



Has anyone seen a lady with pink hair in the Center? Most likely she will be spotted at the reception desk. Her name is Linda Peyton, and she is our Office Manager. Not only will she be wearing a smile on her face, but she will also be wearing something that will catch your eye as far as clothing and jewelry. She especially likes to wear anything with wolves on it. That seems likely considering she lived in an old logging town called Valsetz. I think of all kinds of wild critters when I think of Valsetz.

Linda was born in Salem to Lois and Lewis Robinson. Linda and her parents, along with Linda's older sister Laveta moved to Valsetz after Linda's birth. I found myself being jealous when she spoke of living in Valsetz. She described dirt roads, wooden planks for sidewalks. There was a General Store, Barber Shop, and of all things a 2 lane bowling alley. She mentioned Valsetz had a first-aid man. If you wanted anything else it was a drive over the mountain, in the winter it was a challenge. Circumstances brought Linda and her sister to live in Dallas with her grandparents. Linda became the middle child when her sister Janet was born 6 years later. Her mother continued to work as a teacher in Valsetz. It tickled me when she said her mother came over the mountains on the weekends from Valsetz riding with the loggers. Obviously her mother figured where there was a will, there was a way. I have seen this in Linda on numerous occasions, she is a problem solver. But she also seems to know, life is not a problem to be solved, but a gift to enjoy. A group of us play cards and she often breaks into paroxysms of snorting and laughter. Truly something the rest of us also get caught up in.

Linda lived in Dallas until her 12th year in school. She shared how she learned to work as a small child, picking berries and beans. She could cook and clean at 7 years old. She is the epitome of the statement "When there's work to be done, turn up your sleeves, not your nose".

After Linda's graduation, she waited one year and then married Allen Kliwer in 1965. Her only child Kellie Sue was born in 1972. Linda's marriage ended in 1977. Divorce is one of the

most painful events one can ever endure. But she is a very religious lady and it has been her blessing. Linda knows "If God is the captain of our fate, our boat may rock, but it will never sink". After her divorce, she went to work for K Mart. They must have known they had a jewel when they hired her, she worked for them for 21 years. K Mart also brought her second husband Steve Peyton into her life. They were married for 21 and a half years. He died from exposure to Agent Orange in Vietnam.

She later met Jon who taught her the more rugged side of life. But I think living in Valsetz had prepared her for it. She learned about logging, welding, and running a bulldozer. Although they never married they were together for 5 years before his death. This much loss could bring one to their knees. But Linda knew success is not a destination, it is a road. As she traveled along the road of grief that no one wants to travel, she met her Frank. He asked her to be his bride the day after they met. Linda told him to slow down. They waited a long four months. They were together for 14 years before he left this earth. Linda has hit that dark hole of grief and is climbing out. I am proud of her commitment to our Center throughout all that losing a loved one entails.

I asked her what gives her strength. She told me losing Frank lifted layers of herself that we often do not realize are underneath our persona, often covered by simply living with another. I see her smiling and being her funny self again. She is finding the 3 essentials of happiness, she has loved someone, the Center is giving her something to do and her faith has given her something to hope for. On a side note Ms. Linda attends Christian World Fellowship.



## Presidentially Speaking

### PAULA HINDMAN 2<sup>nd</sup> Vice President

Yes, the Center really does have two Vice Presidents. Both of us have special duties to perform in the absence of the President as well as special assignments. My assignment is to be chairman of the Budget and Finance committee and act as liaison with outside contracted record keeping service.

The Finance committee is composed of six members from our general membership which includes the President. We meet monthly several days before the Board meeting to review our Profit and Loss status. If any issues or concerns arise from this review we bring it the attention of the Board. These reports are also posted on the bulletin board for review by the general membership.

Enough about my duties, let me entertain you with some other information about serving on the Board for this amazing Center. . .

The Board is composed of six officers (President, 1<sup>st</sup> Vice President, 2<sup>nd</sup> Vice President, Secretary, Treasurer, and Office Manager) and six Directors. All Officer serve for one year and the Directors serve for two years. No elected officer serves more than four consecutive years.

All elected officers except the President are voting members of the Board of Directors. The President can only vote in case of a tie. We review all contracts, insurance policies, business rentals and discretion in the disbursement of funds.

Sounds serious? Thanks to the financial success at our various major fund raisers (Tea and Fashion Show, Holiday Bazar and bi-annual Rummage and Book sale) and our regular income sources, we are able keep our facility in good working condition and also

consider some future upgrades.

