caregivers' Group (MP)	<b>18</b> 10:15-11:45 Becoming Visible, women's discussion group with Pat Littlewood* Costco Hearing Aid Clinic*	<b>19</b>  9 Gentle Yoga	<b>20</b> 9 Advisory Committee 10-12:30 <b>Fadem</b> lit class*** 10-3 <b>Buchanan</b> workshop* 2-4 <b>Dennis Bonner</b> , Music for Romantics** Mainland shopping Trip*	<b>21</b>  	<b>22</b>  
<b>24</b> 10 Tai chi with <b>Joan Roulac*</b> 11 Bells & Bowls* 1 Caregivers' Group (MP) 1:30 Tai chi (beginners)	<b>25</b> 10:15-11:45 Becoming Visible, women's discussion group with Pat Littlewood*  Birthday lunch	<b>26</b>  9 Gentle Yoga  <b>FOOT CARE CLINIC*</b>	<b>27</b> 10-12:30 <b>Fadem</b> lit class*** 2-4 <b>Dennis Bonner</b> , Music For Romantics** <b>FOOT CARE CLINIC*</b>	<b>28</b>  	<b>29</b>  
<b>31</b> 10 Tai chi with <b>Joan Roulac*</b> 11 Bells & Bowls* 1 Caregivers' Group (MP) 1:30 Tai chi (beginners)		<b>ABBREVIATIONS:</b> LR = Lundeen Room MP = Multipurpose Room CR = Conference Room * = Register or reserve at office (376-2677) ** = Register at Skagit Valley College, (378-3220) *** Register at library, (376-4985)			



(Continued from Page One)

work for persons of differing ability levels, stretching, breathing and relaxation to increase health. The teacher, **Sara Dailey-Smith**, is certified to teach yoga safely to persons with arthritis. She has special training in stress management and gerontology. \$50.

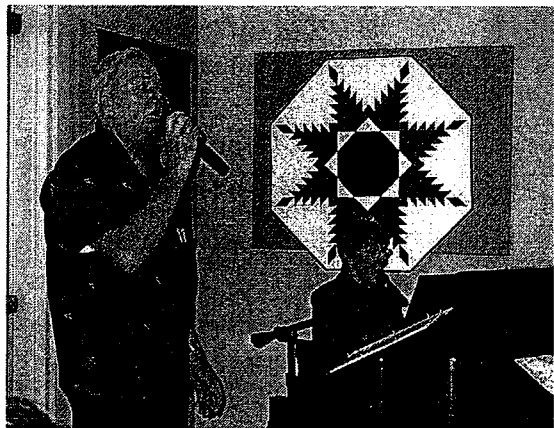
**Women's Discussion Group**—Women's lives transition in unique ways, whether from young single to married woman, mother with children to empty nest, single again to married again, life-long married to widows, employed to retired. Do you find these changes a little bewildering? Do you find you question your visibility and self-worth as life changes sneak up on you? Would you like to explore these changes with women of various ages and backgrounds?

Join us for this six-class series of focused discussions led by **Pat Littlewood**. We will approach various subjects of interest to the group from different generational outlooks and we encourage women of all ages to join us. Meets 10:15-11:45, starts Jan. 11. \$50.

To register for this, or for any of the above classes, call 376-2677.

**Music for Romantics**—**Dennis Bonner's** series starts Jan. 6, 2-4 PM, running through Feb. 24. To register, call Skagit Valley College, 378-3220. Cost of this, and the lit class below: \$52.50 each.

**Richard Fadem's** literature series, **Great Literature: The Raw and the Cooked**, begins Jan. 20, 10-12:30 PM, and runs through March 10. To register, call Orcas Island Library, 376-4985.



Margot Shaw Photo

## January Menus

Lunches by our culinary artist, **Amy Raven**, are substantial. Served at noon on Tuesdays and Fridays, they require no advance registration. Monthly Senior Suppers will resume in April.

<b>4</b>	Grilled Reuben Mini-salad bar Apple & blueberry crisp	<b>7</b>	Clam chowder Tuna salad Carrot raisin salad Brownies
<b>11</b>	Turkey chop suey, rice Egg roll Oriental veggies salad Fortune cookies	<b>14</b>	Cabbage rolls Buttered red potatoes Baked squash Tropical fruit
<b>18</b>	Chicken broccoli cheese bake Peas & Carrots Garden salad Orange, banana, & pineapple salad	<b>21</b>	Sloppy Joes Potato wedges Green beans Claremont salad Fruit
<b>25</b>	<b>BIRTHDAY LUNCH</b> Fish Florentine Scalloped potatoes Italian veggies Cole slaw Tropical fruit	<b>28</b>	Beef enchiladas Spanish rice Refried beans Sherbet

**HOLIDAY MAGIC**--**John Liger** and **Patty Johnson** teamed up to provide memorable jazz and carols at Senior Lunch just before Christmas. The quilt that seems to be crowning **Patty's** head was part of the December exhibit by **Betty Jean Hall**. Another highlight of the season was **Antoinette Botsford's** "Holiday Tales for Young and Old," hosted by **Diane James**.

## Happy January Birthdays!

Enid Blanc	1
Marlia Starwater	2
Leslie Speed	3
Edward Coons	3
Bob Blanc	3
Calvin Blaine	4
Gayle Benton	4
Ting Zimmerman	5
John Poletti	5
Alice Logan	5
Sandi Dillard	6
M. J. Cheesman	7
William Burlew	7
Mike Wiley	8
Ann Waltersdorph	9
Andrea Wilson	9
John Oakes	10
Janet Bronkey	10
Elaine Jagels	13
Caroline Yarnall	13
Calvin McLachlan	14
Patricia Emery	15
Jack Conant	17
Joan Dexter Glidden	18
Ellen Emery	18
Stan Moldoff	18
Phyllis Henigson	18
Agnes Forbes	19
Katie Jensen	19
Antal Tony Vita	19
Tom Carroll	20
Diane James	21
Virginia Reagles	21
Austin Grant	22
Virginia Rohrman	22
Joyce Burghardt	22
Cis Kirtland	23
Virginia Erhardt	23
Chris Jensen	23
Loretta Poschman	23
Pamela Doerr	24
Scotty Emmes	26
Peggy Enderlein	26
Bertie Millett	26
Karen Hiller	27
B.J. Bangert	27
Wes Pomeroy	27
Roy Blay	27

## Happy January Anniversaries!

John & Annette Mazzearella	1/04/80
Wally & Trudy Erwin	1/10/77
David & Susan Kosiur	1/15/83
Jon & Linda Abbott	1/16/83
Dubi & Carmen Izakson	1/21/82
Antoinette & Vance Botsford/Stephens	1/24/99
Doug & Ida Rae McDonald	1/25/67
Robert & Jody Hamaker	1/26/58
Ron & Judy Wallace	1/26/68
David & Kathryn Dilling	1/28/67
Andy & Joyce Nigretto	1/29/53
Dick & B.J. Arnold	1/30/60

Thanks, Elizabeth, Veronica,  
Rex & Maryln!

The Senior Center staff want to take this space to thank **Elizabeth Berdan, Veronica Thornton, Rex & Maryln Stiffler**.

**Elizabeth** has been and will continue to be our Sunshine Lady, sending monthly birthday and anniversary cards to all. She, and we, regret that a tight budget will preclude sending free lunch certificates with the cards, but the offer of hugs will be honored any time!

For the past three years, **Veronica** has given her energies to our monthly birthday lunches, finding volunteers to bake cakes for each one. We salute her!

A solid job deserves a worthy successor, two in this case, as **Rex & Maryln** have offered to be birthday lunch organizers. They began this month, and we are very grateful to them.

(BIRTHDAYS, Continued)

Jacquelyn Hoag	27
Jon Abbott	27
Jim Biddick	28
Robert Bennett	29
Ruthie Newman	30
Jack Gilman	30
Bill Trogdon	31
Jim Dagnon	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.

**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 **Sally Coffin**, 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** 376-3500.

**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.



### 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.

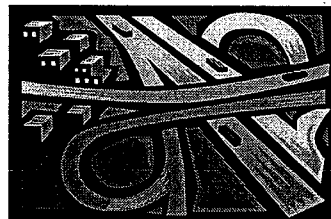
**Mainland Medical transportation** for non-emergency appointments with doctors and other practitioners. Reserve as early as possible, through **Linda** or **Jo Anne**. \$10.

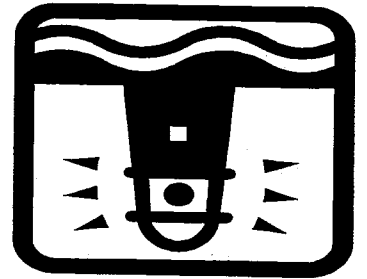
**Senior Trips:** Mainland shopping trips on the third Thursdays; reservations needed. Recreational trips about once a month, planned by the Travel Committee; check with **Linda**. Suggested mainland-trip donations: \$10.-\$20.

**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.





RETURN SERVICE REQUESTED

# Orcas Senior Signal

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

NONPROFIT ORG.  
U.S. POSTAGE  
PAID  
Permit # 10  
Eastsound, WA 98245

## Join Us for Potluck, Line Dancing Jan. 7

The star of the very successful musical, *Patsy Cline*, **Melinda Milligan**, will kick off the new year by teaching us some basics of line dance.

Line dancing is for singles, doubles, triples and whomever, so come with or without a partner. Transportation can be provided with sufficient advance notice; call **Linda** or **Jan**, 2677.

Join us for potluck at 5:30, Jan. 7. Coffee and hot water will be out there.

Bring a potluck dish for 4-6 persons, and \$1 to cover the lights & heat. Dancing will begin about 7 PM.



# Orcas Senior Signal

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

Volume X, No 2 • February, 2005

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

Website: [www.Orcasseniors.org](http://www.Orcasseniors.org)

## 'Love is Here to Stay' Concert to Feature New Duo

Two musicians known on Orcas for many other activities, John Liger and Patty Johnson, have teamed up to present a concert of jazz vocal and piano favorites that will give new meaning to a Saturday night date! Gershwin, Cole Porter & more!

Their post-Valentine's Day concert will be at 7 PM Feb. 19 in the Lundeen Room. Cost, \$10, includes treats and a very special door prize: pottery by Jerry Weatherman.

With a repertory of more than 2,000 songs (second and third verses as well as first!), John is best-known for his group, Those Guys From Orcas. Patty's most familiar gigs are with the Orcas Choral Society. In addition to providing piano backup for such numbers as 'Funny Valentine', she sings some remarkable duets with John.

The concert will benefit Lahari's Faith in Action Orcas Volunteer Caregivers, which recruits, trains, and deploys volunteers who can give 2-3 hours a week of helping their neighbors. Linda Abbott, FIA manager, can be reached at 376-7723.

No reservations are needed; come and join the Saturday-night fun Feb. 19!

## Potluck, Line Dancing Rescheduled for Feb. 25

Melinda Milligan's line dancing evening, which was snowed out last month, will be Friday, Feb. 25. She'll bring the music; you bring the feet! Come at 5:30 PM with a potluck dish for 4-6 persons, and \$1 to cover the lights & heat. Coffee & hot water will be provided.



Linda Tretheway Photo

## New Track Lighting Installed in Lundeen Room

Jeff Otis (at left, above) and Joe Floren (at right) present a check to the Senior Center, from the Orcas photographers' group, for new track lighting. It had been installed earlier in the day by Bill Dallas and his crew, to light the picture boards in the Lundeen Room.

This funding honors Ann Reardon, who is stepping down this year as chair of the Senior Center Visual Arts Committee. Since the new building has been open, she has curated a fresh exhibit each month.

"Her careful planning and imagination have brought us to the point where, with this new lighting, we have the finest gallery on the island," said Jan Koltun, (center, above photo).

The current (January-February) show in the Lundeen Room is the work of Jennifer Johnson Fralick.

A reception will be held for her exhibit on Friday, Feb. 4, 5-7 PM. The public is invited.

The current focus on photos, if you will pardon the pun, will continue into spring, with upcoming shows by the Orcas Photography Club and by Joe Floren.

The Lundeen Room also is used for Senior Lunches, classes, musical events and workshops.

## Senior Profile: Gene and Ilse Herz

## Experts in Cherishing, Marketing, Music &amp; 'Found Art'

Gene and Ilse Herz are experts in the art of cherishing each other. She smiles at his wisecracks; he makes sure she's wearing the right pair of shoes. Because he's more vocal at this time of their lives, you'll hear more of his voice than hers in this story.

But she's right in there cherishing. After all, it was Ilse who lit the menorah and said the Hebrew blessing during Hanukkah senior lunches. Later, Gene contributed some of his Found Art. More about that later.

First of all, dispelling the rumor that he used to be a scriptwriter for Woody Allen and Rodney Dangerfield, what did he—and she—do before moving to Orcas in August, 2001?

"People often ask me that," Gene replied. "Sometimes I say that I was a sumo wrestler, until I dislocated my little finger."

"Or I tell them I was in charge of recruitment and training for a string of brothels, called Busy Bodies."

The truth is, as truth often is, more accurate but less funny: he was operations director and buyer of wigs for a group of department stores, including Dayton's in Minneapolis and Hudson's in Detroit.

Ilse's career has been equally successful: she ran a pricey women's dress department, and later got her license and sold real estate in Detroit and Dearborn, Michigan. All along, she maintained musical and art skills that were transmitted to their two children, Tom and Teresa.

While finances prevented Gene and Ilse from "higher" educations, they made sure that their two children were college graduates. Tom and his wife live in San Francisco; their daughter, Teresa Chocano, is administrator of the Orcas Montessori School.

Eugene Arthur Herz and the former Ilse Hamburger met on a tennis court in upper Manhattan in 1941. She was 22; he was 25. A pair of crossed rackets still graces their living room wall.

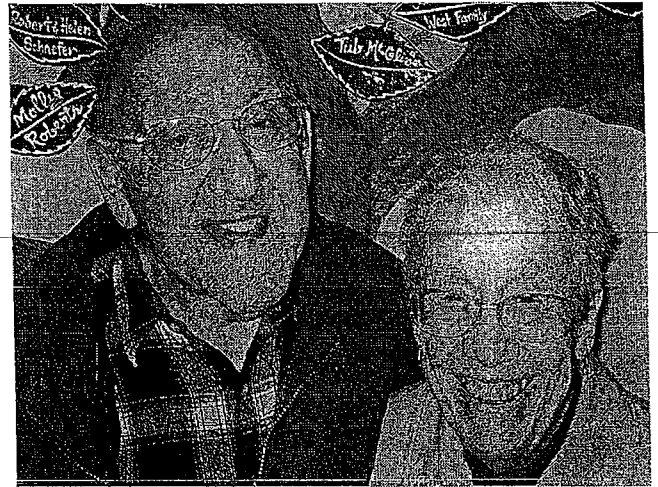
Born in the part of eastern Germany that now is part of Poland, Ilse at 18 came to the US in 1938, the first member of her family to arrive. Her mother, grandmother, and two brothers also escaped, but her father, who had gotten them out of the horrific place that Germany was for Jews, returned there and died in the Holocaust.

One of her earliest jobs was as a nanny for a politically-connected family. One Christmas, she put on a puppet show for the children, and the only adult there was the then-Governor of New York: Herbert H. Lehman. During World War II, she worked as a darkroom developer and printer, and later took a drafting class and found a job as a machine tool designer.

Gene, a New York native, was reared in the Bronx and Manhattan. His mother grew up in Vienna. His father, who emigrated from eastern Europe in 1900, lived past his ninety-ninth birthday.

Due to the diabetes which has plagued him all his life, Gene had a military draft deferment during the war, and started to develop his interests in retailing.

When the war was over, and women were "the last to hire, the first to fire," Ilse and two friends made fancy winter headwear, for which Gene did the marketing. "I was now in the millinery business. I had connections," he said.



Linda Tretheway Photo

**EUGENE AND ILSE HERZ**

Soon Ilse became pregnant with their son Tom, and they moved to a New York suburb. A few years later, Teresa was born. Ilse, by now a housewife, joined a volunteer organization and drove into New York City with her guitar. She taught inner-city kindergarten youngsters with singalongs, folk and Hebrew music.

At Tom and Teresa's nursery school, a woman taught recorders to the preschoolers. Later, the woman gave recorder lessons in the Herz home. Tom went on to study piano, guitar, cello and voice, and has sung with the Bach Choir in San Francisco. Teresa studied recorder, piano (and piano tuning), violin, viola, and flute.

"My father had a musical ear that the children and I inherited," said Gene. "He became interested in music while living in New York, and often went to the Metropolitan Opera, where, for 50 cents, he could hear Caruso. When he became successful [as an employment agent], he became such an opera aficionado that he would invite relatives to recitals at the Met."

The Herz family moved where the good jobs were for them, first to Florida, and later to Detroit. The late Rosalie and John Chantiny had lived a few doors away in downtown Detroit, Gene found upon meeting Rosalie a few years ago.

"When our closest friend and neighbor moved to a nursing home, we realized that we needed to make some decisions about being near family," he noted.

Their daughter, Teresa, found them their present house, in a sunny meadow near Eastsound. The comfortable home is full of art: weavings by Teresa, needlepoint and handweaving by Ilse, paintings by her brothers, his brother, family photographs of several generations on both sides, grandchildren's paintings, and Gene's Found Art.

He makes something of whatever comes his way. One long shelf in their home is filled with clear glass bowls containing hundreds—perhaps thousands—of colored caps off the syringes that a diabetic must use to give daily injections.

His most recent projects have involved what he calls Rubber Band Found Art.

He brought in his first pieces a couple of years ago, before a Holiday Fair. He collects the bands in a number of colors and varying widths, also accepting unusual rubber bands from others, and encases bottles, jars, Band-Aid cans—you name it—so as to give these objects entirely different textures. He made several such ornaments for the Senior Center tree this Christmas, using small medicine vials.

How do these eastern and midwestern transplants find Orcas?

"There's family here," beams Gene, not only meaning his own family. "When I walk with Ilse [as they do near their home every day, weather permitting], people wave and stop and schmooze. I have had a positive experience with everybody I've met here."

"One of my fondest experiences is riding the senior van with Pearl Muse—awesome! She looks like she's out of a fashion magazine."

"I ask her, 'How are you?' and she says, 'I'm here!'"

We're happy that you're here too, Gene and Ilse! JKT

---

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 March,  
2005, issue: February 10.

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

---

## AARP Tax Help Offered Here

Jim Biddick, AARP-trained tax helper, will offer assistance in filling out 2004 tax forms, on successive Tuesdays, 1-4 PM, starting Feb. 1. Call the Front Desk to reserve an appointment time.

## REMEMBERING, WITH LOVE



Charles D. Dever, 1919-2005

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

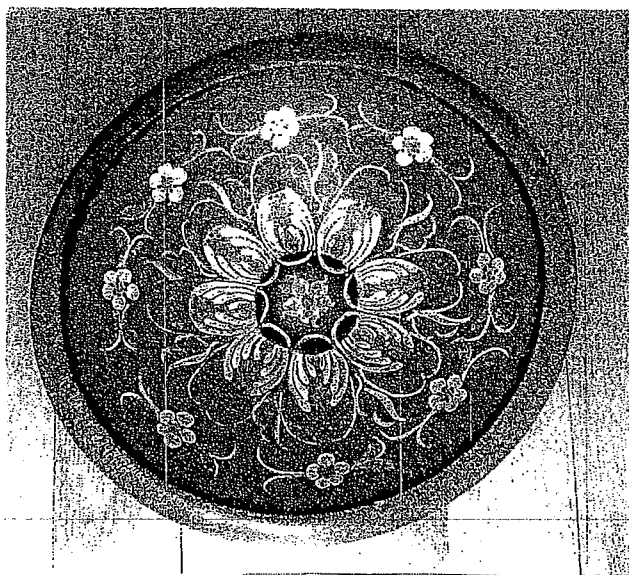
February SENIOR SIGNAL  
Page 4  
ORCAS ACTIVITIES  
CALENDAR

February Cake  
Bakers: Jeanne De  
Long, Mary Gordon,  
Don Montgomery,  
Cay Tretheway,  
Irma Williamson

Rex & Maryln Stiffler, host & hostess

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b> 1-3 PM AARP Tax Help w/Jim Biddick*	<b>2</b>  <i>Lois Campbell / piano lesson</i> 9 Gentle Yoga*	<b>3</b> 10-3 Buchanan watercolor workshop* 10-12:30 Fadem lit class** 2-4 Bonner music class**	<b>4</b>	<b>5</b>
<b>7</b> 10 Tai Chi Level I* 1 Tai Chi Level II (LR)* 1 Caregivers' Group (MP)	<b>8</b> Western Hearing Aid Clinic* 1-3 PM AARP Tax Help w/ Jim Biddick*	<b>9</b> 9 Gentle Yoga* <i>Lois Campbell / piano lesson</i> 11-2:30 Elderlaw Clinic w/Cy Field*	<b>10</b> 10-12:30 Fadem lit class** 2-4 Bonner music class**	<b>11</b>	<b>12</b>
<b>14</b> 10 Tai Chi Level I* 1 Tai Chi Level II (LR)* 1 Caregivers' Group (MP) 	<b>15</b> Sr. Services Council Mtg., lunch 1-3 PM AARP Tax Help w/ Jim Biddick* Costco Hearing Aid Clinic*	<b>16</b> 9 Gentle Yoga* 10 S-HHH! (hard-of- hearing) <i>Lois Campbell / piano lesson</i>	<b>17</b> 10-3 Watercolor Workshop 10 lit class** 2 music class** Mainland shopping Trip*	<b>18</b>	<b>19</b> 7 Love is Here to Stay! John Liger, Patty Johnson in concert to benefit Faith In Action
<b>21</b> <b>CENTER CLOSED; PRESIDENTS' DAY</b> 1 Caregivers' Group (MP)	<b>22</b> 10:15 Women in Transition grp. Pat Littlewood* 1-3 PM AARP Tax Help* B'day lunch	<b>23</b> 9 Gentle Yoga* <i>Lois Campbell / piano lesson</i> <b>FOOT CARE CLINIC*</b>	<b>24</b> 9:30 AM Advisory Committee 10 lit class** 2 music class** <b>FOOT CARE CLINIC*</b>	<b>25</b> 5:30 Potluck & Line Dancing with Melinda Milligan (rescheduled from Jan.7)	<b>26</b>
<b>28</b> 10 Tai Chi Level I* 1 Tai Chi Level II (LR)* 1 Caregivers' Group (MP)			ABBREVIATIONS: LR = Lundeen Room MP = Multipurpose Room CR = Conference Room * = reservations at office (2677) necessary **Registration closed; try again next term!		





Rosemaling by Ebba Brophy

## Norwegian Rosemaling Opportunity Offered

An opportunity to learn the decorative technique known as Norwegian Rosemaling will be offered by Ebba Brophy here this month and next. Ebba's classes, limited to eight, always fill up fast. Cost for the six-week class: \$60, which must be paid when you sign up, at the Front Desk.

The class will be held on successive Wednesdays, 1-4 PM, in February and March; registrants will be called with the starting date as soon as six persons have signed up.

For information about supplies, call Ebba at 376-3264.

## Drop-in Bridge Sessions Scheduled for Tuesdays

Want to stimulate some extra brain cells, hone your long-lost bridge skills, or chat over a friendly card game? Drop-in bridge is set for 1 PM Tuesdays in the Lundeen Room throughout February. If there is enough response, we'll add another day.

We only have one bridge table at present—lots of chairs!—so if anyone wants to bring an extra one that may be useful.

## February Menus

Join us and our culinary artist, Amy Raven, for nutritious lunches on Tuesdays and Fridays. For the home-bound, home-delivered meals also can be arranged. Cost: \$3.

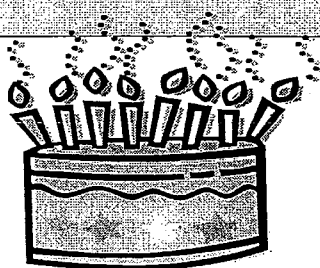
<b>1</b>	Turkey with cranberries Mashed potatoes & gravy Peas & carrots Pumpkin cake	<b>4</b>	Teriyaki chicken Wild rice Oriental veggies Carrot & raisin salad Apple crisp
<b>8</b>	Hot pastrami sandwich Veggie soup Spinach salad Mandarin orange Jello	<b>11</b>	Taco salad Spanish rice Corn bread Freshly sliced apples
<b>15</b>	Chicken strips Mandarin orange salsa Scalloped potatoes Capri veggies Romaine salad Peaches & pears	<b>18</b>	Meat loaf Mashed potatoes & gravy Peas & carrots Garden salad Pistachio pudding
<b>22</b>	Macaroni & cheese Pub burgers Mixed veggies Claremont salad Lime Jello w/ pears	<b>25</b>	Baked cod Baked yams Capri veggies Cole slaw M&M cookies

## Local Guy Needs Advice

Wes Jackson would like some advice on fixing old electronics, such as radios. He would also like to see any how-to pamphlets that might have accompanied older equipment. Anyone with repair information is encouraged to call him, 5395.

## Happy February Birthdays!

Jens Harboe	1
Alma Waldron	1
Antoinette Botsford	1
Walter Rutledge	2
Betty Lou Grant	2
Liane Olsan	2
Doc Weston	2
Patricia Inch	3
Werner Kundig	3
Rick Bronkey	3
Donna Feri	4
Lois Sheedy	4
Andrea Hendrick	4
Beth Jurgensen	4
Viola "Ole" Coleman	5
Pete McCorison	6
Maggie Schuler	6
Kiko Harrison	7
Carolyn Wiley	7
Glenna Richards	8
Jack Cadden	9
Richard Griot	11
Magda Mische	11
Mary Lou Padbury	12
Larry Cornwell	12
Eleanor Peterson	12
Doug Pearson	12
Bill Harpham	12
Marian Berdan	13
Ronald Fortune	13
Joan McMillen	14
Irene O'Neill	15
Dick Montgomery	15
Ebba Brophy	15
Carmen Izakson	15
Bill Worman	16
Jane Bristow	16
Bob Shipstad	16
Barbara Lutz	16
Dubi Izakson	18
Haruko Staley	18
Clarena McLachlan	19
Faith Heath	19
Merry Bush	20
Dan Greaves	21
Toby Hiller	22
Lee Gardiner	23
Doris Brain	24



## Happy February Anniversaries!

Edson & Jane Kempe	2/01/53
Gordon & Barbara Buman	2/05/99
Bob & Harriet Miller	2/11/95
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
Paul Losleben & Merry Bush	2/17/??
Bruce & Sharon Heller	2/20/60
Bruce & Suzanne Lamb	2/20/65
Jim & Diane Baxter	2/27/60

## Intergenerational Discussion Group to Begin Feb. 22

A six-week series of focused discussions, led by Pat Littlewood, PhD, will begin 10:15-11:45, Feb. 22 here. The group will focus on changes in women's lives, from young single to married women, mothers to empty nesters, single again to married again, life-long married to widows, employed to retired. Physical as well as psychological changes will be explored in this women's group.

