

Elysian Fields



January 2023

The Official Paradise Valley Estates Residents' Magazine

Volume 26, Issue 1



25 YEARS AND COUNTING...



Gala Celebrates 25th Anniversary

Residents were dressed in their finest for the annual Holiday Gala held on Friday, December 7, 2022. This annual event was highlighted by combining it with the celebration of the 25th anniversary of PVE. Gathering early in Rawlinson Hall and the Main Dining Room residents enjoyed champagne and passed hors d'oeuvres.

Following an introduction by CEO Kevin Burke, a special video honoring our PVE Founders was shown. The video which featured several of our founders speaking about the early days of PVE and what they liked about living here. There were “flash backs” showing many of the founders from early times. Those of us who know them today were surprised and pleased to see them pictured back in 1997-98 when PVE was in its infancy. The video can now be found on Pulse.

With everyone seated, dinner service began with a butter lettuce, spring mix, endive salad followed by crab Imperial crusted beef tenderloin, garlic mashed potatoes and baby carrots. Dessert was a Belgian chocolate Mousse Cake which was a perfect finish to the meal. Each table had wine available. The table



decorations were particularly beautiful this year done in silver and blue especially for the 25th anniversary. Each place had a “favor;” a split of champagne wrapped in silver and blue paper and tied with a blue ribbon and a small circular sign which read “25th Anniversary Holiday Gala.”

During dinner in Rawlinson Hall the music was supplied by The Point of Rerun Group. After dinner they played for dancing.

There have been many changes over the 25 years that PVE has been around, but the original concept remains unchanged. As the NCROC Board said many years ago, PVE was designed to nurture independence, promote wellness, preserve dignity, and protect individual rights.

—Bruce Bartels

Editors' Note

As we look ahead to 2023 and celebrate the 25th anniversary of PVE we wanted to have this issue of *Elysian Fields* be special. Not only would we write about the annual Holiday Gala, but we would cover the 25 years that span the life of our wonderful community.

Then we looked at all that has happened over those 25 years and decided we could not possibly cover everything. So, what could we do? In this issue we are trying to give you a look at the past, the present and the future.

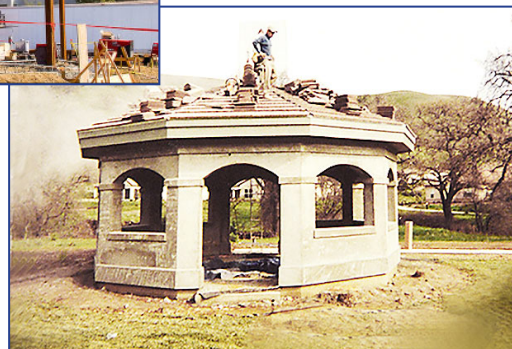
The past is covered with remembrances by past presidents of the Resident Council and those of a former NCROC board president. The history of bocce and dining at PVE, an interview about the beginnings of the golf group, the Moaners and Groaners and how the Termites got started are also covered.

Representing the present, you will find many of the things you read about each month, including what's going on at the Creeks, the Beacon award, Move-ins and Remembering, poems, limericks and trivia, and much more.



The future is always more difficult to predict, but we have two articles about the future of PVE, both near term and further into the future. One by the president of the Resident Council and one by the CEO. Of course, these are “best guess” views, but they give us a glimpse of what might come.

So, what have we missed about these past 25 years? Plenty! The surrounding photos show some of it. Like the construction of the De Long Main Gates and Pavilion, the construction of Quail Creek, Deer Creek, the parking structure, the dog park, and more recently the 6000 area. We now have



two time capsules on PVE, the first to be opened in 2037. We hope some of you will be there for that event. How could we forget the two wildfires that came up close to and then onto our property. And COVID-19, that changed the way we lived here. PVE Pulse moved us from the paper age into the technology age. We are sure each of you can name several more things that happened that we have not mentioned.

During the 25 years we have had 892 residents who are no longer with us. They have moved on to paradise. We need to remember them as we think about all the things that have happened in our past 25 years at our Paradise.

—Bruce Bartels and Carol Moore



Golf News

This month golf news did an interview honoring Walt McDaniel, who turned 100 years old on December 12, 2022. Walt has been actively involved in the PVE golf club since arriving here in 2006.

Q. When and how did the PVE golf club start?

A. In 1997, PVE golf started with two foursomes. In 2006, I arrived at PVE and joined the club. They immediately nominated me as Chairman. Uncertain about my qualifications, a match was arranged between me and three other members, and I won the match and became PVE Golf Chairman.

Q. Who are the original members of the PVE golf club that still live here?

A. John Gearhart, Don Herington, and Warren MacQuarrie.

Q. When did the after-golf meetings and dinners start?

A. Originally, golfers met in the Club and by 2012 had outgrown the Club and moved to the 500 room where it changed to after-golf dinners. Since 2015, continuing growth required dinner meetings be held in Rawlinson Hall.

