



THE CENTER NEWS

A Monthly Publication of Shipley Center - July 2023

Benefit SALE

Furniture and Books
for **SALE** now!
10am to 1pm every
Saturday and Monday in
JULY, come browse!

SAVE THE DATE! SPECIAL MEMBERS' ONLY SALE

Thurs. August 10, 9 to 1.

OPEN TO THE PUBLIC:
Friday August 11, 9 to 2
Saturday August 12, 9 to 2

We will also be open the
same hours on
August 18 & 19.

Come to E104 in the
QFC center
across Washington St.



Benefit
Sale Site
Unit E104



Thank you all for your wonderful donations so far!
We are half full already—amazing!

Last day for donations will be Saturday July 29, 10 to 2.

If we fill up, we may have to stop sooner.

Donation days are Saturdays and Mondays 9 to 2.

Furniture is only accepted until 1.

Not all items will be accepted.

Bring items to QFC shopping center, Suites E104 and E105.

Benefit Sale Chairs, Angela Jeziorski, and Renee Millar



*A great
time
was
had by
all at
our
High
Tea on
June 7!*



TRIPS & TOURS

Debbie Patterson, Trips & Tours Coordinator



Shipley Center Trips: 360-683-5883

trips@shipleycenter.org



Treasures of Ireland
Scheduled for October 24, 2023
You can still sign up!
-Reserve now-
360-683-5883

Dobro došlo, ljeto VELKOMIIN JÚLÍ in Icelandic!

July is the main summer month in Iceland with an average temperature of 51°F. It is usually warmer than that and sometimes the temperature goes as high as 68°F or higher. So compared to that, we have it pretty good here in Sequim!

Makah Museum, Tuesday July 11th : Cape Flattery & Makah Museum! We will drive to Neah Bay for a day of various activities! Let's start with Cape Flattery...this short hike will take you to the most **northwestern point** of the continental USA! However, if you have ANY issues with balance or if you need a walker, this is NOT for you. So, if you would like to come and relax while some take the hike, you can bring a beach chair and book. Then you can join us on the next venture...we will stop for lunch at **Woodfired Kitchen** or, if you'd rather pack a lunch for a picnic, that's fine too. After lunch, we will enjoy a docent tour at the **Makah Museum**! You will see an array of gallery exhibits featuring 300-500 year old artifacts from a Makah village at Ozette, cultural photos, traditional clothing, and much more! This museum is sure to please those wanting to learn about our area's history!

Departs 8:30 am to about 6:00 pm.

\$55 M / \$60 NM

Clearwater Casino, Monday July 17th: Another fun day out with Driver Don to hang out with friends, have some lunch and try your luck!

Departs 9:00 am to about 4:00 pm.

\$15 per person

Spruce Railroad Trail & Crescent Lake Friday July 21st :

Take a trip back in time on this historic hike along Lake Crescent. This short hike is part of the much longer Olympic Discovery Trail, with a microclimate of warmer and drier conditions than areas just a few miles away. Bring a picnic lunch to enjoy by the lake, or have lunch at the Lake Crescent Lodge on your own.

Departs 9:00 am to about 4:00 pm.

Deadline: July 12th
\$25 M / \$29 NM

Clearwater Casino, Monday August 21st: Don't miss out on an exciting day out with friends for some fun and lunch!

Departs 9:00 am to about 4:00 pm.

\$15 per person

Savannah/Charleston presentation Monday August 28th, 3:00 pm- Sign up for this informative presentation for a trip to Georgia in March 2024!!

Harrison Hot Springs in BC:- September 5-8: Includes 3 nights at Harrison Hot Springs Resort, a wonderful tea when you arrive, a Harrison Lake tour with available lunch, 3 breakfasts and dinner in the Copper Room. And of course, the hot springs pools, each one a different temperature! If you want to go on the boat tour, let us know when you sign up since there is an additional charge. You will need a passport or enhanced driver's license. **\$737 DL \$1056 SNG**

Mariners Game Senior Day – Wednesday September 13 – This trip includes your game ticket and lunch!! Let the trips office know if you want to join in the excitement of a Mariners game!! Invite some friends!

Looking forward to seeing you on the Shipley bus!

Debbie



A journey of a thousand miles begins with a single step. – Lao Tzu

Shipley Center Trips:
360-683-5883

Benefit Sale Donations Now Being Accepted!

Our 18th Annual Benefit Sale is our BIGGEST FUNDRAISER of the year!