Cost for the six week series: \$50. Scholarships are available. For the latter, contact Jan. To register, contact the Front Desk, 2677.

### (February Birthdays, continued)

Vance Stephens	24
Dottie Trogon	25
Reba Lehmann	27
Lynn Richards	27
Carl Poschman	27
Rosa Montgomery	28
Phoebe Bee	28
Phyllis Wilkinson	28
Ann Sanchez	29

## 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.

**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 **Sally Coffin**, 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** 376-3500.

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

**DSHS Medicaid** help. 378-4196.

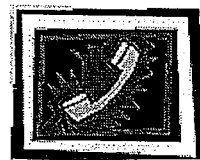
**Social Security** 1-800-772-1213

**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 two or three 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.



#### 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.

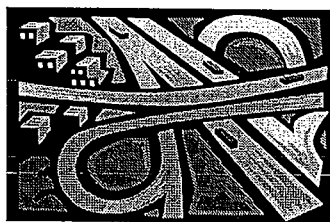
**Senior Trips:** Mainland shopping trips on the third Thursdays; reservations needed. Recreational trips about once a month, planned by the Travel Committee; check with **Linda**.

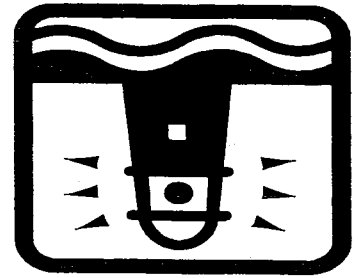
Suggested mainland-trip donations: \$10.-\$20.

**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.





Eastsound, WA 98245  
PO Box 18

Senior Services Council of San Juan County

# Orcas Senior Signal

Eastsound, WA 98245

Permit # 10

PAID

U.S. POSTAGE

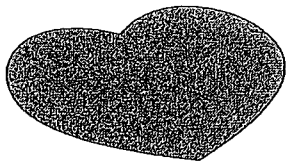
NONPROFIT ORG.

A Concert to benefit Lahari's Faith-In-Action Orcas Volunteer Caregivers

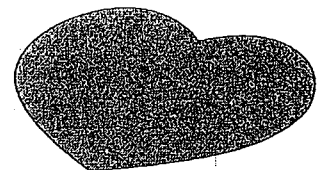
Saturday, February 19th at 7pm

Orcas Senior Center, Lundeen Room

Want more  
Information?  
Call 376-7723,  
or just COME!



LOVE IS  
HERE  
TO STAY!



Vocalist John Liger  
accompanied by  
Pianist Patty Johnson

suggested donation: \$10 at the door (includes treats)

SK

# Orcas Senior Signal

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

Volume X, No 3 • March, 2005

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

Website: [www. Orcasseniors.org](http://www.Orcasseniors.org)

## Island Treasure Chocolate Feast Shakespeare Gala Planned for May 7

Last year, many of you enjoyed the May Day luncheon at which **Susan Osborn** was honored as the Senior Center's first Island Treasure. For this year's celebration, May 7, the committee plans to forego lunch and present the award during a 2 PM Chocolate Feast and Shakespeare Gala, thereby honoring the great Will, the will to taste amazing hand-made chocolates, and the individual who will be named an Island Treasure. The latter is a guarded secret until the presentation is made.

**Doug Bechtel** and **Bev Leyman** will present a short reprise of their *Henry VIII/ Eleanor of Aquitaine* success, and it is rumored that some of the Bard's other favorite characters will show up to socialize over chocolates.

**Patsy Stephens** is chairing the event. The committee includes **Peggy Hoyle**, **Rebekah Selwyn**, and **B.J. Arnold**.

The event will begin at 2 PM on Saturday, May 7, after the Children's House May Day Festival winds down.

During the *Islands Sounder's* subscription campaign, this month and next, \$3 of each sign-up will be donated to the Senior Center. AND the newspaper is providing a special grand prize for the May 7 celebration. (See back page.)

Invitations for the Island Treasure event, the first of the Senior Center's two annual fund-raisers, will go out around mid-April.



## Advisory Committee Elects Officers, Delegates

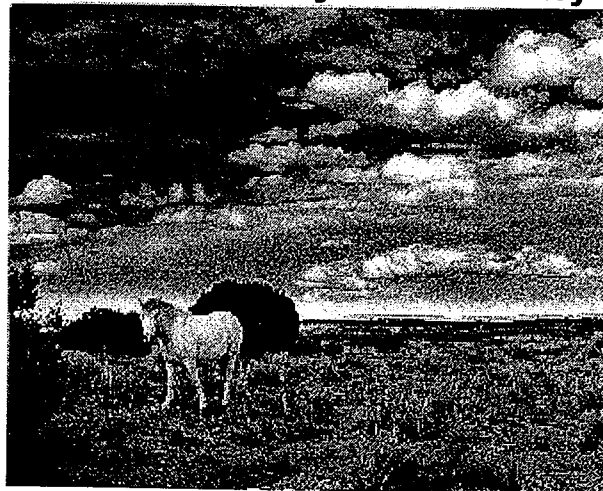
The Orcas Advisory Committee has elected new officers: **Jack Conant**, chair; **Patsy Stephens**, vice-chair; **Bob Otis**, treasurer; and **Carol Ely**, secretary.

Meeting in late January, the group presented outgoing chair **Annette Mazzarella** with a ceramic platter in gratitude for her service.

New members are: **B.J. Arnold**, **Wally Logan**, **Helen Bee**, **Fredrica Kundig**, and **Ellen Emery**.

The committee also approved the current officers and two alternates (**Maggie Schuler** and **Rebekah Selwyn**) as delegates to the Senior Services Council of San Juan County.

## Horse at Canyon de Chelly



Jeff Otis Photo

## Orcas Photographers Mount March Show in Luncheon Room

The Orcas Photographers' Group show went up in the Luncheon Room the last Saturday in February. The photo above by **Jeff Otis** is but one of an extraordinary and varied exhibit. Come to the reception, March 4, 5-7 PM, or drop in any time to enjoy these lovely works!

## Dogs + Pots + Care = Light-Hearted Folks

Brought together by mutual regard for their dogs, Trudy and Wally Erwin light-heartedly combine career, community and caring.

She makes the pottery, teaches 17 students currently, and plays piano by ear ("everything in the key of F") before Senior Lunch most Tuesdays and Fridays.

"He does the family chores. He does it all. I help him when we change the bed. He also reclaims clay for me and fixes the kilns," says Trudy, who conceived the Giving Trees in our front lobby.

Wally was born in Powell, Wyoming and raised with relatives in North Dakota after his mother died. He served with the former U.S. Army Air Corps in World War II, in New Guinea, Okinawa and other Pacific points.

He became a chemist, and retired from the Lawrence Berkeley Lab on the University of California campus when they came home to Orcas permanently in 1985.

Born in Oneida, South Dakota, Trudy came to the Northwest in 1933 with her parents, the late Clinton and Julia Crandall.

World War II interrupted Trudy's studies at the University of Washington: she became an aviation machinist's mate in the Navy, and repaired biplanes near Chicago. She wanted to learn to fly then, but waited until her daughters were grown 20 years later, to solo.

After the war, she returned to UW, he to University of California at Berkeley, and both married others. Their children all live on Orcas full or part-time now: Wally's son Michael works at Country Corner; her daughters Diane (summers here, winters in Federal Way) and Sydney live within a mile of their pottery, The Right Place. Sydney runs Orcas Island Pottery, purchased by her grandmother.

"I played in the mud outdoors as a kid. Mom (Julia Crandall) was a writer and happiest when my brothers and I were outside," Trudy noted.

Julia, widowed for two years, decided to make pots in 1952 when the late Joe and Marclay Sherman decided to sell

## Wally and Trudy Erwin



Linda Tretheway Photo

the pottery they had established at West Beach in 1945.

"They wanted \$15,000 for the place and we didn't have the money. It was still for sale the next year. Mom made an offer of half the amount and they took it," she said.

The pottery was only open in the summer then. Trudy had taken pottery classes at UW, and taught her mother how make their wares. "Julia was good at pouring glaze into the molds, doing the firing, and got so she could make pottery on a wheel."

Some of her work is in the window of the little house in back of the present Orcas Island Pottery, not far from the new enterprise that Trudy and Wally purchased in 1977.

To back-track a little, in the mid-sixties Trudy and her former husband and two daughters had moved from Orcas to Berkeley, where she started a popular pottery, The Mug Shop (1965-85). While she was away, her mother hired other potters.

"When we came back, Sydney was working with Mom and they had a good thing going, so Wally and I decided to get our own pottery going. So we bought our present place, the old Wright place, from a speculator who bought it after C.R. and Genevieve Wright died."

Wally and Trudy, he widowed, she divorced, had met at a Berkeley folk dance.

"One of my colleagues at the University noticed I was moping, so she took me to the folk dance," Wally recalled.

(Continued on Page 3)

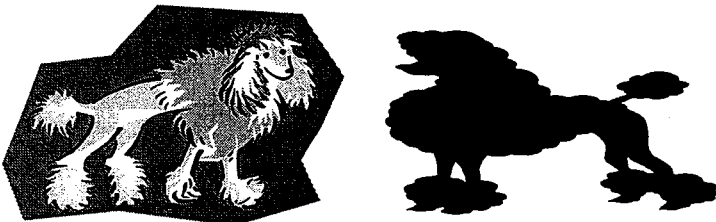
## Gentle Yoga Classes to Start This Month, Tai Chi in April

The next session of Gentle Yoga, a class designed for anyone needing to begin exercise with precautions, will begin March 16 at 9 AM. **Sara Dailey-Smith**, the teacher, has extensive experience in working with elders. However, everyone is welcome. The only requirement is a desire to learn a graceful, energy-giving exercise for both mind and body.

This will be a six-week session, for \$40. Sign up at the Front Desk.

Tai chi chih, with **Joan Roulac**, will begin again April 4. Cost of this eight-week class has been raised to \$60, as the instructor travels to Orcas each week from Seattle to be with us.

It has been an informal policy, and the Advisory Committee is considering a formal policy, not to issue refunds for missed classes except, of course, for true emergencies such as a death or severe illness in the family. Payment must be made at the time of registration.



(DOGS + POTS. Cont'd from Page 2)

"He had a black standard poodle out in the car. I had a white standard poodle, out in the car. We started walking the dogs, then figured, 'Hey, this is not bad. Let's get together.' We're now on our sixth standard poodle," **Trudy** noted. They have been together for 27 years.

Their adventures together have included lots of boating and flying (coast-to-coast in one trip), with her at the stick.

"He is a very good navigator. He also learned to land the plane in case he needed to," said **Trudy**, who learned to fly in 1976.

He had honed his navigation skills on a 35' trawler in the Bay Area, and also had a cruiser for many years when they first returned to the San Juans.

Present satisfactions? "Every day. Our commute is 3-4 inches. Our schedule is such that we can get away every noon for lunch," she smiled.

## WANT ADS

As spring approaches, the need arises for a few good folks for occasional plucking & carting off those pesky little weeds. Contact **Pierette**, 4264.

**Kathy**, the new head of Orcas Chamber of Commerce, is recruiting volunteers to answer phones & send out map guides at her office, two hours in the mornings. The C. of C. also will need staffers in their information booth, to answer questions about Orcas in the summer. If you're interested, call her: 2273.

### Tacoma Art Museum Trip Planned

Sign up soon for the March 11 trip to the Tacoma Art Museum. Cost: \$25 for the van, \$10 for Museum admission. The group will take the Redeye and return on the 8:25 ferry that night. Call **Sue Lamb**, 3118, for further information.

### Share an Evening with Eleanor!

On Friday, March 11, 7:30 PM, **Eleanor Roosevelt** will visit the Senior Center, under the auspices of the Orcas Island Library. The late First Lady and United Nations delegate will be portrayed by actress **Elena Dodd**, in a script co-authored by **Dodd** and Director **Josephine Lane**. Tickets will be available at the door.

### 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 April, 2005, issue: March 10.




Email: [jank@co.san-juan.wa.us](mailto: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:  
**Dora Blake & Mary Lou Padbury**

March Cake Bakers:  
**Al Englehartson,  
Opal Ferguson,  
Agnes Forbes, Bill  
Montgomery,  
Cecelia Schwanke**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b> 10:15-11:45 Stages of Life (women's discussion group w/Pat Littlewood)** (MP) 1-4 AARP Tax Help (Jim Biddick)(CR)	<b>2</b> 9 Gentle Yoga (last class of series; next starts March 16) 1-4 Rosemaling w/Ebba Brophy**	<b>3</b> 10-12:30 Great Literature (Richard Fadem) 10-3 Caroline Buchanan water color class (MP)*	<b>4</b> March Art Show: Orcas Photographers' Group 5-7 PM Reception for Orcas Photo Group	<b>5</b>
<b>7</b> 10 Tai Chi (Level II) w/ Joan Roulac** 1 Caregivers' Group (MP) 1:30 Tai Chi** (Level I)	<b>8</b> 10:15-11:45 Stages of Life Western Hearing Aid Clinic* 1-4 AARP Tax Help (Jim Biddick)(CR)	<b>9</b> Legal Aid Clinic w/Cy Field* 1-4 Rosemaling w/Ebba Brophy**	<b>10</b> 10-12:30 Great Literature (Richard Fadem)	<b>11</b> 7-9 PM "Eleanor Roosevelt" (Elena Dodd): Orcas Library Program Trip to Tacoma Art Museum*	<b>12</b>
<b>14</b> 10 Tai Chi (Level II)** 1 Caregivers' Group (MP) 1:30 Tai Chi** (Level I)	<b>15</b> 10:15-11:45 Stages of Life Costco Hearing Aid Clinic* 1-4 AARP Tax Help (Jim Biddick)(CR)	<b>16</b> 9 Gentle Yoga* 1-4 Rosemaling w/Ebba Brophy**	<b>17</b> 10-3 Buchanan watercolor class (MP)**  Mainland shopping Trip*	<b>18</b> 12:30 Women's History Month - Speaker Trudy Erwin: "My Career in Pottery"	<b>19</b>
<b>21</b> 10 Tai Chi (Level II)** 1 Caregivers' Group (MP) 1:30 Tai Chi (Level II)**	<b>22</b> 10:15-11:45 Stages of Life 1-4 AARP Tax Help (Jim Biddick)(CR)	<b>23</b> FOOT CARE CLINIC* Candy Factory Trip* 9 Gentle Yoga 1-4 Rosemaling w/Ebba Brophy** (makeup)	<b>24</b> FOOT CARE CLINIC*	<b>25</b>	<b>26</b>
<b>28</b> 1 Caregivers' Group (MP)	<b>29</b> 10:15-11:45 Stages of Life** Birthday lunch 1-4 AARP Tax Help (Jim Biddick)(CR)	<b>30</b> 9 Gentle Yoga 6-9 PM On the Road with Tsolo (LR)	<b>31</b> 	<b>ABBREVIATIONS:</b> LR = Lundeen Room MP = Multipurpose Room CR = Conference Room * = reservations at office (2677) necessary ** = ongoing class; registration may be full.	



### Nominations Invited for 2005 Friendship Quilt Signatories

During March, your nominations are invited for seniors whose signatures need to be included on the 2005 Friendship Quilt, which will be raffled at the Holiday Fair in November.

The signatories, who must be 75 or older, will be invited to sign a white muslin square. They will have the choice of embroidering it themselves or turning that job over to experienced needlewomen. A symbol of the signer also will be embroidered onto the quilt square.

Contact Jo Anne or Jan with your suggestions.

### Candy Factory Trip Planned if Enough Sign Up

Want to make your own chocolate Easter egg and learn more about candy making? Join the trip to the Anacortes Chocolate Factory, March 23, and also enjoy lunch from the Factory's own deli.

The group will leave on the 9:50 ferry. Cost: \$12 for van, plus \$18 for lunch and a chocolate egg.

For this group rate, eight persons must sign up. Contact the Front Desk for further information.

### On the Road with Tsolo T. Tsolo

With a name like the above, can you guess what his middle initial stands for?

**Tsolo Tsolo Tsolo** will present a digital show, "On the Road," 6-9 PM on Wednesday, March 30, in the Lundeen Room. A light potluck will precede his show, which is free and open to the public.

A member of the Orcas Photographers Group for most of the seven and a half years he lived here, Tsolo has been on the road for the past three and a half years with his wife, Janet Dann, known for her beautiful beadwork. He comes home about once a year to see his friends.

The show will include photos of national parks, wildlife, and rocket launches.

### March Menus

Lunches by our culinary artist, Amy Raven, are refreshing. Served at noon on Tuesdays and Fridays, they require no advance registration. Senior Suppers, on Tuesday nights, will begin again in April.

<b>1</b>	Shrimp salad Oatmeal bread Peaches, pears & apricots	<b>4</b>	Spaghetti Green beans Romaine salad Garlic bread Chocolate pudding
<b>8</b>	BBQ beef on bun Potato wedges Green beans Claremont salad Tropical fruit	<b>11</b>	Savory chicken Mashers/gravy Spinach Fruit Cookies
<b>15</b>	Minestrone soup Turkey & cheese sandwich Oatmeal cookies	<b>18</b>	<b>St. Patrick's Day luncheon</b> Corned beef & cabbage, what else?
<b>22</b>	Swedish meat balls Parslied red potatoes Scandinavian veggies Pumpkin cake	<b>25</b>	Florentine fish w/ tartar sauce Rice pilaf Chopped broccoli Garden salad Lemon pudding
<b>29</b>	<b>Birthday lunch!</b> Hamburger w/the works! Baked beans Potato salad Birthday Cake		

## Happy March Anniversaries!



## Happy March Birthdays!

Jan & Connie Zehner	3/02/84
Robert & Megan Harris	3/04/52
Peter & Dixie Walmsley	3/06/65
Dan & Anne Stowell	3/08/91
Austin & Betty Lou Grant	3/10/46
Jack & Laura Conant	3/10/79
Leonard & Sue Wood	3/16/82
Linda & John Libiez	3/18/89
George & Audrey Garrels	3/19/55
Lloyd & Adele Pinneo	3/21/64
Kiko & Kamala Harrison	3/21/94
Kraemer & Bette Frenger	3/22/42
Dan & Marcie Greaves	3/23/61
Tom & Beverly Slater	3/23/65
Gene & Peg Elliott	3/24/??
Bill & Joy Potts	3/25/??

### Photo, Essay Contests Invite Your Talents

Maybe you're mastering that digital camera that was a birthday gift? Or perhaps you have written an essay on aging, or want to try that?

The Washington State Association of Senior Centers (WSASC) is hosting a photo contest and an essay contest on the theme, "Celebrate Long Term Living." Winners will be announced at their annual conference in May. Prize for each contest will be a gift certificate to Barnes & Noble for the winner's Senior Center.

Copies of the guidelines for both contests are available at the Front Desk.

### Transportation Program Fees Increase Effective This Month

The Senior Services Council of San Juan County, at its Feb. 15 meeting, voted to increase suggested donations for transportation in senior vans to the following:

Essential Trips (medical, legal, financial):

Anacortes--\$12

Burlington/Mt. Vernon--\$15

Bellingham/Seattle--\$17

Recreational Trips:

\$12-\$15 depending on distance traveled

These increases are effective  
March 1, 2005.

Trudy Erwin	2
Rose Beckwith	2
Gaye Williams	2
Gunther Eschenbrenner	3
Lolly Halverson	3
Helen Baumgaertel	3
Phyllis Key	4
Ellen Madan	4
David Dilling	6
Majeane Palmer	7
Elizabeth Waterman	7
Lois DeVaney	9
Doug Finkelnburg	9
Peter Walmsley	9
Dora Blake	10
Alice Blumenshine	10
Victor Bracke	10
Dan Stowell	10
Al Englehartson	12
Thornton Thomas	12
Jim Newland	12
Ginny Robinson	13
Gail Shipstad	13
Gordon Carver	14
Richard Hughes	15
Ashley Wickes	15
Inger-Lise Reinholt	16
Larry Parker	17
Pam Edwards	17
Bob McLaughlin	19
Hattie Dixon	19
John Libiez	20
Chris Downing	21
Shirley Dever	22
E. Louise Spencer	23
Mary Crosten	23
Carole Grumney	23
Jean Wellington	23
Heather O'Malley	24
Mary Hatten	24
Bob Littlewood	24
Donna McKee	24
Jody Hamaker	24
Bruce Lamb	26
Jane McIlroy	27
Fran Peden	27
Lynda Johnson	27
Jeanne De Long	29
Judy Schliebus	29
Dorothy Hungar	30
Don Tompkins	30
Judith Struthers	30
Audrey Garrels	31
William Dean	31

# SERVICES WE PROVIDE & WHOM TO CALL



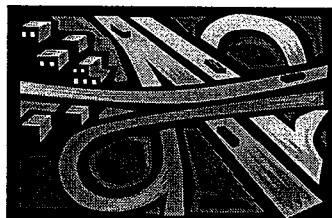
**Lunch:** Served twice a week. Orcas lunches are Tuesdays and Fridays. No reservations needed. Donation: \$3.

**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.

**RX Prescription Assistance:** We may be able to help you obtain prescriptions for less than you are paying. Contact **Jan**, 376-2677.

## **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**. \$12-\$17.

**Recreational trips:** Mainland shopping trips on the third Thursdays; reservations needed. Other recreational trips about once a month; check with the Signal Calendar or Front Desk.. Suggested mainland-trip donations: \$12-\$25.

**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 and **Sally Coffin**, 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 376-3500.

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

**DSHS Medicaid** help. 378-4196.

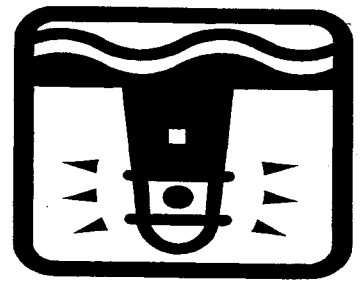
**Social Security** 1-800-772-1213

**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 two or three 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.





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

# Orcas Senior Signal

NONPROFIT ORG.  
U.S. POSTAGE  
PAID  
Permit # 10  
Eastsound, WA 98245

## Support the Senior Center during the *Sounder* Subscription Campaign!

The *Islands' Sounder* thinks of the Orcas Senior Center as a local "treasure" and is happy to support our fund-raising efforts. To do this, the newspaper will donate \$3. to the Orcas Senior Center for any new subscriptions made during March and April. So please support your Senior Center by ordering a subscription for yourself or as a gift for a family member or friend. Just complete the subscription form, call the paper at 376-4500, or go to their website at [islandssounder.com](http://islandssounder.com) and select "Subscriptions". Remember, it's only during March and April, so sign up now! In addition, the *Sounder* is providing a special grand prize at the Island Treasure Chocolate Feast and Shakespeare Gala on May 7. See you there!

### SUPPORT THE ORCAS SENIOR CENTER SUBSCRIBE TO THE *ISLANDS' SOUNDER*

NAME \_\_\_\_\_  
HOME ADDRESS \_\_\_\_\_  
CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_  
BILLING ADDRESS \_\_\_\_\_  
CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_  
PHONE (     ) \_\_\_\_\_

☐ This is a one-time gift from: \_\_\_\_\_

Send to The Islands' Sounder, PO Box 758, Eastsound, WA 98245

COMPUTER  
CLASSES  
2 MONTHS  
SPECIAL!  
SEE STORY,  
BELOW!

# Orcas Senior Signal

EXPERIENCE  
THE  
ANTARCTIC!  
STORY, P. 5

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

Volume X, No. 4 • April, 2005

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

Website: [www.Orcasseniors.org](http://www.Orcasseniors.org)

## ONE-TIME OPPORTUNITY

### Experienced Teacher Offers Affordable Computer Training

April brings a unique one-time chance to "learn computers" from an expert systems engineer who has taught widely. Whatever your level, there is a class for you on Wednesdays and Thursdays at the Senior Center.

Francis Hagen, MA in Systems Engineering through IBM from the University of California, Irvine, will offer three six-week classes, starting April 6 and 7, (Wednesdays and Thursdays) in the Computer Lab. It also will be open five afternoons a week, 2-4 PM, so that students can practice their new skills.

Francis is equally at home with PCs and MACs. The Senior Center computers include three PCs and an IMac. Four people can be accommodated for each class. The cost: \$40., includes afternoon use of the Computer Lab for two months, after which the monthly cost will be \$10. for lab equipment usage.

His First Steps class, starting at 10 AM, is "for people who want to learn how to grow with the life that surrounds them in this world of 'digital information'. It is also intended for people who want nothing to do with computers, and don't like them," Francis noted.

"The intermediate class, at 11 AM, is for people who know a little about computers, often more than they think, and want to learn more. They see others do this effortlessly, who are enriched by the experience. They want the same.

"The third session, at 1:30 PM, is for people who know quite a bit, but are stumped at times by simple things that others seem to do readily. These will be one-on-one or group as wanted," Francis said.

(Continued on P. 3)

## Volunteer Recognition Dinner Set for April 19

The 2005 Volunteer Recognition event will coincide with the start of monthly Senior Dinners, so it was decided to make it a recognition dinner rather than the traditional luncheon.

Special guests will include Alan Lichter and his wife, Kate. He will present the volunteer awards, which this year include a new

(Continued on Page 3)

## Book It! Island Treasure Chocolate & Shakespeare Gala, May 7

As part of Eastsound's May Day Celebration, the Senior Center Advisory Committee is making this year's presentation of the second annual "Island Treasure Award" especially festive. Professional and amateur chocolate artists are being sought for entries in three categories: Professional, Amateur, and Youth.

Three judges, all experts in the fine art of chocolate, will select the winners on the criteria of presentation and taste appeal, at 1 PM, prior to admission of islanders and guests at 2 PM. The latter may sample without limit the judged masterpieces (which will be cut for tasting at 2:30), plus donated "treats."

