



## Heather Rivas: Cosplay Anyone?

Heather grew up in Turner Oregon and has worked many jobs. She worked for the State of Oregon in the Department of Education.

Eventually she left that job and signed up for classes: Tradeswomen and Women in Non-traditional roles. There she learned to read blueprints, designed a screwdriver, made the screwdriver, tempered metal and learned about electrical systems.

In the early 80's she moved to California. A single parent, she worked at an agency as an employment counselor before changing jobs. Aside from being an office manager, she worked in human resources at several hospitals in California before settling into a job for a PRICECLUB, later rebranded as Costco. She worked at Costco from 1988 to 1993.

Starting in 1992, she began picking up work as an extra in movies and television to support herself. To justify the work she was doing, she told her mom she was able to "dress up and get paid for it." Her mother said "That's nice dear, have fun and be careful."

During her stint as an extra, she met many people from the Star Trek series including Patrick Stewart. She had the opportunity to meet other celebrities including George Clooney, Sandra

Bullock, Richard Gere, Annette Bening, Dennis Hopper, Kevin Costner, Johnny Depp and Christopher Walken.



When asked if she misses being an extra, she gets a twinkle in her eye. Then she begins to pull out photographs of cosplay costumes that she has worn and designed.

Heather loves to play dress up, and she is a commanding presence when in her finery.

Eventually in 2000, Heather returned to Oregon to take care of her parents. She took a job at WALMART, beginning with counter work, and eventually became a personnel manager until she retired in 2008.

When she retired, she enjoyed spending time with her husband Freddy and keeping their home in California.

Heather and Freddy recently moved back to Oregon where Heather was coaxed into joining the Center and volunteering by Nancy Grabow. She enjoys working as a receptionist at the Senior Center, liking the community, friends and purpose of the work.



Aside from setting up her new home with her husband, she's looking forward to creating more costumes and is looking forward to tackling a new artistic activity.

Heather is one of those smiling faces who will greet you at the reception desk. She has a warm ready smile and an infectious sense of humor.

Ask her about her time in the movies or if she has any ideas for your Halloween costume!

Zoe Morrison

### IN THIS ISSUE

- PG 1: Featured member **Heather Rivas**
- PG 2: Presidentially Speaking
- P 3 : Activities
- P 4: Announcements
- P5: All Aboard America: **Zoe's Big Adventure**
- P 5 Bookstore
- P5 Travel
- P6/7 Community Connections

## Presidentially Speaking



### Volunteer Dinner September 2019

Greetings to all this fine day. I woke up to a flooded window sill and floor. I overlooked the rain last night and left the window open. I also had three furry pups in my bed when I awoke. They were afraid of the pinecones hitting the roof due to all the rain. They wanted their breakfast and I wanted my coffee. So bleary-eyed as I was I proceeded to pay homage to them as I warmed their breakfast. They truly rule this humble domain. I then proceeded to mop up the mess from last night.

I had all the information regarding our Volunteer dinner menu. Todd Weiweck had graciously provided me in fine detail, the menu for our scrumptious meal. Bleary-eyed as I was I erased the fine details. But I will try to remember some of it.

I do know he made his Tri-Tip taste like Filet Mignon. He marinated it for several hours. He prepared Fingerlings as only he can. I had to ask, Fingerlings are a small potato. I do not know what he did with the fresh veggies but they were wonderful. He also served a moist chicken with sauce. That sounds somewhat blasé when I say a sauce. It was his secret. Last but not least for all the non-meat eaters there was a Vegetarian pie. I heard rave reviews on it. All of these were served with potatoes and veggies. The meal began with salad and ended with a triple fruit sauce, vanilla bean ice cream and cake. As we waited for our food we were served wine and listened to music. We had a lot of laughter and conversation.

We were a small group of about 45. I would have liked to have seen more of you volunteers present. You missed a fine meal. But it was

probably best because Todd's crew was down one server, that server was his wife, She was waiting by their daughter's bedside while she delivered their first grandchild. I must say Todd waited on us all with calmness and style. In the back of his head, I know his head and heart were with his wife, daughter and beautiful granddaughter.

All the while he was working with a stove that could have gone kaput at any time. He also did the preparations for our meal and his business with a refrigerator that was misbehaving. All the while moving perishables to our other refrigerators. Yes, the meal was an act of kindness and grace under fire.