The ANNUAL SHIPLEY CENTER BENEFIT SALE will be held in August!

Sale location: 990 E. Washington St. E104.

Donations are accepted Mondays and Saturdays throughout July.

Furniture: 10am to 1pm, All other items: 10am to 2pm.

Clean reusable or new items only.

PLEASE do not bring any items with damage or stains.

NOW ACCEPTING: Good Furniture, Housewares, Clothing, Jewelry, Sporting Goods, Tools, Sewing Items, Linens, Books, Cars, Boats and more!

We will take selected working electronics.

PLEASE DO NOT BRING: Christmas Trees, Bed Pillows, Light Fixtures, Mini Blinds or anything broken.

WANTED: Paper Grocery Bags, including handle bags. Plastic Grocery and Shopping Bags. **NOTE: Furniture and Books for SALE at times listed above too! Come browse!**



NEW CHAIR DANCING CLASS!

Taught by Donna Delleree a retired, certified personal trainer. She holds 18 world powerlifting records. Please join her in Chair Dancing, where you'll perform dance movements on and off the chair and move your upper and lower body with the beat of the music, as guided by your instructor.

This class will begin the last Wednesday in July, the 26th, at 12:15 in the main room.

Participants will receive a reminder call. If interested, please call Shipley at 360-683-6806 to sign up.

The Center News is published monthly by Sequim Senior Services dba Shipley Center
921 E. Hammond St. Sequim, WA 98382 Year 52, Issue #7

DEADLINE for Submissions for each edition is the 15th of the preceding month.

Submissions may be sent to: newsletter@shipleycenter.org

All submissions are subject to editing.

For Advertising rates and info contact programs@shipleycenter.org



Leo's Café Menu

Monday-Friday 9:00 am-2 pm

Dine in or take out! (360)775-3883



**Frittata – (Like a crustless quiche) Served with a savory treat. \$10.
Bacon and Spinach, or Veggie**

Quiche– Crab Asparagus Served with a savory treat. \$10.50

Soups – Made from scratch daily and served with a savory treat \$6.

**Salad – Served with a savory treat. \$9.50, add cup of soup for \$4.
Kathryn's famous Dilled Chicken
Side Salad \$4.50**

Sandwiches – served on Dave's Killer Bread or a Croissant \$10.

Dilled Chicken

Reuben

Tuna

Turkey Meatloaf

Veggie

All served with pickle and chips. Add cup of soup for \$4.

Wrap-\$10.

Turkey-Cranberry-Cream Cheese in whole wheat wrap

Baked Paninis- \$10.50

Pesto Chicken

Assorted Pastries, Muffins, Savory Treats, and yes ... Macaroons (Chocolate-Dipped or not), and shortbread cookies. A variety will always be available. \$2.-\$4.



Look for our Daily Specials!

Beverages include coffee, teas, sodas, espressos, lattes, and Kathryn's Elixirs! \$1.-\$3.50

Bits 'n Bites:

Scrambled Egg \$1.50, Bacon or Chicken Sausage \$1.25 per piece,

Toast 2 slices with Jam & Butter \$2.50, Croissant with Jam & Butter \$3.,

Biscuits and Gravy (\$3.50 for one or \$6. for two).

Leo's Café has a direct phone number! Call (360)775-3883 for orders or questions.



Quotable Quotes and Winsome Wisdom

BY MICHAEL SMITH, EXECUTIVE DIRECTOR

Dear Members and Friends,

I subscribe to some great resources on the subjects of seniors and aging. Author James Clear has a weekly email, *The 3-2-1 Newsletter*, which features “3 Ideas from Me”. Here are some quotes and interesting items from Mr. Clear for you to enjoy; but more importantly, to think about:

“The most invisible form of wasted time is doing a good job on an unimportant task.”

“Sometimes we are too *hard* on ourselves and criticize our mistakes to an unhelpful degree. Sometimes we are too *easy* on ourselves and let excuses run our lives. Which way are you leaning right now? How can you pull yourself back to center?”

“A change in perspective is worth 80 IQ points.” Computer Scientist, Alan Kay

“Great work resists compression. Great explanations are short, but potent.”

“Build small habits. Make big plans.

- 1) Keep your daily actions small. Strive to get 1% better every day.
 - 2) Keep your daily mindset big. Think about how you can play a bigger game.
- Start small, but never dream small.”