Actors from the Orcas Center's presentation of *Romeo and Juliet* will perform scenes from the play at 3 PM. Closing will be the much-anticipated announcement of winners in the three categories and finally the naming of this year's Island Treasure.

Susan Osborn was the first Island Treasure award winner, last year. Her name will be added to those of this year's and future winners on a permanent plaque here at the Senior Center.

(Continued on Page 5)

## Renew your Membership; Make a Donation

April is Senior Center Membership Renewal time. We hope you will all use the coupon on the back of this issue to renew your involvement with the Senior Center. Your \$15 membership (\$25 for couples) goes directly into a fund used to subsidize the cost of transportation for seniors — an essential and central part of the mission of the Senior Center. We drive island seniors to Eastsound shopping or the Post Office, or to the mainland for doctor's or lawyer's appointments, to the Senior Center for luncheons or classes, or wherever else they may need to go — a total of over 5,000 trips (!) in 2004 alone. This service, perhaps more than any other, makes it possible for so many of the island's elders to remain independent and in their homes.

But as you all know, transportation is by no means all of what the Senior Center does. Our marvelous building is busy almost all the time, with classes, luncheons, meetings, special events, foot care clinic, and so much more. Just look at the calendar for April in this issue and you can see how busy we are and how integral to so many people's lives the Senior Center has become. And of course, even more vitally, Jan and her colleagues spend a great deal of time assisting individual seniors and their families — working out problems, finding resources, answering questions.

The funds to support all those other activities come from a number of sources: from fees paid by those who take classes; from the county, which supports the staff salaries and pays to maintain its half of the building; from the rental of the Lundeen Room or other spaces to other non-profit groups. But when we've added up all those sources of income, we find that we still need to raise \$15,000 to \$20,000 each and every year to meet the special needs of all our seniors, to keep the lights and heat on, the building cleaned and maintained, the water running, the bookkeeping done, and the gardens planted, mulched, and weeded.

That \$15,000 - \$20,000 can only come from two sources: The proceeds of special

## Community Birthday Parties Constitute 'Firsts'

You are all invited to birthday parties for **Louise Smith** and **Bill Montgomery**, on April 23 and 30 respectively, in the Orcas Senior Center.

Two months ago, our Advisory Committee developed a policy that is consistent with Washington state codes governing operations of nonprofits such as ours: namely, that we could sponsor birthday parties to which the whole community is invited.

Both individuals, their families and friends have graciously consented to making these special community occasions (Louise's 85th, Bill's 90th!), and we are honored that they are having them here!

## CAREGIVER TRAINING CONFERENCE:

Learn practical caregiver skills and strategies. A full-day training conference, June 6, 2005, allows you to choose from many helpful workshops based on your needs as a caregiver. Pre-registration is required; space is limited. Call to receive a full brochure and registration form: 1-800-422-3263 or 360-725-2544.

events (like the Island Treasure Shakespeare & Chocolate Gala coming up on May 7 or the Holiday Fair in November), or from individual contributions.

So as you fill out your membership renewal, consider making an added gift:

\$25 adds to Jan's ability to meet the special needs of individual seniors

\$50 heats (our share of) the building for one week

\$100 provides two or more scholarships for seniors to take classes at the Center

\$250 pays for 2 weeks of cleaning

\$500 keeps the lights on for 2 months

Thank you!



[Helen Bee chairs the Finance Committee of our Advisory Committee.]



**NORTHWEST CORNER, acrylic on masonite, 30"x40" Joe Floren**

**(VOLUNTEER RECOGNITION, Cont'd from Page One)**

one, the Staff Award, as well as the traditional Agape Award and Volunteer of the Year Award. The latter is given to the volunteer with the most hours of service.

Crafts by the late Millie Flaherty will be raffled at the dinner.

Transportation will be provided for anyone who does not want to drive at night; contact Jo Anne or Linda.

**Remembering, With Love**

Dorothy Mae Foley, 1921-2005

Glen Johnson, 1945-2005

Myrna June LaPorte, 1934-2005

Jean Taylor Schow, 1925-2005

**(COMPUTERS, cont'd from P. 1)**

The first class will cover turning on the computer and understanding what is on the screen, unlocking the mysteries of the keyboard and mouse, what email is and how it is useful, what the Internet is, what it means, and some basic ways to use this factual, inspirational, and educational world in everyday living.

The second class will introduce and cover Microsoft Office, the group of programs that include MS Word and MS Excel. It will cover both personal and business uses.

The third sessions will be primarily one-on-one sessions, with the content determined primarily by the needs that are present.

**Join AARP 55-Alive Driving Class April 13!**

Blake Thompson will come from Anacortes to teach the eight-hour 55-Alive class, which can get you discounts on your auto insurance. Cost: \$10. Register at Front Desk!

**ABSTRACT PAINTINGS** by Joe Floren will grace the Lundeen Room walls during April and May. A self-taught artist, now 76, he has been painting since his mid-20s. He has had one-man shows at the Tacoma Art Museum, and at galleries in Portland, Lake Oswego, Yachats, Newport, Hillsboro and Sun River, OR, and Yakima. His paintings were included in juried "Artists of Oregon" exhibits at the Portland Art Museum for several years, and hang in public and private collections throughout the Northwest.

**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 May, 2005, 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 Cake Bakers:  
**Arjean Filmer-  
Bennett, Mary  
Lou Clever,  
Maryln Stiffler,  
Patty Thompson,  
Myrna Wood**

April host & hostess: Cal & Clarena  
McLachlan

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	ABBREVIATIONS: LR = Lundeen Room MP = Multipurpose Room CR = Conference Room * = Reserve here at Front Desk (2677) ** Reserve through library 376-4985 *** Reserve through Skagit Valley College, 378-3220 !! = Everyone invited!!			1 April-May art exhibit: Joe Floren abstracts <div>Lions Health Screening Unit, 10-6 on Prune Alley in front of Island Market Free!</div>	2
4 10 Level I tai chi (New class) 1 Caregivers' Group (MP)* 1:30 Level II tai chi (new class)*	5 1-4 AARP Tax Help 1 Bridge	7 10 Beg. computers* 11 Intermed. computers. (Microsoft Office)* 1 Advanced computers* 3-5 Old-time music jam	8 10-1 Computer classes (See Story, P. 1) 10 Lit class** 2-4 Music class**	9 Trip to Anacortes Quilt Show*	
11 10 tai chi I 1 Caregivers' Group (MP) 1:30 tai chi II	12 1-4 AARP Tax Help 1 Bridge Western Hearing Aid Clinic*	13 9-5 --55 Alive! Driving refresher* 11-2:15 Elder Law Clinic* 3-5 Old-time music jam	14 10-1 Computer classes (See Story, P. 1) Mainland shopping Trip* 10 Lit class** 2-4 Music class***	15	16
18 10 tai chi I 1 Caregivers' Group (MP) 1:30 tai chi II	19 Costco Hearing Aid Clinic* 1-4 German/ Bavarian folk art (acrylics)* 6 Vol. Awd's Supper	20 1-4 Norwegian Rosmaling (oil)* 3-5 Old-time music jam	21 10-1 Computer classes 10 Lit class** 2 Music Class 5 SJ County Planning - Public Mtg	22	23 4-8 Louise Smith Birthday Party!! 24 4 Mike Krieger Photos Antarctic
25 10 tai chi I 1 Caregivers' Group (MP) 1:30 tai chi II	26 Birthday lunch 1 Bridge 1-4 Ger/Bav folk art*	27 1-4 Norwegian Rosmaling* Guys Day Out: Museum of Flight* FOOT CARE* 3 Old-time music jam	28 9:15 Advisory Committee 10-1 Computer classes 10 Lit class** FOOT CARE* 2-4 Music ***	29 6-9 Linda Bierds Poetry Reading	30 2-5 Bill Montgomery Birthday Party!!



## Icebergs, Antarctic

## Operations, to be Shown

**Mike Krieger**, an Orcas resident whom the National Science Foundation asked to photograph the largest floating object on our planet, will narrate a slide show of his work in the Lundeen Room at 4 PM April 24.

Last December and January, he was aboard the U.S. Coast Guard icebreaker *Polar Star* as it broke through nearly 80 miles of ice, some of it nearly eight feet thick, to open a vital channel to our McMurdo base in the Antarctic. Clearing the channel allowed a tanker and helicopter to make the annual voyage to supply the base.

"I was fortunate enough not only to photograph operations on board, but also to use the ship's helicopters to photograph the incredible Antarctic scenery," Mike said.

His aerial photos include enormous icebergs, including B15A, the largest in the world.

The photos and the story of the voyage will constitute a chapter of a work in progress. He is the author of four books on maritime-related subjects. His last, *All The Men in The Sea*, was published in 2002 by Simon & Schuster's The Free Press, and in 2003 by Pocket Books.

**COMING ATTRACTIONS**--How about a class or workshop on "How to Care for Your Car?" by **Uzek Susol** of IslandAutomotive? Let the Front Desk know if you'd like that; they are keeping a list. Forthcoming dates: **Charlie King** and **Len Wallace** Concert May 4; **Hidden Gardens Tour & Tea** June 4; **Pelindaba Farm** on San Juan in June; trip to **Sequim Lavender Festival** July 15-16

(ISLAND TREASURE, Cont'd from Page 1)

Special door prizes, such as the *Islands Sounder's* grand prize, will add to the excitement and fun. During the *Sounder's* subscription campaign, \$3 of each sign-up will be donated to the Senior Center.

The event will begin at 2 PM on Saturday, May 7, after the Children's House Dayday Festival conclusion.

Invitations for the Island Treasure event will go out around mid-April. If you'd like to be on the list, let us know!

## April Menus

Lunches by our culinary artist, **Amy Raven**, are super! Served at noon on Tuesdays and Fridays, they require no advance registration. On April 19, we'll have a "first" Volunteer Awards Dinner, which coincides with the start of Senior Suppers. Y'all come! No lunch that day.



**1**  
Chicken lasagna  
Green beans  
Garlic bread  
Romaine salad  
Peaches

**5**  
Chicken tortilla  
casserole  
Scandinavian  
veggies  
Garden salad  
Sherbet

**8**  
Grilled pastrami  
Soup du jour  
Mini-salad bar  
Tropical fruit

**12**  
Beef Stroganoff  
Noodles  
Broccoli  
Normandy  
Garden salad  
White cake w/  
raspberry topping

**15**  
Chicken strips  
Mandarin orange salsa  
Rice pilaf  
Scandinavian veg.  
Romaine salad  
Fruit surprise dessert

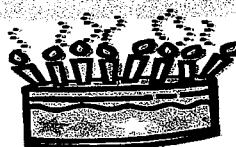
**19 Volunteer  
Awards Dinner!**  
Pork loin  
Mashed potatoes &  
gravy  
Carrots  
Apple crisp

**22**  
Lemon pepper fish  
Scalloped potatoes  
Chopped broccoli  
Cole slaw  
Ranger cookie

**26**  
Honey mustard  
chicken  
Hawaiian rice  
Peas & carrots  
Garden salad  
Tapioca pudding

**29**  
Meat loaf  
Mashed potatoes &  
gravy  
Italian veggies  
Raspberry Jell-o w/  
fruit

## Happy April Anniversaries!



Paul Friedman & Gayle MacDonald	4/04/??
Chris & Evelyn Jensen	4/06/68
Dick & Velma Doty	4/07/56
Garry & Mimi Peters	4/08/72
Clyde & Barbara Teague	4/10/76
Bruce & Donna Ballanger	4/11/??
Larry & Beverly Johanson	4/12/??
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

## Happy April Birthdays!

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
Anne Reardon	8
Thomas Gahan	8
Gail Gilman	8
Vincent Monaco	9
Eugene Crowe	9
Carol Parks	12
Robert Thompson	13
Bea Marcum	14
Paul Friedman	14
Bob Cooper	15
Nancy Schmidt	17
Arjean Filmer-Bennett	18
Gladys Gropper	18
Jan Zehner	18
Lina McPeake	19
Gretchen Shelton	19
Don wilson	19
Willi Kuehle	20
Kitty Curley	21
Brian Cleary	21
Louise G. Smith	22
Fredrica Kundig	22
Edson Kempe	22
Pearl Muse	23
John Beckwith	23
Marylou Cobb	23
Marianne Shelton	23
Bill McMillen	24
Susan Kosiur	24
Kathleen Dewhurst	25
Ron Schuler	25
Sylvia Biddick	26
Betty Brazil	27
Helen Bee	27
Mary Gardner	27
Don McLean	29
Cay Tretheway	29
Eula (Red) La Porte	29
Bill Montgomery	30
Jan Gage	30
Ilse Herz	30
Jerry Crisman	30
Barbara Urschel	30
Margaret Wilson	30
George Larson	30

### April Doings Here & Around Town

The Lions unit which screens for daibetes, glaucoma, high blood pressure, hearing loss an vision acuity will be parked on Prune Alley, in front of Island Market, April 1 and 2. Screening takes 10 minutes and there is no charge; Orcas Lions pick up the tab for this service.

Faith in Action Orcas Volunteer Caregivers are offering one of their famous training-orientation sessions, Saturday, April 9, 9 AM-3 PM at Lahari in Deer Harbor. Call 376-7723 to register.

In addition to the new computer classes (starting April 6 and 7, and new tai chi classes starting April 4, **Ebba Brophy** is adding a new one, German/Bavarian folk art (acrylics) in addition to her well-subscribed Norwegian Rosmaling. You can get a discount on supplies for her class at Office Cupboard.

A free Old Time Music Jam will be on Wednesdays, 3 PM, during April. **Mark Ellison** (bass) and **Katie Jensen** (autoharp) are among the prospective jammers. No need to register; come & bring your favorite instrument!

**Linda Bierds**, Director of the Creative Writing Program at the University of Washington and a poet who has received virtually every major American poetry award, will read her poems here at 7 PM April 29, sponsored by the Orcas Library, coordinated by **Linda Henry**, **Holly King**, **JoEllen Moldoff**, and **Sandy Thompson**.

# SERVICES WE PROVIDE & WHOM TO CALL

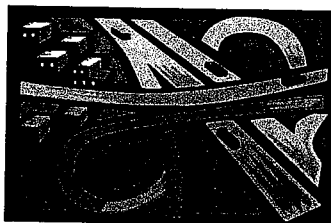


**Lunch:** Served twice a week. Orcas lunches are Tuesdays and Fridays. No reservations needed. Donation: \$3.

**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 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**. \$12-\$17.

**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: \$12.-\$25.

**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 and **Sally Coffin**, 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. 1-800-649-5121.

**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 376-3500.

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

**DSHS Medicaid help.** 378-4196.

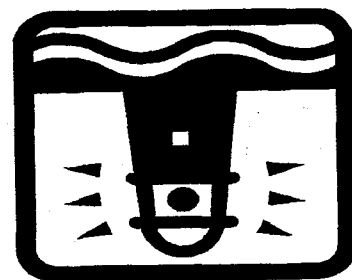
**Social Security** 1-800-772-1213

**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

NONPROFIT ORG.  
U.S. POSTAGE  
PAID  
Permit # 10  
Eastsound, WA 98245

## Renew Your Membership; Make a Contribution

Yes, I/we want to renew our Senior Center membership for 2005-6 (July 1-June 30).

☐ Individual Membership (\$15) ☐ Couple membership (\$25)

I/we wish to make an additional contribution to support the Senior Center:

☐ \$25 Nurturer ☐ \$100 Sustainer ☐ \$500 Raving Fan  
☐ \$50 Advocate ☐ \$250 Benefactor ☐ \_\_\_\_\_ Other Amount

I/We enclose a check (made out to Orcas Senior Center) for membership plus any donation. *Your gift is fully tax deductible.*

Name \_\_\_\_\_ Birthday\* \_\_\_\_\_  
Spouse/partner (if applicable) \_\_\_\_\_ Birthday\* \_\_\_\_\_  
Anniversary\*\* \_\_\_\_\_ EMail \_\_\_\_\_  
Street Address/P.O. Box \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Phone \_\_\_\_\_  
Winter address \_\_\_\_\_  
Dates of Departure & Return \_\_\_\_\_ Phone \_\_\_\_\_

### FOR OFFICE USE

Check is for Individual (\$15) ☐ Couple (\$25) ☐ Date Received \_\_\_\_\_  
Amount \_\_\_\_\_ Check # \_\_\_\_\_ Cash \_\_\_\_\_ Membership # \_\_\_\_\_ Spouse # \_\_\_\_\_  
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

Did you know  
that our Computer  
Lab (w/Internet) is  
available  
by reservation  
(\$10/month)?

Volume X, No 5 • May, 2005

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

Website: [www.Orcasseniors.org](http://www.Orcasseniors.org)

## Chocolatiers, Arise!

It is far nobler to visit the Senior Center next Saturday, than to sit home licking Hershey sauce off your computer screen.

**John Gibbs, Jan Loudin, and Abby Rueb**, all experts in the fine art of chocolate, will be the judges for Orcas Island's first-ever Chocolate Gala on Saturday, May 7, 2-4 PM here.

Professional chefs' entries are setting up salivary expectations as the date draws closer. It also will feature a selection from *Romeo and Juliet*, and the naming of an Orcas person as the 1995 Island Treasure.

Chocolate entries are being solicited in three categories, Professional, Amateur, and Youth. Use the entry form, back page, to enter your favorite creation.

The Professional Award is a plaque to hang in the winner's restaurant or bakery. **Linda Hamm** of Nature's Art has created aprons for the event's door prizes, special gifts, and as awards in the Amateur and Youth divisions.

Judging will begin at 1 PM on Saturday. Leave a message at the Front Desk for **Jan** or **Patsy** if you would like to have your entry picked up. Chefs need not be present, but are most welcome!

At 2 PM, payin' guests will be admitted to indulge boundlessly in the judged masterpieces. These will be cut for tasting at 2:30 PM, and there will be favors as well as door prizes. These and the grand prize, donated by the *Islands' Sounder*, will be in a surprising format.

The scene from *Romeo & Juliet* will be performed at 3 PM. **Doug Bechtel** will be master of ceremonies.

At 3:30 PM, awards will be presented to the winners in the three categories, followed by the grand finale: naming of this year's Island Treasure.

## Charlie King, Len Wallace to Present Concert Here May 4

**Charlie King and Len Wallace** will perform songs relating to the history of the labor movement, as well as their original folksongs and lyrics, in concert on Wednesday, May 4, 7-9 PM in the Lundeen Room. A reception will follow at an Eastsound site that will be made known to ticket purchasers (\$10, at front desk, and at the door if seating permits).

**Charlie's** songs remind some of the "happy resilience of the human spirit." At the heart of American folk music for more than 40 years, his songs have been sung by performers such as **Pete Seeger**,

(Continued on back page)

## Free Auto Clinic Offered for Seniors

Want to know the best schedule for maintaining your car/truck/SUV? Is something about your vehicle puzzling you?

**Uzek Susol**, of Orcas Auto Tech, and **Jeff Rodenberger**, Crescent Service, will team up to present a free clinic to answer your questions about caring for your car, May 20, 1-4 PM. Registration is required through the front desk, and the class location will be provided when you register.

Also, if you would like specific questions answered or demonstrated, please let the desk volunteer know when you register, so that **Jeff** and **Uzek** can be prepared to answer.

Tickets, at \$15 for single chocolate lovers, \$25 for a pair of chocolate lovers, and \$10 for chocolate lovers in training (10-18 years) are available at Orcas School, the Library, Senior Center and at RE/MAX Island Properties.



SENIOR PROFILE**Flying + Friendships + Family = Full Life**

Mary Lou Clever's friendly self can often be found, on Tuesdays and Fridays, at the Senior Lunch table, southeast corner of the Lundeen Room. Her contributions to the Senior Center, which she would prefer to remain anonymous, shall remain that way. They are substantial.

When many of us hear "Orcas Fly-In" or "American Legion," we automatically think of Mary Lou. Long-time Orcas, yes! What many people don't know is how much this lady has traveled and how many other interesting places she has lived.

Born in El Paso, Texas, she moved at the age of four with her family to California, where she met her late husband, Les, and graduated in 1940 from Fullerton High School.

"He was a 'Fullerton boy;' his family had been there since the 1890s," she recalled. "Les was one of twins, the first born at Fullerton Hospital."

He went into the Air Force during World War II, while she worked at Douglas Aircraft Company in Long Beach. "I made the holes for the rivets," she recalled.

After the war, he was sent to Puerto Rico with a unit that advised the Air National Guard.

"We spent four lovely years there," she recalled. Les then sought an assignment with a mobile training unit in California so the children could go to school in Fullerton.

After their schooling and early jobs, both sons settled in Washington state. Dick is city editor at the Skagit Valley Herald; Ray, deputy sheriff on Orcas.

Mary Lou had taken a job as accounts receivable bookkeeper at the Fullerton newspaper. "One day, Les called

and asked if I'd like to move to Addis Ababa, Ethiopia. I said, 'When!'"

So they went to help advise the Ethiopian Air Force (1966-68), met the late Emperor Haile Selassie, and ate a lot of roast lamb. They visited the royal palace ("It had lots of playground equipment for the youngsters").

After Ethiopia, they went to Edwards Air Force Base, then to the Philippines, where Mary Lou began to develop her interest in painting.

When Les retired from the Air Force in 1974, they stored their things, bought a motor home, and traveled around the country, coming to Orcas for good in 1979.

With Donna Ballinger, Les and Mary Lou started the Orcas Fly-In twenty years ago. (There had been previous fly-ins, but this was the first comprehensive one.)

"We used to park our motor home out there and stay all week," she recalled.

They purchased, from Cherie Lindholm, four acres on Elwha Rock Road. They started building, living in the motor home by the growing structure.

"While I was cooking dinner one evening, I heard creaks and shrieks, and we saw the ferryboat grounding, right before our eyes," she said. "Everyone headed for the ferry landing."

Les died eight years ago.

A member of Stitch & Gossip, Mary Lou has recently served as its treasurer. (Dorothy Brown was the group's first treasurer.) She also enjoys, in addition to painting, crocheting baby afghans, and cross stitch.



MARY LOU & PAL

**REMEMBERING, WITH LOVE**

**Carolyn Alter, 1921-2005**

**Dean Buchan, 1914-2005**

**Faye Caley, 1944 -2005**

**Jack Kimball, 1922-2005**

## Poem Captures a Generation's Experience

The poem below was written in 1945 by the late Ray Brogi. He and his wife, Statia, were married in 1942 and, as with many American families, he soon was sent to the World War II front lines. When he came home, they had another 40 years together, raising their family in Fall River, Massachusetts. Statia now lives in Eastsound, near their grown children.

### To My Wife

Two long years have passed  
And I remember the day  
When I left her in the doorway,  
We said "goodbye" and I went away.  
She knew not where I was going,  
But I knew very well,  
For I was off to the field of battle,  
The land that some called hell.  
Some men called it adventure,  
and new things we would find,  
But I was only thinking  
of the girl I left behind.  
We hit the line at Anzio [Anzio],  
Like the lightning from the sky,  
where many of my buddies,  
Had come to rest, and die.  
There was danger every minute,  
But we were forced to stay,  
Till my nerves were nearly shattered  
And my hair was turning gray.  
It was early in the morning,  
On that happy day in May,  
When the order came, "we're pushing out".  
And so we were on our way.  
The battle was grim and weary  
From Anzio [Anzio] to Rome,  
But one thing kept us going,  
We were getting nearer home.  
Then came France and Germany,  
The home of the Superman,  
By then we knew that we had won  
And we struck with an iron hand.  
And now the war is over,  
And I'll soon be on my way,  
To the land of love and liberty,  
This time I hope to stay.  
And as I sit here writing,  
with one thing in my mind,  
I'll soon be with the one I love,  
The girl I left behind, My Wife.

## WANT AD

WEEDERS--One hour a month, any time, around the Senior Center! Call Pierrette, 4264.

### Time to Renew Membership!

Senior Center Memberships, which are used to defray transportation costs, are renewable now for the 2005-6 year (July 1-June 30.) Please use the application form in last month's *Signal*, or call the Front Desk for a new form. Cost: \$15, single; \$25 couple. Contributions also are welcome.

### Policy Stated by Advisory Committee

The Senior Center Advisory Committee has officially adopted a no-refunds policy for all classes, except under extenuating circumstances.

### Computer Lab to Remain Open

On the heels of Francis Hagen's very successful series of computer classes, the lab will remain open by reservation during normal (9-4) Senior Center hours. A volunteer will be available Tuesday afternoons, or by reservation. Cost: \$10/month. Call the Front Desk to reserve. Four computers--three PCs and an iMac--are available.

### May 25 Trip to Bunnies by The Bay

The day trip this month will be to Bunnies by the Bay in LaConnor, with a visit to the Hareytale Museum. There, Miss Mercy Me the cat will greet you as you journey back in time. Cost: \$15 transportation. Reserve through the Front Desk.

## Orcas Senior Signal

Jan Koltun-Titus, Editor

Linda Tretheway, Jo Anne Bastron,  
Associate Editors

Published by Orcas Senior Services, PO  
Box 18, Eastsound, WA 98245.

