



# TRAILER TRACKS

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## MONTHLY MEETING

Chapter 9 members meet the 2ND Wednesday of the month at 9 am, for breakfast, at Abby's Pizza, 1011 W. Central Avenue in Sutherlin.

A signup sheet is located in the Timber Valley SKP clubhouse. An accurate count is necessary.

### **All Escapees are welcome!**

Other Chapter 9 events will be announced in Trailer Tracks or on the Chapter 9 page of our website, [www.timbervalleyskp.com](http://www.timbervalleyskp.com)

## WE ARE IN CHALLENGING TIMES

*By Rick DeYoung*

As we age, life throws many challenges at us, both personally and in our community organizations and clubs.

An organization facing significant challenges in our community, which should concern all of us, is our Sutherlin Senior Center. The Senior Center is located at 202 E. Central Avenue (corner of Umpqua Street and Central Avenue), in one of Sutherlin's oldest buildings. It was built in 1913, making it 107 years old, and was originally a school gymnasium. In 1983 a group of senior citizens purchased it and converted it into Sutherlin's Senior Center. For several years, our Chapter 9-member Sharon Elliot has volunteered her time and efforts to serve on its Board of Directors and is presently the Board's Secretary and coordinator of its 2018 Senior Center Building Fund.

Chapter 9 has accepted a challenge by Sharon to hold our November 2018 Day Trip at the Sutherlin Senior Center on Friday, November 17, 2018, beginning at 4:30 p.m.

The Senior Center's 2018 Building Fund raising has been very successful to date and is going to wind up with a DINNER THEATRE event. This will be a sit-down dinner, served by volunteers, hot on plates, with regular silverware and glassware. The main entrée will be succulent roast pork, with an optional choice of pasta, as well as salad, vegetables, rolls and a choice of apple or pumpkin pie. Iced tea and coffee will also be included.

Beer and wine may also be obtained, by Chapter 9 members and guests, for a separate donation of \$5.00.

There will be entertainment all evening, including songs by the Sutherlin High School a capella choir, piano music and songs by local artist Alex Carwithin, a magic act, and a stand-up comedy routine by a Hollywood comedienne. The DINNER THEATRE stage performance will feature Bette Keehley and others we know from the Oakland Theater Group, in a Russia melodrama entitled, 'The Villain's Secret,' about an egg that almost ruined Christmas.

I have answered Sharon's challenge with a challenge of our own: There are only 64 seats available for this event; if Chapter 9's members and guests reserve more than half of those seats, our members will receive a \$5 per person discount off the \$25 per person admission fee. Remember, it's a charitable fund raiser, so \$25 is very reasonable. But, it's the Friday before Thanksgiving and, by reserving 32 or more seats, Chapter 9 can assure success of this final fund raiser. So, I challenge you to join me in signing up, and as soon as possible. Our sign-up sheets will be in the clubhouse by Saturday, November 3. Sharon and I will answer any other questions you may have about this during the coffee and rolls hour on Saturday and also at our November 14th Chapter 9 breakfast meeting, at Abby's!

## Chapter 9 2002 Monthly History

Aw, 2002, the year Oregon beat Colorado in the Fiesta Bowl 38-16, remember that?

April 16<sup>th</sup> 2002 meeting revealed that National (SKP headquarters) asked us to “let them know how many volunteer hours have been logged by SKPs since Nov. 1, 2001. This is to include volunteering within and without the SKP organization.” This was apparently part of a contest sponsored by U.S. News and World Report; the award of \$10,000 would go to CARE. It sounds like a formidable job and no mention is made of organizing to do it. Also mentioned was that we received “a patch from Nat’l for our gift to CARE from the Chapter and from Timber Valley Jack’s and Jill’s.” A handwritten note says, “\$886.00 Ck # 1143.” It isn’t clear if that was a onetime gift or accumulation for which the patch was awarded.

A notice included with the minutes says that Escapees Inc. will hold its “first Rocky Mountain Regional Rally” in Loveland, Colorado; it was to be a four day rally which included “free concerts and lots more.”

Guidelines for writing for Escapees magazine noted that “handwritten reports are accepted. Fax and email were discouraged. (How times have changed!)

Oceanside Park was chosen for the May Rally, “the rates will be as it was last Fall, \$15.30.”(Compare that to today’s cost!)

A letter was sent out to “New Members” (apparently new SKPS within the area) , it said, “We are sort of headquartered at the SKP Park in Sutherlin, Or. But we have members from most all of the state.”

May 30, 2002 meeting approved paying “the attendance fee for the Tomases to attend Fun Days in Great Falls, Montana.” Amount was \$125.

July Rally schedule notes that “Regular Bingo will cost 3 cards for \$1.00 and .50 cents for black out.” Interesting because that is exactly what it costs today in 2018!

Aug. 1, 2002 noted 48 members with 30 attending that meeting. 68 of the previously noted letters had been mailed out and five new members resulted “Which is 500% more than ever before.”

Sept 2002 minutes from Rally at Diamond Lake discussed the cost of printing the newsletter and decided it would cost more to have Timber Valley print them than it does for secretary on her computer charging for paper, ink and postage. There were “128 individuals in the membership.” Couples only received one copy of newsletter.

It looks like 2002 was a pretty good year and so we move on to 2003.

## Becky's CORNER

### Good afternoon on Nov 1!

Every year, after the National Beg for Candy Day, I contemplate National Gluttony Day and the Month of Greed - - - of course I’m really talking about Thanksgiving and the Christmas season.

Why is it, on Black Friday, and increasingly on Thanksgiving itself, we push and fight to get more stuff, just after we’ve declared ourselves grateful for what we have?

To that end, I take the month of November to practice gratitude. Normally, the first few days are easy... I’m grateful for friends and family. A job I love. People who care for me. A new home that is mine. Contentment... and then what? Just like any other rut we get stuck in, we need to exercise ourselves to find new things to be grateful for every day!

If we are grateful for the same things over and over, we don’t grow, and we get stuck. It’s like a muscle. It needs to be exercised.

The benefits of practicing gratitude are nearly endless. People who regularly practice gratitude by taking time to notice and reflect upon the things they're thankful for experience more positive emotions, feel more alive, sleep better, express more compassion and kindness, and even have stronger immune systems. And gratitude doesn't need to be reserved only for momentous occasions: Sure, you might express gratitude after receiving a promotion at work, but you can also be thankful for something as simple as a delicious piece of pie. Research by UC Davis psychologist Robert Emmons, author of Thanks!: How the New Science of Gratitude Can Make You Happier, shows that simply keeping a gratitude journal—regularly writing brief reflections on moments for which we’re thankful—can significantly increase well-being and life satisfaction.

Don’t worry. Be happy. And Thankful! ☺