Another resource is the Fielding Graduate University’s *Human Values in Aging* e-Newsletter, edited by H.R. Moody. Here are some selections from that which I found especially enjoyable and thought-provoking:

NEVER BUY GREEN BANANAS

My late colleague Gene Cohen once interviewed the great comedian George Burns when Burns himself was quite old (pushing 100). At that time Burns had refused to sign a contract with a group in London, because he would only sign a five-year contract, and they refused. Yet Burns himself was in no way in denial about age. When he was asked how his act had changed with advanced age, he replied, “Well, I ask for my applause at the beginning of my act instead of at the end. And I never buy green bananas.”

LIVING LONGER

“Doctor, if I follow your low-calorie diet, will I live longer, or will it just seem longer?”

IN OUR PRIME

Last week I visited Filoli Gardens in Woodside, California, at the peak of rose blossom season. I saw that each rose bush had flowers at different points of blossom: buds just opening, petals in full bloom, flowers past their prime. Ah, there’s that phrase: “Past their prime.” Can we speak of “the prime of life?” We often do: “He’s past his prime,” “She’s in the prime of life.” Or are we all like that single rose bush where each life contains blossoms at different phases? Is our own life a succession of prime points, each with its beauty?

Here’s to enjoying “prime time” with you every day at Shipley Center!

Michael

How about something fun?

UKULELE CLASS meets every Monday at 1pm!



Line Dancing on Fridays!
10:15am to 12:15 = Intermediate
12:30pm to 2:30 = Beginners



Mahjongg

Want to learn to play American mahjongg?

Come Wednesdays, 9 to 11AM. Class limited to 4.

If you already know how to play, please join us at 1:00 PM every Wednesday. Questions? Dianne Whitaker at 360-775-6150



Adult Tap I and II

Tap I Tuesdays 1pm-2:15

Tap II Thursdays 10:30am-12

Members \$3, Non-members \$6

Flat-heeled tap shoes or hard-soled shoes are recommended.

Questions: contact Sandi Lazzaro 360-809-3390

Beginning Hula

Tuesdays 2:30 - 3:30pm

Members \$3, Non-members \$6

Call Sandi Lazzaro for info
360-809-3390



BASIC MEDITATION CLASS via ZOOM!

Join us in a guided basic awareness meditation class with Jean Kipper. Friday mornings at 9:45. This class is sponsored by *Dungeness Courte Memory Care*, so no class fee is required. Call 360-683-6806.

Join North Olympic Watercolorists (NOW)

Every Tues, from 1 to 4 pm for beginners to professionals: We work on our own paintings with our own supplies. We are not a class, so having some experience is most beneficial.



SEWING CLASS

No Fee class led by Judy Lange!
Thursdays 9:30am to Noon.
Items made during class time will go to the Shipley Center gift shop. Help and advice will be available for personal sewing projects, too!



Fiber Arts

Tuesdays at 10am
Front Room



In-Person Computer Clinic Mondays, 1pm to 3pm.

FREE FOR SHIPLEY CENTER MEMBERS!

Help with computers, tablets, smart phones and general technology questions. **PC and Mac.** Donations made in the office to Shipley Center in appreciation for computer help are welcomed.



ART & WRITING CLASSES with Natasha Willow

Oil Pastel Art class: July 3, 17

Imaginative Writing class: July 10, 31

Class fees:

Art is \$3 members/\$5 for non-members

Writing is \$2 members /\$4 for non-mem.

Please call 360-683-6806 to sign up.



Have YOU tried YOGA?

EZ Yoga

Wednesdays and Fridays at 1:30!



TAI CHI

Come join J. Fields in the Art of Tai Chi at 10am on Tuesdays.



Come join Beth Glick For ZUMBA

from 11am – noon

Monday - Zumba Gold

Wednesday - Zumba Gold

Friday - Zumba Gold

Tracy Wealth Management

Our approach to delivering comprehensive financial services always starts and ends with you, our clients.

We begin this process by listening to you and discussing your lifestyles, goals, wishes, dreams and family situation.

Through a consultative process we then learn the details of your financial picture so we can construct and deliver a customized plan along with your personal "Financial Action Checklist."

Our experienced team of professionals fully evaluates your situation to prepare personal solutions that integrate investment planning, tax reduction planning, retirement income and distribution planning, and family wealth planning.

To learn more, visit us at:
www.tracywealthmanagement.com
Or call us at: 360-452-9080

Kevin Tracy - Financial Planner
 (360) 477-4322
 149 West Washington Street
 Sequim, WA 98382



Securities and investment advisory services offered through FSC Securities Corporation, member FINRA/SIPC and a Registered Investment Advisor. Insurance services offered through Tracy Wealth Management, which is not affiliated with FSC Securities Corporation.

