



## Presidentially Speaking !!

This will be my last President's letter. Thanks to all of you for allowing me to write this monthly. I also want to thank my friend Arturo Guillen for the tremendous effort put into printing a newsletter. I would ask all of you to consider helping him with your input regarding content for the Newsletter. Hopefully with a new President the Center will get leadership to provide fresh ideas and activities. Those will be printed in the Newsletter, ergo content for the Newsletter. Many times, one does not always know when to get out of the driver's seat and accept a new driver. I have not been gracious stepping away. I sincerely hope that the Center will be up and thriving soon. Covid has hobbled us in so many ways as it has many nonprofits. I went to church yesterday and saw that they also struggle. But I sincerely ask you to give respect and acceptance to your new President. It is not an easy job. I came up with a metaphor regarding my reluctance to step away. It is like getting a divorce and your Ex remarries before the ink is dry. The new Mrs. is younger and full of new ideas for your home and children. But in all reality when you still your mind you know you are ready for new experiences. As I have been in touch with my spirit, I feel peace. I hope to have time to enjoy our lovely Center. I

hope to help the new President with any knowledge that I have accrued over time. I read something that resonated with me. "Ernest Holmes", I align with the Divine within me. My relationships reflect my own consciousness of growth. I bring the best of myself to my relationships and co-create mutual support systems. I am trying to say I support the Center and everyone who is part of it. But I cannot say that the relationship I desire with the Center reflects my own consciousness of growth. I hope to change this moving forward by growing at the ripe age of 73.

I wish all of us blessings filled with success and happiness. Namaste...



Camille Lockling

### Current Weekly Activities

Mondays	Needle Crafts	12:00 pm - 2:pm
Tuesdays	Bridge	10:30 am - 2:00 pm
"	China Painting/Arts/Painting	10:00 am - 12:00 pm
Wednesdays	Life Story/Writers' Group	10:00 am - 12:00 pm
	Rummikub	10:00 am- 1:00 pm
Thursdays	Single Deck Pinochle	10:00 am - 2:00 pm
"	Hand & Foot Card Game	10:00 am - 1:00 pm
"	Scrabble	10:00 am - 2:00 pm
Fridays	Mexican Train	10:00 am - 2:00 pm
"	Double Deck Pinochle	10:00 am – 1:00 pm
Mon-Fri	Pool playing	10:00 am—2:00 pm



### Fall Craft Sale Event – scheduled Fri, 10/21 and Sat, 10/22; 10 am – 4 pm.

SSS will be sponsoring our Fall Crafters Show and allow crafters to rent table space (6 foot tables) in our Foyer/Dining room. Members may rent tables at \$20 per table per day, Non-members may rent at \$30 per table per day for the two day event, with a limit of renting 2 tables per crafter to allow for more participation and variety of crafting. We have space available for about 38 tables with about a half-dozen tables left for reservation. Lunch will be available with Chef Todd, with an a la carte menu. Beverages and snacks will be available. All attendees will be required to adhere to the current health and safety standards. Crafters may inquire to Laurene Brousseau at 503-585-2650 or leave a message for me at 503-588-0748 to arrange for your table space and making payment to SSS for the table rental. All proceeds help support operating costs of SSS, a non-profit charitable organization (501 c 3). We will make best efforts of advertising with several festival websites, Craigs list etc. Crafters may advertise to help with the success of this venue.



It is wonderful to have friends and acquaintances gather together every Monday from noon to 2:00 to knit, crochet, and share experiences. One of the latest topics of conversation was summer experiences. Karen, one of our committed knitters, recently shared about going on a knitting cruise to Alaska a few years ago before Covid. Wow! What fun that must have been!

She had heard about cruises promoting different activities, so she went to [www.craftcruises.com](http://www.craftcruises.com) and found the knitting cruise. This particular cruise had her fly to Fairbanks, where they boarded a bus and toured Denali National Park for two days. They then boarded their cruise ship and met the rest of their knitting group. Her group would sit together for the evening meal and then gather together afterwards for instruction by a talented knitter. Karen expressed that some of the things being taught were beyond her abilities, but she enjoyed the classes anyway.

For those of you who have been on a cruise, you know that everyone "dresses" for the evening meal. Karen was fascinated by some of her group, who would wear a different hand-knitted shawl every night!