The next issue will cover June and July,  
2005; deadline is 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?  
Check out Menus, Page 5,  
or our Website,  
orcasseniors.org

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

May Cake Bakers:  
**Karin Fuhring,  
Madeline Haffey,  
Katie Jensen,  
Gretchen Shelton,  
Jack Titus**

May host & hostess:  
**Wally & Trudy Erwin**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>2</b> 10, 1:30 Tai Chi (Continuing classes) 1 Caregivers' Group (MP)	<b>3</b> 1:30-3:30 SHHH (LR) 1-4 German Bavarian folk art**	<b>4</b> 11, 1, 2:45 Computer classes** 1 Norweg. Rosmaling 7-9 PM <b>Charlie King &amp; Len Wallace*</b>	<b>5</b> 10 Lit Class** 2 Music Class**	<b>6</b>	<b>7</b> 2-4 PM Island Treasure Chocolate & Shakespeare Festival (Lundeen Room)
<b>9</b> 10, 1:30 Tai Chi (Continuing classes) 1 Caregivers' Group (MP)	<b>10</b> Western Hearing Aid Clinic* 1-4 German Bavarian folk art**	<b>11</b> 9- Window Washing 11, 1, 2:45 Computer classes** 11-1:30 Elder Law Clinic* 1 Norweg. Rosmaling	<b>12</b> 10 Lit Class** 2 Music Class**	<b>13</b>	<b>14</b> OPALCO ANNUAL FERRYBOAT GENERAL MEETING
<b>16</b> 10, 1:30 Tai Chi (Continuing classes) 1 Caregivers' Group (MP)	<b>17</b> Costco Hearing Aid Clinic* 1-4 German Bavarian folk art** 6 Sr. Supper (no lunch!)	<b>18</b> Volunteer orientation and ongoing Training 1 Norweg. Rosmaling	<b>19</b> Mainland shopping Trip* 10 Lit Class** 2 Music Class**	<b>20</b> 1-4 PM Free Auto Clinic with Uzek Susol & Jeff Rodenberger*	<b>21</b>
<b>23</b> 10, 1:30 Tai Chi (Continuing classes) 1 Caregivers' Group (MP)	<b>24</b> 1-4 German Bavarian folk art**	<b>25</b> 1 Norweg. Rosmaling Bunnies trip (See story, p. 3) FOOT CARE CLINIC* 5-7 PM Alan Lichter Town Hall Mtg.	<b>26</b> 9:15 Advisory Committee FOOT CARE CLINIC* 2 Music Class**	<b>27</b>	<b>28</b>
<b>30</b> CENTER CLOSED MEMORIAL DAY 1 Caregivers' Group (MP)	<b>31</b> Birthday lunch 1-4 German Bavarian folk art**	<p><b>Computer lab is open now, by reservation, 9-4 except Thursday mornings. Cost: \$10/month; \$50 for six months, includes free email.</b></p> <p><b>ABBREVIATIONS:</b> LR = Lundeen Room MP = Multipurpose Room CR = Conference Room * = Must reserve at office ** Class filled</p>			



## Volunteer Recognition Dinner Brings Together Old Friends & New

With music by **Don McLean**, flowers by **Emily Reid**, and everybody's two cents' worth, our first Volunteer Recognition Night, April 19, brought together old friends and new ones. The evening also kicked off our spring-into-fall monthly dinner series.

With more than 150 volunteers, it was decided this year to create a new award: the **Jayne Orleans Staff Appreciation Bowl**. **Veronica Thornton**, the first honoree, chaired the monthly birthday-cake celebrations for the past three years.

**Jack Conant**, chairman of the Advisory Committee, presented the Agape Award to **Ed Peterson**, whose advice and engineering expertise as an early member of the Orcas Senior Center Building Committee contributed to today's handsome Senior Center.

County Commissioner **Alan Lichter** presented the Volunteer of the Year Award to **Barbara Pesola**, who as a Front Desk volunteer has "solved problems with kindness and compassion" while giving some 550 hours of help during 2004.

All three trophies remain in the building. The Staff Appreciation bowl will rest on a wooden pedestal engraved, over the years, with the winners' names.

**Alan** also presented certificates to the 10 volunteers with the most hours during 2004: **Barbara Pesola** (550); **Lindalena Dingman** (323); **Thelma Kallam** (201); **Roger Congdon** (197); **Irene O'Neill** (194); **Betty Williams** (175); **Joy Bennett** (173); **Pat Logan** (165); **Roy Williams** (146.5); and **Cay Tretheway** (140).

**Cay** came in after the awards ceremony because she had been driving a senior to the mainland since early morning.


Altogether, volunteers recorded 5299.5 hours during 1994. While a total of 41 persons recorded these hours; more than 150 persons gave their time during the year on such events as the Holiday Fair, Island Treasure Luncheon (this year changed to a Chocolate Festival), **Rosalie Chantiny** Auction, Advisory Committee and subcommittee meetings, building ramps, offering classes and workshops, and more!

### Front Desk Volunteer Training & Orientation

Volunteer orientation and ongoing training will be May 18 at 9:30 AM. Lunch will be served following the session.

## May Menus

Vegetarian selections can be arranged for our delicious lunches; call ahead if you need this. 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.

<b>3</b> Baked potato & chef's salad bar Dessert	<b>6</b> Beef enchiladas Spanish rice Refried beans Sherbet
<b>10</b> Veggie lasagna Italian veggies spinach salad peaches & pears	<b>13</b> Stuffed sole Rice pilaf Broccoli Normandy Tropical fruit
<b>17 DINNER</b> Teriyaki chicken Wild rice Oriental veggies Tomato/zucchini salad Mandarin orange cake	<b>20</b> Pork loin Mashers w/gravy Carrot coins Applesauce bar
<b>24</b> Tossed chicken salad Roll Fresh fruit	<b>27</b> Pork ribbers Scalloped potatoes Peas & onions Garden salad Applesauce cake
<b>31</b> Stuffed green peppers Red potatoes Veggies Salad Applesauce	

## Happy May Birthdays!

Bob Cobb	1
Pat Pomeroy	1
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
Dorothy Graham	7
Marion Speed	7
Joan Miller	7
June Cale West	8
Stu Stephens	8
Marjorie Bevin	9
Babs McCorison	9
Eileen Pyka	9
Thelma Kallam	11
Shirley Aggas	11
Bruce Ballanger	11
Barbara Otis	11
Frank "Mac" Trunkey	11
Linda Abbott	12
Anna Mae Kann	14
Barbara Fleming	14
Ray Jarecki	14
Carol Bee	14
Sue Wood	15
Anne Weingarh	15
Jim Munson	16
Beverly Slater	16
Cheri Munson	16
Annette Mazzarella	16
Larry Melvin	17
Larry Johanson	18
Erv Harlacher	19
Eva North	19
Dick Arnold	20
Phil Burbo	20
Bob Scharnhorst	21
Elizabeth Bret	21
Marcie Greaves	21
Bill Felber	22
Elizabeth Star	22
Rod Blanchette	24
Gayle MacDonald	24

## Happy May Anniversaries!

Steve & Terry Hopkins	5/8/64
Alan & Pam Edwards	5/12/74
Bob & Phyllis Henigson	5/14/66
Kern & Grace Hendricks	5/15/37
Roger & Connie Congdon	5/18/62
Mike & Carolyn Wiley	5/19/84
Richard & B.J. Bangert	5/26/43
Keith & Anne Jones	5/29/71

### Orcas Walkabout Program to Begin This Month

Time to stretch your legs and revitalize your energy! Join with your neighbors and friends, and challenge yourself with our eight-week Walkabout Orcas program, funded by Regence Blue Shield and supported by San Juan County Health & Community Services and Orcas Senior Services.

**Lindalena Dingman** will continue to coordinate the program by supporting volunteer group leaders, registering participants, providing walking logs, use of pedometers, assistance with walking routes, and encouragement. Increase your strength and well-being by registering for this free program by calling **Lindalena** at 376-4272, or sign up for the program at the Front Desk.

**Lindalena** will host the Buck Park walking group, which starts at 10 AM May 10, continuing on Tuesdays and Thursdays until the end of August. This gentle walk is open to returning walkers and new participants alike.

### (MAY BIRTHDAYS, Continued)

Lee Waltersdorph	25
Verna Pehl	26
Phyllis Chambers	26
Susan Heindrick	26
Sandy Thompson	26
Barbara Meyer	27
Bette Frenger	28
Hi Stickney	28
Grace Hendricks	29
Dorna Theaman	29
Diane Jarecki	31
Sherry Harpham	31
Sue Carroll	31

# SERVICES WE PROVIDE & WHOM TO CALL

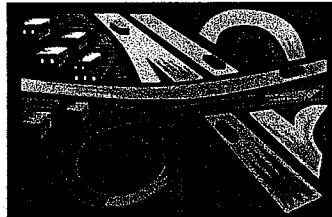


**Lunch:** Served twice a week. Orcas lunches are Tuesdays and Fridays. No reservations needed. Donation: \$3.

**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 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. \$12-\$17.

**Senior Trips:** Mainland shopping trips on the third Thursdays; reservations needed. Recreational trips about once a month; check with the Signal Calendar or Front Desk. Suggested mainland-trip donations: \$12-\$25.

**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. 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 and Sally Coffin, 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 376-3500.

**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

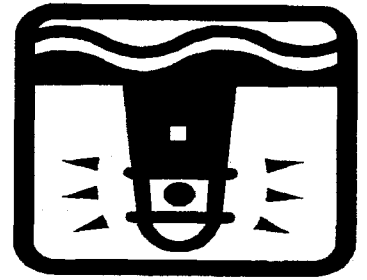
**Medicare** 1-800-444-4606

**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

NONPROFIT ORG.  
U.S. POSTAGE  
PAID  
Permit # 10  
Eastsound, WA 98245

(CONCERT, Continued from Page One)  
Holly Near, and Arlo Guthrie.

Len is the youngest-ever winner of the Canadian Accordion Championship. It has been said that he "plays like a demon and sings like an angel." He has been a key performer in TV documentary segments. He has released three solo recordings, two CDs with his Celtic band, The Diggers, and many compilation albums from Canadian festivals.

**Winners** of the Joe Floren art exhibit quiz, who matched the most numbered abstract paintings to a list of their correct titles, were a three-way tie: Nanae Fralick, Emily Reid, and Jack Titus. After tossing a coin, winner of the Floren abstract photo, San Francisco Bay, was Nanae! Joe's exhibit will be up through May.

Island Treasure Shakespeare & Chocolate Festival Entry Form  
(Please cut along the dotted line and return to the Senior Center by May 2)

## Chocolate Gala



☐ Amateur Category    ☐ Youth Category  
☐ Professional Category

Please enter me in this fun event! I understand that all entries must be at the Senior Center by noon on Saturday, May 7.

Name \_\_\_\_\_ Contact number \_\_\_\_\_

**Embroiderers  
Needed  
for Friendship  
Quilt 2005!  
Story, Page 5**

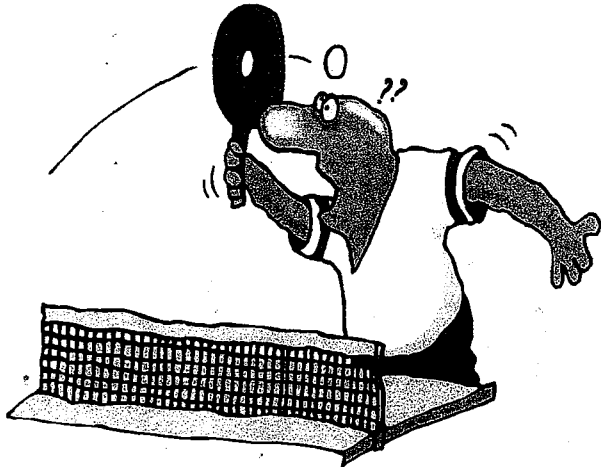
# Orcas Senior Signal

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

Volume X, No 6 • June-July, 2005

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

Website: [www.Orcasseniors.org](http://www.Orcasseniors.org)



## Summer Ping Pong Madness Strikes Senior Center

This will be a Ping-Pong summer here, thanks to **Don Tompkins, Joe Ciskowski, and Damon Scott.**

**Don** found, purchased—and donated—the Ping-Pong table on a wheeled stand, net, balls and four paddles, so that we are equipped for singles or doubles play. **Joe and Damon** trucked all the components to the Multi-Purpose Room. Thank you, guys!

Sign up with friends or as individuals, or come by and take your chances on finding a partner and table time. The Front Desk has a sign-up sheet (name and phone number), for an hour at a time, on most summer week-days with the exception of Thursday mornings. When the room is needed for other events, the table will be collapsed and moved to a nearby corridor.

Tennis whites are not required for play.

If enough participants want ferocious competition, a tournament can be set up; just mention your level of interest to anyone at the Front Desk.

## Find New Energies With T'ai Chi Chih

It's time to lock in the benefits of summer, and to unlock new energies with t'ai chi chih, a healing arts form endorsed by The Arthritis Foundation, a review of 47 studies published in the *Archives of Internal Medicine*, the *Harvard Health Letter*, and individual studies at Tufts-New England Medical Center, Johns Hopkins, and Emory University.

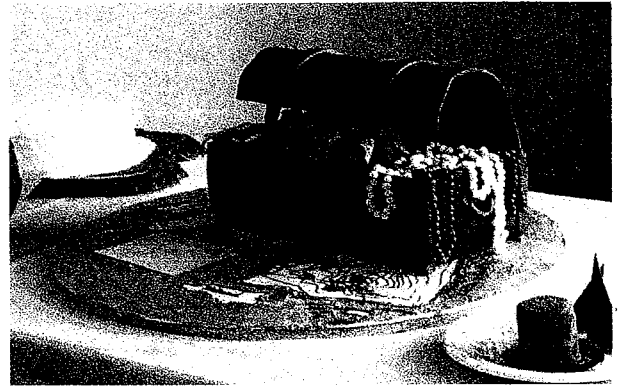
**Joan Roulac's** eight-week summer sessions at Orcas Senior Center begin on Monday, June 6, at 10 AM for Level I, for newcomers and those who need a refresher, and at 1:30 PM for Level II for those who have mastered the 20 basic moves of t'ai chi chih.

Cost of the eight classes, through Monday, August 1, is \$60. Partial scholarships may be available. To register, call 376-2677 and drop in at the Senior Center, 62 Henry Rd., Eastsound.

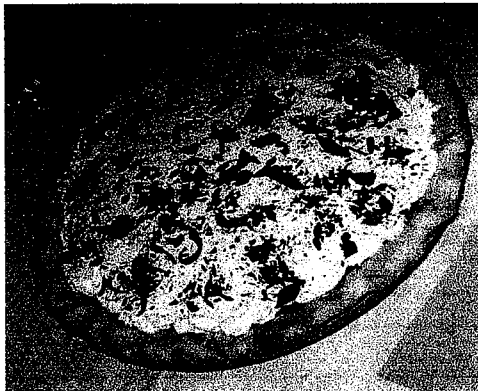
According to the review of 47 studies cited above, t'ai chi not only improves balance and heart health, it can also have psychological benefits. Deep breathing is combined with relaxation and postures that flow effortlessly through slow, controlled movements. The result: lowered stress and anxiety levels and improved mood.

The Harvard publication cited above, in the February, 2005 edition, states that t'ai chi's easy, low-impact exercise routine may provide the right balance for the damaged or failing heart. Other studies have shown that it lowers blood pressure, improves muscle strength and flexibility, and reduces the number of falls among older persons.





**Co-winners, professional:**  
**Julie Hogle, Main Street Bakery, and Felicity Milne, Rosario (R)**



**Amateur winner: Gail Koher,**  
**chocolate mousse pie**

**Youth winner: Elaine Irwin, lava**  
**cakes**

PHOTOS BY DICK THOMPSON

## ‘All-Time Chocolate Recipe’ Developed Here

The Island Treasure Chocolate Festival was a huge success, raising more than \$2,000 for the Senior Center! **Doug Bechtel**, who developed Orcas Island Actors' Theatre and who has played a leading part in the restoration of the Grange Hall, was named the 2005 Island Treasure. A letter in the *Islands' Sounder* from **Patsy Stephens**, event chair, indicated that “we have developed the All-Time Chocolate Recipe:

“Ingredients: 10 professional chocolateers, 40 amateur and youth entrants, an island of enthusiastic tasters, and frosting by Romeo and Juliet.

“Mix together with care and bake to perfection!”

The judges, armed with water bottles to cleanse their palates after each tasting, declared a tie in the professional category: Rosario (**Felicity Milne**) and Main Street Café (**Julie Hogle**). **Gail Koher** won the amateur award, and **Elaine Irwin**, the youth division.

More, and more individualized, awards will be part of fine-tuning the All-Time Chocolate Recipe next year, **Patsy** observed, expressing gratitude for the event's volunteers:

**Marilyn Andrews, BJ Arnold, Asian Café, Doug Bechtel, Helen Bee, Bilbo's Festivo, Judy Binney, Libby Blackwell, Dora Blake, Jake Breslauer & Amelia Carver (Romeo & Juliet), Ebba Brophy, Karen Brown, Chimayo's, Jack Conant, Laura Conant, Lisa Crowe, Carol Ely, Ellen Emery, John Gibbs, Linda Hamm, Elaine Irwin, Islands' Sounder, Beverly Johanson, Jennie Joplin, Kiwanis Club, Gail Koher, Jan Koltun Titus, Fredrica Kundig, Sophie Lappas, Bev Leyman, Jan Loudin, Frank Loudin, Main Street Bakery, New Leaf Café, Barbara Otis, Bob Otis, Mary Lou Padbury, Mariah Picone, Emily Reid, Rosario Resort, Roses, Karen Rouleau-Miller, Abby Rueb, Sean Paul's Island Gourmet, Rebekah Selwyn, May Shiozawa, Sue Silvernail, Barbara Stemp, Stu Stephens, Len & Lois Townsend, Dick Thompson, Cay Tretheway, Linda Tretheway, Jan Wells, Barbara Wheeler, and Janice Wiemeyer.**

## Summer Exhibits Planned for Lundeen Room

The newest exhibit in the Lundeen Room went up the last week of May. Titled "Grandma's Trunk," it features practical work often crafted by women working nights by the light of kerosene lamps. White laces and linens add a summer look to our great room.

Needlework of the late 1800s, belonging to **Ann Reardon** and **Heidi Lindberg**, includes tablecloths, doilies, dish towels and crocheted work on linen. In addition there is a horsehair chair with carved back that belonged to early Orcas settlers **Michael** and **Grace Donahue**. **Lois Baney** is curating this show with the assistance of **Jackie Abel**.

A textile show is planned for July and August, and, in September, a show of Northwest Coastal Indian work, curated by **Lois**. Period clothing will go on exhibit in November and December.

## Course on Polish Cinema Slated for Late July

"Archetypes and the Avant Garde Polish Cinema," a four-week course, will be offered 11 AM-1:30 PM, July 21-August 11, by **Pat Littlewood**, psychologist, and **Frances Tobriner**, Jungian analyst. Four one-hour Polish films by the late director, **Krzysztof Kieslowski**, will be shown, followed by discussion.

The films present extraordinary, provocative, and contemporary portrayals of archetypal dilemmas, according to Pat. Bring thoughtfulness and a willingness to question your first impressions.

Further information will be available at the Front Desk later this month.

## REMEMBERING, WITH LOVE

**Murray Hocker, 1939-2005**  
**Mary Templin McGlinn, 1915-2005**  
**Wesley William Ray, 1952-2005**  
**Marie Saltis, 1918-2005**

## Hosts, Hostesses & Entertainers: Thanks!

Our Senior Suppers are wonderfully enhanced by the group of Middle School volunteers who serve our diners with grace, charm and fun along with **Amy's** splendid cooking! Often, these include **Luis Arevalo** and **Joey Boucher**; this past month, the all-girl team comprised **Emily Diefenbach**, **Bobbi Lowrey**, **Lainey Padbury**, and **Stephanie Shaw**. Thank you, all of you!

Thanks, too, to the pianists who add immeasurably to the ambience: **Trudy Erwin**, **Don McLean**, and **Jim Williamson**, and to **Dora Blake** for setting elegant tables! And another thank you to **Robert Hendrick**, who played recently for Friday lunch, to rave reviews!



**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, 2005, issue: July 10. Email: [jank@co.san-juan.wa.us](mailto: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

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

June Cake Bakers:  
**Ebba Brophy,  
Jeanne DeLong,  
Bette Frenger, Mary  
Gordon, and Emily  
Reid**

June hostesses: Cay Tretheway, Dora Blake

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>1</b>	<b>2</b>  2-4 PM Music class final in (series)	<b>3</b>	<b>4</b>
<b>6</b> 10 Level I tai chi begins *  1 Caregivers' Group (MP)  1:30 Lev. II Tai chi begins*	<b>7</b>	<b>8</b>  11-2:30 Cy Field, Elder Law Clinic*  Trader Joe's/ Casino Trip*	<b>9</b>  Trip to Trader Joe's, Casino	<b>10</b>	<b>11</b>
<b>13</b> 10 Level I tai chi * 1 Caregivers' Group (MP) 1:30 Lev. II Tai chi*	<b>14</b>  <b>Flag Day</b>  Western Hearing Aid Clinic*	<b>15</b>	<b>16</b>  Mainland shopping Trip*	<b>17</b>	<b>18</b>
<b>20</b> 10 Level I tai chi * 1 Caregivers' Group (MP) 1:30 Lev. II Tai chi*	<b>21</b>  Costco Hearing Aid Clinic*  6 Senior Supper	<b>22</b>  FOOT CARE CLINIC*  5-7 Alan Lichter Town Meeting	<b>23</b>  FOOT CARE CLINIC*	<b>24</b>	<b>25</b>
<b>27</b> 10 Level I tai chi * 1 Caregivers' Group (MP) 1:30 Lev. II Tai chi*	<b>28</b>  Birthday lunch	<b>29</b>	<b>30</b>	<b>ABBREVIATIONS:</b> LR = Lundeen Room MP = Multipurpose Room CR = Conference Room * = reservations at office (2677) necessary	



Senior lunches are on Tuesdays  
& Fridays, 11:30-1 PM  
in the Betty Lundeen Room.  
Want to know what's for lunch?  
Check the website, Senior  
Center Bulletin Board, or Front  
Desk

## JULY SENIOR SIGNAL ORCAS ACTIVITIES CALENDAR

July Cake Bakers:  
**Barbara Humes,**  
**Maggie Kaplan,**  
**Irene O'Neill,**  
**Cecilia Schwanke,**  
**and Maryln Stiffler**

July hostesses: Myrna Wood, Agnes Forbes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
ABBREVIATIONS: LR = Lundeen Room MP = Multipurpose Room CR = Conference Room * = reservations at office (2677) necessary Website: <a href="http://www.orcasseniors.org">www.orcasseniors.org</a>				1	2
4 <b>Senior Center Closed: Happy Fourth of July!</b>	5	6	7	8	9
11 10 T'ai Chi I* 1 Caregivers' Group (MP) 1:30 Level II T'ai Chi	12 Western Hearing Aid Clinic*	13 Legal Aid Clinic w/Cy Field*	14	15 <b>Trip to Sequim for the Lavender Festival*</b>	16
18 10 T'ai Chi I* 1 Caregivers' Group (MP) 1:30 Level II T'ai Chi	19 Costco Hearing Aid Clinic* <b>6 Senior Supper</b>	20 FOOT CARE CLINIC*	21 Mainland shopping Trip* FOOT CARE CLINIC*	22	23
25 10 T'ai Chi I* 1 Caregivers' Group (MP) 1:30 Level II T'ai Chi	26 Birthday lunch	27	28	29	30

## Happy July Birthdays!

Harry Williamson	1
Mary Lou Amadon	1
William Marx	2
Bob Halverson	2
Eloise Monson	2
Kern Hendricks	4
Liz Clark	4
Artha Kass	4
Maggie Kaplan	4
Judy Wallace	4
Maryln Stiffler	5
Louis Tercier	5
Beulah Swan	6
Frank Loudin	6
Beth Jenkins	8
Bruce Heller	8
Lorraine Lucas	9
Margit Englehartson	10
Earl Robertson	10
Glen Monson	10
Mary Jane Schwarz	10
Frank Rouleau	11
Shirley Guilford	13
John Suzick	14
Elaine Mowrey	15
Connie Zehner	16
Dorothy Brown	17
Susan Foulk	17
Mary Riveland	18
LaVerne "Pinky" Miller	19
Joan Babcock	19
Joan Haslett	19
Jeff Struthers	19
Dick Pehl	20
Dick Doty	20
Charlotte Gallemore	20
Mary Lou Middleton	22
Joseph Lane	23
Dick Haffey	24
Tye Tyson	24
David Schermerhorn	25
Megan Harris	26
Grace Kidder	27
Beth Roberts	27
B.J. Arnold	28
Mary Lehmann	28
Jean Dowling	28

## Happy July Anniversaries!

Stan & JoEllen Moldoff	7/01/??
Jay & Janet Booth	7/03/89
Richard & Sandra Bronson	7/12/64
Buyral & Ellen Madan	7/14/45
Lew & Mary Lehmann	7/14/46
James & Eileen Pyka	7/15/70
George & Ingrid Karnikis	7/21/??
Jeff & Judith Struthers	7/21/84
Wayne & Eva North	7/23/74
John & Patricia Inch	7/24/49
Paul & Mary Greenwell	7/27/68
Wilton & Cecilia Schwanke	7/29/??
Jim & Sylvia Biddick	7/31/83

### **JULY 15-16! JULY 15-16!**

Join this scented expedition to Sequim for the 2005 Lavender Festival! Leaving Friday July 15, returning Saturday evening July 16. If you love lavender, you'll love this trip! Cost: \$25 Transportation. \$77 Lodging (Double Occupancy.)

### **JULY 15-16! JULY 15-16!**

### **AUGUST 10! AUGUST 10!**

Mark your August Calendar for potluck picnic lunch on the mountain, Mount Baker, that is!

Dick Thompson will lead the fearless Red Eye Group on August 10. Sign up at the Front Desk!

### **AUGUST 10! AUGUST 10!**

James Williamson	28
Steve Hopkins	29
Indira Monk	29
Chris Tercier	29
Jan Koltun Titus	30
Lynn Schiager	30
George Hungar	31
Robert Harris	31

**July Menus** will be posted on  
the Lobby Bulletin Board and on  
the Senior Center Website  
[www.orcasseniors.org](http://www.orcasseniors.org)

## Expedition to Trader Joe's, Tulalip Casino Planned

Two experiences for the price of one: shopping at Trader Joe's in the Everett Mall and return-trip lunch, etc., at Tulalip Casino are planned for Wednesday, June 9. The group will leave on the Red-Eye.

## Sign Up Now for Overnight Trip to Sequim Lavender Festival

Save the dates--July 15-16--for the Sequim Lavender Festival. These fragrant plants are at their most beautiful on the above dates, and several people already have signed up for the trip.

At the Festival, you'll have the choice of strolling the streets of Sequim or buying a ticket for the bus tours of the seven participating lavender farms.

The travellers will leave on the Red Eye Friday morning and return Saturday evening.

Overnight lodging will be at the Econo Lodge, with free Continental breakfast. Cost: \$77 lodging (double occupancy), \$25 van. Lloyd Pinneo will be the driver.

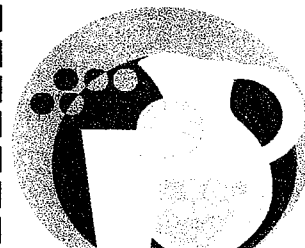
Jo Anne Bastron says, "If you love lavender, you'll love this trip."

## Embroiderers Needed!!!

Friendship Quilt 2005 still has a few squares that are signed but need to be embroidered. If this is among your skills, and you can give a few hours before July 15, please call Jo Ann Bastron, 2677!