Q. When was the name of PVE golfers changed to Moaners and Groaners (M&Gs)?

A. In 2012, as more interest and membership grew, the group was renamed the Moaners and Groaners, and I started giving out awards and prizes. In 2013, Ben Montoya arrived. Ben had created a golf trophy in his senior year at the Naval Academy. He donated the trophy to PVE, and it was awarded each month to the golfer who displayed all around good sportsmanship. The trophy has been retired to the cabinet in the hall by the Community Center Café.

Q. Tell us about the closet where you keep the “giveaways.”

A. My office closet, aka Fiber Magee’s closet, holds a variety of items, including wine, spirits, golf balls, golf towels, trophies, golf tees and more golf balls.

Q. Where do the “one of a kind” pins come from?

A. They are donated by residents or purchased at a PVE store. Recently, PVE Marketing donated a box of pins for the cause.



Q. Tell us about the PVE putting green where monthly tournaments are held.

A. PVE originally had a small 9 hole putting green that deteriorated over time. The present putting green was built in 2015 and is about three times the size of the original one. I took part in the planning, design, and determining size and hole locations.

Q. How many putting tournaments have you won?

A. Four in the past year.

Q. What are your favorite memories of golf at PVE?

A. I have two, both at after-golf dinners in Rawlinson Hall:

1. With outside guests present, I had Dave Allard give a golf lesson on stage. He was demonstrating the approach shot and the drive when I continued the meeting, leaving Dave in his back swing.
2. We had a Western Theme and I asked Dick Feaster to form a Quartet, “Sons of the Sons of the Pioneers” to sing “Home on the Range,” reworded to fit the occasion.

Thanks, Walt, for all you’ve done to make golfing fun here at PVE.

—Estelle Holway

Those Christmas Cards

Those awful Christmas cards have all arrived!
From long-lost friends who will not be denied.
“Hello, all our grandkids are in Harvard or Yale!”
While we have one at home, the other in jail.
Hurt while driving drunk; but he has survived.

—Bill Rawlinson

History of Dining at PVE

Elysian Fields sat down with David Kalbaugh, Director of Dining Services to ask about the history of dining at PVE. David arrived at PVE as the initial construction was being completed, coming here from his position with a hotel and brought with him some of his hotel dining staff to help with the startup operations.

David developed the first menu in October 1997. They held a large dinner for the construction crew and their families to celebrate completion of PVE in early November and served the first meal in the main dining room to residents on November 15, 1997. The first menu was a “full choice” menu similar to the new “always available” menu in the Oak Room. Initially, there were only about 25 residents, but PVE was full within a year.

David said the early galas were “themed.” See the Dining Services article from the December 2022 edition of *Elysian Fields* for a more detailed description of these events. Dining handled the decorations for the galas initially but soon turned that job over to Marketing. In 2007, Dining once again took over the decorations with Wellness and Convention Services, and we can all see what a wonderful job they have done. Note some of the photos in this *Elysian Fields*. David is the artist who makes the ice sculptures for the galas. Another of his talents.

Since David’s arrival, there have been five executive chefs at PVE with Michael Quinn filling that position now and four Dining Room managers. Christopher Chitwood is the current manager.

When Quail Creek was constructed, David designed their kitchen. He built it to be expandable since he was unsure what the future would hold for dining. With the addition of Deer

Move-Ins since the Last Issue

Sara Isadore
6204 United Circle
From Fairfield, California
Referred by Jan Hewitt

Remembering...

Warren Stimpson

Loving husband and father
Arrived: September 2022
Departed: November 22, 2022

Robert “Bob” DeNike

Loving husband and father
Arrived: August 2018
Departed: December 03, 2022

Leonardus “Leo” Van Putten

Loving husband and father
Arrived: September 2019
Departed: December 06, 2022



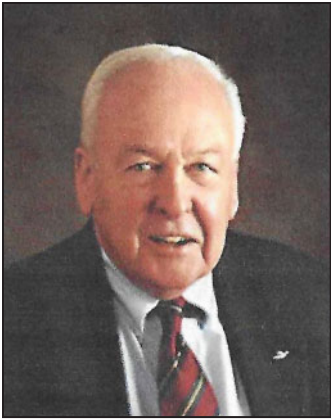
Creek, the Quail Creek kitchen was able to handle the increase in diners.

Four years of planning went into The Ridge (6000 area) dining areas. The main kitchen in the Oak Room is state of the art and includes many new and unique concepts. The pizza oven is used to support some hot appetizers as well as the weekly pizza now on the new menu.

With the advent of COVID, David had to immediately reorganize his dining operation for home delivery. He built an entire production facility with all the support functions to deliver an average of 350 meals each day. He said initially it was a real scramble, but the results were everything he had hoped for. They needed to order paper and plastic products for packaging the meals, and he kept track of those products daily with a goal of having 20 to 30 days’ worth on hand at all times. David summed it up by saying “It was quite an operation.”

Now he operates four kitchens that supply meals to all PVE residents. David is proud of the work his team does to feed us. When you get a chance, say “thanks.” It’s been an interesting 25 years and he is looking forward to what’s ahead.