But better late than never, last night our new stove arrived. The center is now proud owners of a \$4160.00 stove. The refrigerator repair came in at about \$900.00. You might notice that periodically I add in our costs because I want members to know where their money goes. We are still debt-free and in fine shape.



I have gone on a bit about our dinner. So I will briefly cover some information you will want to know.

Our rummage sale is coming up on October 4th and 5th. Make sure you put it on your calendar. We are also having our Holiday Bazaar on November 1st and 2nd. If you have a desire to rent a table you may sign up at the reception desk. Last year was so much fun. We had many crafters tell me they would be back.

*Camille*

PS. Volunteer dinner photos courtesy of Arturo Gullen



# Activities

## Monday Afternoon Crafters



Have you ever cleaned out your various unfinished projects and wondered what to do with a stack of crocheted granny squares? We have several times gotten a large number of them and some of our members started putting them together. We ended up at different times with several afghans that we gave to a women's shelter, or to a Hospice group and other organizations. And at least one of us pieced some of

those pieces together to make scarves.

We have received partially finished sweaters that one of our gals has been willing to finish and bring back to keep a child or adult warm in the winter.

Some of us have made birds nests for an animal refuge center.

Several members of our group have made socks and slippers, mostly for Hospice groups.

There may be some knitted or crocheted wash cloths and table trivets (heat protectors) in the gift shop. If we are out of them, we can make more.

We have a special Christmas project through one of the churches that will give hats to children of all ages who need them. And if there are any left over after Christmas, we already have a school lined up that we will give them to. At last count we have 231 hats and 2 dozen scarves finished. We will be making more hats for other children and adults in need, of course.

Our primary fidget quilt maker is staying busy making those at home and coming in on Mondays to do knitting and crocheting for other projects. There are children and adults who love those fidget quilts.

P.S Our fidget quilt maker is running low on cute buttons, fabric bits and pieces for filling, ribbons and jinglebells. There is a supply box for them up on the shelf in the room behind the pool table.

— **Velma Hampson**



## The Garden Club

We will meet on October 21pm at the South Salem Senior. Center.

Master Gardener Tobie will talk about House Plants. She will have slides & lots of info to share. If you have a special place or garden related idea you'd like to share, PLEASE call Barbara (503.375.7723) or Sandy (503.851.8250).



**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)

- ♦ Looking for help with your laptop, tablet or phone?
- ♦ Need to learn Windows, or how to surf the internet?
- ♦ Want an email account or a Facebook?

***Make an appointment OR just drop in to work with the knowledgeable volunteers in the Center's Computer Room.***

Center has computers for members to use Monday thru Friday, 9 to 4.

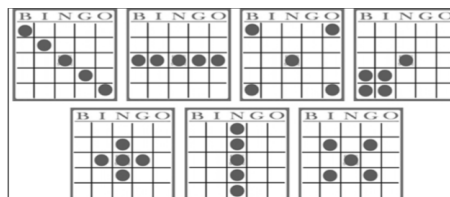
## Play BINGO here every Friday

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



## Announcements

SOUTH *Salem* SENIORS



**Fall  
Rummage  
& Book  
Sale**

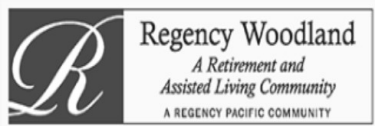
**October 4 & 5, 2019**  
9 a.m. to 4 p.m.

**6450 Fairway Ave SE  
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Warmest thanks to  
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◇ Alice Wells

**We appreciate your Donations**

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**503-588-0748**

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ssscoffice@comcast.net

### **Officers:**

|                                     |              |
|-------------------------------------|--------------|
| <b>Camille Lockling</b> , President | 503-269-1463 |
| Heather Rivas, 1st Vice President   | 818-618-2180 |
| Paula Hindman, 2nd Vice President   | 503-362-9038 |
| Linda Peytoon, Office Manager       | 503-363-4290 |
| Kate Bayne, Secretary               | 503-399-7779 |
| Nancy Grabow, Treasurer             | 503-884-5521 |

**Board Meeting**  
**Monday, October 14 at 10 a.m.**

Meeting is open to any  
interested member.

Agenda is posted on the hallway bulletin board.

