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The Official Paradise Valley Estates Residents' Newspaper

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Holleran Survey Reveals Changes Underway

During a recent visit to PVE, Michele Holleran, CEO of Holleran Research and Consulting, Inc., the company that has done our resident satisfaction survey for several years, visited with Elysian Fields and talked about the changes that are taking place in the CCRC industry. The interview that follows touches on some of those changes and captures some of the things we will see happening at PVE as a result of the recent survey.

Elysian Fields (EF): Thank you for taking the time to meet with us during your visit here. What brings you to PVE this week?

Michele Holleran (MH): We have begun discussions with your management group about the results of the survey that the residents just completed. We had a very high return rate from all areas of PVE, which is very encouraging.

EF: Can you tell us about the results so far?

MH: There are some areas where PVE scores very high—higher than most CCRCs. In addition, there are clearly areas that can be improved. Until we finish the feedback to the management team, I'm not at liberty to discuss specific issues.

EF: Can you tell us something about the changes that you see happening in CCRCs in general?

MH: Sure. One of the things that we see happening is the need for CCRC management to seek consensus with residents on issues that concern them. Areas like changes in schedules, how money is spent and changes that impact the residents directly. PVE has a very active Resident Council, which provides this kind of feedback to management, but it can always get better.



Perhaps the watchword is “more transparency.” I think the results of the recent survey will identify some opportunities for improvement.

EF: I know your time is short, but can you tell us anything more that might interest our resident readers?

MH: One thing I am excited about is something that PVE is going to do soon to help the residents and the management employees understand one another better. It's a new program called “**Take Your Resident to Work Day.**” I think you will be discussing it more in Elysian Fields, but in a nutshell, residents will be able to sign up to “shadow” one of the managers by submitting a short resume showing why they are applying for the program. Several senior managers will have a “Resident for a Day” working with them.

EF: Michele, we know about that program and the Elysian Fields has been working with the Resident Council and management to get it started. There will be more information in this

continued on page 2

issue of Elysian Fields on exactly how residents can apply.

EF: Thanks so much for spending time with us today. We are anxious to hear all the feedback from the recent survey that Holleran conducted. I know that we can continue to improve PVE and make it a better (the best) CCRC in the country. This “Take Your Resident to Work Day” program is just a start.

After several *Elysian Fields* staff members invited the current heads of several PVE departments to contribute a list of their duties, the following job descriptions are two examples of those that were submitted. The EF staff thanks PVE management for their honesty and transparency in providing this information. The “Take Your Resident to Work Day” will be held prior to the new Chief Executive Officer coming on board to run Paradise Valley Estates.

Some residents have already indicated their interest in participating in this innovative project and they submitted applications to take part in the “Take Your Resident to Work Day.” We have included their letters as examples that may be followed by other residents who would like to apply for a “Take Your Resident to Work Day” activity.

Chief Financial Officer Job Description

- Must deal politely with residents (who are previously-important-persons) that consider themselves financial experts in all areas of real estate finance.
- Must read *Wall Street Journal* daily to develop a vocabulary of fiduciary terms that will confuse residents questioning their monthly statements.
- Must be prepared to endure the angry mob present in Rawlinson Hall during annual financial review programs and smile gamely when threatened with bodily harm by irate residents.
- Must prepare sufficiently obfuscating reports meant to explain multi-thousand-dollar purchases of materials categorized as “Activities.”



- Must design and implement new standards in Ancillary Care costs, carefully avoiding any mention of “bonuses.”
- Must understand the difference between profit and loss, increasing expenses as needed so as not to lose PVE’s “nonprofit” status.
- Must be able to count beans efficiently and accurately.

Sample Letter of Resident’s Application for the Chief Financial Officer’s “Take Your Resident to Work Day”

Dear Mr. Calhoun (or may I call you Neil?):

I would like you to consider me for your “Take Your Resident to Work” Day shadow.

When I read somewhere that you had saved PVE a ton of money because you were a “pre-fab truss expert” I knew that we were kindred souls. Here’s why: when I had a hernia a few years ago, Medicare paid for my truss. I figure we could save buckets of cash by charging Medicare for lots of stuff here at PVE.

As I helped raise several children, I learned how to differentiate between a necessary expense and an “I want this” expense – so my children were never left wanting in their material desires. I look forward to helping you to continue to manage our money in a non-profitable way.

Director of Sales and Marketing Job Description

- Must be able to drive a golf cart and make sure prospective residents do not fall off when entering a cul-de-sac.
- Must be able to smile incessantly, no matter how banal the conversation.
- Must demonstrate enthusiasm for every person who enters the Marketing/Sales Office.
- Must be proficient in math skills when assuring prospective residents that a two-bedroom apartment actually has 4,000 square feet of usable space.
- Must be able to discern fine wine from Bakersfield Basement Jug Wine.
- Must be persuasive in convincing prospects that the contents of their six-bedroom, three-story home with three-car garage will easily fit into a Manor Home.
- Must be a raconteur of hilarious jokes for the “Ambassador” meetings and “New Resident Reception” events.