—Bruce Bartels



A Look Back

At about this time of the year 15 years ago, preparations were being made for a celebration of Paradise Valley Estate's 10th birthday. As chair of the Northern California Retired Officers Community (NCROC) Board at the time, I was asked to write a brief article on how PVE got started. Since my predecessor, Major General John

Collens, NCROC's first chair, had recently written the *History of Paradise Valley Estates* (available on Pulse), I chose to address the founders' visions and their goals. I'll restate them for you now.

Their vision: "To develop a property designed to nurture independence, promote wellness, preserve dignity, and protect individual rights." Their goals: "To be a premier continuing care community by excelling in care and services, providing ample, well-trained personnel in a cost-effective manner to meet the needs of that community."

At that 10-year point, the consensus of the residents, our hard-working team members, and the board was that both the vision and goals had been met and were being maintained. But not mentioned in either was the fellowship and comradeship that developed among

residents from all points in the United States with varied backgrounds in many interesting endeavors. On their own, the residents led the way in developing the social community, established such groups as The Hot Flashes (a ladies dancing team), the Termites (you all know who they are!), and many other fun groups and activities. Then, with management's approval, the Resident Council established committees to assure that the needs and wishes of the residents would be heard. Quail Creek, an additional bocce court, an upgraded putting green, a Remembrance Garden, and, yes, even a dog park are but some of the improvements made at residents' request.

Now, as we celebrate our 25th birthday, PVE remains the same: offering quality living with fellowship and comradeship and a certain charm all its own. The future at PVE is just around the corner and will bring new facilities for all to enjoy. While management and the team members have provided the comforts we seek and enjoy, it is you, my fellow residents, who have created the friendly, happy atmosphere that makes PVE such a wonderful place to live. So, pat each other on the back. You all have done a great job of making our home into a Paradise. May it forever be that way.

—Colonel Paul Bergerot, USAF (Ret)

Moon Set

No longer night
Nor not yet day
From his revolving perch
Moon watches

As the indigo sky
Shimmers into silver
And, one after another
Bright stars wink off to bed

As timid sky blue
And shy shades of blush
Gain courage, start to sing
In Sun's growing light

As the earth's children start to stir
Moon smiles, slowly fades away
Sliding under horizon's blanket
For a good day's sleep.

—Sharon Goldman

Photo of the Month



The last Double Delight rose of 2022. If we could just convey the true beauty of this rose: the exquisite fragrance!

Merry Christmas and Happy New Year from Fred Barthmus.



A View from the Top

I have always been impressed with the foresight of the Paradise Valley Estates board. In the early 2000s, I was senior vice president of retirement living services in Hartford CT and had an opportunity to review

the startup of Paradise Valley Estates and speak to executive director Ron Ridley. It was my first awareness of the great community the board had imagined 10 years earlier. Fast forward to 2017. I had just completed a 12-year engagement with North Hill in Needham MA. The campus was 25 years old when I became CEO. It was falling behind in the market, and faced new competition. Occupancy was dropping fast, at one point reaching 72% with nearly 70 unoccupied units. The most direct competition came from a new campus called New Bridge on the Charles, a large, \$660-million CCRC about three miles away. We had a big challenge ahead. Ten years later, we were number one in the market and achieving better than 95% occupancy.

When I arrived at PVE, I saw a similar situation. The campus was aging, and the board had begun expanding to eight adjacent acres that became The Ridge. It was part of a long-term strategy to remain relevant in an ever-changing environment. The goal was to expand the number of independent residences and thus the entrance fee pool. This would enable funding of renovations at the existing campus. With the additional 6000 area residences and amenities, the opportunity to update and reimagine the existing campus was possible.

Without the Ridge, many amenities would have had to be shut down for an extended period,

severely restricting our ability to serve residents. The campus would have been difficult to market to new residents with major areas out of service.

Looking to the future, PVE is well positioned to accomplish the goal of revitalizing the campus. We have established an interim plan to update areas such as Wellness while increasing occupancy of the existing campus and the new 6000 area. Residents will have a wide variety of activities and services available during this period of rebirth. In coming years, we will have the financial ability to recreate the health care and hospitality services to make our campus “state of the art” and unlike any other senior living community in the region.

I am excited about the future of PVE and looking forward to the journey we are on together.

—Kevin Burke, CEO

It’s New! The PVE Speaker’s Forum: ‘Tell Us Your Story’

PVE’s best assets are its residents. Their wide-ranging life experiences can’t be captured over a casual meal or coffee at the café so we want to hear their stories in detail. Our residents have rich and varied careers, interesting hobbies, and unique talents that should be showcased for all to hear. We are asking you to “Tell Us Your Story.” via a speaker’s forum created by the Wellness Committee to highlight these stories periodically.

The next Tell Us Your Story spotlights Sy Karfiol, who will share his very personal and riveting Holocaust experience. This talk will be given in Rawlinson Hall on January 16 at 2:00 p.m.

Tell Us Your Story events are posted on Pulse and will be recorded and made available as videos. If you miss a speaker or want to hear one again, go to the Pulse menu, scroll down to Documents and Social, and select Videos.

Recent speakers who have shared their stories include Chris Moore, a tennis umpire interviewed by Susie Parrish on November 17, 2022. Dan Dougherty’s October 18, 2022, talk recounted his World War II experiences in the liberation of Dachau concentration camp and is available on video.

