



TRAILER TRACKS

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MONTHLY MEETING

Chapter 9 members meet the second Wednesday of each month at 9 am, during breakfast, at Abby's Legendary Pizza, 1011 W. Central Avenue in Sutherlin, Oregon.

A signup sheet is located in the Timber Valley SKP clubhouse, as we need to know by Tuesday how many are planning to be there.

**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

Ch 9 Members Stepping Up To Serve

By Rick De Young



March 2019 was a good month for Chapter 9, thanks to extra efforts by several of our members and I am happy to report that we finally caught some of them on camera.

I have been told that Gwen and Dale Prohaska did an outstanding job representing both Chapter 9 and the SKP Park of Oregon at the 2019 Escapade at the Pima County Fairgrounds (March 17-22) in Tucson, Arizona. Dale reported that our display tables on the Chapter Row at the Escapade were judged to be outstanding because of the quantity of promotional materials that Chapter 9 assembled and mailed to them at the Escapade.

The promotional materials included copies of the Timber Valley DVD created by Dennis Hellawell, a promotional card created by the marketing committee, a box of hand-made gifts created by the Timber Valley Welcome Committee, and five boxes of various Oregon brochures and maps, furnished by the Sutherlin Visitor Center and selected by the Marketing Committee. The Prohaskas are shown in the photo at their display table. They were assisted on the Row by member Joy Stalnaker.

Several other members stepped up this month to plan and serve breakfast for all TV residents who wished to attend, on Friday, March 29. Janice Edwards and Betty Bush took the lead. Biscuits and gravy were served along with fresh, fruit juice and yogurt. The proceeds will be used to help offset the cost of



mailing promotional materials to the Escapade As shown in the photo, Sandy Sparse helped Betty and Don Bush serve the breakfast. Joan Larson prepared promotional posters for the event and Janice Edwards collected the \$3 charged for the breakfast. New member Rod Zebb and I swept and mopped the dining room after breakfast.

Chapter 9 members also played a significant role in establishing the Timber Valley Emergency Radio Network during the past month. All eleven of the Emergency Team Captains are Chapter 9 members! Member Jim McIntosh took the initiative to personally purchase the first 32 hand-held FRS radios and new member Hank David took the lead in establishing procedures for the Emergency Radio Network. My job has included selecting the FRS channels to be utilized for the Emergency Radio Net Control (Channel 6) and for each of the eleven teams (Ch 11 through 21). I have also suggested that Ch 9 be used for Chapter 9 member activities. Think how useful it will be to have these inexpensive radios at our rallies and other outdoor activities! Many of our members already own these walkie-talkie type radios and there is no reason we cannot purchase more to secure the same discount pricing (\$9 each) that Jim McIntosh obtained.

Chapter 9 Day Trips Continue



April's Day Trip has just been arranged by Assistant VP Terry Hilty. It will be a buffet lunch at one of Douglas County's most historic and interesting places, the Wolf Creek Inn. Built in the mid-1800's, Wolf Creek Inn and Tavern have recently been remodeled and designated as a national heritage site. It has a fascinating history as a stage coach stop, a railroad stop, and a hotel with rumors of ghosts and even a vampire. The operators of the Inn will provide us with a tour and a buffet lunch, which will include dessert and drinks. Terry Hilty reports that there are rooms available at the small hotel and RV camping nearby for those who wish to extend their visit, as well as a local cemetery that proved to be quite interesting when she visited. Terry will provide us with more details at our April 10th monthly breakfast at Abby's and a sign-up sheet will be circulated at the breakfast and then placed in the Timber Valley clubhouse dining room later that day.

For those of you who missed it, March's Day Trip to Old Soul Pizza was another successful outing, with about 25 members gathering under a covered patio to sample some of Roseburg's best pizza. Since Terry was planning to be gone in March, the Old Soul Pizza trip was arranged by Becky Holm. In addition to wonderful, thin crust pizzas, beer and wine, all at very reasonable prices, Becky also arranged for a short presentation about the business from the proprietor's daughter. If you did miss it, we who attended all recommend it as a good



place to gather with friends and enjoy very good pizza. It is at 525 SE Main in downtown Roseburg.

Becky's CORNER

Good days to you! Life has been busy and consuming. Since the Snowmageddon, there has been beautiful weather and FLOWERS popping up everywhere!! Who would have thunk it. In the last month, we have had virtually all the seasons. Heck, in one day we had all the seasons.

So I'm going to make this a little Kerfuffle. If you don't know what that means, then you'll have to ask someone who's been around and read the Douglas County News.

In the past week, I have learned that if I'm not diabetic, in the very least, I'm pre-diabetic. How discouraging is that! And scary! And life changing!!

I'm learning that life is precious and that these machines we call our bodies need some TLC and that doesn't mean Tiramisu, Liquor and Cheesecake. To that end, I have been working out with the minimum goal of 10 times a month. I've learned that my blood sugar is lower when I'm working out. And of course, when I lose weight, it will make it easier to manage my numbers. My new goal is to work out four times a week. When I decided to begin eating vegan, for whatever reason, I was able to decide, and do it. Not regretting or thinking there was an "end date" on this way of eating. I need to be at that point in this new challenge.

I guess one of the things that I would like people to hear is, Know Your Numbers. I'm learning. I'm perhaps even late to the party... (if so, why didn't y'all tell me to Know My Numbers??)

My new thing... instead of "Rice Bowls" which are delicious and have the ability to never be the same twice, I use 3 parts brown rice, 2 parts lentils. Some mushroom powder and chikin bullion powder. I use my instant pot (if you don't have one of these, you have GOT to get one!!) and have enough for several days. Add some (from the Dollar Tree) veggie meatballs (if you eat meat get them/make them from wherever), frozen mixed veggies and either the yellow curry sauce from Trader Joes or sweet chili sauce.... Microwave for 4 minutes and YUMMMY and quick... and delicious. And good for you.... And you're welcome! Bye for now.