Sample Letter of Resident’s Application for the Director of Marketing “Take Your Resident to Work Day”

Dear Jane,

I feel that we are BFF since our recent move-in here at Paradise Valley Estates. The nametags that you gave Melvin and me are fine introductory materials for our dining experiences here and though we no longer receive complimentary wine and dinner chits, we are still happy to be part of this retirement community. As my first public service, I want to be part of the “Take Your Resident to Work Day” and since we are already on a first-name basis, I feel I would be a perfect choice for partnering with you, Jane. Here’s why: I actually worked in a market during my college years! It was a high-end market, too, called Whole Foods. Melvin was engaged in the building industry and I was his inspiration in building a doghouse for our

dear little Rottweiler. Of course, Thor outgrew the home I designed for him but doesn’t that just happen around PVE too? One of my part-time jobs before I became a full-time hostess in a winery was selling furniture. It was dollhouse furniture, to be sure, but I always made sure that the customer had a full set of whatever chairs and tables were needed. Just before we moved here, I received an award from Mary Kay cosmetics for selling the largest amount of suntan lotion during the recent rainy months we’ve had. And finally, the *coups de grace*, so to speak – I can really hold my liquor and would be a terrific asset at Ambassador meetings and New Resident receptions. Sorry this letter is so lengthy, but I’ve had so many, many experiences that would make me a perfect partner to you, Jane. Sincerely submitted by your best friend who eagerly awaits your approval to join you for a day.



Due to the need to execute the “**Take Your Resident to Work Day**” event prior to the arrival of the new CEO to head Paradise Valley Estates, the event has been scheduled for April 17, 2017. For more information about any of the other positions available for this event, or for more details on the application process, please check the green book at the Reception Desk or feel free to contact any member of the *Elysian Fields* staff. They are now in the Club, laughing like crazy because it’s April Fool’s Day! We hope you enjoyed the fun.

USCGC Campbell

The following is an excerpt from the logbook of the *United States Coast Guard Cutter Campbell* depicted as Number 17 on the Wall of Remembrance. That picture is a copy of the painting that was on the wall of the cutter's wardroom when I was assigned as the Damage Control Officer. It was still there when I left. The painting depicts the ship when it collided with the submarine.

22 February 1943

Unsure of the convoy's exact position, at 1926 (7:26PM) lookouts noticed starshells and gunfire flashes over ten miles away, indicating the convoy's position and the fact that it was still under attack. As *Campbell* closed on *U-boat-606*, at 2015 (8:15PM) a radar contact was made at 4,600 yards and approached at 18 knots. A submarine was sighted on the starboard bow and full right rudder was ordered to close her. As she passed down the side of the submarine, *Campbell* let go with two depth charges that detonated directly beneath the U-boat. The cutter, however, collided with the U-boat and the U-boat's bow-plane sliced through the cutter's hull, flooding the engine room and killing all power on board *Campbell*. During this time gunfire from the

Remembering...

Charles "Charlie" Watry
Loving husband and father
Arrived: October 2012
Departed: February 27, 2017

Diane Snow
Loving wife and mother
Arrived: August 2003
Departed: March 6, 2017

Frances "Becky" Thomas
Loving wife and mother
Arrived: December 1997
Departed: March 16, 2017



cutter's three-inch and 20mm weapons riddled the submarine. The cutter's five-inch guns could not depress far enough for them to be put into use but it did not matter as the submarine "was ours," according to Hirschfield. The U-boat's crew was seen to be jumping overboard with none of the Germans attempting to man the U-boat's deck guns. Hirschfield ordered his men to cease fire and ordered one of the *Campbell's* boats to be launched to secure prisoners.

The *Campbell's* pulling boat was then successfully launched, under the command of Lt. Arthur Pfeiffer, and they were able to rescue five of the U-606's survivors. Hirschfield ordered the motor launch into action to save more prisoners and attempt to board or salvage the U-boat. The boarding team had been trained by the Royal Navy, while the cutter was in Londonderry, for just such an occurrence. Unfortunately, as they boarded the power launch, one of the men lowering the boat lost his grip, dropping one end of the launch into the sea and dumping the team into the Atlantic. The other boat 'fall' let go as well and the launch, now filled with water, capsized and drifted away, with the boarding team hanging on to the upturned craft. They were all saved later."

—Adapted by Bob Isherwood

Move-Ins since the Last Issue

Gilberta Pierson

5006 Constitution Avenue
From Novato, California

Brig. Gen. Diann O'Connor, USAF (Ret)

5510 Uniform Court
From San Antonio, Texas
Referred by the Chongs

Victor & Sandra "Sandy" Esposito

3308 Estates Drive
From Danville, California

Marge Reynolds

5609 Military Court
From Rio Vista, California
Referred by Natalie Williams

Skilled Nursing Is Kind Nursing

There are two levels of patient care in the Division of Skilled Nursing at Laurel Creek. One is for those recuperating from surgery, illness or other temporary conditions. The other is for those for whom a safe haven of compassionate care is most appropriate. The staff of registered nurses, licensed vocational nurses, certified nursing aides, nutritionists and social workers attend to both groups with an equal degree of professional skill and personal kindness. Both areas of expertise are accompanied by smiles and gentle proficiency.

Presently, the health center administrator is Marvin Torcedo, and he manages the staff at Laurel Creek Skilled Nursing—from the receptionist to the Life Enrichment coordinator. Although an air of quiet dedication pervades the center, there is a sense that it is a busy place, dedicated to the care of residents and, occasionally, to needs of our Fairfield community.

Physical and occupational therapists perform their specialized duties, greet their patients by name, encourage them to success, and enthusiastically applaud patients' efforts. The nutritionist oversees a myriad of dietary needs. Special diets for diabetics, cardiology patients or simply those who want to learn the techniques for healthful eating are the responsibilities of this skilled professional.

Recreational activities range from regular games like Bingo, reading newspapers aloud, singalongs and programs and concerts to scenic drives and Tuesday luncheons in the main dining room. Each room has a television and private phone, and privacy is assured when family or friends visit. An air of sociability permeates the center and a cordial attitude from staff members is apparent.

For those who are gently transitioning from one venue on campus to another level of care, the staff are able to impart optimism and reassurance as we make life-changing decisions with the help of the social services coordinators.