—Ali Corbett

Time to Go Skiing

The slopes are packed with fluffy snow.
And “Triple A” sez, “Please drive slow.”
This news only gives me pains,
I can’t afford a set of chains.
I just sit and watch a late night show.

—Bill Rawlinson

Looking into the 2023 Crystal Ball

Forecasting the future is always perilous unless your audience is generous in understanding that, as Robert Burns put it, “the best laid plans of mice and men oft gang aft agley” once they meet reality. Recognizing that restriction, here are some things what we might expect in 2023.

Toward summer, our Wellness areas will be consolidated in one area with new equipment for strength and cardio exercising. A juice and refreshment bar will add to the atmosphere in a relaxation area. This was identified by residents and Marketing as a high priority for current and prospective residents.

A power purchase agreement has been negotiated as the first step in adding solar power generation capacity. The agreement locks in lower commercial power rates for PVE. Solar panels will be added to areas of major roof space such as the apartment buildings and Community Center. In addition to being an environmentally friendly project, it will save PVE \$100,000 to \$400,000 per year on power costs.

Improvements of the trail along Laurel Creek will advance a step further with beginning engineering design work as the next step in obtaining permission from the city to move ahead.

The Resident Council will see changes as its financial record keeping is digitized, allowing monthly reports to be generated for each organization receiving funds from the council. Better financial reporting will help organizations manage their budgets and make better use of funds generated by the estate and Store sales.

We hope to provide better informed conversations between the council and residents through monthly Coffee with the Council. These discussions will allow the council to stay more in touch with residents.

We all like to see exciting things happening. Some take longer to work through the system, which includes the board, the City of Fairfield, and the design and implementation process, than others. We ask your patience and understanding as we move forward through regulatory obstacles. In turn, we join you in the excitement of new projects being completed during the year. On behalf of the Resident Council, I would like to take this opportunity to wish everyone a prosperous and fulfilling New Year.

—Bob Epperson

Mighty Oak

How many times have the birds
Nestled in your boughs
And sung their joy to the world?

How many times have the squirrels
Dashed up your trunk
And played upon your limbs?

How many times have the residents
Sought out your shade
And taken solace in your serenity?

How many times have your leaves
Fallen at your feet
And praised your glory?

—Sharon Goldman

Americana Trivia

Now that Christmas is over, let’s see how much you know or remember about December.

1. What major country officially banned Christmas for 13 years?
2. What performs much better, on average, in December than in any other month?
3. December always starts on the same day of the week as which other month? And ends the same as which month?
4. Which state was the first to officially recognize Christmas?

—Your Patriotic Committee

answers on page 12

Snow in the Sierra

Who’s the guy with a heavenly connection
That gives low pressure a specific direction?
That dumps at least four feet of snow,
And picks the place where it should go,
But all on I-80? I have a strenuous objection.

—Bill Rawlinson

Resident Council Past Presidents Look Back

We asked the living Past Presidents of the PVE Resident Council to name the biggest achievement, success or change to campus that happened during their tenure. Here are their responses.

Spike Flertzheim (2010/11) The Resident Council By-Laws at that time had no provision that the vice president would automatically become president if the president died. Although we completed the by-law revision on “my watch,” it did not get ratified because we ran out of meeting time in October. I assumed that incoming President Mike Michael would get it approved at his first meeting in November. He apparently forgot. There was no December meeting, and Mike died in January. Having no succession guidance in the current by-laws, I took the “extraordinary” step of personally convening the council in January as the “president pro temp” so it could elect Vice President Dick Feaster to become the president. I yielded the chair to Dick, and the council approved the new by-laws. Succession crisis averted.

Dick Feaster (Feb 2012–2012): The council got a major update to Rawlinson Hall with the installation of a new stage, curtains, stage lights and new sound system. We also instituted a three-year term limit for PVE committee chairpersons.

Bruce Bartels (2012/2013): I became president of the Resident Council in October 2013, during my second year on the council. This was due to the

death of Mike Michael, the scheduled president, and the selection of Dick Feaster as president. I became vice president in my first year and president in my second year. We helped fund the beginning of the Chimes, completed work on the transformation of the resident garden into the community dog park, began the Fisher House golf tournament, completed work on the Sanctuary Room in Laurel Creek, sponsored a Benevolence Fund Challenge where the council matched donations of residents’ dollar for dollar and donated more than \$12,000 to the fund. We also sponsored new lighting in the Club to improve the lighting on the walls and displays.

Renee Smith (2014/2015): Our most important accomplishment was the implementation of California Assembly Bill No. 1751. This required us to develop a slate of three resident candidates for submission to the NCROC Board. The board had to select a voting member to serve a term on their board. They chose Chuck Smith and he served successfully until the recent election of Marie Smith.

Margot Murphy (2015/2016): The council’s team effort during the year resulted in a house being demolished to make room for a parking garage that was completed, construction started on Deer Creek and preliminary drawings were presented to the city for 6000s construction. We sat in on Focus Groups to define more detailed design options and we sat in on NCROC interviews with

recruiters in search of a new CEO. We donated \$10,000 to build the second bocce court and we suggested CAPEX projects to management including priorities.