**Membership Meeting**  
**Wednesday, October 16 @ 1 pm**

**WELCOME to our Newest Members**

Peg Grives  
Shirley March  
Kathleen Edwards  
Bonnie Hamilton  
Kathy and Dan Reichman  
Ronald Jeter

**We are glad you've joined us!**

### **South Salem Caregiver Connection**

**South Salem Senior Center**

**October 23, 2019 (4th Wed of each month) 1:45 pm**

***Presented by Northwest Senior & Disability Services***

Open free to unpaid family caregivers and friends of older adults receiving care. Our monthly group explores ways to cope with the challenges & stresses of caring for a loved one and provides valuable information and resources. Drop-ins welcome!

Group Facilitator: **Amy Crevola, MSW** 503-606-7620

*South Salem Senior Center*

**Holiday Bazaar**



**November 1 & 2, 2019**  
**Free Admission for all**

## All Aboard America!

On August 10, 2019 I picked up my life and set off on a big adventure, having left one of my part-time gigs in Portland. I was ready to begin a journey that would take me far and wide across the United States.

My route was somewhat circuitous, from Portland Oregon I made these stops along the way: Chicago and Evanston Illinois. Holland Michigan. East Lansing Michigan, Port Huron Michigan, New York New York, Orlando Florida, Washington DC, New Orleans Louisiana, Los Angeles California, and then back again on the Coast Starlight to Portland. Altogether I was gone for five weeks, ending my trip with a housesitting obligation.

I made this trip solo, the majority of it booked using an Amtrak US RAILPASS. For reference, the RAILPASS I purchased was for 15 days and allowed me to travel to many destinations for the price of \$469.00

My travel was definitely budget. I booked all of my travel coach. This meant that I slept in my seat the entire journey. Friends were generous enough to offer me a bed for a night or two and I did book Airbnb in DC and NOLA.

Some of my stops were very short. One friend came and picked me up so we could spend six hours together rather than the scheduled hour and a half that my trip had allowed.

Only for one portion of my trip did I rent a car though mostly I walked or took local public transportation.

Were there challenges along the way? Yes there were some. Technically I was en-route working on the newsletter for the Senior Center for September. The problem came with not having a Wi-Fi connection during the travel. (Only some Amtrak long-distance trains have Wi-Fi). Amtrak is notorious for delays, so some evenings I arrived late to my destinations.

And of course, there are those pesky hurricanes. I was visiting my mom south of Orlando Florida when hurricane Dorian was projected to make landfall the following day. Amtrak called to cancel my travel so I had to scramble to get out of town a day sooner than expected.

Overall, it was a great trip. I saw friends I hadn't seen in more than 35 years. I travelled to several places I have never been, particularly DC and New Orleans. And I caught up with maternal relatives who had been estranged from my family for my entire life.

It was a relaxing way to shake off cares for a few weeks. I'm back at it again, working on your newsletter & growing my business. If you'd like to talk more about jumping on board Amtrak, I'd be happy to tell you about my journey.

Zoe Morrison



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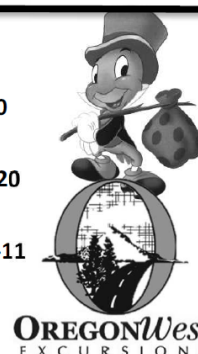
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- \* Shore Acres Christmas – Dec 16-18
- \* Snow Coach in Yellowstone – Jan 16-20
- \* Tucson AZ – Feb 25-29
- \* Music & More in Tennessee – April 6-11

Call for Details or See them  
On the Bulletin Board



**(503) 585-3979 ♦ (800) 333-0774**  
**www.orwest.com**

Would you like to write an article for the newsletter? Have something to share? Drop your article off at the front office or email it to [zoe@mybeautifulstory.com](mailto:zoe@mybeautifulstory.com) **Deadline for submissions is October 12** for the November newsletter.



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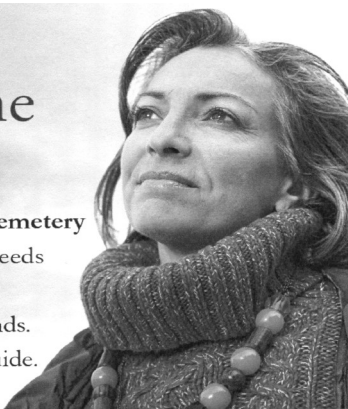
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Administrator

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**503.316.0687**  
503.589.1753 fax

[brandy.khlystov@jeaseniorliving.com](mailto:brandy.khlystov@jeaseniorliving.com)

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### Volunteer Dinner Highlights September 2019



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If your membership expiration date is highlighted, please renew to support your Senior Center.

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**October 4 & 5, 2019**  
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**October 19 , 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