As the cruise stopped at different ports, many of the the knitting group would go to the yarn stores, while their companions would go on the tours of the city. The cruise lines want to please everyone!

Karen's next adventure, that's she's considering, is another knitting cruise, but this time it's to New Zealand! Wouldn't that be superb!!!! Let's join her!

To hear more about Karen's adventures, come to SSS on Mondays from noon to two. Our group is continuing to grow with new members. We have all the supplies that you will need if you don't have any: yarn, needles, hooks, patterns, instruction, etc.

## Garden News !

More dry, hot days have left some of our favorite plants gasping for breath.....our vine maple looks like crispy critters, our redbud is just as sad looking. Hoping our month of August doesn't get any hotter or dryer. Our garden group is meeting on the third Tuesdays of each month.....August 16, at noon We will have our July meeting just before you receive this newsletter. This global warming is truly scary. In order to keep our surroundings alive, green, and productive requires constant vigilance with the garden hose. How is tomato production in our home gardens.? We will be visiting the Farmers Markets for our Summer vegetables. This newsletter has been difficult to write, my creative juices are drying up, it seems, along with our garden. Looking forward to seeing many happy faces at our upcoming meetings, with good news about your gardens. Any questions, ideas....please call me; Barbara @ 503-375-7723,,,,,keep those green thumbs well hydrated and see you soon.

## Volunteers Needed !!

If you have read our past newsletters, you know that our Center is run by volunteers. As with any organization, volunteers come and go but are the heart blood of our operations. So, we are in need of a volunteers to fill a very important jobs. If you are interested in volunteering please contact the center front desk at 503-588-0748

## Gift Shop

Explore and shop at the Gift Shop for collectables dolls, crystal glass, pottery, this and that.

Greeting cards are still \$.25 each.  
Watches and jewelry start at \$2!

What a bargain!

## Come Hop On the Mexican Train

We are pleased to announce another game has been added to the growing list of Center activities. Mexican Train is now being played Friday mornings from 10 a.m. to noon in the card room. This popular game includes a bit of strategy, some good luck in having the right tiles and lots of time for visiting and enjoying a good laugh. The game may be played with some subtle differences in rules depending upon the group one's been playing with. Since no one likes to be halfway through a game only to realize not everyone is playing the *same* rules, "Center" rules will be created by the group and put in writing for reference and instruction.

Several games recently listed in the newsletter have shown some interest but not yet enough to form a group. If you are interested in Mah Jong, Canasta, forming a singing group or in any game or activity you would like to see offered at the Center, please contact the front desk in person or at 503-588-0748.

And for you Yoga enthusiasts, we are actively seeking a replacement for our instructor who recently moved out of state.

Greetings from the "Nifty Thrifty" Gang!

We want to thank the members & friends for the generous donations and for the continued support of "browsing" and buying of our many treasures.

We continue to put out new items every day, so be sure and stop in for a "look see" whenever you are in the building.

We are also looking for new volunteers, especially while we try to cope with vacation times, sick leaves and we don't have a very large crew to cover everything.

Call the front desk to leave your name and phone number and one of our "regulars" will be happy to get in touch.

South Salem Senior Center: 503-588-0748

Happy summer from all of us!

## What Would The Center Be Without Volunteers?

Pictured above from left to right are: Dolly Allen, Linda Jones, Kate Bayne, Laurene Brosseau and Irene Johnson taking a break in the lobby after a busy day preparing the election ballots for mailing. The job that would have taken several days except for the collaborative effort between the front desk (Dolly and Linda) and the "back-room gang" (Kate, Laurene and Irene). Stamps were being stamped, ballots checked off and folded, envelopes stuffed and boxed for mailing in a well-coordinated flurry of activity. Thanks volunteers for a job well done!

Speaking of volunteers, Office Manager Irene Johnson reports that the Center has some new folks working at the front desk and several more indicating an interest in being trained. The volunteer pool dropped during Covid but thanks to Irene's encouraging desk personnel to ask new and renewing members if they are interested in volunteering, the list is growing. Volunteer areas of activity include Nifty Thrifty, Gift Shop, Library, Office, Building and Grounds Maintenance and working with the folks who head out most every day to pick-up donations and deliver sold items. Stop by to say hello to new faces at the desk and let them know if you would like to learn more about volunteering.