With the passing of time, the method of how we operate changes. Now our society has cell phones, computers with Internet, FaceBook, WebSite, etc. However, we are up to this challenge and are grateful to have members on our Board coming from various backgrounds to work in this fast pace era of communication.

Voting for a new Board will take place in August of this year. If someone from the nominating committee comes around asking you to run for a certain position, I hope you will consider it!

Respectfully submitted by Paula Hindman



## Activities

Frequently when our group arrives on Monday afternoons, we find donated items and yarn placed in the cupboard or on the shelves. Everyone exclaimed over the knitted, cabled all-wool vest that appeared. It was not sewn together at the sides and there was no edging attached. No problem! We have lots of crafts people. Charlyne looked through our yarn stash and selected a contrasting color, took it home, and finished it. Since it is wool, and hand-washable, we do not donate those items to hospice or other charities. We placed it in the Gift Shop to sell.

We have placed wool scarves, fingerless gloves, and hats along with cotton dishcloths there, afghans and shawls to wool scarves, fingerless gloves, hats, also.



We encourage new members to join us on Monday afternoons from one to three.

## Garden Club

GARDEN CLUB.....will meet on March 23...1pm.....We will have a Master Gardener speaking on ADAPTIVE GARDENING.....with power point slides.  
BRING lots of QUESTIONS, please!!!

colorful world.....and garden"

Barbara.....503.375.7723 (Chairwoman : )

RE: Spring.....if any one has houseplants or outdoor plants to donate for our MAY Plant/Rummage Sale please bring them in early May for our set-up. Volunteers to help with this are also very WELCOME.

More info on that in upcoming Newsletters.....keep watching.

A thought for now....."Look for the unique for a



## AARP Driver Safety Classes

**March 16 and 17 from 9 AM—12 PM**

When you take the AARP Driver Safety, you could be eligible for a multi-year discount on your auto insurance.\* Plus safer driving can save you more than just money. The course teaches proven driving techniques to help you and your loved ones safe on the road



## 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

## Earthquake Preparedness

### During The Earthquake

- If you are indoors, *stay there!* Get under a heavy desk or table and hang onto it, move into a hallway or get against an inside wall.
- If you are outside, get into the open - away from buildings, power lines, chimneys, and anything else that might fall on you.
- If you are driving, quickly but carefully move your car as far out of traffic as possible and stop. *Do not stop on or under a bridge or overpass or under trees, light posts, power lines, or signs. Stay inside your car until the shaking stops.*
- When you resume driving, stay away from breaks in the pavement, fallen rocks, bumps in the road at bridge or ramp approaches, and anything else that doesn't look 'right'.
- If you are in a mountainous area watch out for falling rock, landslides, trees, and other debris that could be loosened by quakes.

### After The Earthquake

- Wear sturdy shoes to avoid injury from broken glass and debris. Expect aftershocks. Keep shoes and a flashlight by your bedside in case it happens at night.
- Check for injuries to yourself and those around you; give first aid where you can.
- Clean up spilled medicines, bleaches, gasoline or other flammable liquids immediately. Leave the area if you smell gas or fumes from other chemicals. - Open closet and cupboard doors cautiously.
- Remember to check neighbors who may require special assistance - infants, the elderly, and people with disabilities.
- Stay out of buildings known to be damaged. Use the telephone only for emergency calls. Only drive if there's an emergency. Keep the streets clear for emergency vehicles.
- Listen to a battery-operated radio or television for the latest emergency information. Return home only when authorities say it is safe.
- After the earthquake, brace overhead light fixtures. Contact your local emergency management office or American Red Cross chapter for more information on earthquakes.

Read more here:

<https://www.secretsofsurvival.com/survival/earthquake.html#e7xq1MBKLU23Hhct.99>

### Board Meeting

**Monday, March 9 at 10 a.m.**

Meeting is open to any interested member.

Agenda is posted on the hallway bulletin board.