Jack McNichols (2016/2017): Easily the most significant effort of this Resident Council was full participation with the NCROC Board in the process of interviews and selection of a new PVE CEO in June 2017. This effort extended to welcoming Kevin Burke and his family and arranging his introductions to Committee Chairs, Past

Welcome to the New Year

2022 is behind us and was a tribute to our endurance.

As Seniors, we have completed it with grace and assurance

We know not what the New Year brings, what challenges await us
Be it Inflation, Bear or Bull, more Pandemic; hopefully, some genius

What we do know is our nation allows us to be the best that we can be
We have been sheltered from enemy invasion by our Military’s bravery
When we are gravely threatened, we come together strongly as one
Forgoing all manner of division until our cause is won.

2023 gives us the chance to perform miracles in governing and science
Helping our fellow man is a journey renewed each year, no dalliance
Perfecting the support of aiding others will always take the prize.
A New Year’s resolution not to break but realize.

Happy New Year to You and all of your Loved Ones.

—Joanie Cloughesy

RC Presidents, and other residents involved in community governance.

Jerry Martin (2017/2018): Several members of the RC participated in a multi-day meeting of the NCROC Board. The purpose was to develop a strategy for PVE for the near term. Residents of PVE were evacuated because of a fire that came down the hills and jumped onto the campus. The responders extinguished the fire, and no one was hurt. The PVE team members were especially helpful with the evacuation. Work began on the development of the Ridge project.

Bill Fernow (2018/2019): The following accomplishments exemplify the Resident Council's success: coordinated with management in providing funding for the Memorial Garden, consolidated philanthropy and fundraising efforts into a new Philanthropy policy committee, formed the Welcome Home Committee, established guidelines for the Resident Council Operating Fund, and improved resident communication with the Council including holding a public council meeting.

Sally Gripman (2019/2020): An unexpected challenge was our response to the global Covid pandemic. For us visual learners, a six-foot long curtain rod with a red, white, and blue bow helped us know how far apart we needed to stay from each other. Twice weekly live-stream updates on PVTV with local statistics plus the parodies sung by former members of the Resident Council helped to bring some smiles. Beginning the Arts Advisory Group and the Land Use Committee were long-term changes to update PVE. The council added five benches for resting along the proposed Creekside walking trail.

Doug Fisher (2020/2021): The primary achievement was taking the Founding Residents plaque out of storage and placing it in a place of honor in the entryway to the Community Center. We succeeded in making the location focus on the plaque rather than including other items on that wall that would have taken away from the importance of recognizing those who risked a lot to make PVE a reality.

Jan Heise (2021/2022): The initial focus in 2022 was to reopen programs suspended during Covid, such as the Officers Forum and New Resident Orientations and to address a financial shortfall due to limited use of the Store and estate sales.

Later efforts focused on facilitating PVE funding to resident lead programs.

The late Edwin "Mike" Michael (2011-Jan 12, 2012) and Dave Allard (2013/2014) also presided over the council.

Kevin Named Top CEO

Every Year the International Council on Active Aging -ICAA recognizes the Best in Wellness with the ICAA Beacon award.

The award honors senior living communities, community centers and CEOs whose achievements and innovations show a dedication to fostering thriving wellness cultures. This year, PVE's CEO Kevin Burke was named one of the top five wellness CEOs in the nation.

We are thrilled to recognize this outstanding commitment to enhancing the lives of older adults through a thriving wellness culture. The value of Wellness across the organization impacts the bottom line as Wellness increases length of stay, resident independence, and encourages residents to lead and plan activities to build collaborations and partnerships in the community. Our PVE Chorale is a prime example of this partnership with community groups such as Solano Winds. Wellness also reduces resident need for care and has a focus on prevention which improves independence and the overall wellbeing and satisfaction of both residents and team members.

The ICAA NuStep Pinnacle Awards are presented to CEOs that partner with residents, members, clients, and staff to create relevant, meaningful opportunities that empower people to live better longer. Kevin was presented his award at the Town Hall Meeting on November 28, 2022, with resident council President Bob Epperson and Wellness Director Jan Olson joining in the congratulatory presentation ceremony.

—Jan Olson



Love Birds

A catchy but rather strange headline in the January 1981 *AF Times* that featured two PVE residents and got tongues wagging:

KAPAUN AS, Germany—The reason this pair is trying to cut the cake with those funny-looking swords, you see, is that they just became colonels. It may be the first time in the Air Force that a husband and wife have pinned on their eagles the same day. He is Colonel Joseph R. Alexander, deputy chief of staff for technical plans and requirements of the European Communications Area (ECA). She is Colonel Darlene K. Brewer, 17th AF deputy commander for communications and air traffic control matters and commander of the 2134th Communications Squadron at Sembach AB. They met as students at Armed Forces Staff College in 1975 and were married two years afterwards. The new colonels were “pinned” by USAFE Commander in Chief General Charles Gabriel, center. At left is ECA Commander Brigadier General John Paul Hyde and at right is 17th AF Commander Major General William E. Brown.