And, always, there are the "Angels," volunteer residents in pale blue tunics who visit patients' rooms with juice and snacks, are callers for Bingo games, participate actively wherever needed, and arrange flowers in the skilled nursing dining room.

A CCRC is many things and the reasons for selecting this particular retirement life style

are as varied as the number of residents. And though the nursing staff in Laurel Creek Health Center can now be identified by different-colored uniforms and smocks (nurses, both RNs and LVNs are one color and CNAs are another color with red on Fridays) and wings of the center

are now identified as "neighborhoods," each resident is confident that, when there is a need for specialized care, the entire team at LCHC is ready to provide that care. It's a good way to feel, isn't it?

—Liz Wildberger



CNA Genevieve Solar, LVN Melinda Coleman, and CNA Josefina Baterina

Deer Creek Memory Care Center

At the February Town Hall meeting, the name of our new memory care center was unveiled. Interim CEO/NCROC Board Chairman Bud Ross said, "It will be called Deer Creek." Three of the 300 residents who made suggestions had chosen that name for the center. Cheryl San Miguel, Carla Sorrelle and Eileen Edmunds (HR staff) were the winners.

Marketing Director Jane Walker and Rosemarie Ferrer, the new manager of Deer Creek, discussed the center in detail and showed an artist's rendering of the interiors of the building, including the living room, dining room, and entrance to one of the residential rooms.

Rosemarie explained that each residential room has a "memory box" located near the entrance where familiar items from the resident's past can be posted. These items will be solicited from the resident's family and will help residents remember their pasts and serve as a reminder of which room is theirs. As Deer Creek nears completion in the next few months, additional presentations will be done at upcoming Town Hall meetings.

—Bruce Bartels

Golf News

The weather cleared, the air was nippy, and the sun blinded the 28 players who arrived for the “Bouncing Ball Open.” After weeks of cabin fever, the joy of hitting the links again got the old and slightly younger fired up. That joy carried over to the Moaners and Groaners dinner, especially at the bar. New residents Walt and Lynette Maynes were introduced and welcomed by all. Walt (the MC) and Lynette had a very special conversation about the beautiful jeweled pin he gave her. Walt Maynes admitted his golf game had suffered the past few years; Walt (the MC) gave him a sleeve of marked balls and bag of tees that should spike his interest in returning to the links soon.

Bud Ross was invited to play with us and from all the attention he received during dinner, one would wonder how many suggestions were made to build a driving range on the eight acres. The McNamara family made headlines in several ways. They were voted the best dressed golfers by wearing matching green (are they Irish?) shirts with their name blazed across the front. Patty was awarded a beautiful diamond encrusted pin of a lady golfer for completing her very first round of golf with the club. Now, the story about Bill took a different turn. For some unknown reason he showed up wearing a pair of Patty’s shoes. He did admit that the pointed toes did not enhance his golf swing, but they looked very fashionable.

Walt next announced a mystery box auction. He had received a box from another resident who could not use the contents. As the contents were unknown, an auction was planned with proceeds going to the McDaniel retirement fund. That brought out the boo crowd so the PVE Golf Club kitty was selected instead. First bid was a quarter, rapidly rose to \$25, then \$30, before Dave Allard’s curiosity pushed the bid to \$31. Dave was thrilled with the contents.

To add more interest for the PVE Putting tournament, the winner will be announced at the Moaners and Groaners dinner and all putter contestants will be invited to the dinner. In a playoff at the last putting contest, Herb Heberling and Paul Kersey faced one another. Paul was the declared winner in a close competition.

Low putt winners were Kimmie McCann, Alex Kosmin, Dick Shelley and Jack McNichols with 21.

They tried their luck on a draw from the purple bag. The lucky green ball stayed glued to the bottom of the bag again.

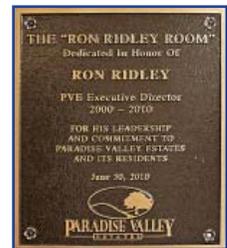
- **4th Place winner (76):** Walt McDaniel, Bud Ross, Dick Youngflesh and Don Haas
- **3rd Place winner (75):** Jim Lunn, Vern Chong, Doug Ochandarena and Doug Fisher
- **2nd Place winner (74):** Frank Connolly, Paul Kersey, Dave Mohler and Pat Mohler
- **1st Place winner (68):** Kimmie McCann, Alex Kosmin, Dick Shelley and Jack McNichols
—Walt McDaniel

Termite Talk

Residents who meet in the Ron Ridley Room across from the Café know that the beautiful board room table and chairs have acquired several scratches and nicks and chips through the years. A member of the PVE management team ordered a new board room table and chair set. When Neil Calhoun learned what the set would cost, he asked the Termites if they could repair the table we already had. The Termites took on the challenge and the order for a new table set was cancelled at great savings to the residents of PVE.

Our beautiful board table is being restored by a select group of Termite craftsmen led by Ed Bradley. The process will take some time as the Termites have to do their work when the room is not otherwise in use, and there will be times when filler, shellac and other finishing materials require drying time.

—Bill Green



April Is Bocce Time

The bocce season starts April 14 in conjunction with our first continental breakfast of the year. We are looking forward to another terrific season. We have two courts this year and the games will be played on both on weekday mornings. The first games begin at 9:00 a.m., followed immediately by second games at 10:15 a.m. The season continues until about October 1 so players will need sweaters most mornings in April and September (with rainouts possible) and may enjoy beautiful weather for the rest of the season. The Friday morning games always attract the largest audiences because of concurrent continental breakfast provided by David Kalbaugh and the dining services staff.

The PVE bocce players had a kickoff meeting on March 13. Their enthusiasm was high, but the announcement that got the most cheers was that we now have two courts. We offer many thanks to PVE management and our Resident Council for financing the project to build the second court. This wonderful addition means that our teams will play at least once each week and often more than once.