Healthy U! Classes

Tuesdays, July 11 and 18
11:30 to 12:30



July 11-Helpful ideas for hands

Strategies for hand tremors, pain, and/or weakness, or numbness.

Important education, exercises, adaptive equipment, and splints.

Taught by Barb Pascal, Retired Physical Therapist

July 18-Self Care with Acupressure

Learn useful Acu Zones, Techniques & Tools for managing pain, strengthen immune system, and improving your health.

Taught by: Randy Sorenson, MS, EAMP and Acupuncturist with more than 20 years experience. Class limited to 10 persons

\$2 for members
\$4 for non members

Registration required.

Call 360-683-6806



Julie Anderson
 Ricky Anderson
 Rhonda Bugge
 Richard Bugge
 Larry Christiansen
 Sandra Christiansen
 Sherrie Elkhart
 Loris Garman
 Stephen Garman
 Stephen Graham
 Lang Hadley
 Carol Lundbom
 Tom Lundbom

Eric Miller
 Robert Nelson
 Lia Robinson
 Ivy Sacks
 Carol Shurvinton
 Melissa Smith
 Catherine Thayer
 Donald Thayer
 Candace Weir
 Ann West
 Roger West
 Pepai Whipple



- | | | |
|-------------------------|----------------------------|--------------------------|
| 1 Leslie Eaton | Jean McMahon | Dianne Walsh |
| Earlene Hunter | Karla Messerschmidt-Morgan | Judith Whipple |
| Susan Lagerquist | Margaret Miles | 26 Cathy Candia |
| John Pizzo | Tom Mix | J. Lynne (Josette) Clark |
| Ben Van Horn | Margot Reinke | Linda Dilley |
| Renae White | 13 Marilyn Axtell | Winona Giersch |
| 2 Fritz Field | Carol Darby | Bill Harrington |
| Rita Rogers | Ken Hill | Lorri Laing |
| Peggy Smelcer | Debbie Minch | Pamela Martin |
| Darlene Smith | Lyla Sharp | Lisa Roberts |
| Aida Uy | Marilyn Van Patter | Sharon Robinson |
| Janet Wicker | 14 Patricia Fletcher | 27 Sue Cimino |
| 3 Jan Hintermayr | James Hussey | Jacqueline Foslin |
| Margaret Levitan | Diane Lopez | Michael Varon |
| Ruth Messing | Sue Nelson | 28 Robert Baer |
| Maggie Philichi | Andria Richey | Patsy Blanchard-Adams |
| Diana R. Smith | 16 Loren Erpelding | Larry Hobbs |
| 4 Sharon Blanken | Marilyn Hryciw | David Neidhardt |
| Barbara Bolles | Jim Lemon | Michael Shirkey |
| Patsy SinClair | Barbara Lofstrom | 29 Tommy Arends |
| 5 Janet Lenfant | Jerie Louie | Donna Campbell |
| Leon Lopez | Carolyn Temte | L Pauline Olsen |
| Marianne Nolte | 17 Steve Romberg | Ruth Otis |
| 6 Patricia Moore | Barbara Zak | 30 John Butler |
| 7 Jim Benesch | 18 Sandee Freeman | Jean Collinson |
| Joan Enoch | Joe French | Sherrie Elkhart |
| Don Klinger | Larry Martin | Jackie Lanum |
| Richard Pennant | William Shaw | Carol Lundbom |
| Gary Thurber | 19 Sheryl Lamb | Linda Rees |
| Philip Walker | 20 Gerald Shapansky | 31 Ed Giersch |
| 8 Laurine Cooper-McGrew | 21 Ronald Henshaw | Diane Goldberg |
| Gail Crossman | JoAnn Sahs-Cavin | Mike McAleer |
| D'ann Gonzales | 22 Carrie Crawford | Gary Mitzner |
| Karen Herman | Gary Goff | Elizabeth Mountain |
| Colleen Squier | Miguel Reabold | Mary Potter |
| 9 Karen Bednarski | 23 Jerene Nelson | |
| Betty Karlsen | Douglas Bruce Rothwell | |
| Jon Lindstrom | 24 Jean Kelley | |
| Ann Radwick | Trish Kukor | |
| 10 Mike Burr | Philomena Lund | |
| Sharyn Fuller | Carol Quaranta | |
| Myrna Mantle | Cyndi Ross | |
| Melissa Smith | 25 Albert Camin | |
| 11 Peggy Colegrove | James Gift | |
| Annie Cortez | Maura Mattson | |
| Carl Mountain | Linda McCabe | |
| 12 Gary Eustice | Gary Ruen | |



Community Announcements



Sequim City Band FREE Concerts at the James Summer Series

James Center for the Performing Arts outdoor stage
in Carrie Blake Park

July 4, August 13, September 9.

