



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

The Future Is Lookin' Good For Chapter 9

By Betty Bush

So.... Here we are another month closer to Spring. Surprise, we got through January without snow, let's hope our luck stays on our side.

Not a whole lot going on after the busy holiday season. Our January event was seeing the movie 1917 (a look at the sadness of World War 1) and a bunch of us enjoyed

dinner at Applebee's afterwards. Excellent service and food and we all got Frostbite (Applebee's January signature drink, only \$1) Pretty yummy. Our February day event will be the play "Proof" at UCC Fine and Performing Arts, Sunday, Feb. 23 at 3 pm, \$10 at the door and optional dinner at Applebee's afterwards. Hope to see a lot of you join us.

If you're getting bored with winter remember we can have more than one day event a month. Give your suggestion to Terry or Chuck and they will make it happen.

There will also be another Vegan Food Demo by our very own Becky Holm, if she can tear herself away from that Grandson ☺ Saturday Feb. 8 at 10 am after coffee and doughnuts, \$5 donation for (generous) tastings.



As I continue to mention, don't forget about the 60th Escape in June in the great state of Wyoming.

We have decided to have the July Rally at Timber Valley again this year, Julie Ann has been contacted by the Red Cross and there will be another blood drive during that week. She will have more information as we get closer. Hope you will consider it, it's a good way to give back to people in need.

Summer rallies will be here before you know it, Rick is always looking for suggestions, hosts and volunteers—I know we have some good cooks out there.

Please sign up for the breakfast on February 12 at 9 am at Abby's. Don and I will not be there but will be thinking about you while we are enjoying the SUN in Mexico. Rick will host.

Diary Of A Reluctant Ukulele Student II

By Jackie Deal

The ukulele: the Hawaiians think it makes music. But then the Hawaiians think that the Hula is a dance that tells stories with the hands. The hands, mind you. Did you ever watch a man, watching a Hula dancer? It ain't the hands he's watching!

"Can't play the uke with long fingernails. Ya gotta cut your finger nails." said my friend. I did. Another friend looked at my shorn nails and said, "They're not short enough....Gotta cut 'em some more." I'm not sure what I'll run out of first: fingernails or friends.

Baby (that's what I've named my ukulele) doesn't like me. I beg, plead, cry, scold, even cuss. Ever try to domesticate a feral cat? Come to think of it, that's what it sounds like! Could it be because my fingers slop over from one of those little wires to the next? The uke has only four strings; I watch people playing an eight or even a twelve string guitar and I marvel at them. Some of them have fingers a lot fatter than mine.

Maybe we should get a divorce. Baby and me. We've resided together for several weeks now, in ukulele-time that's probably too long for an annulment. But what should I do with the poor thing? It's too cold to throw it out. If I let it hang around, pretty soon it will be too hot. I can't bear to think of it all warped and cracked and the strings all lollygagged. On the other hand, better it than me!

That brings up another problem. "It" sounds so impersonal, and there's nothing impersonal about the way I feel. You see, I'm not sure if Baby is a he or a she. And in this day of political (and sexual) correctness one must be careful! He/she or him/her? And don't tell me to look. I don't know where to look! It's not as though I was brought up on a farm; I wasn't.

I'm wondering if Baby might be a bit out of tune? It's been almost a month and she's never been tuned (I don't know how.) In the olden days you'd see the guitar players tuning their instruments by ear. Now they use a little electronic gismo. I wonder if that would tune up those of us who are getting a bit senile? Just think: attach it to an appendage and in a second you'd be tuned up. That would be worth a fortune.

I have come to one conclusion: good friends don't let friends try to learn to play the ukulele.

Becky's CORNER

HE'S a MONTH OLD!!! Oh my stars! How can it be??? (My grandson David, you know! He has my heart!)



He's getting to be such a chunky monkey!! LOVE him with every fiber! I didn't know Grammy Club was such a cool club!



Many of you know I bought a house in Winston. I haven't moved yet... arrgg... and erg! Communication, folks is it THAT difficult. Ooom... Ooom, breathe... Trying to manage simple renovations is like trying to herd jellyfish.

I closed on January 9 and this weekend (Feb 2) the painting will be finished and the flooring goes in on Feb 3.

THEN, I'll be able to start moving in!!

Segue - - - "I know what all vegans have in common," a friend once said to me. "What's that," I replied. "You're all obsessed with food!" she said. "Well we HAVE TO BE," was my reply. Especially if we're eating plant based whole food, it isn't because we don't LIKE meat, eggs, dairy, etc. We just want to be healthier.

Come see what we're talking about Feb 8... I think we'll do breakfast foods!! ☺

Here's a quick easy (so very easy) recipe that's quicker than take out. Boil pasta and frozen veggies. Then in your eating (serving?) bowl, mix together peanut butter, rice wine vinegar, amino acids (soy sauce), tahini (sesame butter) and a touch of sraicha (if desired). Drain pasta and veggies and mix together. Sprinkle with peanuts.