### Membership Meeting

**Wednesday, March 11 @ 1 pm**

*See back page for more details.*

**South Salem Senior Center**

**6450 Fairway Ave SE**

**Salem, OR 97306**

**503-588-0748**

www: southsalemseiors.org

sssoffice@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 Peyton, Office Manager	503-363-4290
Alice Wells, Secretary	503-362-5139
Nancy Grabow, Treasurer	503-884-5521

### WELCOME to our Newest Members We are glad you've joined us!

<b>Judy Kimmons</b>	<b>Paula Elliot</b>
<b>Steve &amp; Maryann</b>	<b>Alex &amp; Mary Duclos</b>
<b>Terry Stanley</b>	<b>Susan Gibby</b>
<b>Fredi Alt</b>	<b>Mark &amp; Karen Albers</b>
<b>Louise Meyers</b>	<b>Roger &amp; Collen Schmidt</b>
<b>Carol Montgomery</b>	<b>Patricia Carmichael</b>
<b>Yolanda Solis</b>	<b>Alex Barisoff</b>
<b>Barbara Largent</b>	<b>Randol Blair</b>

### We appreciate your Donations

**Alice Wells**  
**Linda Morrow**  
**Bridge Players**  
**Richard & Elizabeth Moore**

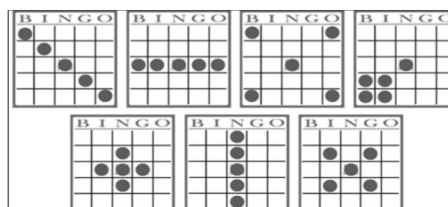
### Play BINGO here every Friday

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 you have questions.

## GIFT SHOP

Come and check our Gift Shop for collectables, jewelry, oddities and 25 cents greeting cards! We always accept donations for similar items.

*We would like to Thank You for your Patronage!!!*

We would like to remind you to bring your own reusable bags for purchases within the center. Thank you!



**Purchase Two  
Meals & Two  
Beverages,  
Receive \$4.00 Off**

**\*Excludes Specials**

503-378-0100  
3310 Market St NE  
Salem, OR 97301

**Valid 3/1/2020 - 3/31/2020**

## A SPECIAL THANKS TO

**Matt Guyette  
&  
Shawn Sibon  
At Edward Jones  
Sponsors of our  
February 15th  
Pancake Breakfast**

## Better than SUDUKO

With our ever changing selection of puzzles, games, music CD's, DVD's, VHS and books arriving daily, you give your brain a healthy dose of neuroplasticity! Our bookstore is your stop for treasured finds, books and other amusements.

The Library/bookstore is open to the public:

8 to 4 weekdays  
8 to 10 the third Saturday of each month,  
9 to 1 the FIRST SATURDAY of each month

**Calling ALL bookworms, armchair travelers and romance readers. We have a huge selection of BOOKS & MORE!**

*Louise Kuebker, Librarian*

**Congratulations to  
our February Basket  
Raffle Winner !**

**Kathy Parlet**



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 [arturojg@comcast.net](mailto:arturojg@comcast.net)



## Community Connections

### Mike Giertych

#### Maintenance & Repair General Handyman Services:

decks, gutters, painting,  
roof maintenance, fences,  
yard work, and more.

**(503) 315-8953**  
**mikegiertych@aol.com**  
**CCB#203738**

### Imperial Gardening

Yard Work  
Mowing / Edging  
Bark dust  
Cleaning gutters single  
Story only  
Debris removal

#### Reasonable Rates

Call Dave at  
**503-990-7660**

### Virgil T. Golden Funeral Service

605 Commercial St. SE  
Salem, Oregon 97301  
503-364-2257  
[www.vtgolden.com](http://www.vtgolden.com)

*Your answer in time of need  
for a life remembered,  
celebrated and cherished.*



Keep updated on the latest news by visiting our  
**Webpage** <https://www.southsalemseiors.org/>

*When you  
need someone  
to turn to*

City View Funeral Home & Cemetery  
is committed to fulfilling your needs  
regardless of religious beliefs,  
ethnicities or cultural backgrounds.  
Call today for a free planning guide.

