

Nancy Grabow is the volunteer that I have the pleasure to write about this month. If you are not acquainted with her, I hope you get the chance to in the future. She joined the Center in 2014. You will find her working at the desk, always with a smile and hopefully she will share one of her witticisms. She is also our Treasurer

this year.

She was born June 25, 1947 in Marshfield (Coos Bay) Oregon. Her parents were Ross & Iva Mintonye. She only had one sibling, her brother Ross. He was 11 months older than her to the day. Her father was a mechanic and her mother was a Home Economics teacher and supervisor for the cafeterias in Coquille School District. They obviously taught her a strong work ethic. But it appears the best thing they spent their time on was loving their children.

Nancy grew up in Coquille and lived in town for the first 9 years of her childhood. Later her family moved to the country. It reminded me of the Little Rascal's when she told me she was in a gang of 6 kids. All of them boys mind you. She was treated gently until she stirred things up and rough housed with them. She had to toughen up to be part of the gang. This was most likely difficult because she considered herself a Daddy's girl. She once shared with me that she was reluctant to misbehave because she never wanted to disappoint her dad.

She graduated from Coquille High School in 1965. She then attended College of Education in Monmouth. She decided that she was not ready at that time in her life. Although when I asked her what she might have changed she shared with me that she might have started College later and stayed with it. I think Nancy had other doors to open and the character to keep them ajar. She went on to Merritt Davis School of Commerce in Salem and moved to Lincoln City to work in their new hospital. Again, the door to

Salem was still ajar and she moved back a year later. She worked at Salem hospital for 3 years and then the State of Oregon for 3 years.

Nancy met Gary Grabow in 1972. He was part of a crew that was helping her move. They were married in 1975. They were blessed with a daughter named Maureen in 1976 and a son named Ross in 1978. They built a home in Independence, OR in 1986. They gave their children two lasting gifts; one is roots and the other wings. They give Nancy strength and support throughout her life. She has 2 grandchildren who she visits in Coquille quite often. Her little Red Sports car that she named Baby made many trips to visit them.

She stayed home until 1980 and then hit the road driving a school bus until 1992. She also became a driver's aide riding in Special Needs Buses. If one has ever been on vacation with your children, then you would know it takes a special person to drive a school bus. She might not have finished college to become a teacher but then she would have never gifted the children on her routes. Minds are like parachutes; they only function when left open. I imagine Nancy opened many young minds with her imagination and humor.

Nancy was diagnosed with cancer and had surgery in January of 2010. Nancy retired in 2011 to take care of her husband. He died from Cancer in September of 2011. These are just 2 small sentences that cannot describe the difficulty and courage they both endured during this time. She reminds me of a quote I once read. "Be like the willow tree, able to bend without breaking under the weight of the storms that come your way".

Nancy is a member of Calvary Baptist Church. She is an active member and attends Bible Studies. Her faith must be what lightens her load and strengthens her. She also belongs to Beta Sigma Phi and plays Trivia with her son Ross twice a week. She carries a book around and loves computer games. It makes me jealous to see a mother and a child be able to have the bond that is necessary to dine, drink and play trivia. Kudo's to them both.



Presidentially Speaking

Welcome to 2020. This will be my last year to be your president. Roughly 8 months to go. I do not know why I am counting the time. Maybe because I am concerned about getting things in order. Or else I am just tired. I do not usually make resolutions. But this year I have one. It will be that I will be kind and listen more. I had a lengthy letter written before this one but decided my letter regarding our member of the month needed more space. Just as well because the president's letter was not very positive. I am often protected from myself even when I do not think I need to be.

We have three volunteers that have stepped down. They were all carrying more than one job on their shoulders. I hope we have some new volunteers step forward. I myself did not realize I could wear so many hats. They do not fit well but at least I am wearing them.

At the end of this year I am scrambling to try and get everything pulled together for our new CPA. His name is Mike Unrein. We also have a new Bookkeeper. She is across the parking lot from the Center. Her name is Gloria Petrie. We have always been able to depend on a volunteer to cover this, but not this year. I am just trying to keep the members aware of how funds are being spent.

We have a great photographer within the Center. His name is Arturo Guillen. He has been taking some great photographs of different events. We will be posting different links where you can peruse his work. We will then be glad to hear your opinion regarding which photos we will have enlarged and framed. They will be black and whites. So please look for the links next month.