As of March 13, we have 21 teams consisting of 161 players plus 10 others who wish to play as alternates. Some new residents have signed



on with existing teams, but there are still many others who want to be PVE bocce players. Several residents have filled out the sign-up slips, which are available on the bulletin board in the internal mailroom. It is not too late to sign up. Just fill out a slip and place it in slot 3112.

We hope you attended the dedication ceremony for the new court. Many thanks to Denise Flowerday, Life Enrichment Manager, for the Italian goodies and refreshments. Your Bocce Committee did the planning for the 2017 bocce season.

The committee members are:

- Kay Green • chair, team score recorder
- Susan Marshall • rules
- Ray Arnold and Bill Drake • court maintenance
- Marilyn Isherwood • teams
- Bill Green • publicity

Thank you, Nancy Wisner, for hosting the bocce learning and practice sessions for the new players on four dates in March. Let's get rollin'

—Bill Green

Dining Services

The patio adjacent to the Cafe has been very appealing to residents. This has eased the number of spaces needed for all who desire to eat in the Cafe. Enjoy the spring weather.

The coat rack by the Cafe won't hold any more jackets and sweaters. Soon, those left hanging will have to be claimed in lost and found. Don't wait too long to claim your item as it will go to Goodwill.

Green was the color of choice at the St. Patrick's Day dinner, which was a tasty success. Many enjoyed the green beer and Irish coffee. Looking

around the dining area, I noted that the corned beef entrée was also popular. The music added to the lighthearted evening. Bill McNamara sang a rousing rendition of "McNamara's Band."

The bocce season is fast approaching so mark your calendars. Dedication of the new court took place March 29 and Friday's "Continental

Breakfast" starts April 14 at the DeLong Pavilion. This will be the kickoff to the spring bocce season.

Servers of the month are **Will Johnson** and **Layton Davis**.

The number of comment cards submitted has been declining. Get a card and fill it out. It takes only a minute of your time. Let's see if we can raise the number of cards submitted for April.

February comment cards: Food satisfactory 84%
Service Satisfactory 94%.

—Dennie Hansen

DAD

When I think of my Father, I remember—

When I was a preschooler, he read to me each night—usually Kipling. I learned “How the Camel Got its Hump” the delights of *The Jungle Book*, and stories of the British Raj, like *Gunga Din*, and “The courting of Dinah Chad” The latter was over my head in content, but he always explained it in ways that I could understand. He gave my love of reading.

We also played at hunting tigers under the dining room table amongst the chair legs. He gave me my love of adventure, and the desire for new experiences.

When I was in primary school, he gave me an allowance of 10 cents a week. Every Saturday we would walk the full length of Milwaukee’s downtown area, as I pondered how to spend my fortune. He taught me the value of managing my money.

On Sundays he took me to the zoo, where I became knowledgeable of the richness of the world’s fauna. He kindled a lifelong desire to see all of what comprised our world.

When I was in middle school, he arranged for me to spend my summers on two dairy farms owned by friends with boys of my age. I learned that hard work and making a contribution were things to be proud of. I also learned that even people who work hard still find time for fun.

When I was in high school during World War II, he taught me to serve my country. First by encouraging me to work in a “War Plant,” and also to be a Civil Defense volunteer. He also supported my decision to join the Army at seventeen immediately after Graduation, rather than waiting for “The Draft” to call me up. In so doing, he sent me out into the world as an adult, which helped me find my life’s calling—to serve our country in uniform.

When I think of my father, I remember that he was the rock on which I built my life. He taught me how to love my country and my fellow man—by loving me.

Thank you, Dad

—Spike Flertzheim

Easter

Sin tempts the fallen,
Resistance is so futile,
God sends His one Son
—Ian Lanouette

A Gourmet Breakfast

The Marketing Department wanted to meet with a large truck tire dealer so I took Richard, their representative, to visit our largest dealer in Seattle. The marketing department had a more

generous travel budget than sales so we were staying in an “upscale” hotel. The hotel dining room was one of those rotating rooms with a large bay window featuring great views.

I was looking forward to a gourmet breakfast rather than my usual uninspired oatmeal at the Holiday Inn Express, when I met Richard for breakfast. The waitress was young, pretty, and cheerful. Richard was a pleasant and knowledgeable travel partner. Things were looking good.

After studying the menu, I decided on wild blueberry pancakes with real Vermont maple syrup. The waitress was sorry but the restaurant was out of blueberries. That was a little irritating for an upscale restaurant but I reluctantly went back to the menu and searched for a second choice. I decided on homemade granola with fresh Washington strawberries. The waitress grimaced and advised me that they had just run out of the homemade granola. Now I was really disappointed as well as aggravated. The waitress apologized but didn’t seem all that contrite, which added to my annoyance.

I had lost my enthusiasm for a gourmet meal and decided to fall back to the basic eggs and bacon with a cinnamon raisin English muffin. I didn’t even ask for peanut butter for my muffin, which I consider a basic. When I looked at the waitress’ smug face, I knew she was about to deliver another blow to my crumbling day. “Oh, I’m so sorry, sir, but we only have plain muffins today.” “This would be a good place to start a restaurant,” I snarled. Smiling sweetly, she responded, “April Fools.”

—Floyd Gripman

PVE Awards Scholarships

The Scholarship Committee offers limited financial assistance with scholarship grants to selected PVE employees seeking certificates of completion, credentials, or degrees. Since 2004, we have awarded 89 scholarships totaling about \$115,800. Grants are made twice a year, once for the spring term and once for the fall term.