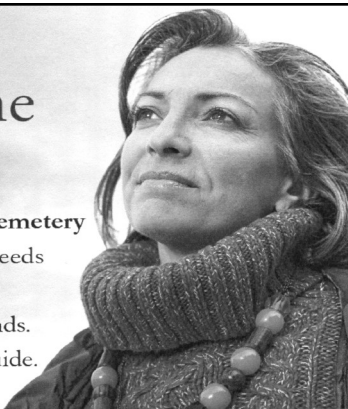
**City View**  
Funeral Home & Cemetery  
*Mausoleum & Crematorium*

390 Hoyt St. S. • Salem, OR 97302  
[cityviewfh.com](http://cityviewfh.com) • [info@cityviewfh.com](mailto:info@cityviewfh.com)

*Family Owned  
and Operated  
Since 1893*

**503-363-8652**

*Overlooking  
Historic Pioneer  
Cemetery*



### David L. Carlson, Lawyer

**503-365-0373**

**Wills & Trusts/Probates  
Estate Planning/Elder Financial Abuse  
Conservatorships/Guardianships**

***Senior Center members will receive a  
25% Discount on all estate planning***

### BROOKSTONE

ALZHEIMER'S SPECIAL CARE CENTER

**Brandy Khlystov**  
Administrator

5881 Woodside Drive S.  
Salem, OR 97306

**503.316.0687**  
503.589.1753 fax

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

If you are reading YOUR newsletter online,  
underlined text will be a LINK to webpages!  
Click to visit the site.

#### Follow our **Facebook Page**

<https://www.facebook.com/southsalemseiors/>

We post helpful tips, plenty of photos, plus  
happenings in and around the South Salem  
Senior Center on our Facebook Page.

### Moser Roofing

**Licensed Bonded Insured**

**CCB # 55274**

**Don Moser**

**503-378-1107 Office**  
**[www.moserroof.com](http://www.moserroof.com)**

**503-378-0229 Fax**  
**[info@moserroof.com](mailto:info@moserroof.com)**

## Community Connections



### Lawn And Yard Maintenance

LCB - 9119

Salem, Oregon  
(503)930-9922  
[www.premiumNW.com](http://www.premiumNW.com)

General Clean-up	Apartment Complex/Commercial Buiding
Debris Clean-up	Landscape Maintenance
Repair irrigation	Retaining Walls
Pressure Washing, Bark & Gravel Placements	
Monthly Maintenance	Fencing



*Must present coupon at time of estimate.*



Seniors  
Receive!  
**20%  
OFF**  
Call for details  
with this  
coupon.



### Madrona Hills

Independent Retirement Living

[WWW.Madronahills.com](http://WWW.Madronahills.com)



Celebrating 40 Years Serving Salem  
Call 503.362.9141 today and see the difference yourself!

### Escorted Tours

*Enjoy the friendly, family atmosphere  
of group travel... Explore famous cities and sights...  
Our tours are designed with a "love of discovery"...  
Experience truly hassle-free vacations...  
And Cherish a lifetime of memories...*

- \* The Portland Spirit to Astoria - May 13-15
- \* 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
- \* Lake Chelan & Leavenworth - Aug 9-13
- \* Great Montana & Glacier - Aug. 20-16
- \* Secrets of Ireland - Sep. 19-Oct 1
- \* Albuquerque Balloon Fiesta - Oct 4-8



Call for Details or See them  
On the Bulletin Board

**OREGONWest**  
EXCURSIONS

**(503) 585-3979 ♦ (800) 333-0774**  
**[www.orwest.com](http://www.orwest.com)**



### Chris & Gerry Stewart

**SRES Specialist**  
(Seniors Real Estate Specialist)

A Seniors Real Estate Specialist  
is a realtor who is uniquely  
qualified to assist seniors in  
housing sales & purchases.

**[chrisngerry@windermere.com](mailto:chrisngerry@windermere.com)**



Office #  
503-391-1350

Windermere Pacific West  
Properties

Chris #  
503-779-4844

We would  
like the  
opportunity  
to represent  
you!

### South Salem Seniors Newsletter Monthly Publication

Articles and editorials printed in the SSSC Newsletter reflect  
individual opinions and are not necessarily  
the Center's opinion.

***Advertisements in the SSSC Newsletter do not  
necessarily carry the endorsement or guarantee  
of this organization.***



**South Salem Seniors, Inc.**  
**6450 Fairway Av. SE**  
**Salem, OR 97306-1443**

**Non-Profit**  
**U S Postage**  
**PAID**  
**Salem Oregon**  
**Permit No 41**



If your membership expiration date is highlighted, please renew to support your Senior Center.  
**Renewal membership \$20.00 a year**



Soup 'R Meals  
Chef Todd Wieweck  
503-428-1102

Meal Pick up Tuesdays at SSSC Kitchen  
4-7:00 PM

6450 Fairway Ave SE  
Salem, OR 97306



**\$5**  
**The BEST**  
**Biscuits and Gravy**  
**in Town!**

**March 21, 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