

A reminder on manners as the season changes



Chatterbox

By Betty Kaiser
For The Sentinel

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Summer is gone. Fall is here. And that means it's time to clean up the garden and my email inbox. Both are overflowing. Readers often send me thought provoking and fun stuff that I keep until I find time to pass them on. Lately, my inbox has been full of reminders of the practice of old fashioned manners. Lucky you! Here are some to ponder...

"First impressions make lasting impressions" was drilled into me as a child. I was taught that a first face-to-face introduction spoke volumes. Today, impressions are also made by what you say online in emails or

Facebook. Yes, it's still important to dress well and be polite... but how far will that get you when people only know you by what you say on the Internet? That's a whole different set of manners that we'll talk about another time.

Those of us of a certain age often wonder what happened to the "Yes, Sir" and "No Ma'am," environment that we were raised in. Using those titles (without sarcasm!) is still a sign of respect and that hasn't changed. It is always best to address others respectfully at that first introduction. Military personnel set a good example for

us all. I must admit that some of my friends think it is too formal and old-fashioned thereby betraying their ages. That doesn't bother me.

"Thank you" or "You're Welcome" are never out of style. We were raised in the same generation if you have ever been annoyed by a sales clerk's attitude who hands you your change from a transaction and says, "Here you go!" At some point in the last few years, the phrases "Yep," or "No Problem" also started. Where did they come from? They suggest that your business was no big deal. The phrases thank you and you're welcome allow customers to feel like their business is appreciated.

"Here's what's happening." I like this form of communication. It can be used not only at work but within families, friends and neighbors. It is a meaningful exchange of information. It means you're not being left out of the loop or having to rely on

rumors to guess what is going on. It is true communication. It shows respect and consideration without being condescending.

"How can I help?" Again, this is a respectful form of communication. People don't like to ask for help. But if we see that someone has a need, we can be proactive and suggest that we are ready, willing and able to help them through a rough patch without dictating what we think they need.

"I'll find out." Sometimes we have questions that we cannot answer alone. Knowing that someone is going to go out of his or her way to team up with us, relieves tension and warms our hearts.

But enough of manners. On the lighter side, a number of people send me interesting questionnaires that I can never answer. The questions usually begin with "WHY?" Here are some for you to ponder. The answers follow.

Questions:

1. Why do ships and aircraft use 'mayday' as their call for help?

2. Why is someone who is feeling great 'on cloud nine'?

3. Why is shifting responsibility to someone else called passing the buck?

4. Why are people in the public eye said to be 'in the limelight'?

1. Why are many coin collection jar banks shaped like pigs?

Answers:
1. This comes from the French word m'aidez (meaning 'help me') and is pronounced, approximately, 'mayday.'

2. Types of clouds are numbered according to the altitudes they attain, with nine being the highest cloud. If someone is said to be on cloud nine, that person is floating well above worldly cares.

3. In card games, it was once customary to pass an item, called a buck, from player to player to indicate whose turn it

was to deal. If a player did not wish to assume the responsibility of dealing, he would 'pass the buck' to the next player.

4. Invented in 1825, limelight was used in lighthouses and theaters by burning a cylinder of lime which produced a brilliant light. In the theatre, a performer 'in the limelight' was the Centre of attention.

5. Long ago, dishes and cookware in Europe were made of dense orange clay called 'pygg.' When people saved coins in jars made of this clay, the jars became known as 'pygg banks.' An English potter misunderstood the word. He made a container that resembled a pig.

Thanks to all who contributed to today's column. Now we all have been reminded of our manners and why we have piggy banks! Oink. Oink.

Contact Betty Kaiser's Chatterbox at 541-942-1317.

Garden Club looks to sustainability

Many of us are concerned about the impact humans have on the environment. We wonder how we can personally do something about overwhelming events such as climate change, bee decline, and pollution of our water and soil. Fortunately, we can be part of the solution by implementing a continuum of sustainable gardening practices when developing or renovating our yards and gardens.

Please join Cottage Grove Garden Club on Tuesday, October 3rd as we welcome Master Gardener Carol Salami-Goswick. Carol will introduce us to the basic concepts of sustainable gar-

dening in her talk Moving Toward Sustainability. She will also share some easy steps to help you get started.

The Garden Club's informational meeting begins at 6pm and Carol's talk will begin at 7pm. We meet at the First Presbyterian Church, 216 South 3rd Street (the corner of 3rd and Adams). All visitors and guests welcome.

Next Month
November 7: Pesticides and Alternatives with Ashley Chesser of NW Center for Alternatives to Pesticides.



Senior companions needed at LCC



By Caitlyn May
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The Senior Companion Program at Lane Community College is trying to reduce social isolation and maintain senior independence. But it needs help.

The program has put out a call for volunteers to take part in the program, which is federally funded and operates through Lane Community College as a

local sponsor. The institute has sponsored the companion program for 40 years.

"What we found as people age and their worlds get smaller, it's almost as if society forgets about them," Beth Brooks, director of the program said.

"What we do is recruit low-income seniors, 55 years or older to visit with frail elders and those with disabilities so they

can stay as independent as possible in their own homes."

To volunteer, residents must qualify as low-income (\$24,120 a year for a household of one), be willing to work 15 hours a week for a year and pass a background check.

"We ask for a good faith commitment of a year because this program is based on relationships," Brooks said.

Volunteers build relationships with seniors and individuals with disabilities by visiting with them, Brooks said. Volunteers can take their client out for coffee, read the newspaper, play board games or just sit and talk.

"It's about the relationship so this program is doing the same things you would do with and for a friend," she said.

While it is a volunteer program, those who participate are given a daily stipend to counter any costs they may occur and the Senior Companion Program currently reimburses approximately 40 cents per mile for gas.

A piece of good news for those hoping to volunteer in Cottage Grove and Creswell.

The program operates throughout Lane County and has two options for volunteering. One sees volunteers working in home care facilities while the other has volunteers driving to individual homes to visit with their clients.

"Anyone who volunteers in Cottage Grove or Creswell would be driving," Brooks said. The program contracts with different facilities but does not currently have an agreement with home care institutions in Cottage Grove and Creswell.

"All of the assignments in those areas are individual homes," Brooks said.

For more information on becoming a volunteer, please contact Brooks at (541) 463-6263. To sign-up to receive visitors through the volunteer program, please contact the Aging and Disability Resource Center at (541) 682-3353.

GARLIC HAS ARRIVED!

In the maritime Northwest, garlic is best planted by the end of October so it has time to establish a good root system before cold weather settles in.

Varieties and quantities are limited, so stop by today and get your garlic before it's gone!

Mon-Sat: 9AM-5:30PM
Sun: 9AM-4PM
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LORANE NEWS

This Saturday, September 30, Lorane Rebekah Lodge is hosting a Hunter's Breakfast from 6 a.m. - 10 a.m. in their kitchen. The Lorane Community Association will have a Sunday meeting this weekend, October 1, 1:30 p.m. at Lorane Grange. Grange Canning and Preservation

Clinic scheduled for October 20 through October 22. CAL School Board will meet at Lorane Grange on October 19 at 7 p.m. Executive session will be held prior to open session. October 2-6 is Homecoming Week at CrowM/H School with the Dane on Friday 9-11 p.m.

Booster Club Auction and Carnival fundraiser is October 14 from 3-5 p.m. in the Crow HS gym.

Lorane Grange meets this Thursday, October 5 at 7 p.m. Their bingo evening will be a Potato Bar and Bingo on Friday, October 27. Everything starts at 5:30 p.m.

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