We at PVE feel fortunate to have a wonderful group of employees who demonstrate a great work ethic and certainly make our lives easier. One way we can show our gratitude is by donating to the scholarship fund. The scholarships are solely funded by the tax deductible donations of PVE residents.

For the spring term, we awarded 11 scholarships, which is a record high for one term! The following deserving employees were the recipients:

- **Kelly Jones**, a Licensed Vocational Nurse at the clinic and Quail Creek, is studying to become a Registered Nurse.
- **Aly Ramirez** in food services is studying to become a Licensed Vocational Nurse.
- **Rosaura Ramirez**, a receptionist, is studying for a career in mass communication and journalism.



Kelly, Nicky, Crispin, Rosaura, and Aly who were available for a photo

- **Crispin Marquez**, a host in the dining room, is studying to complete a Bachelor of Science in nursing.
- **Nikki Rosquiza**, a Licensed Vocational Nurse at Laurel Creek, is studying to become a Registered Nurse.
- **Michelle Kreider**, a Restorative Nursing Aide/ Certified Nursing Assistant at Laurel Creek, is studying to be a respiratory therapist.
- **Val Empleo**, a Licensed Vocational Nurse at the clinic on weekends, is studying to become a Registered Nurse.
- **Charlene Torio**, a Certified Nursing Assistant at Laurel Creek, is studying to become a Registered Nurse.
- **Janeth Garcia**, a Certified Nursing Assistant at Laurel Creek, is pursuing a Bachelor of Science in Nursing.
- **Erica Sales**, a server, is pursuing a career as a Physical Therapist Assistant.
- **Harpreet Khakha**, a food services and administration employee, is in a Master's program pursuing a career in Marriage and Family therapy.

—Linda Jordan

Construction Update

At Deer Creek, the exterior fencing and scaffolding is gone and stucco and painting has begun. Completion of landscaping around the new building is scheduled for mid-April. The interior tile, paint, fixtures, ceiling, doorframes and doors are in the works with cabinet, countertop, and flooring installation planned for completion in early April. Safety cones and caution tape are in place to protect the workers so drive cautiously when passing by. The main road will be repaved following the completion of all external work, and residents and employees will be informed well in advance. At Laurel Creek, Station One is being renovated with completion scheduled by the end of April.

—Jerry Mulenburg



Patriotic Committee

Editor's Note: We started this series of articles about the Resident Council and its various committees by describing how the Resident Council works. For the next several issues, the Elysian Fields will provide an opportunity for its readers to learn about each of the committees, by featuring one committee at a time. Last month we featured the Landscape Committee.

The mission of the Patriotic Committee is to plan, organize and conduct three patriotic programs each calendar year, Memorial Day, Independence Day and Veterans Day.

The Patriotic Committee normally consists of from 12 to 15 active members. There are three officers: a chairman and a vice chairman. The third officer, the secretary, may be elected or appointed by the Chairman. The committee holds regular meetings once each month at the call of the chairman.

The Patriotic Committee was formed in 1999 by five residents led by Bud Booth. Mr. Booth became the chairman of the committee and served until 2006. The committee was named the Patriotic Holiday Committee with a mission to conduct the three Patriotic Programs mentioned in the Mission Statement, annually. The committee changed its name in 2012 to become just the Patriotic Committee. Three original members of the Patriotic Committee are still active today. They are Betty St George, Jack Albrecht and Cletus Nelson.

Recently, the committee has been expanding its role in promoting patriotism on campus. Its main function remains conducting patriotic programs on the aforementioned holidays, but we have adopted a program started by Bob and Laura McCoy that provides residents a place to retire worn and faded American flags (there is a bin in the internal mail room). The McCoy's also make sure there are always all-weather American-made flags for sale in the PVE Store at reasonable prices, and they have supplied the Store with black ribbons that can be attached to diagonal flagpoles on individuals' homes to represent the flag at half-staff.

Another member, John Parker, has installed a lighted flagpole with an American Flag and a POW/MIA flag in Bergerot Circle, and he supplied PVE management with a POW/MIA flag to be

flown with the American flag at the entrance to the campus.

Past President Lew Martin periodically distributes a publication of flag etiquette to all residents to assist in proper display of the American flag, and each week he publishes in the *Friday Flash* a "DID YOU KNOW" paragraph highlighting a patriotic event in our history.

Last year the committee initiated an "Adopt-a-Day" program that was first envisioned by Cletus Nelson in 2011. Realizing that there are more than three patriotic days in a year, the committee encourages other residents to sponsor a patriotic day. The committee offers to assist with publicity and limited financial aid. Residents conducted several "Adopt-a-Day" programs in 2016, and more are being planned for this year. Residents are encouraged to adopt a patriotic day and contact a member of our committee for assistance.

—Bill Green

Wallace Stegner's *Spectator Bird*

The PVE Book Discussion Group has returned to a "classic" novel by Wallace Stegner, one that was awarded the National Book Award. *The Spectator Bird* is a novel that deals with marriage, aging and change—all just as relevant themes today as they were years ago when Stegner, head of the Stanford Writing Project, wrote his book. Joe Allston, the protagonist, has neither ancestors nor descendants, and his job as a literary agent has made him a "spectator" to life. In a decision to revisit his early life, Joe finds that moving through layers of time and meaning reveals that he is more than a spectator. Each scene, as *The Atlantic* said in its review, "is adroitly staged and each effect precisely accomplished."

Join participants for a thoughtful review of this prize-winning novel on Thursday, April 20, at 7 p.m. when Liz Wildberger facilitates the discussion. The group meets in the Ron Ridley Room of the Community Center. All residents are welcome to attend.