## June 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**  
Breaded cod  
Scalloped potatoes  
Scandinavian  
veggies  
Cole slaw  
Apple cake

**7**

Shrimp salad  
Oatmeal bread  
Fresh fruit

**10**

Grilled Rueben  
Mini-salad bar  
Fresh fruit tray

**14**

Spaghetti  
Italian veggies  
Romaine salad  
Garlic bread  
Peaches

**17**

Florentine-style fish  
Scalloped potatoes  
Scandinavian  
veggies  
Romaine salad  
Chocolate pudding

**21 DINNER**

BBQ chicken  
Potato salad  
Cole slaw  
Corn bread  
Cake

**24**

Beef fajita  
w/flour tortilla  
Spanish rice  
Refried beans  
Sherbet

**28**

BBQ beef on bun  
Potato wedge  
Green beans  
Zucchini/tomato  
salad  
Watermelon



Dick Thompson Photo  
Chocolate Festival  
entry by Karen  
Rouleau-Miller

**Happy June Birthdays!**

Patti Brogi	1
Elizabeth Berdan	2
Roy Williams	2
Pat Littlewood	3
Joe Nichols	3
June Magnuson	4
J. Chandra Hahn	4
Carolyn Carroll	4
Andy Nigretto	5
Don Gerard	5
Jack Rowse	6
Marilyn Erly	7
Lucile Willis	7
Patsy Kuehle	8
Paul Greenwell	8
Polly Pratt	8
Harry Patton	9
Wilton Schwanke	9
Lorraine Marx	9
Howard Shirley	9
Ron Wallace	10
Muriel Silvertooth	12
Alan Lichter	12
Jane Kempe	12
John Mazarella	13
Penny Hawkes	13
Peter Huie	14
Gordon Crowe	16
Sharon Buchan	16
Suzan Chamberlayne	17
Richard Greaves	20
Maureen Crowe	20
Harriette Mathews	21
Pat Blay	21
Valerie Anders	21
Frances Lane	22
Captain Don Palmer	22
John Erly	22
Hazel O'Brien	23
Richard Bronson	23
Veronica Thornton	24
Dean Reynolds	24
Garry Peters	24
Robert Lundeen	25
Grace Muse	26
Carol Tully	26
Ed Lavender	27
Dave Gardner	27
Anne Stowell	27
Richard Bangert	28
Buyral Madan	28
William James	28
Anne Pedersen	29

**Happy June Anniversaries!**

Wayne & Joan Haslett	6/02/52
Frank & Alice Blumenshine	6/03/44
Hugh & Andrea Hendrick	6/04/54
Jim & Sandra Dagnon	6/04/60
Richard & Ann Griot	6/07/??
Richard & Margaret Wilson	6/08/??
Bob & Gail Shipstad	6/09/60
Don & Rosa Montgomery	6/10/45
Bob & Susan Foulk	6/14/59
Dale & Carol Ely	6/14/69
Carl & Loretta Poschman	6/15/63
Calvin & Clarena McLachlan	6/17/50
Roy & Betty Williams	6/17/50
Erv & Norma Jo Harlacher	6/19/54
Jim & Cheri Munson	6/19/64
Harlan & Anne Pedersen	6/20/53
Robert & Sandy Thompson	6/21/03
Rex & Maryln Stiffler	6/21/57
Bill & Dottie Trogdon	6/23/52
Dick & Verna Pehl	6/24/50
Leslie & Marion Speed	6/24/51
Doc & Linda Weston	6/25/66
William & Valerie Anders	6/26/55
George & Dorothy Hungar	6/26/69
Robert & Joy Bennett	6/27/74
Bill & Hattie Dixon	6/30/45

### Council Approves Steering Committee Request

The Senior Services Council of San Juan County has approved a request by the Orcas Assisted Living Steering Group to apply for a pre-development grant that could result in assisted living for Orcas.

The purpose of the grant would be to do the studies needed to establish a solid basis for an assisted living facility or campus here. This work would include determinations of site availability, market analysis, building design and components, development costs, financial feasibility, and resources.

Barbara Evans, who presented the request to the Council after she and Bev Ohlman had sought and received permission from the Orcas Advisory Committee to do so, noted:

"Citizens are aging, land and construction costs rising. We need to move forward."

# 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 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**. \$12-\$17.

**Senior Trips:** Mainland shopping trips on the third Thursdays; reservations needed. Recreational trips about once a month; check with the Signal Calendar or Front Desk. Suggested mainland-trip donations: \$12-\$25.

**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.

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

**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 **Sally Coffin**, 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.



**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** 376-3500.

**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

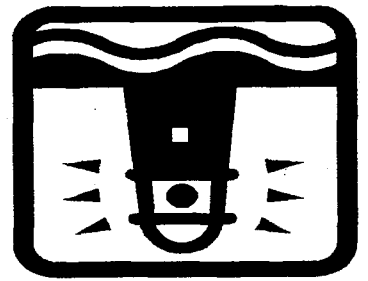
**Medicare** 1-800-444-4606

**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 **Nancy Southern**, 376-7723.

**Licensing hours** (for boats, vehicles): 10-4, off 1-2 PM for lunch.



# Orcas Senior Signal

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

NONPROFIT ORG.  
U.S. POSTAGE  
PAID  
Permit # 10  
Eastsound, WA 98245

## Renew Your Membership; Make a Contribution

Yes, I/we want to renew our Senior Center membership for 2005-6 (July 1-June 30).

☐ Individual Membership (\$15) ☐ Couple membership (\$25)

I/we wish to make an additional contribution to support the Senior Center:

☐ \$25 Nurturer

☐ \$100 Sustainer

☐ \$500 Raving Fan

☐ \$50 Advocate

☐ \$250 Benefactor

☐ \_\_\_\_\_ Other Amount

I/We enclose a check (made out to Orcas Senior Center) for membership plus any donation. *Your gift is fully tax deductible.*

Name \_\_\_\_\_ Birthday \_\_\_\_\_

Spouse/partner (if applicable) \_\_\_\_\_ Birthday \_\_\_\_\_

Anniversary \_\_\_\_\_ EMail \_\_\_\_\_

Street Address/P.O. Box \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Phone \_\_\_\_\_

Winter address \_\_\_\_\_

Dates of Departure & Return \_\_\_\_\_ Phone \_\_\_\_\_

### FOR OFFICE USE

Check is for Individual (\$15) ☐ Couple (\$25) ☐ Date Received \_\_\_\_\_

Amount \_\_\_\_\_ Check # \_\_\_\_\_ Cash \_\_\_\_\_ Membership # \_\_\_\_\_ Spouse # \_\_\_\_\_

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 X, No 7 • August, 2005

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

Website: [www.Orcasseniors.org](http://www.Orcasseniors.org)

## Enthusiastic Teachers, Many Fall Classes Coming Your Way

This summer e-mail is from Joan Roulac, one of our regular teachers, who also is teaching a new tai chi class on the mainland:

What an adventure. . . had 50+ students in first class. . . were there chomping at the bit before I even set up. . . then 10 more for second class. . . ee gads! Have a huge room, taking all comers, was wall-to-wall people. Ha. . . just love it!



**JOAN ROULAC** Photo by Louellen McCoy

Such enthusiasm for their subjects is characteristic of the teachers who have been attracted to work here.

Looking ahead to September and October, we are fortunate in the return of Joan (Tai chi Mondays at 10 and 1:30, begins Sept. 12) and others, including Ebba Brophy (acrylic Christmas ornaments, 1-4 pm on Tuesday, Sept. 20), Sara Dailey-Smith (yoga, time and September date to be announced), and Caroline Buchanan (drawing, watercolor, exact times not yet determined but likely a drawing class on Oct. 15 and Thursday

(Continued on Page 3)

## PALETTES' CURRENT EXHIBIT DRAWS PRAISE; FUTURE SHOWS SCHEDULED

"Artist's Choice," the Orcas Palettes' summer show on the Lundeen Room walls continues to draw scrutiny and praise from lunchers, those attending other scheduled events, and drop-ins. If you haven't had a chance to apprise this collection by fine artists who happen also to be neighbors and friends, it will be up during August during regular Senior Center hours: 9 AM-4 PM Mondays through Fridays.

Lois Baney, the new chair of the Visual Arts Committee, is planning new two-month exhibits including, for September and October, period clothing. Ann Reardon and Heidi Lindberg are organizing this exhibit.

A West Coast Native American display is planned for November and December, and it is hoped that classes or workshops in such native crafts as cedar basket making can be arranged in conjunction with this exhibit.

Concerning offerings for any of these exhibits, please contact Lois (5217); for associated courses and classes, please call Jan (2677).

## 'Grandpa' Sought

An Orcas mom would very much like to have her son matched with a senior (male) in the Orcas Island Recreation's grandparent/grandchild match program.

The youngster is nine years old.

If any grandparents, real or potential, would like to participate, please contact Didier Gincig, Orcas Rec director, at 376-5339.

## Riders Urged to Schedule Mainland Medical Dates for Wednesdays, Thursdays

Thanks to all of you who presently inform Jo Anne and Linda, a week or two ahead of time—even a month, if you know it—what your scheduled mainland doctors' appointments are. This helps to recruit drivers and to ensure that vans are available.

This late summer and fall, we are also asking you to schedule your doctors' appointments on Wednesdays and Thursdays. With rising gas and ferry prices, it is obviously more economical to send one van with three people to the mainland, rather than three vans with one person each. Concentrating trips on these two days, rather than throughout the week, saves money and volunteer drivers' time. Of course, we will be as responsive as possible to anyone who cannot schedule ahead on these days; we appreciate your problems with that as well as your help. JK

## Additional SHIBA Volunteers Needed for Orcas

Do you enjoy helping people to solve problems? If you have basic computer Internet skills and would like to volunteer to help friends and neighbors with the new prescription drug program offered by Medicare Part D, as well as learning about it for yourself, please contact Joann Hoover, Outreach Coordinator at Island Hospital, 468-3185.

Beginning in October, all 800,000 of Washington state's Medicare beneficiaries will be offered the chance to sign up for Medicare Part D, which will begin Jan. 1, 2006. All those eligible will need to make a selection before May 18, 2006.

While the program is complex, you'll be trained to assist friends and neighbors with the choices posed by Part D (See story, page 4), as a SHIBA volunteer.

The SHIBA (acronym for State

## Thanks, Servers!

July's Senior Supper was greatly enhanced by Don McLean's mellow piano, by our gracious hostesses, Agnes Forbes and Dora Blake, by Mary Lou Padbury's table set-up, and by our lively servers: the Fur & Feathers 4-H Clubbers and two girls who decided to spend part of their Orcas summer vacation with us. The latter, Tierra Batiste and Xiani Wong, enjoyed meeting other teens and pre-teens from Orcas. Fur & Feathers members who served were: Brittany Wachter, Ashley McCloskey, Brigid Ehrmantraut, Crosby Junkins, Grace Thompson, Miles McCloskey, and Melissa McCloskey.

And we want to thank the young mother who brought in spectacular dahlias for Senior Lunch, as well as Emily Reid and Veronica Thornton for plums, and Frieda and Joe Nichols for picking blackberries for one of Amy Raven's yummy cobblers!

Well done, all of you, and thanks!

## REMEMBERING, WITH LOVE

Leland Ammerman, 1907-2005

Clyde Brown, 1906-2005

Andy Forbes, 1917-2005

Louis Gittner, 1925-2005

Don Montgomery, 1918-2005

Sammy Poston, 1925-2005

Bill Sontra, 1947-2005

(SHIBA VOLUNTEERS, Cont. from Col. 1)

Health Insurance Benefits Association) volunteers will receive a full day of training, must be impartial and have no insurance affiliation, will assist people by phone, in person, and at group gatherings, and will be mentored and supervised.



(CLASSES, Continued from Page One)

watercolor workshops on October 20, Nov. 10, and 17. We are still looking for a Computer teacher. The Computer Lab is available most days for using the Internet, with **Donna McKee** ready by appointment to help. Fee: \$10/month.

Fees for classes will be available by August 1 at the Front Desk, 2677.

In addition, we have a free class, a free workshop, and a volunteer knitting instructor, so far this fall. (When instructors volunteer to teach for free, we can sometimes pass this on to students.) **Mona Elkamaty**, a long-time Orcas Island artist who has taught at the University of Alaska, will instruct a six-week oil painting class starting at 1 PM on Wednesday, Sept. 21, and **Jan Koltun-Titus** will conduct a workshop in wreath-making the afternoon of October 24. There may be a small materials charge for these sessions, and participants in the former group may want to consider purchasing their own set of oil paints eventually. **Ting Zimmerman** will work with individuals or a group; good yarns will be available here for a small cost.

To register for these, come by the Front Desk. Be sure the class meets your needs and time frames, as payment is due upon registration and there are no refunds. Registration is also required for the free class, workshop, and knitting sessions.

Skagit Valley College has scheduled three classes at the Senior Center, beginning in September: **Richard Fadem** will teach *Jane Austen and George Eliot* (Thursdays, 10-12:30, starting Sept. 22); **Dennis Bonner** will lead an appreciation of *The Music of Johann Sebastian Bach* (Thursdays, 2-4 PM, also starts Sept. 22); and **Antoinette Botsford** will teach a late-afternoon class: *Creativity, Spirit and the Artist's Way* Mondays, 3-5 PM, starts Sept. 19. (See story, Column 2).

To register for the **Botsford** and **Bonner** classes, call Skagit Valley College (378-3220); to register for **Richard Fadem's** class, call the Orcas Library, 376-4985.

Purely for fun starting after lunch on Tuesdays during August: Scrabble and Ping Pong will be available along with Tuesday afternoon bridge. These latter are drop-in activities any time there are enough folks to play. Scrabble only takes two competitors, and we have a couple of sets available.

## HELP WANTED!

Van drivers are needed for Seattle trips. Pay is in gratitude, and this is an excellent chance to get in some city shopping, free of those pesky gas and ferry fares! Valid driver's license and medical (We pay for medical!) required. Call **Linda** or **Jo Anne**, 2677.

## Skagit Valley College Offers Fall Enrichment

**Antoinette Botsford's** fall class (see Column 1 at left) is for artists of all kinds, especially for those who feel blocked or are at creative turning points.

Participants will meet to share work and thoughts as they practice the empowering process outlined by **Julia Cameron** in the book she wrote with **Mark Bryan**: *The Artist's Way: A Spiritual Path to Higher Creativity*.

**Richard Fadem's** class will focus on the two greatest female novelists of the English 19th century: **Jane Austen** and **George Eliot**: students will read *Emma*, by the former, and *Middlemarch* (1871-2) by the latter.

**Dennis Bonner's** class will explore the structure, expression and genius of **Johann Sebastian Bach**.

**P.S.  
Fur &  
Feathers  
members  
enjoyed  
the  
supper so  
much that  
they will do  
a return  
engagement  
in  
September!**

**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, 2005, issue: August 10. Email: [jank@co.san-juan.wa.us](mailto: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:  
**Jen Bentley, Katie  
Jensen, Mary Lou  
Padbury, Cecelia  
Schwartz,  
May Shiozawa**

August host & hostess: **Wally Morgan, Irene  
O'Neill**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b>  1 Caregivers' group (MP)	<b>2</b>  After lunch: bridge, Scrabble, Ping Pong	<b>3</b>  <b>Carpets being cleaned today; no activities!</b>	<b>4</b>  11 Polish Film Class (MP)	<b>5</b>	<b>6</b>
<b>8</b>  1 Caregivers' Group (MP)	<b>9</b>  After lunch: bridge, Scrabble, Ping Pong	<b>10</b>  Mount Baker potluck picnic (redeye)*  Western Hearing Aid Clinic*	<b>11</b>  11 Polish Film Class (MP)	<b>12</b>	<b>13</b>
<b>15</b>  1 Caregivers' Group (MP)	<b>16</b> Costco Hearing Aid Clinic* 1 Drop-in bridge, Scrabble, Ping Pong 6 Senior Supper	<b>17</b>  Trip to San Juan County Fair *	<b>18</b>  Mainland shopping Trip*	<b>19</b>	<b>20</b>
<b>22</b>  1 Caregivers' Group (MP)	<b>23</b>  After lunch: bridge, Scrabble, Ping Pong	<b>24</b>  FOOT CARE CLINIC*	<b>25</b>  FOOT CARE CLINIC*	<b>26</b>	<b>27</b>
<b>29</b>  1 Caregivers' Group (MP)	<b>30</b>  Birthday lunch After lunch: bridge, Scrabble, Ping Pong	<b>31</b>	<b>Drop in anytime with a pal for Scrabble or Ping Pong!</b>	<b>ABBREVIATIONS:</b> LR = Lundeen Room MP = Multipurpose Room CR = Conference Room * = reservations at office (2677) necessary	

## Assistance Provided for Eligible Medicare Beneficiaries

A new computerized service will help Medicare beneficiaries of limited income and resources gain access to the extra help available to them through the Medicare Modernization Act of 2003. The service, which will also help them enroll in other health care and prescription drug assistance programs, was developed by the Administration on Aging (AoA) with the assistance of the Centers for Medicare & Medicaid Services (CMS) and the National Council on the Aging (NCOA).

"This new resource helps bring together many assistance programs available to seniors who need the most help - and that includes the extra help with drug costs that will soon be available for up to one-third of Medicare beneficiaries through the new Medicare drug benefit," said **Mark B. McClellan**, M.D., Ph.D., administrator of the Centers for Medicare & Medicaid Services.

The new service is a special version of BenefitsCheckUpRx updated for the extra help with Medicare drug coverage. It is available at <http://www.BenefitsCheckUp.org/rx>, or can be accessed by calling Jan.

BenefitsCheckUpRx will help older adults to take advantage of a subsidy, the comprehensive extra help that covers 95 percent of drug costs on average for people with Medicare who have limited means. Applications are available now. The new service screens beneficiaries for eligibility and then provides a quick link to applying online for the extra help through the Social Security Administration's Web site.

At the same time, it helps seniors and those who work with them apply for other needs-based government programs including the Medicare Savings Programs and other federal, state and private programs that can save seniors money.

Using BenefitsCheckUpRx, people with Medicare can get help to learn about

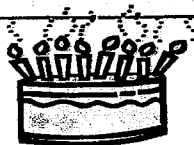
(Continued on back page)

## 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.

<b>2</b>	Cabbage rolls Parslied red potatoes Steamed squash Tropical fruit	<b>5</b>	Florentine fish Scalloped potatoes Scandinavian veggies Cole slaw Ranger cookies
<b>9</b>	French dip sandwiches Potato wedges Caesar salad sliced melons	<b>12</b>	Chicken strips Mandarin orange salsa Scalloped potatoes Capri veggies Spinach salad Peaches & pears
<b>16 DINNER</b>	Roast beef Mashed potatoes & gravy Capri veggies Vanilla pudding cake	<b>19</b>	Pizza & salad bar Chef's choice dessert
<b>23</b>	Tossed chicken salad Cornbread Fresh blackberry cobbler	<b>26</b>	Spaghetti Green beans Romaine salad Garlic bread Strawberry ice cream
<b>30</b>	<b>Birthday lunch</b>  Shrimp salad Oatmeal bread Fresh fruit tray	<b>Happy Summer from Amy &amp; staff!</b>	

## Happy August Birthdays!



Ruth Boyd	1
Edna Mentch	1
Bob Otis	1
Mary Greenwell	1
Jackie Heinmiller	2
Dorothy Arbuckle	3
Faye Finkelnburg	3
Barbara Jamieson	3
Mark Theaman	3
Lloyd Pinneo	4
Keith Jones	4
Doug McDonald	6
Edith Thomsen	7
Sally Larson	7
Laura Selwyn	7
Wally Morgan	9
Ida Rae McDonald	11
Mimi Peters	11
Ruth Nutt	15
Diane Baxter	15
Norma Jo Harlacher	16
Jack Helsell	16
Judy Hughes	16
Sharon Heller	16
Jan Cleveland	16
Glen Stephens	17
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
Lou Falb	24
Marilyn Koral	24
Joanna Serwold	26
Anne Jones	26
Treena Williamson	26
Dick Boberg	27
Tony Howard	27
Richard Hattrup	28
Charles Judd	28
Harlan Pedersen	28
Tom Slater	28
Myrna Wood	28
George Garrels	28

## Happy August Anniversaries!

Bud & Donna McKee	8/1/53
Dave & Mary Gardner	8/4/79
Jim & Bev Jenkins	8/7/65
Robert & Carol Tully	8/11/84
Dick & Madeline Haffey	8/14/50
Bob & Barbara Otis	8/18/50
Tom & Sue Carroll	8/20/66
Dick & Patty Thompson	8/23/75
Bill & Sharon Buchan	8/24/74
Tom & Evelyn Rodrique	8/26/50
Don & Marion 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

**Nordic Track, Anyone?**  
**Anyone who would like a nearly-**  
**new Nordic Track, complete with**  
**owner's manual, contact Jan,**  
**2677.**

### SEPTEMBER TRIP TO HARRISON HOT SPRINGS PLANNED

The lovely scenery, hot tubs and pools of Harrison Hot Springs are beckoning us for Sept. 13-15! The package, for \$200 Canadian (about \$175.30 U.S.), plus \$25 for the van, includes two nights and three days at the hotel, with four double rooms that each have two queen-sized beds, plus a room for the driver, who will be **Dick Thompson**. The lucky travellers will be the first eight people who sign up; contact the Front Desk, 2677.

In addition, there will be a trip on the Wickersham train in September, date to be announced. Cost: van, \$18; train, \$14.

Sallie Bell	28
Bernita Sedenko	29
Gordon Buman	29
Molly Roberts	29
Dixie Walmsley	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 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 doc-

ors and other practitioners. Reserve as early as possible, through **Linda** or **Jo Anne**. \$12-\$17.

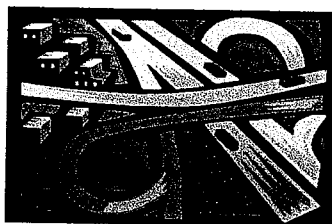
**Senior Trips:** Mainland shopping trips on the third Thursdays; reservations needed. Recreational trips about once a month; check with the Signal Calendar or Front Desk. Suggested mainland-trip donations: \$12-\$25.

**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.

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



**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 **Sally Coffin**, 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.



**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** 376-3500.

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

**DSHS Medicaid help.** 378-4196.

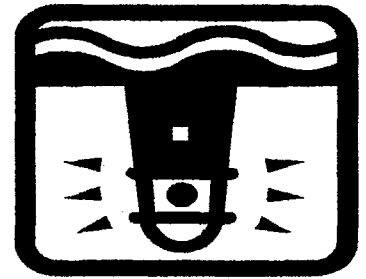
**Social Security** 1-800-772-1213

**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 two or three hours a week of practical assistance with such services as caregiver respite, errands, light housework, meal preparation, shopping and companionship. Call **Nancy Southern**, 376-7723.

**Licensing hours** (for boats, vehicles): 10-4:30 PM Mondays, Tuesdays, Wednesdays, off 1-2 PM for lunch.



# Orcas Senior Signal

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

NONPROFIT ORG.  
U.S. POSTAGE  
PAID  
Permit # 10  
Eastsound, WA 98245

## (BENEFITS CHECKUP, Cont'd from Page 4)

and apply for the Medicare low-income subsidy if they are eligible, as well as learn about how to enroll in various programs, including state pharmacy assistance programs, private company patient assistance programs, veterans and TRICARE benefits, Medicaid, Medicare Savings Programs (QMB, SLMB, QI), Supplemental Security Income, and the Medicare-approved drug discount cards which can be obtained through December 2005. The tool is confidential: no one is required to enter their name, address, phone number, or Social Security number until they enroll.

Next year, Medicare beneficiaries who receive full Medicaid benefits or who are enrolled in a Medicare Savings Program (MSP) will automatically receive the extra help with their prescription drug costs. That extra help provides comprehensive drug coverage with no premiums, no deductibles, very low copays, and no gaps in coverage. States have the flexibility in deciding what rules to use when determining eligibility for their Medicare Savings Program beneficiaries, which means that these requirements can vary considerably from state to state. The new BenefitsCheckUpRx incorporates state-specific income and asset eligibility requirements into its on-line screening tool.

The National Council on Aging has also created a special organizational version of Benefits Checkup that will provide training and ongoing customer support for Area Agencies on Aging, State Health Insurance Assistance Programs, State Units on Aging, and other local agencies that serve seniors and persons with disabilities.

For further information, contact (by appointment) Jan, (2677) Peg Griswold, SHIBA volunteer (2561), or Joann Hoover, Community Health Resource Coordinator, Island Hospital, 360-299-1342.

# Orcas Senior Signal

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

Volume X, No 8 • September, 2005

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

Website: [www.Orcasseniors.org](http://www.Orcasseniors.org)

## Musician, Humanities Prof to Teach Music, Cinema

If you've always wanted to be a singer, but were afraid you couldn't carry a tune, a unique group beginning October 4, 4 PM, is for you. Maybe it's time to get out of the shower and into the groove! Sign up, request your favorites, and sing your heart out while the experienced musician and teacher accompanies you on the Lundeen Room piano.

The instructor, **Robert Hendrick**, has taught at Wenatchee Valley College since 2000, and does telecourses from the island.

He will teach (live) two additional eight-week classes here on Tuesdays in October and November. "Let's Watch A Movie Tonight!", at 10 AM, will save you lots of time spent wandering the video counters wondering what film was going to be worth two hours of your life watching. How do you pick out a film that's going to satisfy everybody back home? What makes a good film, anyway?

*(Continued on Page 3)*



**ROBERT HENDRICK**

## HOLIDAY FAIR '05 REVS UP!

Invitations will go out the day after Labor Day to craftsmen who want to exhibit and sell their wares at Holiday Fair 2005, November 26. Now in its fourth year, it's coming of age as the best fall celebration next to, of course, Thanksgiving itself!

Tables are assigned in the order in which applications and checks are received at the Front Desk, which will begin taking reservations at 9 AM Sept. 8, two days after the invitations are mailed. Fair co-chairs this year are **BJ Arnold** and **Rebekah Selwyn**.

The fair will feature both a silent auction and raffle, for items such as vacation homes on Maui and Oahu, and of course the Friendship Quilt. This is a very special quilt signed by islanders over 80 and pieced together by **Betty Jean Hall**.