All concerts at 3pm. Bring a blanket or lawn chair.



**Do you have a laptop or desktop PC
with a Windows 7 or later OS that
you are no longer using?**

Please consider donating the
computer to Sequim PC Users Group
to refurbish and distribute to low

income individuals.

We also take peripherals, except printers, in good
working order.

For more information or to donate, please leave us a
message at 360-797-5771 or spcug1@gmail.com. SPCUG
is a 501 (c) (3) non-profit organization and a Microsoft
Registered Refurbisher.

WOW! WORKING ON WELLNESS

2:00 PM – 3:00 PM

Wednesday, July 12, 2023

KSQM FM Radio Station 91.5 FM

“Treating Trauma Issues for Children,
Adults and Veterans”

Dr. Steven Adelman, Licensed Clinical Psychologist

Shiple Center Fiber Arts Group Helps First Step Family Support Center

If you would like to make and donate
knitted, crocheted, and quilted items for chil-
dren, you are welcome to meet with the Fiber
Arts group in the Craft Room at 10am on the
first Tuesday of each month.

Toys, diapers, and other new baby and
children's items for kids up to age 5 welcomed
also.

For more information contact Judy Lange at
360-460-4755

Single? Join Shipley's Singles Activities! July 12, 4:30 pm, Monthly Singles Dinner, Members \$15, Non Members \$20

**Menu: Pot Roast, Summer Salad, Mashed Potatoes,
Bread, Key Lime Pie**

**Tickets can be purchased
at front desk starting July 3.**

Let's go out to Leo's Café together, and give other
local restaurants a try too!

**For Breakfast singles gatherings, call
Bobbie Dahm at 360-477-0019**

**For Lunch singles gatherings, call
Robert Drews at 360-670-9008**



**Veterans Coffee Break
Third Thursday
of the month
10am.**

**At Shipley Center,
921 E. Hammond St.
Sequim.**

**A place to belong and
connect with
like-minded veterans.**



Volunteers Needed! SENIOR FOOD DELIVERY

Are you free on Thursday mornings for 2-3 hours to
deliver meals to home bound seniors
in the Sequim area?

If so, please call Americorps Volunteer Program
Director, Karen Charron

360-477-2574 for more information.

This program administered by OlyCap.



Accordion Social at Shipley Center Sunday, July 9 at 1pm

**WANTED: Your NEW,
unopened CPAP supplies can help your
Center raise needed funds! Just drop them
off at Shipley Center! Thanks!**