Generals Brown and Hyde had planned separate ceremonies but General Gabriel heard about the plan and foiled it, announcing a single ceremony with him in charge; Generals Hyde and Brown could come and watch. And so it was.

Now for the rest of the story

Our being married was not common knowledge. I maintained my maiden name, and Joe contended it was best to keep my maiden name: in case *YOU* screw up, I don't want folks to think it's me." Words (nice words) can't describe my response. Let's just say he regretted it. Anyway, except for our staffs and a few friends, few knew we were married. That led to interesting encounters, but that's another story.

—Darlene Alexander

Quail Creek

Happy New Year! During January we will be highlighting Chinese New Year and Martin Luther King Jr Day. We will also be having another lunch party but featuring KFC this time. We're heading to a Chinese restaurant for lunch. And we're having a Tea Party as well! Of course, we have our Monday shopping, but this month it is to Trader Joe's, Walmart, JC Penny's, and Barnes and Noble. Then, of course, our regulars such as bingo, blackjack, happy hour, Scrabble, manicures, chair yoga, chair volleyball, iN2L trivia, travel, and daily morning exercise.

—Ariana Jenkins

Save These Dates

- Jan 01 | New Year's Day
| Kwanzaa Ends
- Jan 06 | First Friday in the Club
- Jan 09 | Holocaust Discussion with Sy Karviol
- Jan 12 | Safari Presentation with Dick Feaster
- Jan 16 | Martin Luther King, Jr. Day
- Jan 18 | Corkers Wine Tasting and Making
| One Day University
- Jan 20 | Veterans Group meeting.
- Jan 22 | Lunar New Year Celebration
- Jan 26 | DeYoung: Ramses the Great, Part 2
| MOAA Meeting
- Jan 31 | Great Decisions

Termites Have a History at PVE

In 1995, Haskell Corp advertised that the future PVE would have a woodshop. Fast forward to 1997 when the first residents started to move in and Patti Luccioni from Marketing asked where the shop was located. An embarrassed director of construction said he would get back to her. He realized there was no space designated for a woodshop. After walking the campus and looking at all the common buildings, he decided Maintenance did not need as much space as they had. He had his crew build a wall and carved a chunk out of the already small maintenance space that would become the woodshop. It was 800 square feet with numerous electrical outlets and blank walls. No cabinets, no equipment, no benches, and no dust collection system. A 12-foot by 66-foot space.

Residents interested in the shop and in establishing a woodworking organization began to put it together. A plethora of power tools and hand tools were donated. It soon became apparent that the shop could not handle all the donated tools. Letters were sent to school districts and universities offering to sell excess tools at bargain basement prices, raising several thousand dollars. That was how the dust collection system was purchased.

The earliest Woodworkers were George Yeoman (called the Termite Godfather) and Frank Williams. They formed PVE Woodworkers Association in March 1998 (a week before the Resident Council was official). At the first annual meeting in October, the 27 members voted to call themselves Termites. When Patti first heard that PVE had Termites, she

was aghast. She was informed that the woodworking organization called themselves Termites.

One of our longest surviving Termites is Bob McCoy. He has been a Termite since 2005. He was a gifted craftsman who made some notable contributions to

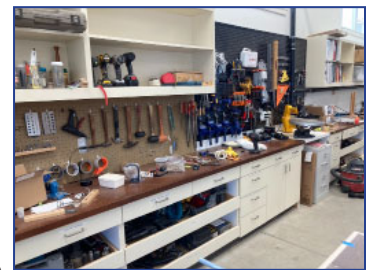
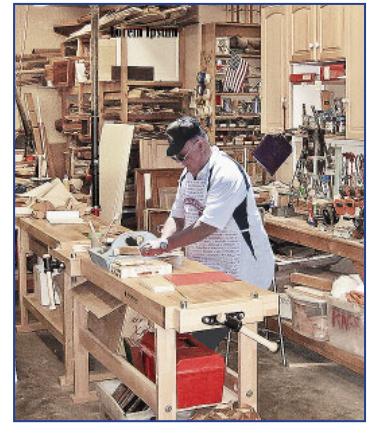
PVE. The coat rack outside the Dining Room, the lazy Susans in the Dining Room, the check-in stand for the Dining Room, and the podium in Rawlinson Hall are among Bob's creations.

In October 2021, the Termites began moving into their new home at the Ridge. It took six months to complete.

Before any equipment was moved, a dust collection system had to be built. Ed Vacin designed the entire system and the layout of the power tools. Over the next four months, Ed Vacin, Duane Kromm, and Bob Lunning built the dust collection system. They used the old dust vacuum and a new one PVE supplied. Wolf Schaechter and Ray Silva were instrumental in the actual move and set-up of the shop.

The new Termite shop is open for business. You can see the difference between the two shops in the photos: Bob McCoy in the old shop and layout of the new shop power tools.

—Bob Lunning



Americana Trivia Answers

1. England.
2. The stock market.
3. December starts on the same day as September and ends on the same day as April.
4. Alabama, and you get extra points if you knew it was 1836.