"Be an angel; make an angel," asks Advisory Committee member **Ellen Emery**, who will hold an Angel Workshop on Tuesday, Sept. 13, at 1 PM in the multi-purpose room. This will kick off the senior crafts involvement in the fair.

Live music and yummy food are being planned for the fair, as well as the first sale of the Chocolate Festival recipe book.

Santa Claus not only will be present this year for treats and photo ops, but he is bringing Mrs. Santa! The aka is **Scott and Judy Whiting**.

All this fun is a setting for some of the most beautiful crafts that islanders make. So reserve the date and plan to do some of your Christmas shopping at the Holiday Fair, the last Saturday in November. The largest of the Senior Center's two annual fund-raisers, this event raises a large chunk of our operating budget as well as providing income for talented craftspersons.

## 'Affordable Small College' Offered Here

The Orcas Senior Center is becoming an affordable small college for anybody who doesn't need to show up 9-5 at an office! Music and cinema classes, tai chi, gentle yoga, painting and drawing, crafts, literature, and creativity—and, of course, the Computer Lab—are the fall offerings here. Nine of the groups are directly offered by us; three are through Skagit Valley College (SVC). All classes are eight weeks in duration except for Richard Fadem's and Ebba Brophy's (six weeks each), and for the workshops.

In addition, Donna McKee will be available in the Computer Lab, by reservation, to provide free three-week orientations: Sept. 8, 15 and 22; and Oct. 20, 27, and Nov. 3.

Reservation is through the Front Desk *except* for the three classes offered by SVC: Literature, Music (Bach), and Creativity. Lit class reservation is at the Library (4985); the music and creativity classes are handled directly by SVC (378-3220).

The offerings are summarized in the table below. You may register any time before a class begins. Enjoy!

Class	Start Date	Time	Instructor	Cost	Location
computer lab or.	8,15,22 Sep	10 AM	Donna McKee	\$10 lab	comp.room
tai chi (beginning)	12-Sep	10 AM	Joan Roulac	\$64	LR
tai chi (advanced)	12-Sep	1:30 PM	Joan Roulac	\$64	LR
angel workshop	13 Sep	1 PM	Ellen Emery	free	MPR
Christmas ornaments (acrylic)	20-Sep	1-3 PM	Ebba Brophy	\$60	MPR
landscape painting (oils)	21-Sep	1-4 PM	Mona Elkomaty	materials	MPR
Literature (19th century)	22-Sep	10-12:30	Richard Fadem	\$53.40	LR
Music (Bach)	22-Sep	2-4 PM	Dennis Bonner	\$53.40	LR
Creativity	19-Sep	3-5 PM	Antoinette Botsford	\$53.40	:LR
Cinema	4-Oct	10 AM	Robert Hendrick	\$40	MPR
American Pop Music	4-Oct	1:30 PM	Robert Hendrick	\$40	LR
If You've Always Wanted to Sing	4-Oct	4 PM	Robert Hendrick	\$40	LR
Gentle Yoga	5-Oct.	10 AM	Sara Dailey-Smith	\$50	LR
Lifelong Drawing	15-16 Oct	9-3, 11-4	Caroline Buchanan	\$90	MPR
computer lab or.	20,27 Oct 3 Nov	10 AM	Donna McKee	\$10 lab	comp. room
Watercolor series (W)	20 Oct 3 Nov 17 Nov	10-3PM		\$100/series \$50/session	MPR
WreathWrkshp.	25 Oct	1-4 PM	Caroline Buchanan Jan Koltun Titus	MPR Free	MPR

### September Travels Beckon

A few spaces remain for the trip to Harrison Hot Springs, Sept. 13-15. The package, about \$175.30 U.S., includes two nights and three days at the hotel. The trip to see Skagit's fall colors, on the Wickersham Train will be Sept.28. Cost: \$14 for the train, \$15 for the van.

### REMEMBERING, WITH LOVE

Rod Blanchette, 1916-2005  
 Barbara Cleaveland, 1924-2005  
 Lemoine (Lee) Daisy Gardiner, 1921-2005  
 Mary Long, 1907-2005  
 Don Montgomery, 1918-2005  
 Jack Montgomery, 1916-2005  
 Ann Reardon, 1932-2005



## September-October Exhibit: Northwest Native Art

Works by contemporary Native and non-Native artists, along with other works of historic and present-day persons who work in this genre, will afford a look at this extraordinary indigenous resource. The show is curated by the new Senior Visual Arts Committee chair, **Lois Baney, 5277.**

Additional shows planned by the committee, which welcomes volunteers who have art interests, include a tool display (men's tools on one side, women's on the other), and a period clothing exhibit.

### (MUSICIAN, Continued from Page One)

This class will explore how movies both reflect and affect society, how to be a good film critic as well as consumer, as well as comparing and analyzing classic Hollywood and contemporary films, and blockbusters and independent films.

The cool homework is that you get to watch movies at home, to prepare for lively class discussion and analysis! This class will also prepare you to view your children's and grandchildren's movie selections with new eyes, and maybe to show off a little with some savvy observations!

For "I Like A Gershwin Tune: American Pop Music 1920-70," Hendrick will survey the wonderful world of America's unique popular music that exploded upon the world in the last century. Chances are you've listened today to a little Cole Porter on the radio, or Dave Brubeck spinning in the CD player, or you may have downloaded some Crosby, Stills & Nash from the Internet.

As a class participant, you'll look at the origins of American Pop in its fascinating convergence of European classical, African tribal, and American folk/gospel music. Along the way, you'll learn about the composers and performers, and the music theory that underpins it all.

**For the complete listing of fall classes, workshops, teachers, and prices, please see Page 2.**

## HELP WANTED!

Handyman, change lightbulbs, help solve glitches, 3-4 hours/month. Call **Dick Thompson, 6770.**

*Thanks, Everyone!*

Special thanks to: **Mary Miller** for the lovely zinnias at recent senior lunches; to **Gay Young** and **Victorian Valley Gardens** for the exquisite Front Desk arrangements; **Kraemer Frenger**, for making the flagpoles for our new Washington State and U.S. flags in the Lundeen Room; **John Liger** and **Ron Meyer** for presenting their terrific dinner program, *Music from the Heart*; all of the late **Ann Reardon's** friends and family for the meaningful celebration of her life; **BJ Arnold** and **Rebekah Selwyn**, for getting Holiday Fair '05 underway in spirited fashion; **Dora Blake** and **Mary Lou Padbury** for lunch table set-ups; and to **Sue Lamb** and the **Orcas Palettes** for a wonderful Lundeen Room show these past two months!

**Re-  
member  
to  
register  
for  
tai chi  
with  
Joan!**

**Your  
balance  
is in  
the  
balance!**

**Faith In Action Orcas Volunteer Caregivers** is hosting **MUSIC IN THE VALLEY** on Sunday, Sept. 11, 4:30-7PM. Music by the Olga Symphony, Carolyn Cruso, Tre Voci, Dixieland Swing and Martin Lund. Concert tickets are \$15, picnic salad bar, \$10. 376-7723.

**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, 2005, issue:

September 10. Email:

[jank@co.san-juan.wa.us](mailto: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

September SENIOR  
SIGNAL

Page 4

# ORCAS ACTIVITIES CALENDAR

September birthday cake  
bakers: Christina  
Orchid (for Emily Reid),  
Patty Thompson, Cay  
Tretheway, Arjean  
Filmer-Bennett

September hostesses:  
Mary Lou Padbury, Emily Reid

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>ABBREVIATIONS:</b> LR = Lundeen Room MP = Multipurpose Room CR = Conference Room * = reservations at office (2677) necessary **See Class Schedule, Page 2 <b>Note: Only starting dates of classes, below, are listed. See P. 2 for complete class information.</b>			<b>1</b>	<b>2</b>	<b>3</b>
<b>5</b> <b>Happy Labor Day--Center closed</b>  1 Caregivers' Group (MP)	<b>6</b>  After lunch: bridge, Scrabble Ping Pong	<b>7</b>  Western Hearing Aid Clinic*	<b>8</b>  Computer lab orientation**	<b>9</b>	<b>10</b>
<b>12</b>  10 tai chi (beginning) 1 Caregivers' Group (MP)  1:30 tai chi (advanced)	<b>13</b> Costco Hearing Aid Clinic* Canada trip 1 Angel workshop**	<b>14</b>	<b>15</b>  Mainland shopping Trip*	<b>16</b>	<b>17</b>
<b>19</b>  1 Caregivers' Group (MP)  3 Creativity Class**	<b>20</b>  1 PM Xmas ornaments** After lunch: games 6 Senior Supper	<b>21</b> 1 PM landscape painting**  FOOT CARE CLINIC*	<b>22</b>  Lit class** 9:15 Advisory Committee Music class** FOOT CARE CLINIC*	<b>23</b>	<b>24</b>
<b>26</b>  1 Caregivers' Group (MP)	<b>27</b>  Birthday lunch After lunch: games	<b>28</b>  Wickersham train ride	<b>29</b>	<b>30</b>	

## Caroline Buchanan to Present Lifelong Drawing, Workshops

We've all heard of lifelong learning; now it's time to learn about lifelong drawing. In a weekend, you'll learn how to do a daily contour drawing, quick gesture drawings--even of figures--and to master a simple approach to perspective. Caroline Buchanan will teach this workshop Oct. 15-16.

And on three successive workshops in October and November (See Class List, Page 2), she will teach watercolor sketching; drawing and painting Orcas historic barns and farms; and turning a sketch or idea into a finished painting. This series is \$50/session, or three for \$100.

A second Buchanan series will start in early January.

## Kinship Care Support Program Aims at Grandparents

A program aimed at grandparents or other relatives taking care of a child or children, the Kinship Care Support Program (KCSP) provides short-term services to kinship caregivers who are in emergency situations.

Examples of the type of services available through KCSP include: first/last month's rent deposit, school clothes, housing, transitional counseling, legal fees related to uncontested custody cases, furniture, and utility costs.

The provider for services in San Juan County is Whatcom Opportunity Council, 360-734-5121, ext 344, Gail de Hoog. The agency takes referrals, does the eligibility screening, determines need, and coordinates service provision and vouchers.

Income of the kinship caregiver, who must be living with the children they are taking care of, must be below \$23,736/year for a household of two.

## September Menus

Lunches by our culinary artist, Amy Raven, are served at noon on Tuesdays and Fridays. No advance registration is required. On the third Tuesday, there is no lunch as an elegant dinner is served here that night, usually with entertainment.

	<b>2</b> Hamburgers w/all the trimmings Baked beans Potato salad Watermelon
<b>6</b> Teriyaki chicken Wild rice Capri veggies Carrot raisin salad White cake w/ topping	<b>9</b> Chef's salad Roll Fresh fruit tray
<b>13</b> Ham w/pineapple sauce Mashed potatoes & gravy Baked squash Garden Salad Applesauce cake	<b>16</b> Taco salad Spanish rice Corn bread Sliced melons
<b>20 DINNER</b> Pork loin Mashed potatoes & gravy Mixed veggies Garden salad Spice cake	<b>23</b> Chicken pot pie Winter mix veggies Spinach salad Chocolate chip cookies
<b>27 Birthday lunch</b> Beef Stroganoff w/ noodles Broccoli Normandy Garden salad Peaches & pears	<b>30</b> Lasagna Italian veggies Romaine salad Garlic bread Tropical fruit

## Happy September Birthdays!



## Happy September Anniversaries!

Hal Syrstad	1
Bill Humes	1
Lawrence Garvin	1
Ken Speck	2
Barbara Ehrmantraut	2
Elaine Gleeson	5
Bob 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
Fances Ellis	11
Jackie Abell	11
Margo St. James	12
Lori Oakes	12
Marcialee Lambiel	13
Tom Rodrique	14
Bill Potts	14
Jan Helsell	15
Emery Emmes	16
Marion Wiseman	17
Irene Syrstad	17
Barbara Humes	17
Barbara Wheeler	17
Jay Booth	17
Wally Erwin	18
Doris Boyer	20
Margaret Coons	20
Eleana Hall	22
Peg Elliott	23
Wayne North	23
Margaret Tyree	24
Jim McKinnon	24
Thomas Ritter	25
Robert Tully	27
Mary Schoen	27
Mary Poletti	30
Adele Pinneo	30
Suzanne Lamb	30
Linda Libiez	30
Judy Schmidt	30

Ray & Diane Jarecki	9/01/61
Bob & Jean McLaughlin	9/02/44
Chris Downing & River Malcolm	9/02/84
Bill & Barbara Humes	9/03/44
Doug & Faye 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
Galen & Joyce Burghardt	9/09/41
Thornton & Claire Thomas	9/10/50
Bill & Joan McMillen	9/12/48
Robert & Mary Jane Schwarz	9/16/61
Ed & Barbie Benshoof	9/18/??

## Man to Man Program Seeks Orcas Participants for Prostate Cancer Program

The American Cancer Society (ACS)'s Man to Man program helps men and their families cope with prostate cancer. A forum for men to learn about prostate cancer diagnosis and treatment options, as well as coping, through interactive presentations and materials, Man to Man provides a comfortable setting among peers for discussion, education, and support through the recovery process.

If you are interested in learning more about joining such a group at the Orcas Senior Center, please contact **Mindy Farmer** at the ACS, 1-800-729-5588 (press 3), ext. 130, or at [mindy.farmer@cancer.org](mailto:mindy.farmer@cancer.org).

In addition to seeking participants, the ACS offers free training and support for volunteers interested in managing the group. If there is sufficient interest, a trainer from Olympia may come this month or next to train volunteer facilitators on Orcas and Lopez, and to refresh persons who have already received the training.

The ACS also is open to a husband-and-wife team of facilitators.

# 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 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 doc-

tors and other practitioners. Reserve as early as possible, through **Linda** or **Jo Anne**. \$12-\$17.

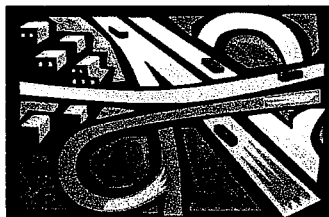
**Senior Trips:** Mainland shopping trips on the third Thursdays; reservations needed. Recreational trips about once a month; check with the Signal Calendar or Front Desk. Suggested mainland-trip donations: \$12-\$25.

**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.

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



**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 **Sally Coffin**, 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.



**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 376-3500.

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

**DSHS Medicaid help.** 378-4196.

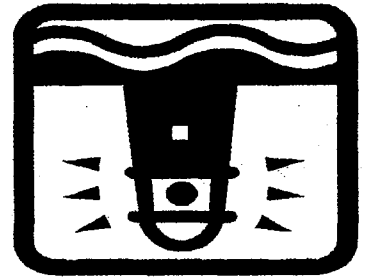
**Social Security** 1-800-772-1213

**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 two or three hours a week of practical assistance with such services as caregiver respite, errands, light housework, meal preparation, shopping and companionship. Call **Nancy Southern**, 376-7723.

**Licensing hours** (for boats, vehicles): 10-4:30 PM Mondays, Tuesdays, Wednesdays, off 1-2 PM for lunch.



# Overseas Senior Signal

Senior Services Council of San Juan County

PO Box 18

Eastsound, WA 98245

NONPROFIT ORG.  
U.S. POSTAGE

PAID

Permit # 10

Eastsound, WA 98245

## TRAVEL WITH BARBARA

### Avoid Scams; Find Paid Travel and Other Bargains

**By Barbara Humes**

To avoid travel and other scams, do not respond to telephone offers. Make the calls to a known number for those travel "deals." You **MUST** read *Travel Tips for Seniors* before considering overseas travels, because rip-off artists in many foreign countries make U.S. scammers look like pikers. For your free copy of *Travel Tips*, contact: Overseas Citizens Services, U.S. Dept. of State, 2201 C St., NW, Room 4811, Washington, DC 20520, or phone 202-647-5225.

If you have real experience in organic gardening, starting your own company, organizing local self-help groups, or are expert in most any subject, you could qualify for free round-trip airfare and be paid \$100 a day to make short speeches about your area of knowledge. For details, contact: U.S. Speakers Program, U.S. Information Agency, 301 4th St. SW, Washington, DC 20547.

The National Parks Service hires part-timers for extra help; seniors are not given special hiring priorities, but U.S. Armed Forces veterans always are. Contact: Human Resources Office, Room 2328, National Parks Service, 1849 C St., NW, Washington, DC 20240, or on-line, [www.nps.gov](http://www.nps.gov).

For travel bargains especially for seniors, contact the Senior Center World-Wide Web: [www.senior-center.com](http://www.senior-center.com). This Website will tell you about many free or low-cost fares; it sees that you will **NEVER** have to pay full price for an airline ticket again.

Finally, Amtrac gives senior citizens a percentage off the usual fares; ask about it when you plan on traveling by train.

# Orcas Senior Signal

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

Volume X, No 9 • October, 2005

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

Website: [www.Orcasseniors.org](http://www.Orcasseniors.org)

## 'Lunch Punch' Makes Debut

A convenient new way to donate for Senior Lunch is making its debut this month. The 'Orcas Senior Lunch Punch,' sold exclusively through the hostess desk and the Front Desk, will enable senior users to write fewer checks and to get a bargain on lunch donations: the distinctive punch tickets are \$28 for ten lunches. Plus, they make wonderful birthday or holiday gifts!

Normal lunch donation will continue to be \$3. for seniors and \$4.50 for under-sixties folks. Punch tickets are not yet available for the latter group, but if there is enough demand, that's a possibility.

### 'Bearing Witness Retreat'

#### Film, Commentary To Show Here

Each November for the past decade, people from many countries and faiths gather at Auschwitz, the Nazi death camp, for a Bearing Witness Retreat. For five days, they join in an attempt to come to terms with the dark side of the human spirit, to practice seeing Self as Other, to expand their understandings of human nature, and to begin to heal through grieving, testimonials, prayer, meditation and contemplation.

Michael O'Keefe has documented the first of these interfaith retreats in the film, "Raising the Ashes." Co-sponsored by Lahari Hospice and the Orcas Senior Center, it will be shown in the Lundeen Room Oct. 9 at 2 PM. Ginni Stern, daughter of a Holocaust survivor, will provide commentary. The program is free and open to the public. There will be a donation basket.

## HOLIDAY FESTIVAL UPDATE

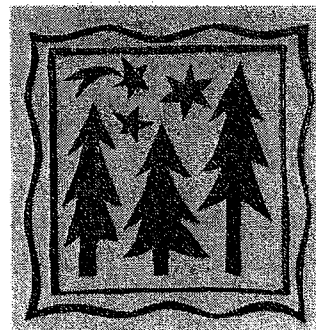
Vacation homes in Hawai'i, a handsome new logo and other graphics, and early registration by many of Orcas' finest artists and artisans: these add up to the biggest & best fair ever! It will take over the Senior Center the Saturday after Thanksgiving: November 26, 10-4 PM.

The brand-new logo, posters and other graphics are the inspired work of Peggy Hoyle.

This year, the fair also will feature Chinese takeout finger foods from Orchid Garden.

Early in November, the raffle will get underway at Island Market for fabulous prizes, including vacation beach homes on Oahu and Maui, the 2005 Friendship Quilt, a Nordic track, and hand-blown glass. Tickets: six for \$5. Purchasers may select in advance which prize they want, and deposit their tickets in the box for that prize.

Admission will be \$1, or two cans of food for the Food Bank.



Holiday Festival  
of the Arts logo



Barbara and Bill Humes (at left) took to the dance floor at Harrison Hot Springs to celebrate their 61st wedding anniversary.

## Profile--Ebba Brophy

**Friends, Talent & Humor Combine to Make the Good Occur**

"Everything good in life happens through friends," says **Ebba Brophy**, artist and art teacher *extraordinaire*. True, and her life shows that talent and a sense of humor make the positive stuff happen as well.

Born on a Denmark farm, the red-haired, green-eyed **Ebba** was "always drawing, from early childhood. A classmate and I used to make paper dolls and clothes for them." She has made her own Christmas cards since she was little.

"My own school had a very good art teacher who once in a while let me do my own thing instead of drawing circles and squares," she said.

Later, in middle school and high school, she took classes in figure drawing. Figure drawing? "That was in Denmark, where anything goes," she quipped.

The Germans invaded Denmark when she was 16 and in her last year of high school. "Our English teacher told us, 'Today when you go home from school, you will see German soldiers. You will treat them as bad air.'"

Little by little things got worse in previously-peaceful Denmark. "We couldn't bike to our wonderful beaches because they were full of German guns and concrete bunkers. Much of the Danish population had little direct abuse because they regarded us as Aryans, but they persecuted Jews."

For example: "Old King Christian used to ride his horse in Copenhagen early every day and greet people such as the delivery boy from the bakery. Then the Germans said all Jews should wear the Star of David. The next day, the King wore a star, and then most Danes did. The Germans made the King stay home after that."

When the war ended, **Ebba** landed a job with the British Embassy in Copenhagen. There, she started painting. "I took china painting from an old red-haired lady," she recalls.

After a few years, she went to England with a girlfriend whose brother and wife needed a nanny for their three children. The wife was a model in London; the husband was a Squadron Commander in the RAF. "They came to the country on weekends and we went to beaches and dances. It was an easy job during the week; on weekends we put the mutton in the oven and all went to the pub, with lemonade for the kids."

Then she returned to Denmark with her sister, and another friend found her a job at the



**Ebba Brophy** (Linda Tretheway Photo)

American Consulate in Copenhagen. "This was a great time, lots of parties and dates. The Consul had Danish teachers every day and dated Danish girls, including me!"

Meanwhile, some of her mother's American relatives came to visit, and invited her to stay with them in Abington, MA. "I decided to get a work permit, just in case."

For a while, she helped her Aunt Else in her restaurant, and enjoyed Cape Cod.

"Then I decided to find out what a working girl does in America." So she got a job in a Boston insurance company and commuted by train from Abington.

"I found out that in America you have to wear a new outfit to work every day, in contrast to Denmark where you have one tailor-made suit and different blouses."

Her aunt decided to sell the restaurant and move to Oakland, CA.

"The two of us took off. I only had my driver's license for two weeks. After coming down a steep hill in Pennsylvania, she stopped the car and said, 'I'm not driving any more. You'll have to drive us to California.' I did. It took ten days."

Aunt Else spent winters in California, summers back in Abington. **Ebba** found a job at Kaiser Industries in Oakland, and met **Ed Brophy**, a gunner in the Coast Guard, through—naturally—a friend.

"He was stationed with my friend's husband. He was so full of jokes, life, enthusiasm! I was 32 and held out as long as I could. I was 'I will, I won't,' so we finally did. We married in 1957."

In marrying **Ed**, **Ebba** became stepmother to his two boys, whose mother lived in Seattle.

(Continued on next page)



(Continued from page 2)

In 1959, Ed and Ebba's son Chris was born. "He and Scott and Ed Jr. are all good friends today. They go fishing together," she noted.

Ed's Coast Guard career took them to live in Louisiana, Maryland, and California before he retired to the Olympic Peninsula. She had taught some painting classes in New Orleans and now expanded her knowledge by taking tole painting, rosmaling and design classes at the junior college, and at a Norwegian lodge in Stampede Pass.

She taught rosmaling and tole in Port Angeles, where she turned their garage into a studio. She and her family cross-country skied and hiked. "He got involved in Scouting and climbed Mount Olympus. We had a good time there."

How did they come to Orcas?

Ed had taken a group from the Port Angeles Senior Center to the San Juans in the 1980s and wanted me to see it. I fell in love with Deer Harbor." She lives there again today, after a short interlude on the mainland before his death in 2001.

Here, she took classes from the late Jean Putnam, with Jane Kempe, Mary Lohman, Jan Wells, and others. "We had several exhibits, one at Orcas Center. Up to that time, I didn't like my watercolors. Jean was a wonderful inspiration."

Ebba "never got around to" selling her paintings in stores, but friends purchased quite a few and she sold at the old Holiday Fair at the school and at the new one. In November, she will have a booth devoted to her hand-painted Christmas ornaments at the Holiday Festival of the Arts here November 26.

## Help!

Lois Baney and the Visual Arts Committee are putting together an exhibit of period clothing for November and December, and are trying to locate the late Ann Reardon's friends who had special interests (and clothing) in this area. Please call Lois at 5277.

**REMEMBERING, WITH LOVE**  
**O.J. Anderson, 1928-1995**  
**Reba Lehmann, 1906-2005**  
**Roxanne Lindholm, 1950-2005**  
**John Underhill Oakes, 1930-2005**  
**Jack Sheedy, 1921-2005**

## Movie, Music Classes to Start Oct. 4

A trio of eight-week classes beginning October 4 by Robert Hendrick will offer some fine learning experiences this fall. "Let's Watch a Movie!" at 10 AM in the Multipurpose Room, will explore how movies are both a reflection of society and agents of social change, as well as analyzing and criticizing contemporary and classic, blockbusters and independent films.

At 1 PM that same Tuesday, he will teach (and play) "I Like A Gershwin Tune," an exploration of American pop music during its explosive years: 1920-1970. Come and bring your favorite tune to "If You've Always Wanted to Sing", at 4 PM on the 4th. You'll become more confident in your ability to carry that tune, as well as getting swept away by the fun of making music.

Cost: \$40 for Cinema and Pop Music, \$45 for "If You've Always Wanted to Sing." Please register at the Front Desk.