JULY 2023 –WEEKLY ACTIVITIES

MON	TUE	WED	THUR	FRI
3 10am-Oil Pastel 1pm-Computer Clinic 1pm– Independence Day BBQ	4 ShIPLEY Center Closed in observance of 4th of July 	5 9am-Balance Exercise 9am– Water Media Drop-In 10am– Diabetes Support Group 11am-Zumba Gold 1pm– MahJongg 1:30pm-EZ Yoga 2:00pm- Language Class	6 10am– Euchre 10:30am-Tap 2 12pm-Bingo 1pm-Scrabble	7 9am-Balance Exercise 9:30am-Fiber Arts 9:30am– Basic Meditation (Zoom) 10:15am-Line Dancing- (Int.) 11am– Zumba Gold 12:30– Line Dancing- (Beginner) 1pm-Poker 1:30p-EZ Yoga
10 9am- Balance Exercise 10am Imaginative Writing 11am-Zumba Gold 12pm– Euchre 1pm-Ukulele 1pm-Computer Clinic	11 10am-SHIBA 10am– Tai Chi 10am-Fiber Arts 10am– Watercolor- (Int) 11:30am-Cribbage 11:30am-Healthy U!- 1pm– N.O.W 1pm– Ping Pong 1pm– Pinochle 1pm– Tap 1 2pm-Grief & Wellness Group 2:30p-Beginning Hula	12 9am-Balance Exercise 9am– Water Media Drop-In 11am-Zumba Gold 1pm– MahJongg 1:30pm-EZ Yoga 2:00pm- Language Class 4:30pm--Senior Singles Dinner	13 9:30am-Sewing Class 10am- “Hooked On Fishing” 10am– Euchre 10:30am-Tap 2 12pm-Bingo 1pm-Scrabble	14 9am-Balance Exercise 9:30am-Fiber Arts 9:30am– Basic Meditation (Zoom) 10:15am-Line Dancing- (Int.) 11am– Zumba Gold 12:30– Line Dancing- (Beginner) 1pm-Poker 1:30p-EZ Yoga
17 9am- Balance Exercise 10am– Oil Pastel 11am-Zumba Gold 1pm-Ukulele 1pm-Computer Clinic	18 10am– Tai Chi 10am-Fiber Arts 10am– Watercolor- (Int) 11:30am-Cribbage 11:30– Healthy U! 1pm– N.O.W 1pm– Ping Pong 1pm– Pinochle 1pm– Tap 1 2pm-Grief & Wellness Group 2:30p-Beginning Hula	19 9am-Balance Exercise 9am– Water Media Drop-In 11am– Zumba Gold 12:00pm-Bridge 1pm– Mah Jongg 1:30pm-EZ Yoga 2:00pm- Language Class	20 9:30am-Sewing Class 10am– Euchre 10:30am-Tap 2 12pm-Bingo 1pm-Scrabble	21 9am-Balance Exercise 9:30am-Fiber Arts 9:30am– Basic Meditation (Zoom) 10:15am-Line Dancing- (Int.) 11am-Zumba Gold 12:30– Line Dancing- (Beginner) 1pm-Poker 1:30p-EZ Yoga

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31 9am- Balance Exercise 10am Oil Pastel 11am-Zumba Gold 1pm-Ukulele 1pm-Computer Clinic 	Sunday Accordion Social July 9 1pm	HOT CAR IN HOT WEATHER? <p>Living 37 years in Hawaii, here's a trick I learned. When you park your car outside in hot weather, crack all the windows about an inch at the top. That allows the hottest air to escape. (It will still be hot, though!)</p> <p>When you return to your car, it feels like an oven. <i>If you have AC</i>, the quickest way to cool it off is to start the engine, close the front windows, and put the back windows down about 4-5 inches. Crank up your AC to its highest cooling and fan settings. Within a few minutes, most of the really hot air will have blown out your back window, and you can drive in cooler comfort. (It's not "cool" then; just more comfortable.)</p> <p>Margaret Cox</p>		
Saturday <u>July 1st & 15th – 5:30pm -Strait Wheelers-Line Dancing</u> <u>July 8th-Bridge 6:30pm</u> <u>July 22nd –Bridge 6:30pm</u>	ShipleY Center Luau Save the Date! Wednesday, August 23, 1pm \$19 for members \$21 for non-members <i>*Tickets are non-refundable.*</i> Authentic Hawaiian Menu Tickets available August 1.			 



Spotlight on . . . Robn Diekow

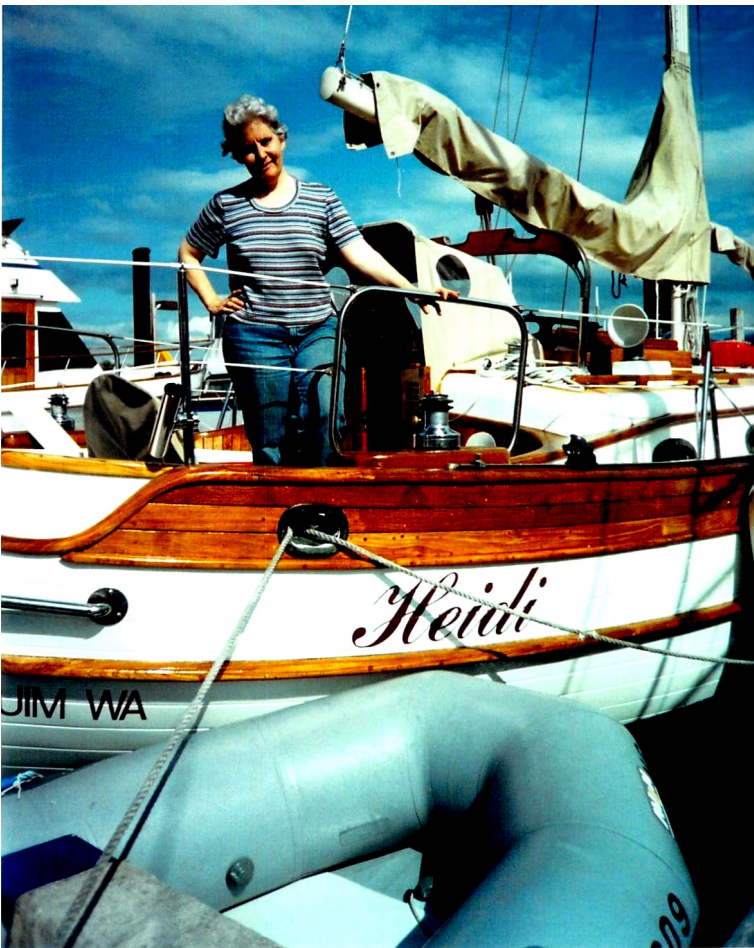
Have you ever thought about living aboard a boat for a period of time? Maybe a week, or a month or so. How 'bout for the better part of 35 years? And, sailing (nearly) around the world twice?