## Greek Pasta Salad with Red Wine Vinaigrette

### Ingredients

#### For the pasta salad:

- 2 1/2 cups uncooked pasta, such as penne or rotini
- 2/3 cup sliced red onions
- 15 cherry tomatoes, halved
- 1 cup diced cucumbers
- 3/4 cup sliced olives
- 3/4 cup diced green peppers
- 1 cup crumbled feta cheese

#### For the vinaigrette:

- 1/3 cup red wine vinegar
- 2 teaspoons freshly squeezed lemon juice
- 1 1/2 teaspoons minced garlic
- 1 teaspoon sugar
- 2 teaspoons dried oregano
- 1/2 cup extra-virgin olive oil

### Instructions

#### Make the pasta salad:

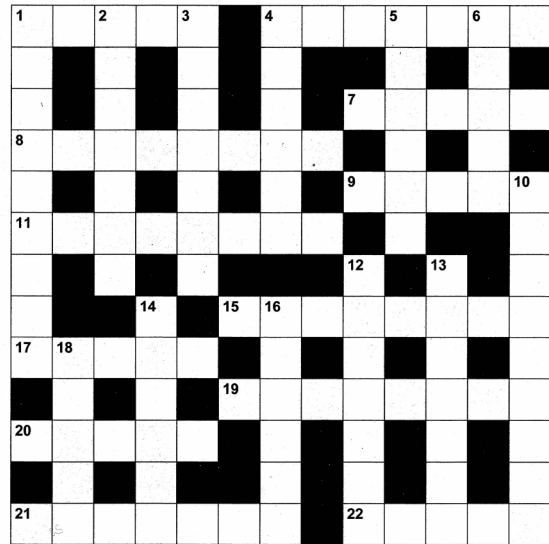
Bring a large pot of salted water to a boil. Add the pasta and cook it until al dente. Strain the pasta and transfer it to a large bowl to cool slightly. While the pasta cools, make the dressing.

#### Make the dressing:

In a small bowl, whisk together all of the dressing ingredients, except for the olive oil. While whisking, stream in the olive oil. Season the dressing with salt and pepper, to taste.

Add the red onions, tomatoes, cucumbers, olives, green peppers and feta cheese to the bowl with the pasta.

Pour the dressing over the pasta, tossing to combine, then cover the salad with plastic wrap and refrigerate it for at least 3 hours and up to overnight. When ready to serve, toss the pasta salad again and enjoy cold or at room temperature.



#### Across

- 1 - Top degree mark (5)  
 4 - Interpreting (7)  
 7 - Enemy (5)  
 8 - State of being born (8)  
 9 - Remains (5)  
 11 - Pertaining to ships (8)  
 15 - Refer to famous people (8)  
 17 - Seabirds (5)  
 19 - Expression of gratitude (5,3)  
 20 - Bring on oneself (5)  
 21 - Ape (7)  
 22 - Gets less difficult (5)

#### Down

- 1 - Strangeness (9)  
 2 - Tranquil (7)  
 3 - Burdensome work (7)  
 4 - Sacred writing (6)  
 5 - Indicates a direction (6)  
 6 - Nursemaid (5)  
 10 - Superabundances (9)  
 12 - Get back together (7)  
 13 - Wax drawing sticks (7)  
 14 - Blue semi precious gem (6)  
 16 - Greek goddess of wisdom (6)  
 18 - Japanese form of fencing (5)

**We appreciate your Donations**

**South Salem Senior Center**

**6450 Fairway Ave SE**

**Salem, OR 97306**

**503-588-0748**

[www.southsalemseniors.org](http://www.southsalemseniors.org)

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

**Board Meeting 8/8/22 12:30 PM**

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**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 971-719-4438  
**Nancy Grabow**, Treasurer 503-884-5521

#### Board of Directors

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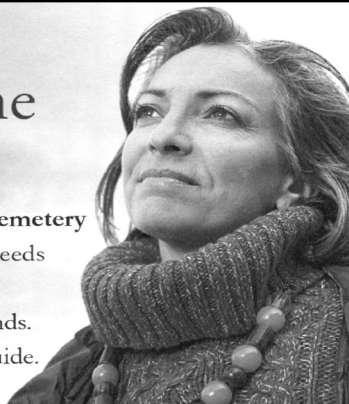
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