—Liz Wildberger

1944: The Year of My Debut

Early in the summer of my 11th birthday, I realized my future was to be a major league pitcher or first baseman. I was on a sandlot team and loved both playing and the camaraderie of the team. I was also a rabid fan of the Baltimore Orioles who were in first place in the International League. I listened to every game and spent endless hours discussing the relative merits of the players and the team.

For my June birthday, my father presented me with a ticket to the Fourth of July doubleheader at Oriole Park. Oh how I reveled in the thought of the upcoming event. On July 3rd, I spent the day in preparation and could hardly sleep that night.

I was awakened early and given the bad news. During the night, Oriole Park, a rickety wooden stadium, burned to the ground. Of course, the Fourth of July doubleheader was cancelled and I was devastated. And, if a simple visit to a ball game could be so easily disrupted, perhaps that boded ill for my major league aspirations.

The sandlot team continued to succeed and I performed well enough to support my dream. Parenthetically, I came to realize I wasn't good enough at batting to be a first baseman, so I restricted my dream to pitching. In the meantime, I followed the Orioles assiduously. It was during World War II and the players were mostly 4Fs and players either "too old or too young" as the wartime ballad bemoaned. The team seemed to lose its spark when, after the fire, they suffered a losing spell.

One of the players was Kenny Braun at shortstop. He could gather in any ball hit within his wide range of coverage but what would happen after was only a guess. With a powerful arm, Kenny could throw the ball anywhere in the stadium but rarely to first base. When a ball was hit toward him, you could actually hear the intake of breath in the stadium. Many of the players went on to significant major league careers, including Sherm Lollar, a long time all-star, and Bob Lemon, who became a star pitcher for the Cleveland Indians. I never heard of Kenny Braun again. However, I digress.

I reveled in the success of the Orioles for the season and in the success of our sandlot team, which managed to beat several other teams. The Orioles had a nearly disastrous second half of

the season, getting into the playoffs only when a rival team lost a succession of games to close the regular season. The Orioles went on to win the Junior World Series as it was then named.

That summer was my entry into the world beyond the small one of home, school and relatives I had inhabited. I remember the year vividly, and as I age the memories are more poignant. The only disappointment—I did not become a major league pitcher.

—Frank Connolly

PVE Pickleball Tournament

Ten hardy pickleball players made it to the tennis court on Tuesday, March 14, for our second tournament in three years. Several residents came to share the fun from the sidelines and enjoy the refreshments. Our coach, mentor and friend, Linda Jaffe, of the Fitness Department, paired players for 11-point game playoffs beginning at 9:00 a.m. and ending at 10:30 a.m.

The tournament first place winners were Pat Williams and Dick Shelley. Second place went to Paula Higgins and Jack Spencer.

The summer schedule for pickleball begins in April. Games are Tuesday morning at 9 a.m. and Wednesday morning at 8 a.m. All residents interested in learning the game are welcome to meet the "Pickleheads" at the tennis court.

—Shirley Arnold



Bob Terrell, Bill McNamara, Kimmie McCann, Linda Jordan, Dick Shelley, and Shirley Arnold. Not in photo: Paula Higgins, Jack Spencer, Pat Williams and John Weigelt

Chorale Presents *SAVOR 2017*

The PVE Chorale presented *SAVOR 2017* as a wine tasting benefit for its 36 singers on Sunday, February 26. The benefit provided operating funds for Chorale's twice a year concerts and patriotic day performances. *SAVOR 2017* was a unique opportunity for PVE residents and their guests to take **A Wine Tasting Tour of Suisun Valley Wineries** while at Paradise Valley Estates.

Suisun Valley wineries participating, and the ten wines they poured were **BackRoads Vines** (Sauvignon Blanc and Quatro), **Seven Artisans Winery** (Red Cote Rose and Syrah), **Wooden Valley Winery** (Pinot Grigio, Riesling, Malbec and Zinfandel) and **Vezer Family Vineyards** (Sauvignon Blanc and Petit Syrah). Both Vezer and Seven Artisans provided serving staff. All wineries generously donated their wines for the event. The specially selected wines were accompanied by four delicious appetizers, Smoked Salmon Blini, Cheese and Cracker Display, Artichoke Dip Baguette, and Vegetable Lahvosh Roll, provided by PVE Dining Services.

Live music for the pleasure of attendees was played by Harpist Barbara Tutt, a Woodwind Trio of Cyndi Chancellor, Flute, Janis Colescott, Clarinet, and Wendy Tirados, Bassoon, Jazz Pianist Delbert Bump and our own PVE Chorale Pianist Libby Bolin.

Attendees received a complimentary tasting glass embossed with a PVE Chorale logo. A special arrangement of chairs in Rawlinson Hall provided "conversation pods" that delighted participants. Some 32 volunteers hosted the event. They cheerfully checked-in participants, greeted them with smiles and colorful programs, and happily poured what is sometimes referred to in Greek mythology as the nectar of the gods. The event was attended by 134 people and raised more than \$2,400 for the PVE Chorale. It was enjoyed by all and deemed worthy of doing again. Look for *SAVOR 2018* sponsored by the PVE Chorale in the next year.

—Jerry Hedrick

Jerry Hedrick



Residents enjoying the event



Sue Smith, Floyd Gripman, and Vezer winery representative



Carla Grokenberger, Georgia DeBarr

Come Relax with Us!

No matter what, stress is part of life. We are so used to it that we often don't realize how stressed we are. Stress causes many health issues and makes other health problems worse. It lowers immunity, making us more susceptible to whatever bug is going around, and if we have an injury, stress can interfere with healing. It also contributes to poor memory, poor sleep, poor digestion and lack of energy.