That's precisely what this month's *Spotlighted* person, **Robn Diekow** (dee-ko) did!

Robn has been attending my Balance Exercise class for a few months, and it was a chance meeting in *Leo's Café* one day when, both dining alone, we agreed to sit together . . . and that became the start of a *Spotlight* in the making!

Robn was born in Boston, but from 2nd grade on, grew up in Lincoln, just on the outskirts of the city. In the early '50's, her Dad and a few friends bought 40 acres, creating the intentional community of Brown's Woods where 22 families (who mostly already knew each other) built (and often designed) their own homes. His was one of the first solar heated houses!

Then, they bought adjacent land and built a swimming pond and a boating pond. Robn was one of the oldest of some 75 kids in the area, so had lots of babysitting! She says it was an "Idyllic childhood."



Many of the community members were still there half a century later, some even to this day.

The second oldest of the GRAS family, the children were all named in order. **Gerry, Robn, Adrian, and Seaton** (Good thing they didn't have a long name like *Fitzgerald*!)

After graduation, Robn attended Goddard College in Vermont, with no idea about what she was going to do with the rest of her life. So, after her second year there, when her Dad asked, "We're going to sail around to the world; do you wanna come?" it was an enthusiastic, "YES!" from Robn!

So, she, her parents, and two younger brothers (Gerry had to stay in college at home, because of the Viet Nam draft.) set sail on a 52'4" ketch, *Merry Maiden*, with a center cockpit, for a five-and-a-half-year voyage of discovery around the world, Salem, MA to Salem, MA. Asked about any schooling aboard, Robn says, "Our parents bought American Correspondence textbooks, but only one book got cracked; we were *living* an education! (Seaton, who lives in Sequim, now owns the *Merry Maiden*.)

In Tahiti, Gerhard, who had sailed there from Germany, became a good friend of the family; and in Rabaul, Papua New Guinea, sold his boat to crew aboard the *Merry Maiden* through Indonesia and across the Indian Ocean. From South Africa, Gerhard and Robn flew to Germany and married. (An aside: Gerhard had escaped E. Germany on a 15' sailboat.)

Continued on page 13

Spotlight” continued from page 12

Living aboard a vessel, what’s daily life like? I had visions of days on end of cramped quarters with not much to do. Robn had to remind me that, although they lived aboard the boat, most of the time they were anchored in harbors all over the world, enjoying the people and places in ways no general tourist gets to experience.

At sea, they would do about 120 miles a day. (The longest continuous time at sea was 28 days, from the Galapagos to the Marquesas.) To keep an eye out for ships and storms, there were always two people on watch, one at the helm, in shifts of 4 hours on/4 hours off. Mom prepared the meals and, while everyone else ate, that was *her* time to take the helm. At sea, showers were buckets of saltwater in the cockpit. Loved rainstorms . . . soap-up with salt water, stand in the rain for a long, fresh-water rinse-off!

With no refrigeration, food at sea was fresh produce purchased from local farmers’ markets for as long as it would last, canned or freeze-dried meats, staples from grocery stores within walking distance of ports. Fresh-caught fish was greatly appreciated!

Back on land in Massachusetts Gerhard and Robn decided they wanted to move west, so with a mattress in the back of a pickup truck and a kerosene stove, they drove cross-country from MA to Port Angeles. A plumber by trade, Gerhard set up his own plumbing contracting business, first in PA; then in Sequim, with Robn as business manager.