—Your Patriotic Committee

Greeting from Laurel Creek

Happy New Year to one and all. 2023 is here and we are ready to start the year off at Laurel Creek with fun-filled activities. We started the Java music group on Thursday mornings, and the morning reading program is back. If anyone would like to share some stories and get to know residents in Laurel Creek, please give me a call. We will continue group activities for social stimulation, musical entertainment, arts and crafts, use of the iN2L system and tablets, one-on-one activities chosen by residents, and Happy Hours with music plus Face Time and Zoom calls to keep residents and families connected. We hope your holiday season is great! May you have a healthy wonderful new year. Wishing you all the best in 2023!

—Sharon Johnson

PVE's COVID Story

When COVID-19 first surged in Seattle back in February 2020, PVE directors and managers began planning for its mitigation— before the virus hit California: early implementation of COVID precautions; constant communication/ education through live stream presentations; e-mails; regular COVID calls between regulators and PVE management team; and support from our administration all contributed to preventing entry of the virus into our campus. PVE locked down in March 2020 before the state officially ordered it, which further protected us.

This year, the rules nationwide were relaxed while mutations of the COVID virus emerged and became highly transmissible even for vaccinated individuals. The entire state experienced high



community levels and transmission rates and PVE was not spared. Most of the infections occurred offsite with travelers. Completing the recommended 10-day isolation period for infected team members and residents continues to protect us from onsite transmission.

Testing positive does not automatically require hospitalization. Most of our cases

were mild and were treated at home. To date, 25 residents have been treated at Laurel Creek and 80 residents treated at home.

Surveillance testing is no longer conducted among team members since it is no longer required by law. However, those who have symptoms or have been exposed are tested.

Whether a future booster will be recommended or will be incorporated in the annual Flu shot is

yet to be determined. A winter surge is expected, so I encourage everyone to take extra precautions regardless of vaccination status to continue to protect one another here at PVE.

—Elvie Gabionza, RN, BSN

Our Christmas Dinner Party

The residents of Building 2000 came together to celebrate the Holiday Season in the 500 Room of the PVE Main Dining Room on Saturday evening, December 17. The hum and laughter of the evening bore testament to delicious entrees, dessert, homemade cookies by a resident of 2000 and an anonymous wine donor who supplied wine for the event.



Centerpieces ranging from whimsy to heirloom were supplied by Andy Anderson, Ingrid Cavanaugh, Constance Gum, Catherine Van Eyck, and Joanie Cloughesy. Attendees will be looking forward to 2023 and more celebrations of this kind. Coordinators for the evening included Dick and Jo Crocker and Joanie Cloughesy.

Christmas decorations are currently displayed in lobbies one and two of building 2000. Andy Anderson decorated the second-floor lobby and ladies of the first floor decorated their lobby. Please drop by and enjoy our decorations to get you in the holiday spirit.

The Two Thousand Building's camaraderie is in good standing. On the first and third Thursdays of the month, residents gather at the second-floor lobby to share their news and offer friendship and support to their fellow dwellers.

—Joanie Cloughesy



This was another typical hard-fought battle between two teams that are colleagues in arms as seniors graduate and become junior officers in our Armed Forces. At the close of the game, everyone rose to sing the two schools' alma maters, a longstanding tradition. This year, Army sang their alma mater last, which is the tradition in this game. That's why there is always next year! We'll see you then, Saturday, December 9, 2023.

—Army-Navy Committee

Army Wins a Sleeper 20-17

A group of 58 football fans got up early after the prior evening's Gala and met in Rawlinson Hall Saturday, December 10, to watch and cheer at the 123rd Army-Navy football game. Watching the game in Rawlinson Hall allowed everyone to enjoy viewing on three large screens with plenty of room to spread out and enjoy the tailgate before the game. The tailgate luncheon included sandwiches, potato salad, beer, and soft drinks. Some even brought wine to enjoy.

This year both teams had dismal records, but that doesn't matter in this game. You can lose them all during the season and if you win the Army-Navy game it's been a good year. The game turned into what most expected. Mostly runs up the middle which is the normal approach of both coaches with only a few pass plays thrown in. It was back and forth. There were a few plays for each side to cheer about as Army scored a touchdown in the first quarter (7-0), Navy scored a field goal in the second quarter (7-3). Navy scored a touchdown in the third quarter (7-10) and Army scored a field goal in the fourth quarter to tie score (10-10) at the end of regulation. The excitement came in overtime with each team scoring a touchdown in the first overtime (17-17) and Army sealing the deal with a field goal in the second overtime to win the game 20-17.



What's Happening at Willow Creek

Welcome to the year 2023. New Year is upon us with new opportunities. Let's try some new things to grow and learn. For January 2023, we would like to highlight our new activities at Willow Creek, such as the Java Music Group and discussion. Java Music Group is a structured peer support program incorporating emotion-based discussion topics such as gratitude and loneliness along with music, photography, poetry, and quotes.

In an international cooking demonstration, Willow Creek residents will experience various foods from different parts of the world, including food from Blue Zone areas such as Sardinia in Italy, Ikaria in Greece, Nicoya in Costa Rica, and Loma Linda here in United States. These areas are far from each other, but they all have a few things in common with regard to longevity of life and health. They follow some simple culinary rules, and this has widely become known as the Blue Zone diet.