Stress also complicates our mental and emotional wellbeing in ways we may not recognize and erodes our ability to cope with challenges great and small. To make matters worse, many things we do to try to deal with stress, such as watching TV or drinking, can often lead to more stress. So what to do?

For a problem as common as stress, many people do not know what the real effects of stress are and have never actually learned the simple techniques that can transform how stress impacts our lives. If you would like to learn more about what to do about stress, come to the Guided Relaxation class. The class has been ongoing for more than ten years, and we have many devoted participants. Newcomers and beginners are always welcome!

If you have digestive issues, high blood pressure, insomnia, headaches, anxiety, the blues, joint problems, disabilities, brain fog, or any ongoing health challenges, relieving stress on a regular basis can be one of the best things you can do for yourself. In the words of some of our class members:

- Joan Montanye says, "It helps lower blood pressure."
- Betty Ann Berkman says, "When it's tax time, I do a lot of deep breathing every day and it really helps."
- Wilma Butera says, "Sometimes I have been breathing real fast and I use my relaxation every day to slow down."
- Fred Montanye says, "I leave class more relaxed than when I came in. I am always more relaxed."
- Betty Schaefer says she enjoys "getting our bodies ready to let go and relax. It really is OK."

Our class is simple, fun and relaxing! No special attire is required—come as you are! We sit in regular chairs and our class is not physically demanding. We learn about the effects of unrelieved stress on our bodies, minds and emotions and

practice relaxation techniques that are easy to use and remember.

We learn what is actually happening in our bodies when the well-studied "stress response" is activated and how we can activate the well-defined "relaxation response" ourselves to neutralize stress. Come find out why many of our class members have been attending this class for years!

This free class is held in the small activities room on Tuesday afternoons at 3 p.m. The small investment of your time will deliver wonderful benefits for your health and wellbeing!

—Ramona Young Grindl

Store Team Members Are Residents of the Year



Cathy Thomson, Marianne Siembieda, and Lynn Ridgway

At the Town Hall meeting on February 27, Lynn Ridgway, Marianne Siembieda and Cathy Thomson were named 2016 Residents of the Year (ROY). They were chosen from more than 30 residents who were named on ballots submitted to the PVE Past Presidents Club (of the Resident Council). Lynn, Marianne and Cathy work tirelessly to make sure the Store is stocked with items we like to buy. They also run the periodic estate sales throughout the campus and manage all this plus their warehouse daily. The proceeds from sales go to the Resident Council Operating Fund and last year amounted to close to \$50,000.

Their picture will be posted on the plaque outside the Club, joining 14 past ROYs. If you see Lynn, Marianne or Cathy, say thanks and congratulations. They are each very deserving of the title of Resident of the Year.

—Bruce Bartels

Talking Back to Voicemail

My husband and I signed up for the “No Call” option to block unwanted callers on our phones. In recent months, the system seems to have broken down and we find ourselves receiving garrulous messages from an assortment of callers. Now when a message has arrived during our absence, we check for authentic messages and scream and rage (at least I do) at callers as the voicemail chirps on and on about free trips or scolds us an IRS infraction we supposedly committed.

I recommend my solution, talking back to the voicemail as a grand stress-reliever. Here are some examples of my impromptu rants.

Caller: Congratulations! You have been selected to receive a free, all-inclusive weekend in Palm Springs, CA. All you have to do is . . .

Me: You idiot! Don’t you know that allergies from all those date palms and the particulate matter stirred up by earth-moving machines constructing condos bring on an asthma attack!

Caller: Call immediately. Hurry, this offer is limited! . . .

Me: Right – limited to morons who have nothing better to do than spend a weekend listening to a sales pitch for a time-share.

I assume that most of us have been deluged by offers of solar panels, air duct cleanings, new roofs and other plagues of homeowners’ lives for generations. But now we are no longer *homeowners*. We are *contracted CCRC dwellers!* Here is one way to rage at the message machine when these calls are received:

Save These Dates

- Apr 01 • April Fool’s Day
- Apr 09 • Palm Sunday
- Apr 11 • Passover (start)
- Apr 14 • Good Friday
- Apr 16 • Easter Sunday
- Apr 18 • Passover (end) – Tax Day – Outing SFMOMA
- Apr 22 • Earth Day – Outing Diablo Ballet, Napa Lincoln Performing Arts Theater
- Apr 27 • Outing Aerospace Museum featuring Da Vinci exhibit
- Apr 28 • Arbor Day

Little Rosebud

Little rose, why are you there?
Upright, your stem supports you,
Bound by your roots to Earth,
Alone, face to the sun.
A pink so soft, so pure,
What glistens on your delicate petal?
Too late, too dry, too warm for dew...
A tear, weeping a silent sorrow?
Are you waiting to be rescued?
Hoping someone will cherish your
perfection,
Accept your fragile form?
Savor your fragrant essence!
Don’t hide your thorns!
They protect you!

—Karel Hedrick

Caller: This is Jennifer with Solar Solutions? I represent a respected company of home improvement professionals? I’m calling to tell you about the foolproof solution for your heating bill?

Me: So, Valley Girl who ends every declarative sentence in a question! My “foolproof solution” is to call the Maintenance Department to adjust the thermostat. So how about that?????

It is hard not to shiver in apprehension when the stern voice notifies us that we are being hunted down by the IRS because we cheated on our taxes. I freely admit to a *frisson* of fear when that voice is part of a voicemail. But with my plan of frontal attack on a land line, the fear can be overcome in a few words.

Me: Listen to me, you fugitive from a language-made-easy computer program, I know where you live!

Caller: You can avoid prison by sending a money order immediately to . . .

Me: I can avoid prison when the jury finds me not guilty of illegal entry when I track you down and put a serious hurt on your phone banks!