After 26 years on land, building a home on their land in Eden Valley, and raising a daughter, Antares, they began to feel hemmed in . . . the siren of the sea was calling them again. So, in 2001, just before 9-11, they set sail again aboard their 34’ sailing yacht *Heidi*! From John Wayne Marina, they sailed down the coast to Panama; then to New Zealand with many stops on route. Three hurricane seasons were spent in NZ and many islands visited during the cruising season. Then North to Guam, where Gerhard had a minor stroke, and then on to the Philippines for several months of medical care. Feeling better, it was now off to South Africa for *Heidi*’s annual maintenance checkup. It was there that Gerhard sadly passed away after nine-and-a-half years cruising their beloved *Heidi*.

Assorted angels and her brother, Adrian, helped Robn get the boat to Trinidad in the Caribbean. Three years later, a friend of a friend told Dave about Robn and within a few months they became a couple. Dave was aboard his boat, *Alegria* (a 38’ Ingrid out of Everett), in Turkey and had been recently widowed himself. It was nearly a year after Dave passed away in 2021, after a 2-year battle with leukemia, that Robn finally made it back to Turkey to deal with selling *Alegria*. After both *Alegria* and *Heidi* were sold in January of this year, Robn became an “official landlubber” moving back to Sequim. She has come full circle from her teen years, again wondering what she’ll do “with the rest of her life”. She plans to start or buy a business, among other pursuits.

Reflecting on her life up to now, she loved the lifestyle of many years out on the ocean, visiting and experiencing so many different cultures. She feels blessed to have had two wonderful men who shared her seafaring passion.

Robn joined Shipley Center in February participating in Balance and Zumba and square-dancing classes. She’s impressed by all that Shipley has to offer, and is looking forward to more space in the new HAWA building . . . and looking forward to whatever the future holds for her here in Sequim.



Robn and her late husband, Gerhard





EUCHRE

Every Thursday 10am-12

2nd & 4th Mondays
12-2pm

Euchre is a card game that is fun, fast and filled with surprise endings to almost every hand and game!

Games may be played with three or four players. Five cards are dealt to each player. The object of each hand is to win three of the five rounds (tricks), where each player plays a single card.

Contact Shipley Center to sign up at 683-6806 or text John Christian 360-775-4514.

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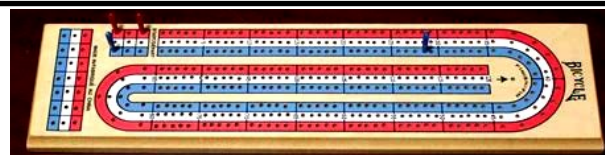
Led by Margaret Cox
M-W-F 9am



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Wednesdays with Earl Karich
from 12:00-3:30pm.

2nd & 4th Saturdays
with Diana Smith 6:30-9:00pm
Call Diana to register
360-775-5126



Cribbage

Cribbage is played at Shipley on
Tuesdays from 11:30am to 1:30pm.

PINOCHLE

Led by Lynda Moynihan
Tuesdays 1:00pm



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Come and play every Thursday at 1pm!

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Ping Pong
Tuesdays at 1pm



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Independence Day Words

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olpicist _ _ _ _ _

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gnernotvme _ _ _ _ _

totinicultos _ _ _ _ _

Isaobnl _ _ _ _ _

ocifentt _ _ _ _ _

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rildcoataen _ _ _ _ _



What does the Statue of Liberty say when visitors leave? Stay in torch!

Where did the funniest American colonists live? In Pun-sylvania!

What do you call a canine patriot?
A yankee poodle!

All the pigs on the farm are throwing a Fourth of July celebration. They are calling it "The in the Pen Dance Party!"

Why do ducks love the Fourth of July so much? They are obsessed with fire-quackers!


Why did the firecracker break up with the rocket? Because it had too short of a fuse.

How are a healthy American and the United States the same? They both have good constitutions!

When is the only time that the colors red, white, and blue don't represent freedom? When they are flashing behind you!


Did the American flag say hello to Lady Liberty on the Fourth of July? No, he just waved.






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Tradition, Politics, Sparklers, Government,
Constitution, Balloons, Confetti, Fireworks,
Declaration

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Find the Hidden Object



Somewhere in this month's issue is a picture of a flag.

Once you spot the object, email your name, phone number and the location (page number) to assistant@shipleycenter.org.

Or you can come into the Office and fill out a form and turn it in by the 15th

You can win \$4 off at *Leo's Café* or \$4 in Activity Bucks!

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Contact: Executive Director, Michael Smith, to discuss legacy giving, and how you can use beneficiary designations on various types of accounts without changing your will.



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