We had a great Christmas Party. Lots of good food, two kinds of punch. One spiked a wee bit. We hit the bottom of that one quicker. We exchanged gifts; it was fun to get to steal someone else's gift. I think that was the most fun. I do hope to plan more parties this coming year. I take it back there will have to be another resolution for me. More laughter and fun. I will be having cataract surgery on my left eye on December 31st. Great way to bring in the

New Year. I hope I will be equipped to keep a closer eye on things. LOL... Seriously I am a bit nervous about it, but I hear it's a piece of cake. Ask me in the middle of January. The toughest part will be 3 different eye drops for 5 weeks. I was told by the pharmacy that my insurance will not cover one of them. \$200.00 of smackaroonies on that one. My optometrist gave me a coupon that brings the drops down to \$60.00. Better than a poke in the eye with a sharp stick. Yep I know, poor humor. Well we all know I am a woman of few words, so I am done for now. I sure hope to see more of you in the future. HAPPY NEW YEAR!!



Activities

It is not uncommon to walk into the Crafting Room on Monday afternoons and find donations left in our cupboard or around it. A few weeks ago we opened a bag containing 13 fairly large squares in coordinating shades of pink. When it was shown to the members, Alice Wells commented, "I can join those into a lap quilt!" The next week she returned the finished product and Patrice Johnson volunteered to crochet a scalloped edge. The picture shows the finished project. Someone in hospice or an Alzheimer's unit will thoroughly enjoy the warmth of such a lovely lap quilt.

Frequently, we receive items that need to be finished. Occasionally, we place some of these finished items in the Gift Shop to be sold. If the item is made of pure wool, many people are allergic to wool or it's not conducive to launder it. Wool will shrink. It will then be sold.

We'd love to have more crafters. Join us on Monday afternoons from 1 to 3. We have yarn, needles, hooks, patterns, advice, and lots of fun.

Arlene Williams



Garden Club

HAPPY 2020.....

Welcome to a fun-filled NEW YEAR with South Salem Senior Center Garden Club.

Our meetings are held inside at the Senior Center for about two-thirds of the year, the other third are away from the Center & at various local nurseries, members gardens & other venues suggested by our creative thinking members....□

The January meeting will be held on Tuesday, the 21st, 1:00pm at the Center. (If there is a special

reason for the Center to be closed on our usual meeting Monday we meet the Tuesday after.....this will happen on February 17 as well.)

PLEASE join us for Master Gardener talks, gardening talk....anything garden related.....even Viewing Gardeners will enjoy our group.



Crafting with Teri
Mondays at 9:00 AM
Starts January 6th
Come join the fun.
Cost \$1.00



GET YOUR ARTISTIC MUSE ON

Join Us for ART
Acrylics, colored pencil, watercolor and drawing are all welcome.

Our group meets every Friday morning from 9-11 at the Center.

(No oil painting please)

Announcements

Howard Lloyd Huffman

August 5, 1923-November 1, 2019

On November 1, 2019 we lost one of our early members of our Life Story Writing group. He was a member of the South Salem Senior Center, and he was one of our World War II Veterans.

Howard Huffman was born on the family ranch to Gladys and James Huffman near Highwood, Montana in 1923. After beginning his education in a one room schoolhouse and attending several other schools he graduated from Fort Benton High School in 1940 at age 16.

In 1941 he began his college education in the Industrial Engineering program at Montana State College in Bozeman before volunteering for the draft in November of 1943. He was severely wounded by shrapnel during the Battle of the Bulge. He was awarded a Purple Heart and Bronze Star among other awards and discharged from the Army with the of Sargent in June 1945.

On July 3, 1945 he married Jan Shoemaker and they returned to Bozeman where he completed his studies and graduated with a Bachelor of Science in 1947 and from Oregon State with a Master of Science in 1954.

Howard was an instructor of Industrial Engineer in Montana State College (now university) for 25 years before traveling and following his and Jan's son Donald Huffman and daughter Debra Huffman Sparber to Oregon in 1988. Howard is survived by his beautiful wife Jan, his daughter, his son and daughter in law and by three grandchildren and four great grandchildren. Our Life Story writers miss him.