There, don’t you feel better already? With just a few creative phrases you’ve managed to relieve stress, learn new ways to argue creatively, and put that irritating voice in its place. No need to thank me effusively; I consider it a public service.

—Liz Wildberger

Characters I Have Known, Part I

My maternal grandfather, George Francis Donahoe, was born in Sioux Falls, South Dakota to Catholic parents whose ancestors came to the U.S. from Ireland. They were successful farmers and ranchers. My grandfather never finished college due to his wild life as a young man, but he did graduate from St. Thomas Prep School in Minnesota.

There are lots of stories about my grandfather, the most famous being the time on St. Patrick's Day when, as a young lad, he painted his father's favorite quarter horse orange and blamed it on Sven, the Swedish overseer of the farm. My great grandfather was so furious he took a gun and threatened to shoot Sven. It was then my grandfather had to confess that he was the culprit.

My grandfather was the older of two sons, which certainly did not explain his rambunctious behavior. His younger brother was one who followed the rules and ended up a very successful doctor who started a well-respected clinic in Sioux Falls and inherited the family farm. Conversely, as a young man my grandpa lost his inheritance gambling in New Orleans. His brother was hardworking, sober, rather dull. My grandpa was charming and fun with a wicked sense of humor

Although he had been successful, he lost everything in the Great Depression. He moved his family (my grandmother known as Bess and my mother Julie) to Los Angeles from Detroit. He went to work installing electric lines and, when he could no longer do that, he was a meter reader in Los Angeles.

When they moved to California, my mother met my dad, married, and produced my sister and then me. At the age of one I contracted osteomyelitis. My grandfather became my champion in all things. He had an Irish setter and that wonderful dog became my protector. They would put me in a playpen on the front lawn and the dog never let anyone near me except family. My grandfather took me everywhere, huge cast and all, with the Irish setter in tow.

Grandpa is responsible for first putting me in a car and going for a ride. That began my

everlasting wanderlust and love of car trips. I didn't walk until I was three years old and, by that time, I had to wear a clunky brace. My earliest recollection is the day I took my first step. Parents and grandparents were sitting in the living room. I pulled myself up using a coffee table, turned and walked first to my grandfather. Then I am told I said, "and now to Daddy." My mother got up and walked out of the room.

My beloved grandpa died when I was only five years old, and I'm sorry I didn't have him in my life until adulthood. My memories and the stories my grandmother told me created a larger-than-life character in my mind. I have been content with that.

—Carole Morgan

Precipitation at PVE

For the first time in nearly a decade, the Glory Hole (spillway) at Lake Berryessa is spilling over. The lake is at full capacity. Lake Berryessa is the largest lake in Napa County. The reservoir in the Vaca Mountains is formed by the Monticello Dam, which provides water and hydroelectricity to the North Bay region of the San Francisco Bay Area. It has a storage capacity of 1,602,000 acre-feet, making it one of the larger reservoirs in California. Lake Berryessa is named after one of the first Spanish settlers in the area named Sexto "Sisto" Berrelleza, pronounced "Berreyesa." This was later spelled "Berryessa." He received a land grant from Mexico in 1843.

The average rainfall at PVE recorded at two locations (Charlie Ridgway on Peace Court and Cliff Kunkel on Independence Drive) from February 16 through March 15 was 6.25 inches.

Total for this year is 44.75 inches. Last year we had 10 inches of rain from February 16 through March 15. The total precipitation for all of 2016 was only 28 inches.

Weather fact: There are an average of 258 sunny days per year in Fairfield. The average in the U.S. is 205 days.

—Cliff Kunkel

Mothers Know Best

When I was a child, my favorite time of day was after my paper route was completed. It was that special quiet time before dinner. Mom had laid out a sandwich and a glass of milk, while I shared my day—the sun was in the west and made warm shadows across the room. Then I curled up on the floor, in front of our old Magnavox radio and listened to my favorite serial—*Jack Armstrong, the All-American Boy*, *Tennessee Jud*, and *Captain Midnight*.

If one of my brothers interrupted my favorite time of day and came in the dining room, the rule that I made was “Sit and be quiet; if not, please get out!” My father, occasionally getting home from work early, would come by to remind me that all these actors were standing around in a radio sound studio, perhaps even shaving. They were not riding on the dusty range getting their mouths full of filth and dirt. My two younger brothers also tried to dampen my enthusiasm but were not as convincing as Dad.

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Did You Know ?

Many residents receive *Elysian Fields* in color each month without searching the PVE website. To be included in this group and receive *Elysian Fields* in color delivered to your email in-box:

- Send an email request to brucebartels@comcast.net.
- Indicate whether you still want to receive the printed black and white copy in your in-house mailbox.

You will be added to the list and receive your first color copy by email next month.

This encouraged me to investigate these stories for their content and accuracy of story. Mom encouraged this research, not to ruin my fantasies, but wanting me to be curious and accurate about the stories. She got out her old Smith-Corona typewriter, showed me how to put in the paper, set the margins, and began to type a business letter, stating that it had to be a serious endeavor, asking these cowboys to divulge their “secrets.” Mother seemed to be more involved than I was, stating that “We must get to the bottom of this!” As I stumbled along, trying my best not to have too many mistakes, she pulled out the newspaper to check for the address of the American Broadcasting Company.

She showed me where to place the internal address, centering it carefully at the top of the letter. The letter looked quite businesslike by the time we were finished. I remember that first class stamps cost three cents each; therefore, it was very important to get everything correct. This seemed like big time (a postcard stamp cost a penny) and sending my letter first class in a sealed envelope was quite important.

This was certain to get their attention, we agreed. We also agreed that we wouldn’t share our investigation. It would be our secret until we got some response—positive or negative.

—David Rausch