**Holiday  
 Festival  
 of  
 the  
 Arts  
 Coming  
 Nov.  
 26!**

## 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, 2005, 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,  
except for the third Tuesday  
when dinner is served instead.  
Want to know what's for lunch?  
See Menus, Page 5

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

October Cake Bakers:  
Opal Ferguson,  
Margaret Jonas,  
Clarena McLachlan,  
Maggie Kaplan, Jack  
Titus

October host & hostess:  
**Cal & Clarena McLachlan**

Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
<b>3</b> 10, 1:30 Tai Chi I & II* 1 Caregivers' Group	<b>4</b> 10 Cinema class* 1:30 Pop music* 4 Singing* 1-4 Xmas ornaments	<b>5</b> 10 Gentle Yoga* 1-4 landscape painting*	<b>6</b> 10 Fadem lit class 2 Bonner music class	<b>7</b> 1-3 Angel Workshop (MP) *	<b>8</b> / <b>9</b> 2 Holocaust program: film, <i>Raising the Ashes</i>
<b>10</b> 10, 1:30 Tai Chi I & II 1 Caregivers' Group (MP) 3-5 Creativity	<b>11</b> 9 Hearing Workshop 10 Medicare Workshop 1 Drop-in games 1-4 Xmas ornaments	<b>12</b> 10 Gentle Yoga* 11 Elderlaw Cl* 1-4 landscape painting Western Hearing Aid Clinic*	<b>13</b> 10 Fadem lit class 2 Bonner music class	<b>14</b>	<b>15/16</b> Lifelong drawing: Sat 9-3; Sun 11-4 w/Caroline Buchanan*
<b>17</b> 10, 1:30 Tai Chi I & II 1 Caregivers' Group (MP) 3-5 Creativity	<b>18</b> Costco Hearing Aid Clinic* 1 Drop-in games 1-4 Xmas ornaments 6 Senior Supper	<b>19</b> 10 Gentle Yoga* 1-4 landscape painting 7 Candidates' forum	<b>20</b> 10 Computer orientation** 10-3 Watercolor workshop Mainland shopping Trip*	<b>21</b>	<b>22/23</b>
<b>24</b> 10, 1:30 Tai Chi I & II 1 Caregivers' Group (CR) 1-4 Wreath making 3-5 Creativity	<b>25</b> Normal classes Birthday lunch 1-4 Painting FOOT CARE CLINIC*	<b>26</b> 10 Gentle Yoga* 1-4 landscape painting FOOT CARE CLINIC*	<b>27 9:15</b> <b>Advisory Committee</b> 10 Comp. Lab orientation FOOT CARE CLINIC*	<b>28</b>	<b>29/30</b>
<b>31</b> 10, 1:30 Tai Chi I & II 1 Caregivers' Group (MP) 3-5 Creativity	Tuesday classess 10 Cinema 1:30 Pop music 4 So You've Always Wanted to Sing!		Normal lit and music classes on 20th, 27th	<b>ABBREVIATIONS:</b> LR = Lundeen Room MP = Multipurpose Room CR = Conference Room * = reservations at office (2677) necessary **Free 3-part series	

## Beware: Peak Season for Deer-Vehicle Collisions

They say love is blind. Now there's statistical proof, at least if you're a deer. According to the Insurance Institute for Highway Safety (IIHS), fall--deer breeding and migration season--ranks as the peak time for deer-vehicle collisions.

Simply put, as the antlered Romeos search for mates, they're not thinking much about cars. Wildlife experts estimate that one-half to two-thirds of deer-car encounters occur from October through December.

It's a nationwide problem that's getting bigger as deer populations soar in many suburban and semi-rural areas. More than 1.5 million motorists hit deer each year, according to the IIHS studies. Those crashes kill more than 150 people and cost more than \$1 billion in vehicle damage.

While you can't predict the movements of a deer, you can improve your odds of avoiding a crash:

(1) **Cut your speed**, especially around dawn and from sunset to midnight (prime deer activity times). The most effective crash-reduction techniques studied by the IIHS were temporary deer-warning signs, which caught drivers' attention and caused them to reduce their speeds. Compared with similar unsigned areas (or those with permanent signs), deer strikes were cut in half.

(2) **Use high beam headlights**, which illuminate the eyes of a deer near the roadway.

(3) **If you see one deer, expect more.** Deer often travel in groups of two or three. They may dart out to join another that has just crossed the road.

(4) **Don't swerve.** You're much more likely to wreck your car and risk injury or death if you swerve to avoid a deer, rather than hit it. Slow down as quickly as possible, stay in your lane, and maintain control.

(5) **Forget deer whistles.** Though they've been sold for more than 20 years, deer whistles (which attach to your car and

## October Menus

Amy Raven serves scrumptious lunches on Tuesday and Friday noons. No advance registration is required. On the third Tuesday, there is no lunch as dinner is served at 6 PM. Check out our new "Lunch Punch" cards: 10 lunches for \$28! They make great gifts as well!

<b>4</b>	Tossed chicken salad Corn bread Apple crisp	<b>7</b>	Meat loaf Mashed potatoes & gravy Peas & carrots Claremont salad Spice cake w/ topping
<b>11</b>	Garden tomato soup Turkey & cheese sandwich w/ lettuce, tomato Brownies	<b>14</b>	Stuffed sole w/ crabmeat & shrimp Rice pilaf Broccoli Normandy Tropical fruit medley
<b>18 DINNER</b>	OKTOBERFEST! Bratwurst Red cabbage Sauerkraut Hot potato salad Apple cake	<b>21</b>	Baked cod Scalloped potatoes Green beans Broccoli & squash salad Oatmeal cookies
<b>25</b>	<b>Birthday lunch</b>  Baked potato Chef's salad bar	<b>28</b>	Beef stew Biscuits Garden salad Peaches, pears, apricots

emit an ultrasonic noise claimed to scare off deer) haven't been shown to cut collisions.

And a final thought: Always buckle up or, if you're a motorcyclist, wear your helmet. In IIHS studies, 60-65 percent of deer-collision fatalities occur among people who are not properly restrained and protected.

## Happy October Birthdays!

Stan Englehartson	2
Larry Lindberg	2
Paul Losleben	2
Jim Allan	4
Maureen Burlew	4
Annie Allan	5
Annette Clark	6
Irmgard Conley	6
Sara Jane Johnson	6
Sage MacLeod	6
Pansy Miller	6
Ron Montgomery	6
Joyce Nigretto	6
Frank Bret	7
Gundrun Goodrich	7
Harriet Miller	7
Sandra Bronson	8
Sharin Lee	8
Maurine Taylor	10
Bloddie Bruce	13
Galen Burghardt	13
Eileen Dean	13
Wally Barrow	14
Janet Finnerty	14
Claire Thomas	14
Margot Shaw	15
Peg Wareham	15
Betty Williams	15
Stanley Williams, MD	15
Richard Evans	16
Marion Gerard	16
Frank Koral	16
Dave McPeake	16
Karen Key Speck	16
Betty Sumrall	16
William Anders	17
Barbara Bose	17
Catherine Chaney	17
Barbara Trunkey	18
Ann Griot	19
Terry Hopkins	19
Catherine Pedersen	19
John Babcock	20
Betty Hall	20
Sandra Huie	20
Karen Ritter	21
Sarah Geiser	24
Evelyn Jensen	24



## Happy October Anniversaries!

Ray & Patti Brogi	10/05/72
Wally & Josie Barrow	10/06/51
Frank & Lillian Rouleau	10/07/50
Robert & Lorraine Lucas	10/08/66
William & Eileen Dean	10/15/78
Glen & Eloise Monson	10/21/71
Norman & Mary Ann Carpenter	10/24/76
Larry & Heidi Lindberg	10/25/75
Bob & Lolly Halverson	10/26/51

## Two Workshops Prepare For Holiday Festival

Two workshops this month will focus on items to be sold at the Holiday Festival of the Arts in November.

On October 7, 1-3 PM, Ellen Emery will hold an Angel Workshop in the Multipurpose Room. Participants (eight minimum) will learn to make angels from many patterns, using many materials. There is a materials fee of \$10, which will be waived if the participant makes angels to be sold at the fair to benefit the Senior Center.

On October 24, 1-4 PM, Jan Koltun-Titus will conduct a free wreath-making workshop, to teach the basics of making most wreaths. There will be a materials fee of \$2. At the fair's wreath table, all proceeds will go to the Center. If anyone wants to make one to donate, it would be most welcome.

Lew Lehmann	24
River Malcolm	24
Irma Williamson	24
Alan Edwards	25
Madeline Haffey	25
John Heath	25
Marsha Harris	28
JoEllen Moldoff	28
Ruth Pihl	28
Odetta "Dee" Coughlin	29
Mary Boberg	31
John Liger	31
Patsy Stephens	31
Frances Suzick	31

# SERVICES WE PROVIDE & WHOM TO CALL



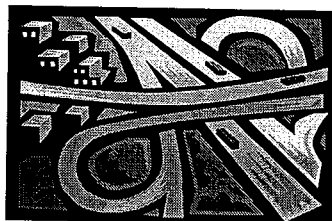
**Lunch:** Served twice a week. Orcas lunches are Tuesdays and Fridays. No reservations needed. Donation: \$3.

**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 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**. \$12-\$17. **Senior Trips:** Mainland shopping trips on the third Thursdays; reservations needed. Recreational trips about once a month; check with the Signal Calendar or Front Desk. Suggested mainland-trip donations: \$12-\$25.



**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.

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

**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 **Sally Coffin**, 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.



**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** 376-3500.

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

**DSHS Medicaid help.** 378-4196.

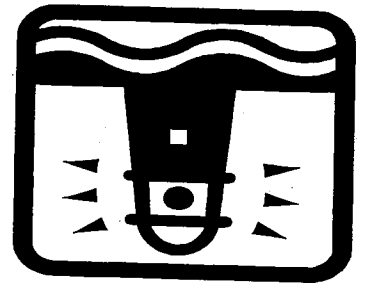
**Social Security** 1-800-772-1213

**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 two or three hours a week of practical assistance with such services as caregiver respite, errands, light housework, meal preparation, shopping and companionship. Call **Nancy Southern**, 376-7723.

**Licensing hours** (for boats, vehicles): 10-4:30 PM Mondays, Tuesdays, Wednesdays, off 1-2 PM for lunch.



# Orcas Senior Signal

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

NONPROFIT ORG.  
U.S. POSTAGE  
PAID  
Permit # 10  
Eastsound, WA 98245

## Yoga Teacher Finds Practice, Philosophy Rewarding

**Sara Dailey-Smith**, our teacher of senior yoga, has returned to teach the gentle asanas starting Wednesday, October 5 at 10 AM. Cost of the eight-week class: \$50; registration is through the Front Desk.

She has practiced asanas and meditation for over 30 years. She was certified to teach yoga in 1997 in Westlake Village, CA. A year later she was certified in stress management and then became a yoga therapist in 1998. Her first class was introducing yoga to those with MS.

After working with seniors for several years as a gerontologist, she became interested in combining her experience with gerontology and yoga. Her favorite interest is in the use of yoga for stress management.

"Having the opportunity to give workshops for caregivers of Alzheimer's and to share the ideals of yogic breath and the philosophy of empowerment through breath is very rewarding," she noted.

She works one-on-one with those who have chronic fatigue, asthma, depression, and disabilities.

Her gentle yoga class is a combination of flowing asanas, breath and relaxation.

**Sara** and her husband, **Allen**, moved full time to Orcas Island last summer to manage the Victorian Valley Chapel which they have owned since 1998. In a marriage of 33 years, with four children (three practice yoga), she finds yoga a philosophy that carries into all areas of life, and that practicing everyday, whether asanas or meditation, is the foundation of her happiness.

# Orcas Senior Signal

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

Volume X, No 10 • November, 2005

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

Website: [www.Orcasseniors.org](http://www.Orcasseniors.org)

## MEMO

TO: ALL SENIORS

FROM: SENIOR CENTER

VISUAL ARTS COMMITTEE

It's time to dust off those old photo-graphs! Why? Because there's going to be a photo display at the Senior Center in January. We want you to bring in photos of your early childhood, school days, graduation pictures, wedding or family portraits. Perhaps you have a good picture of yourself and family when you were a child, or when your children were young.

We need photos at least 5"x7" in size. Please be sure to identify all the people in the picture. The Visual Arts Committee will prepare the display and then get the photos back to you safely.

You may leave the photos at the Front Desk, which will store them in the large picture file in back of the desk.

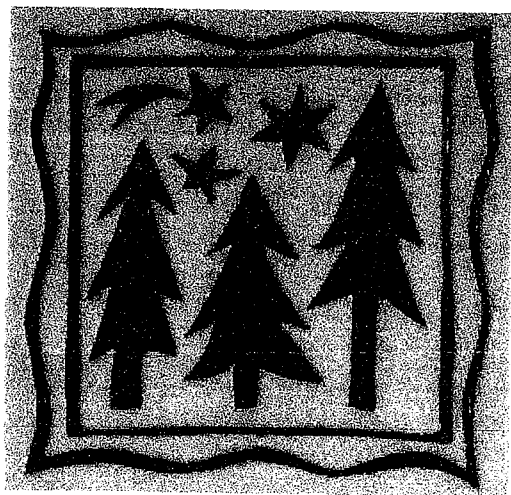
This 'historical' display will be a fun time to share old memories with one another. Please turn in your photos before January 1 and help us to make this a successful exhibit!

## 'Fair' Becomes 'Festival'; Focus on Making, Giving

Creating and giving—perhaps the most important learnings we have in the holiday season—will be celebrated at the 2005 Festival of the Arts, 10 AM-4 PM Nov.

26 in the Orcas Senior Center.

For starters, there will be wonderful raffle prizes, including vacation home weeks on Oahu and



Maui, for which tickets will be on sale, at Island Market, Sat., Nov. 5, 12 and 19, 10 AM-4 PM, and at the fair. Fredrika Kundig and Maggie Schuler are managing the raffle.

(Continued on Page 5)



## Luncheon Special!

Mary Crosten, Faith Lacroix, Maggie Thomas, and Libby Blackwell (left to right) enjoy pumpkins and sociability. Faith and Maggie, both second-graders, were among the group from Christian School who brought pumpkins and happy greetings to Senior Lunch recently. The school's visits are much enjoyed!

Senior Profile**Ruth Boyd Has Many Facets**

**Ruth ("Rudy") Boyd**, who alongside her late husband, became a journeyman electrician practicing on Orcas, also is an accomplished weaver and stamp collector. Recently, she donated some of her lovely mats for a Senior Lunch raffle, and she also gives these to family and friends.

She was born August 1, 1911 in the Boston suburb of Weston. Her mother, **Alice**, was a physician; her father, **George Eliot**, was a landscape architect. They had another daughter, **Mary**, whom **Rudy** called "**Minnie**," and who is still "going great guns" in Providence, Rhode Island. Their father, a widower until he met their mother, also included in the family his son from his previous marriage.

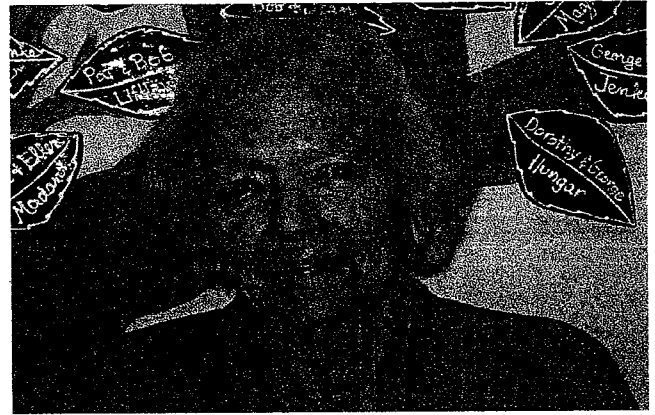
"Father loved flowers, and Mother loved vegetable gardens," noted **Rudy**, recalling Sunday desserts on their porch, facing woods stretching down to what is now the main street in Weston.

They lived there until she was eight, when both her father and grandfather died. Just before the latter event, her sister and mother had moved to Providence to be near "Grandpa Ballou," whom she recalls as "a kind, thoughtful man who went out of his way to put himself at your level."

She was raised in Providence, spending summers on her family's Rhode Island coastal farm with "big white work horses and a lovely beach."

Later, as her mother traveled frequently, **Rudy** went to boarding school where "I was the youngest person by far." She learned to weave there, making a green mat which she still has. She started nurse's training at Providence Hospital but thought she might like pre-med instead, and came out to California to attend Occidental College.

There, she met her first husband, **Ray** (the late **Lester Clever**'s older brother). "We had so little money, we married C.O.D. (cash on delivery) in Tiajuana," she joked. Nevertheless, she



**RUTH BOYD** Linda Tretheway Photo

was able to help put him through college with a small inheritance from her grandfather.

In 1933, she and **Ray** drove across country from California to Providence for the birth of their son, **Lawrence** ("**Larry**"). They also had two girls, **Mary Annette** and **Nancy**. (The latter and her husband recently moved to Anacortes.)

They lived in Pacific Beach, CA, where **Rudy** had a photography job, taking pictures of classes at Scripps Hospital, and where **Ray** learned to fly.

She first came to Orcas with her second husband, **Bill Boyd**, in the early 1960s, and stayed at the old Orcas Hotel, where "There was a terrific thunderstorm in the night, and a window blew out."

Later, they returned, stayed in an Orcas house on stilts over the water, and went house-hunting with the late **Rich Exton**. They found a wonderful cabin with a stone fireplace, atop a hill overlooking the Sound, in 1964.

"**Rich** showed us the cabin, which was built by a ski instructor who was living in Spain. He said he didn't think it was for sale, but we offered a \$1,000 down payment which he forwarded. We wound up paying \$6,000 for the place."

They added two bedrooms and bathrooms to the cabin, and in the process found themselves becoming electricians. "The previous electrician had died in a car accident, so we decided to take the exams and become journeymen," she explained.

(Continued on Page 3)



## Thanks, Everyone!

To **Keri Stone**, Island Quilting, for quilting the 2005 Friendship Quilt, and to **Betty Jean Hall** for piecing this masterpiece, to be raffled at the Holiday Festival of the Arts November 26.

To **B.J. Arnold**, **Rebekah Selwyn**, and the whole Advisory Committee for their hard work on the Festival.

To **Peggy Hoyle**, for her gorgeous Festival logo, posters, fliers, and photo envelopes for Santa & Mrs. Santa's visit to the November 26 event.

To **Helen Bee** for crafting and master-minding our Annual Appeal, an island-wide mailing which was mailed in late October, and again to the whole Advisory Committee for stuffing & folding.

To the **Fur & Feathers 4-H Club** for their expert serving at the October Senior Supper!

## Prevent Falls! Try Tai Chi!

Tack up on the wall  
Where it's easy to see  
The cryptic reminder: TTT  
When you think how impossibly slowly  
you climb,  
It's well to remember that Things Take Time.

Piet Hein

'TTT' also rhymes with "Try Tai Chi," especially during **Joan Roulac's** November special: four weeks of these balance-enhancing, gentle movements for \$32!

Starting Nov. 7 (10 AM for beginners, 1:30 PM for experienced), she will teach tai chi chih, after which students will take a break until January.

Current Mayo Clinic research indicates that tai chi can prevent falls in older adults by improving their strength and balance. In one large study, those who practiced tai chi reduced their risk of falls by about 47 percent.

(RUDY BOYD, Continued from Page 2)

"We named our place 'Owl Hill,' because there were two screech owls in a tree out front, also a great horned owl. Bill taped him. He would play the tape and the owl would come and answer him," she laughed.

A life-long philatelist, **Rudy** grew her stamp collection greatly at this time.

"I used to get all the First Day covers. When **Clyde Brown** was Postmaster, he 'd put the notices into my box," she noted.

The **Boyd**s also decided they wanted a boat. The **Guzzwell** twins, **John** and **James** (whose father, **John**, is the ocean sailor, boat builder and writer), obliged, and constructed a small tugboat which they named "**Alice E.**" after **Rudy's** mother. They enjoyed many boat races until **Bill's** death early in 1998.

**Rudy** still maintains her **Orcas** home, enjoying her friends, her stamps, and her weaving. What a privilege, to get to know this wonderful woman!

**Mainland Trips: Trader Joe's, SuperMall, Casino: Nov. 9; \$20.**

**Seattle Extravaganza: Art Museum, new Seattle Library; two days, 3 nights: Dec. 6-8. Call the front office for details!**

ENJOY  
THE  
HOLIDAY  
FESTIVAL  
OF  
ARTS

**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,  
2005, 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 De**  
**Long, Karin**  
**Fuhring, Gretchen**  
**Shelton, Myrna**  
**Wood, Katie Jensen**

November hostesses: **Mary Gorden**  
& **Myrna Wood**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b> After lunch bridge, Scrabble  1-3 Christmas ornaments w/ <b>Ebba Brophy</b>	<b>2</b> 10 AM Gentle Yoga w/Sara Dailey- Smith*  1-3 PM painting w/ Mona Elkomaty*	<b>3</b> 10-3 Watercolor Workshop w/Caroline <b>Buchanan*</b>  Music & lit classes filled for this term	<b>4</b> 9-4--AARP 55- Alive! w/ Blake <b>Thompson*</b>	<b>5</b>
<b>7</b> 10 Beg. tai chi* 1 Caregivers' Group (MP) 1:30 Adv. Tai chi* 3 Creativity class(filled)	<b>8</b> After lunch: bridge, Scrabble	<b>9</b> 10 Yoga Mainland trip*  Legal Aid Clinic w/Cy <b>Field*</b> Western Hearing Aid Clinic*	<b>10</b> 10-3 Watercolor Workshop w/Caroline <b>Buchanan*</b>  Music & lit classes	<b>11</b> <b>SENIOR CENTER CLOSED: VETERANS' DAY</b>	<b>12</b> 6 Thai dinner benefiting Children's House (Call 4744 to reserve)
<b>14</b> 10 AM Beg. tai chi 1 Caregivers' Group (MP) 1:30 PM Adv. Tai chi 3 Creativity class	<b>15</b> Costco Hearing Aid Clinic* 10-2 Flu vaccination clinic	<b>16</b>  <b>FOOT CARE CLINIC*</b>	<b>17</b> 10-3 Watercolor Workshop 9:15 Advisory Committee  Mainland shopping* <b>FOOT CARE*</b>	<b>18</b>	<b>19</b>
<b>21</b> 10 AM Beg. tai chi 1 Caregivers' group (MP) 1:30 PM Adv. Tai chi	<b>22</b> After lunch: bridge, Scrabble, Ping Pong	<b>23</b>	<b>24</b>	<b>25</b> <b>SENIOR CENTER CLOSED: THANKS- GIVING WEEKEND</b>	<b>26</b>  <b>Holiday Festival of the Arts 10AM-4 PM</b>
<b>28</b> 10 AM Beg. tai chi 1 Caregivers' Group (MP) 1:30 PM Adv. Tai Chi	<b>29</b> Birthday lunch After lunch: bridge, Scrabble, Ping Pong	<b>30</b>	ABBREVIATIONS: LR = Lundeen Room MP = Multipurpose Room CR = Conference Room * = reservations at office (2677) necessary		

**HOLIDAY FESTIVAL, Cont'd from Page One**

of managing the poinsettia table, the raffle table, and baking cookies, fudge and other yummys, and senior crafts.

**Dora Blake and Phyllis**

**Wilkinson**, co-chairs of the baked goods sale, ask that donations be brought in either the day before or early on that day. **Ellen Emery**, in charge of seniors' crafts and decorations, has been conducting angel crafts workshops.

**B.J. Arnold and Rebekah Selwyn** are co-chairs of the festival, where more than 50 craftsmen will display and sell imaginative decorations, foods, clothes, jewelry, pottery and music this year. These include:

**Jon Abbott**, goldsmith, fine jewelry; **B.J. Arnold**, fused glass, especially plates; **Salim Bailey**, wall art, clocks, frames, prints, mirror, key holders, cards, calendars; **Betty Bartleson**, Olga Strawberry Council; **Sallie Bell Designs**, Monkey Puzzle jewelry, vests, and more; **Ebba Brophy**, hand-painted Christmas ornaments; **Jill Curtiss**, hand-made jewelry; **Holly Dennis**, chai tea; **Robin Duis**, living kaleidoscopes, woven lavender; **Trudy Erwin**, pottery; **Didier Gincig**, earth balls; **Gail & Bill Glass**, glass jewelry, lamps, and platters; **Helen Hale**, beaded and crocheted crafts; **Melissa Halwax**, Cook Lee jewelry; **Frances Harvey**, hand-painted porcelain ornaments and miniatures; **Dale Heisinger**, wood-working and jewelry; **Diane James**, doorframe angels, miniature Christmas trees, birdhouses; **Steven Jehly**, hand-made fish, recycled from water and fuel tanks; **Rob Kirby**, coffee, spice mixes, sauces; **Jan Koltun**, wreaths (and wreath orders), lavender art; **Kaye Mattson**, candles; **Rita McKinney**, paintings, prints, cards, calendars; **Eliza & Chris Morris** hand-made soaps, skin creams, lotions, balms; **Judy Niwot**, pillows, wall hangings; **Sandra Osterhouse**, Santa plant sticks & other Christmas items; **Maria Papademetriou**, hand-made collages, books, jewelry, one-

(Continued on Page 6, Col. 2)

## November Menus

**Holly Dennis** will be guest chef this month, filling in for **Amy K. Raven** who is off in Italy. Served at noon on Tuesdays and Fridays, lunch requires no advance registration. Please note: Senior Suppers are over for the season, so Senior Lunch will be served on **November 15!**

<b>1</b> Cabbage rolls Parslied red potatoes Vegetable dinner blend Orange, banana & pineapple salad	<b>4</b> Salmon boats Scalloped potatoes Broccoli Normandy Pea & cheese salad Fruit cocktail w/Mandarin oranges
<b>8</b> BBQ Beef Sandwich on burger bun Potato salad Green beans Sliced apples & oranges	<b>11</b> <b>SENIOR CENTER CLOSED: VETERANS' DAY</b>
<b>15</b> Roast turkey w/ cranberry sauce Mashed potato & gravy Dressing Peas & pearl onions Pumpkin pie	<b>18</b> Stuffed green peppers Buttered parslied red potatoes Capri veggies Garden salad Apple sauce
<b>22</b> Chicken tortilla casserole Vegetable dinner blend Garden salad Brownies	<b>25</b> <b>SENIOR CENTER CLOSED: THANKS-GIVING WEEKEND</b>
<b>29</b> <b>Birthday lunch</b> Fish Florentine Scalloped potatoes Italian veggies Cole slaw Ranger cookies	Enjoy Chinese Takeout at the Holiday Festival November 26!