Board Meeting

Monday, January 6 at 10 a.m.

Meeting is open to any
interested member.

Agenda is posted on the hallway bulletin board.

Membership Meeting

Wednesday, January 8 @ 1 pm

See back page for more details.

South Salem Senior Center

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Kate Bayne, Secretary	503-399-7779
Nancy Grabow, Treasurer	503-884-5521

WELCOME to our Newest Members

We are glad you've joined us!

**Susan Bentley
Edna Vones
Doris Richards
Karen Ryden**

**Anka Sweeney
Festus Lloyd
Nancy Humphry
Shirley Atkinson**

We appreciate your Donations

Alice Wells

Elaine Day

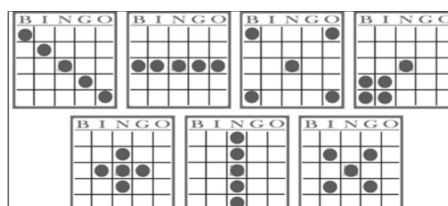
Play BINGO here every Friday

Win prizes and cash awards!!!!

Join in on the Fun and Friendship from 1 to 4 p.m.

(Card sales begin at 12:15 p.m.)

Minimum buy in is just \$3.75



Tai Chi Classes

Jill Corcoran will teach beginning **Tai Chi classes** at the Senior Center starting Tuesday, January 28th thru to March 17th. Classes start at 1:30 PM and end at 2:30 PM. These classes are individual exercises that can be done seated, holding onto the back of a chair, or standing. They are very good for learning how to breath properly, good posture, strengthening your body, balance, pain management, heart disease, Parkinson's disease and many other health issues. The cost is \$40 for the 8 classes. Please contact me at (503) 385-3257 if

Community Emergency Response Training

Our Center is hosting this City of Salem training in February. Come and learn what you can expect and how to prepare for the expected major earthquake – the Cascadia Earthquake. The training will take place at the Senior Center the following dates in February 3, 6, 10, 13, 17, 20 from 6 to 9 pm each evening. The final class will be on Saturday Feb 22nd at a location to be announced.

The class is free and open to everyone. To register, contact Lola Hackett

at lolahackett@yahoo.com. To learn more about the Cascadia Earthquake just Google it on the internet. To get more information on CERT training follow this link <https://www.cityofsalem.net/Pages/>

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Louise Kuebker, Librarian

Watch for our new "SSSC Gift Basket Raffle" coming in January.

Target dates for this first event will be January 13 – 18 with the drawing commencing on the following Monday, January 20th by 9:00 a.m. The tickets will be designed to have room for the name and appropriate telephone number on the back. You do not have to be present to win. If the winner does not pick up their prize after three days, a second drawing will take place.

All members as well as any guests attending functions at the center, such as Bingo, Pancakes Breakfast, exercise classes, noon dining room services, are eligible

Prices for tickets will be \$1.00 each or 6 for \$5.00

Warmest thanks to

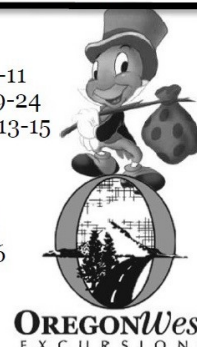
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- * Music & More in Tennessee – April 6-11
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- * Fly Away Mystery Tour - May 19-25
- * Canadian Rockies – June 19-25
- * The San Juan's & More! - July 18-23
- * Boise Basque Festival - July 29-Aug2
- * Great Montana & Glacier - Aug. 20-16

Call for Details or See them
On the Bulletin Board



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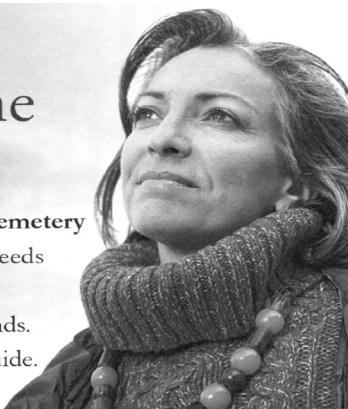
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South Salem Senior Center Wish you a..



January 18, 2019
8 to 10 a.m.

Join us for pancakes or homemade biscuits and gravy. Served with eggs, sausage or ham, orange juice, coffee or tea