## Happy November Birthdays!



Barbara Rosenkotter	1
Jorg Reinholt	2
Judy Evans	4
Bob Gropper	5
Betty Eagan	5
Ray Brogi	5
Bev Jenkins	6
Josie Barrow	8
Carol Ely	8
Jean Weir	10
Michael Jonas	10
Frieda Nichols	11
Frances Harvey	11
Jim Ohlman	11
Barbara Teague	12
Blanche Bang	13
Norman Carpenter	13
Velma Doty	13
Chase Riveland	13
Janet Booth	17
Sandra Dagnon	17
Bob Miller	19
Clyde Teague	19
Mary Ann Carpenter	21
Lois Baney	22
Jean McLaughlin	23
William Johnson	23
Nancy Bang	24
John Abbenhouse	25
A.B. Pontecorvo	25
Margerite Gudgeon	25
Rex Stiffler	25
Ellen Harboe	26
Doug Schliebus	26
Monterey Bravinder	27
Doris Schonberger	28
George Karnikis	28
Jan Loudin	29
Donna Ballanger	30

## Happy November Anniversaries!

Dick & Mary Boberg	11/04/72
Bill & June Felber	11/09/67
Joe & Frieda Nichols	11/13/54
Doug & Joyce Pearson	11/21/64
John & Rose Beckwith	11/24/55
Bill & Sherry Harpham	11/24/76
Frank & Elizabeth Bret	11/26/00
John & Marilyn Erly	11/27/??
Hal & Irene Syrstad	11/27/37
William & Lorraine Marx	11/27/99

(HOLIDAY FAIR, Cont'd from Page 5)

Christmas items; Maria Papademetriou, hand-made collages, books, jewelry, one-of-a-kind ceramics; Loretta Poschman & Joan Szabados, felt hats, handbags, animals, jewelry, beverage coasters; Raenya, ceramics; Faith Sabatine, woven baskets (willow, cedar, and cherry bark); Caroline Scott & Sarah Zoet, painted glass, birds, 'little people', cards; Laura Selwyn & Nataliya Leman, cloth, decorated socks & gloves, hand-painted items, refrigerator magnets & ornaments; Joyce Shaw, stitches by Joyce; Muriel Silvertooth, quilt, baskets, sweatshirts, potholders for Orcas Island Medical Guild; Lewis & Nancy Spaulding, prints; Annetta & Joe Thoron, toys, baby items, yoga products; Gail Toombs, original art work, crocheted children's bonnets & scarves; Adam Warachowski, hand-turned wooden bowls; Jessica Wilson, crocheted items.

### AARP 55-Alive! Class Nov. 4

Blake Thompson will conduct the AARP driver safety class, 9 AM-4 PM Nov. 4 in the Multipurpose Room. Course fee: \$10.

Graduates who are at least 55 are entitled to a 2-3 year cost reduction on their auto insurance. Pre-registration is required; call 376-2677.

### Flu Shots Nov. 15

The influenza immunization clinic will be 10 AM-2 PM at the Orcas Senior Center. As the flu season does not usually peak until after December, vaccine given before Thanksgiving should provide substantial protective benefits for the holiday season. It takes 10-14 days after vaccination for it to become effective.

**REMEMBERING,  
WITH LOVE**

Don McIntosh, 1921-2005

# 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 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 doc-

tors and other practitioners. Reserve as early as possible, through **Linda** or **Jo Anne**. \$12-\$17.

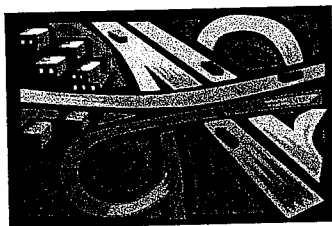
**Senior Trips:** Mainland shopping trips on the third Thursdays; reservations needed. Recreational trips about once a month; check with the Signal Calendar or Front Desk. Suggested mainland-trip donations: \$12-\$25.

**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.

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



**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 **Sally Coffin, 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.



**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** 376-3500.

**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 two or three hours a week of practical assistance with such services as caregiver respite, errands, light housework, meal preparation, shopping and companionship. Call **Nancy Southern**, 376-7723.

**Licensing hours** (for boats, vehicles): 10-4:30 PM Mondays, Tuesdays, Wednesdays, off 1-2 PM for lunch.

## Trio Nominated for Advisory Committee

Nominees for the Class of 2009 Advisory Committee are **Lindalena Dingman**, **Marilyn Erly**, and **Beth Jurgensen**, proposed by the Nominating Committee headed by **Dick Thompson**. If elected, they will be welcomed in December and will join the committee in January. There are three slots open on the committee, so if there are no write-ins in significant numbers, the trio will be elected by consensus.

**Lindalena Dingman** has served as coordinator for Walkabout Orcas, sponsored by Regence/Blue Shield, a neighborhood and employee walking program which had 60 participants this past year. She was a student intern at the Senior Center while earning her BA (cum laude) from Washington State University, and currently is a graduate student in gerontology at Kansas State University's distance learning master's degree program.

**Marilyn Erly** has designed costumes for shows at Orcas Center, all the way back to *Music Man* and *South Pacific*. She has served on the Emmanuel Church Vestry, the Garden Club board, and, with Friends of the Library, was in charge of hanging art in the Orcas Library.

**Beth Jurgensen** has been involved in many volunteer activities, including the Kitsap County AIDS Task Force; Bainbridge Island Youth Services, managing a job line; and on the board of With Grace Training Foundation, helping young welfare mothers get back to work; and locally with many church activities.

Please vote by circling the name (s) of the candidate (s) below, and/or write in other names if you prefer. Ballots may be brought to the Senior Center, 62 Henry Rd., Eastsound, or mailed to Post Office Box 18, Eastsound, 98245.

### Ballot -- 2006 Orcas Advisory Committee

Lindalena Dingman

Other \_\_\_\_\_

Marilyn Erly

Other \_\_\_\_\_

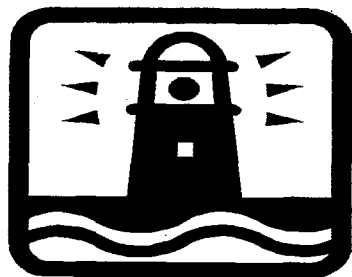
Beth Jurgensen

Other \_\_\_\_\_

## Orcas Senior Signal

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

NONPROFIT ORG.  
U.S. POSTAGE  
PAID  
Permit # 10  
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 X, No 11 • December, 2005 360 376-2677 (V/TDD) • FAX 360 376-5465  
Website: [www.Orcasseniors.org](http://www.Orcasseniors.org)

## Holiday Festival Brings Cheer in a Cold Time of Year!



Left to right:  
**Judy Whiting** (Mrs. Santa), **Laura Conant**, expert fudge-maker, **Jack Conant**, Advisory Committee Chair, and **Scott Whiting** (Santa) at the 2005 Holiday Festival

Chris Conant Photo

### Come to Pearl Muse Celebration, then on to Light Up A Life Dec. 11

A celebration of Pearl Muse's life will be held in the Lundeen Room here at Orcas Senior Center, at 2 PM on Sunday, December 11. Come with a song or a reminiscence of this beloved 103-year-old, who died on November 15.

At 5-6:30 PM this same Sunday afternoon, Faith in Action Orcas Volunteer Caregivers will hold the annual Light Up A Life Remembrance Ceremony, at The Living Room. It will include music, remembrance, a reading of the names, refreshments, and tree lighting.

You may bring a photo of your loved one for display during the ceremony. Faith in Action donation forms may be picked up at various locations including the Front Desk.

### Anatomy of A Successful Event

#### 2005 Holiday Festival of the Arts: Generosity + Work = A Winner!

Generous islanders helped to produce the most-successful-ever Holiday Festival '05, which netted \$6,631.80. Previous fairs have brought in around \$5,000.

From sign-up to clean-up—and a great many hours between—worked the Festival's co-chairs, **BJ Arnold** (and her husband, **Dick**) and **Rebekah Selwyn** (and her husband, **Dave**). The myriad of details with which these folks coped successfully is responsible for the as-yet unsubstantiated rumor that they are being considered to chair the next Super Bowl.

**Patsy Stephens** put together the Chocolate Cook Book from last May Day's Chocolate Gala, picked up the poinsettias, and  
(Continued on Page 5)

Liger, Myers: Walkin' On Air

## Pilots' New Career: Music From the Heart

Two Orcas pilots, both cancer survivors with more than 10,000 hours' flying time between them, are flying in a new direction: Music From the Heart.

That's the name of John Liger's and Ron Myers' musical enterprise. They recently released their first CD, "Walkin' on Air," featuring piano and vocals by both men. You can listen to it online: their Website is [niceneasymusicco.com](http://niceneasymusicco.com).

They perform upwards of 80 shows a year throughout the Pacific Northwest, and have generously shared their talent with the Senior Center and Orcas Center.

The latter place is where the duo met, on the set of *Music Man*, about a decade ago.

"I always listened as Ron played," John said. "After the show was over, I said: 'I really like what you do on the piano. I'd like to see if there's any chemistry in what we do together.' He said, 'Come on over.'"

"We did 'Whale of A Show,'" Ron recalls. "John wowed the audience with 'Old Man River.' He'd come out on the stage pushing a broom. Ken Speck, who was MC, said John had to sing, dance, or tell a story.

"John replied that he couldn't dance or tell a story. Then he ambled over to me at the piano and said: 'Do you know that rolling river water person's song?' I said I didn't, but I'd try. After an intro of 'Jesus Loves Me,' I got into it and it brought down the house."

Neither man is shy about promoting either the new CD or the fact that they have survived prostate cancer and other folks can, too.

"The more people know you can survive it, the better off everyone is," Ron said. "When you're first diagnosed, it's scary. The pros know how to do things with it. Men should get the PSA test every year."

Ron's earliest memory of music was at age 6, when he started piano lessons.

"Between ages 6 and 10, I had to practice half an hour, twice a day. Mother used to sit next to the piano to make sure I practiced what I was supposed to. Couldn't go out to play until practice was completed. It was the greatest legacy she could have given me."

December, 2005

In high school (in Vancouver, WA), he played sousaphone and sax in the school band. After a year of college, he joined the Air Force where "I stayed with music as much as I could, although my career was not in the music part." He flew airplanes for 31 years, did a little musical moonlighting on the side, and retired as a full colonel.

He and his wife, Jo, have three grown children: Terry, a daughter in Tucson; Tammy, in Winston-Salem, NC, and Ron, in Austin, Texas.

"When my wife and I first came here, I worked in real estate four years, and escaped in 1995 when I told her, 'If it doesn't have anything to do with music, I'm not doing it.'"

He also taught music until a few years ago, when he dropped it to keep up with Music From the Heart.

John's earliest memory of music is at age 3, standing on a sidewalk in Monrovia, CA, his home town, singing 'Home on the Range.' His first instrument, at age 4, was harmonica, with a group of friends. His mother, who played piano, insisted he take lessons.

"After 2-3 months, the piano teacher got us together and said, 'I'm wasting your time. This child will never learn to play piano.'"

"Anybody who tells a person that you can never do something is my enemy," John says today. "My father said the way to get me to do something was to say, 'You can't do it.'"

He recalls that one of the reasons for his lack of early teacher's approval was that he didn't like the way the exercises sounded. "I'd do it once or twice. Then I'd want to do it better. I only found this was called 'improvisation' when I was 12 or 13 years old."

John, who has never been without a piano or a workshop, played trombone in his high school band in Monrovia, CA, "and got into the same kind of trouble, because I loved to improvise."

He sang in a college choir his first year, and later went into the Navy, winning his wings at Pensacola. Aboard one of the aircraft carriers he started a quartet, which won first place in the Seventh Fleet.

### REMEMBERING, WITH LOVE

Galen Burghardt, 1914-2005

Barry Butler, 1949-2005

Ilse Herz 1919-2005

Pearl Edna Muse, 1902-2005

Bea Ranker, 1919-2005



### Senior Center Becomes Drop-off Site for Food Bank

The Orcas Senior Center now has a box in the Front Lobby, between the outer and inner doors, for your Food Bank donations. **Dave McPeake**, one of our Advisory Committee members, will pick up the canned and packaged goods once or twice a month and take them to the Food Bank, located on Mount Baker Road in back of **Dr. Davis'** office.

(Pilots' new career, Cont'd from P. 1)

Most of his flying time was night missions in bad weather. After five years, he left the Navy, and went into plastics, including boat building and personal watercraft. A friend who had 4,000 records, turned him on to jazz by introducing him to the music of **Dave Brubeck**, when **John** found that the great improviser and **Richard Wagner**, the composer, had similar chord changes.

In Seattle, a mentor set up an interview for him at The Embers at Alki Beach, where the **Dave Holden Five** was playing in 1965. **Dave** sent him to the noted musician, **Overton Berry**, with whom **John** worked for a year.

He has three boys and one girl by a previous marriage: **Cynthia**, who lives in Prescott, WA; **Brad**, Everett; **Scott**, in Shoreline; and **Kevin**, Port Orchard. **John** has a long-time companion in **Jean Wellington**.

He came to Orcas in 1975 because he "was running five businesses and wanted to slow down." When he moved here, he kept one plastic fabrication business and sold the others.

"**Ron** gave me grand advice about improvising," said **John**. "Be sure it's recognizable, then do your thing."

"I say, 'let it be known that this guy can make anything you want out of plastic,' smiled **Ron**. "Through ten years, **John** and I have been and are excellent friends."

"I think that friendship has blossomed the way it has because we're able to make this kind of music," **John** noted.

### Prostate Survivors' Group

The American Cancer Society is interested in joining with Orcas Senior Center to offer a prostate cancer survivors' group. Please call **Jan** at 376-2677 if you would like to participate in such a group, or be trained, or re-trained, to help lead one.

### Reminder: Bring Photos

The Visual Arts Committee reminds us: bring old photos, of yourself, your family of origin, your wedding photos, or whatever, for the Lundeen Room exhibit that will go up January 7. Each photo should be accompanied by a note saying who is in the picture. Baby pictures are OK!

The captions won't be on the photos for a week after they are hung, to allow for a contest to see who can identify the most people. Some good prizes are in the works!

Whether you're an "old islander" or a newcomer from Watchbear Falls, Vermont, it will be fun to discover what we all looked like way back when.

Leave pictures at the Front Desk for **Jan**, who has a secure drawer ready for them until the show is mounted. All photos will be returned in good condition.

**Marilyn Jackson** and **Jan Wells**, aided by **Heidi Lindholm**, will hang the show, which will be taken down Feb. 25.

Come to 'Undecoration Party' in Lundeen Room Dec. 28!

You are invited for gingerbread and hot cider, plus veggie snacks, at 2 PM Wednesday, December 28 in the Lundeen Room, at the first, and possibly the last, Undecoration Party!

Come prepared to tell, in five minutes or less, about the best thing that ever happened to you! You can tell it yourself on the microphone, or have a

friend tell it for you!

We also will "undress" the Lundeen Room so that **Jo Anne** can store the decorations for next year. Come and enjoy!



### 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, 2006, issue: December 15.

Email: [jank@co.san-juan.wa.us](mailto: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 cake bakers:  
**May Shiozawa,**  
**Agnes Forbes, Emily**  
**Reid, Cecelia**  
**Schwanke, Mary**  
**Lou Padbury**

Host & Hostesses: Jeanne De Long  
and Pete & Sandy Huie

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>ABBREVIATIONS:</b> LR = Lundeen Room MP = Multipurpose Room CR = Conference Room * = reservations at office (2677) necessary			<b>1</b>	<b>2</b>	<b>3</b>
<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
1 Caregivers' Group (MP)	<b>Seattle shopping trip w/Dick &amp; Patty Thompson*</b>				
<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
1 Caregivers' Group (MP)	10-12 Medicare Consult*	Legal Aid Clinic w/Cy Field*  Western Hearing Aid Clinic*	9:15 Advisory Committee 1 Medicare Part D (MP) FOOT CARE CLINIC* Mainland shop. trip*		
<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
1 Caregivers' Group (MP)	10-12 Medicare Consult* COSTCO Hearing Clinic*	FOOT CARE CLINIC*			
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>
<b>Christmas Holiday Center Closed</b>	Birthday lunch	2 PM Undecoration Party! (Story, P. 3)			<b>Happy New Year!!!</b>

(ANATOMY, Continued from Page One)  
manned the table to sell the cookbook, flowers, and senior crafts, then stayed afterwards to vacuum and haul out trash. Her husband, Stu, hung the signs, part of the theme created and made by **Peggy Hoyle**, on the tank; he also printed out the cookbook. **Nanae Fralick** helped **Peggy** to paint the tank canvas.

**Carol** and **Dale Ely** put up the twinkling lights that brought holiday sparkle to the festivities, and then returned from off-island Thanksgiving to assist with clean-up, sticking around until the last bit of debris was removed.

**Jack** and **Laura Conant** and their daughter-in-law, **Chris**, manned the Santa photos, along with Santa's helper, **Jennie Joplin**, who also printed out the photos.

A hit this year were Santa and Mrs. Santa, aka **Scott** and **Judy Whiting**, who posed for photo ops with many children and who won high marks in the ho-ho department! **Maggie Schuler** distributed 400 Santa-photo fliers to the schools, and also helped **Bob Otis** to welcome participants at the front door. **Fredrica Kundig** coordinated raffle ticket sales for three weekends at the market, with help from her husband, **Werner**, who sold tickets on the day of the Festival, and others including both **Kundigs**, **BJ Arnold**, **Lois Baney**, **Jack Conant**, **Lindalena Dingman**, **Marilyn Erly**, **Beth Jurgensen**, and **Jan Wells**.

**Ellen Emery** and **Carlene Kim** ran the crafts table; contributors were **Dora Blake**, **Kraemer Frenger**, **Jan Titus**, **Barbara Trunkey**, and **Myrna Wood**.

**Rebekah** and **David Selwyn** prepared the raffle book, taking beautiful photos of raffle items, cleaning up the "mystery" bike, making signs, checking out the vendors, and making it all look easy from beginning to end.

**Dave McPeake** hauled a large contribution of canned and packaged food to the Food Bank, for which the Senior Center now will become a regular depository. (See story, Page 3.)

**Margaret Jonas**, one of the Center's most reliable van driver volunteers, won the beautiful 2005 Friendship Quilt, which was made by a crew of embroiderers including some folks who want to remain anonymous so lots of people won't ask them to do other quilts, pieced by **Betty Jean Hall**, and quilted by **Keri Stone**. **Judy Marzolf** won the Maui condo

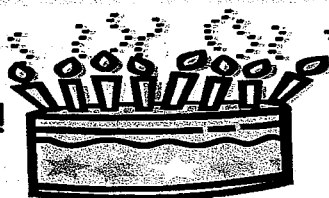
(ANATOMY, Continued on Page 6)

## December Menus

Lunches by our culinary artist, **Amy K. Raven**, are wonderful! Served at noon on Tuesdays and Fridays, they require no advance registration.

	<b>2</b> Pizza & salad bar Cookies
<b>6</b> Beef Stroganoff Noodles Broccoli Normandy Romaine salad Lemon pudding	<b>9</b> Breaded cod Scalloped potatoes Scandinavian veggies Cole slaw Apple crisp
<b>13</b> Meat loaf w/ mashers & gravy Capri veggies Spinach salad Chocolate chip cookies	<b>16</b> Chicken Rueben Noodles Scandinavian veggies Broccoli/ cauliflower salad Applesauce bars
<b>20</b> Roast beef Mashers w/gravy Broccoli w/lemon sauce Millionaire salad Rolls Pumpkin pie	<b>23</b> No lunch (potluck can be arranged if there's enough interest! Call <b>Jan</b> or <b>Linda</b> ) Merry Christmas & Happy Hanukkah & Joyous Kwanzaa!
<b>27</b> Garden tomato soup Turkey & cheese sandwiches w/trimmings Cookie	<b>30</b> Chicken lasagna Green beans Caesar salad Garlic bread Peaches, pears, apricots

# Happy December Birthdays!



# Happy December Anniversaries!

Dick Thompson	1
Wayne Haslett	3
Hugh Hendrick	4
Karin Fuhring	4
John J. Inch, jr.	5
Pat Logan	6
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
Opal Ferguson	19
Don Reardon	19
Robert Hamaker	19
Evelyn Rodrique	20
Carol Ellis	21
Gladys Brimhall	22
Rosemary Kimball	22
Ed Peterson	22
Lea Anna Stewart	22
Gene Elliott	22
Richard Glidden	23
June Felber	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 Hilleyer	27
Bob Henigson	27
Ruth Bradford	28
Mary K. Fischer	29
Bill Dixon	29
Dori Lansdowne	29
Kraemer Frenger	30
Libby Blackwell	31

John & Frances Suzick	12/??/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
William & Lynda Johnson	12/07/63
Ben & Anne Marcin	12/08/45
Harvey & Liane Olsan	12/12/75
Eugene & Ilse Herz	12/13/42
Mark & Dorna Theaman	12/13/87
Duane & Beverly Franklet	12/18/??
Stu & Patsy Stephens	12/18/65
Lynn & Glenna Richards	12/20/47
Richard & Judy Evans	12/20/58
Peter & Sandra Huie	12/20/66
Herlwyn & Barbara Lutz	12/22/??
Frank & Barbara Trunkey	12/26/59
Robert & Susan Hendrick	12/27/??
Louis & Mary Lou Middleton	12/27/54
Bob & Enid Blanc	12/27/58
Thomas & Karen Ritter	12/27/62
Gordon & Maureen Crowe	12/28/63
Doug & Judy Schliebus	12/29/72
Jens & Ellen Harboe	12/30/50
Dave & Lina McPeake	12/31/65

## (ANATOMY, Continued from Page 5)

vacation, donated by **Don and Colleen Huntress** of that island; **Sage MacLeod**, the Oahu house vacation, donated by **Ayman El-Dakhakhia** of Honolulu (**Richard Hughes** did the asking); **Sharron Mierau**, the fused glass; **Dave Halloran**, the glass vase; and **Chris Segal**, the bicycle, on which she was practicing three days later when the lobby was relatively vacant!

Bake sale volunteers, in addition to the talented cooks & co-chairs, **Dora Blake** and **Phyllis Wilkinson**, and with them day-long helpers **May Shiozawa** and **Kathleen Dewhurst**, included: **Laura Ashby**, **Helen Bee**, **Elizabeth Berdan**, **Mary Boberg**, **Jane Bristow**, **Ebba Brophy**, **Bloddie Bruce**, **Marylou Cobb**, **Laura Conant**, **Irmgard Conley**, **Ellen Emery**, **John Erly**, **Arjean Filmer-Bennet**, **Mary Gorden**, **Madeline Haffey**, **Ellen Harboe**, **Margaret Jonas**, **Ingrid Karnikis**, **Grace Kidder**, **Pat Littlewood**, **Dorothy Lorda**, **Eloise Monson**, **Mary Lou Padbury**, **Maggie Schuler**, **Gladys Scott**, and **Veronica Thornton**.

**Katie Jensen's** kelp pickles were, as usual, a big hit! She donated their entire proceeds, as did **Betty Bartleson** of the Olga Strawberry Council from her table.

The lovely Porcelain Village was donated for a silent auction by **Mickey Groepper** of Brush Prairie, Washington.

Front-desk volunteers—**Joy Bennett**, **Kathleen Dewhurst**, **Thelma Kallam**, **Irene O'Neill**, **Barbara Pesola**, **Cecelia Schwanke**, and **Betty Williams**—helped vendors to sign up and took care of many details, while coping with the normal Senior Services flow of information and assistance calls, lost eyeglasses and other concerns.

The Senior Center staff, **Jo Ann Bastron**, **Linda Tretheway**, and **Jan Koltun Tifus**, helped wherever they could! JKT

# SERVICES WE PROVIDE & WHOM TO CALL

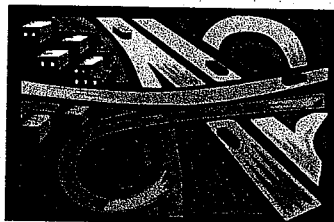


**Lunch:** Served twice a week. Orcas lunches are Tuesdays and Fridays. No reservations needed. Donation: \$3.

**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 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. \$12-\$17. **Senior Trips:** Mainland shopping trips on the third Thursdays; reservations needed. Recreational trips about once a month; check with the Signal Calendar or Front Desk. Suggested mainland-trip donations: \$12-\$25.



**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.

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

**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 Sally Coffin, 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, shower seats, commodes and crutches for temporary loan. We are accepting donations of these and packaged

diapers, which will be available if donated. **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 376-3500.

**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.

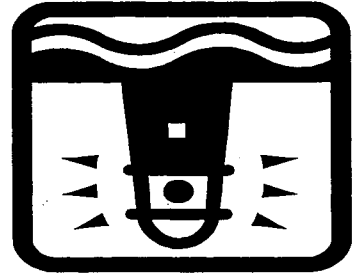
**Medicare** 1-800-444-4606.

**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 Nancy Southern, 376-7723.

**Licensing hours** (for boats, vehicles): 10-4:30, off 1-2 PM for lunch.





# Orcas Senior Signal

Senior Services Council of San Juan County

PO Box 18  
Eastsound, WA 98245

NONPROFIT ORG.  
U.S. POSTAGE  
PAID  
Permit # 10  
Eastsound, WA 98245

## Little Important Things. . . Sometimes the small things are most important!

**Anyone out there** with 4x4 vehicles willing to help snowbound seniors during the winter? Please contact **Jan** to be get your name on our list of "snow angels" if you can be available.

**WELCOME**, new birthday celebration co-chairs, **Kathleen Dewhurst** and **May Shiozawa**! And continuing thanks to our Sunshine Lady, **Elizabeth Berdan**!

**Now accepting** packaged diapers at the Senior Center, and donating them on to whoever wants them. This is an experiment! No opened packages, please!

**Sara Dailey-Smith** will take a winter break from her terrific yoga classes, and will teach again in March.

**Christmas/Hannukah/Kwanzaa** gifts: **Antoinette Botsford's** new 75-minute CD, **Bone Necklace**, suitable for adults, has arrived at **Darvill's**. **John Liger's** and **Ron Myers' CD** may be found on their Website (See story, Page 2).

Thanks to **Bobbie Smith**, from Obstruction Island, for making and donating her "Senior Hugs," warm caps for these winter days! There are a few left; see **Jo Anne** if you'd like one.

**Margaret Wilson** is now available by appointment (376-3488) to discuss your Medicare Part D questions. **Peg Griswold** will answer questions after her presentation on Medicare Part D at 1 PM on December 15 in the Multipurpose Room.

**Ruthie Newman**, art history lecturer and ceramic artist for more than 35 years, will teach a new Art History class/seminar on Wednesdays, Jan. 18-March 22, 10 AM-12:30 PM in the Orcas Library Conference Room. Cost: \$50. Sign up at the Library's main desk.

**Adopt a van?** Our Transportation Program has four vehicles and a hardy, dedicated crew of volunteers to drive seniors to and from lunch, take them and disabled persons to medical appointments off-island, and to provide transportation to various places on the mainland for shopping and other activities. What we really need now is a few people who would be interested, as individuals or as a group, to "adopt" one or all of the vans to make sure they are kept clean, inside and out. We have the supplies; you provide the people power. Please call **Linda** at 2677 if you are interested, or if you have questions.