Our daily activities are also in full swing such as the Gentle Exercise, Mindful Movement, Let's Talk, "New" Brain Fitness, Chair Volleyball, Hallway Hockey, Gardening Class, Sensory Stimulation Group activities and current events. The month is not complete without a live music concert with Kendall Osbourne along with our Happy Hour Celebration every 4th Wednesday of the month. Thank you all for supporting Willow Creek residents.

"You never know what you can do until you try, and very few try unless they have to." C.S. Lewis

—Adrian Quinones

Lesson Learned

We accumulated hundreds of pictures during our two years at the Firestone Rubber Plantation in Liberia, West Africa. We had pictures of harvesting natural rubber from the trees, pictures of trappers balancing buckets of latex on their heads, pictures of plantation villages and nearby villages with shops selling raw meat hanging on poles out front. Other images were of the manufacturing plants, hospitals, golf clubs, expatriate housing, village residents dancing, ceremonies, and Liberian and expatriate school kids.

When we returned to the U.S. after our tour, Sally's parents gave us a carousel slide projector and portable screen we could use to show images turned into slides. Family eagerly and politely watched our presentations.

We thoroughly enjoyed our first overseas assignment and the notoriety that came with it. A return to the plantation, however, did not appeal so we searched for international alternatives. We decided that the quickest and most economical way to get another job overseas was to earn a degree in international business from Thunderbird Graduate School. Early in our first semester, we were delighted to discover that we received elevated status based solely on our already having worked overseas in international business.

Dick was an older student who had been a successful bank branch manager in nearby Scottsdale AZ. Successful enough that they could afford their own house off campus rather than living in the cinder block campus apartments where you could hear neighbors unroll their toilet paper. When Dick and Connie invited us to their home for dinner and to show our slides, we were flattered and maybe a bit smug.

The day came, and we trekked to their home with projector, screen, and several carousels of slides. Connie was a very good cook, and we thoroughly enjoyed our first home cooked meal since leaving Michigan. After dinner, we showed our slides. I sat behind the projector, manually advancing slide after slide. Sally and I explained each one in detail until we came to one I felt deserved extra explanation. When I turned to emphasize the point, I saw our gracious host and hostess sound asleep on the couch.

—Floyd Gripman

Precipitation at PVE

A little history to start. In January 2020 we had a total of 7.4 inches of rain to date. In 2021 at this time, we had a total of 3.5 inches and in 2022 we had 19.15 inches to date. You remember we had a lot of rain last year since you lived through two "atmospheric river" events. So, you ask, "Rain Guys, where do we stand this year?"

We have had a total of 5.25 inches so far this year. (Written on December 21, 2022) The weather forecast is for a bit more rain by the end of 2022. When you read this, you will know whether they were correct or not.

What does that mean for us? For one thing there is some snow in the Sierra. Enough that people are skiing. The snowpack in the mountains is where we get most of our drinking water. The snow melt in the spring feeds our reservoirs. We'll know more next month when they do the first measurements of the snow depth. You may remember we spoke of La Niña in the past and said it may lead to less rain for us. Too early to tell and not time for the rain dance yet.



So where do the reservoirs that serve PVE stand at this point? Lake Shasta is at 31.6% (Last year it was 26.6%); Lake Oroville is at 29.4% (Last year 32.7%); and Lake Berryessa is at 49.7% (Last year 60.4%). We'll be back next month with an update. Let's hope we get lots of rain in the meantime. Remember, California is still in a serious drought condition.

Interesting Weather Fact: Highest Temperature Recorded on Earth is 56.7°C (134°F) at Greenland Ranch in Death Valley, California, on July 10, 1913. Lowest Temperature Recorded on Earth is -89.2°C (-128.5°F) at Vostok, Antarctica on July 21, 1983.

—The Rain Guys

Bocce at PVE — A Short History

In March 2002, Dr. John Kroyer proposed that a bocce court be built at a location behind the DeLong Pavilion. Preliminary work regarding standards and contract proposals had been done previously by John and George Yeoman. The Resident Council on April 17, 2002, authorized up to \$7,500 for the project subject to PVE Management approval. In May 2002, partial funding was forwarded to John Kroyer and an account was established to pay construction costs. John would work with subcontractors and other vendors to prepare a court for use. The contract called for a single court; the surface would be oyster shell over gravel with a sand base for proper drainage.

PVE volunteers who helped John were Harry Parker, Glen Grewe, Ted Terrill, Jack Biederman, Cletus Nelson, Bud Booth, Duncan Kelly, Jack Sorrelle, Bill Stoneberg, Peter Pamos, and John Gearhart. The oyster shell surface required a grader to level the aggregate. The cost of commercial graders was prohibitive so John took on the task of building a grader himself. It was made



of wood and steel and was approximately 10 feet wide. Improvements of the area around the bocce court also were made to make it safe for observers. In December 2002, the council approved an additional \$1,000 to complete the project. The court was dedicated and ready for play in August 2003.

After five years of use, it was determined that the amount of maintenance the court required was far more than residents were capable of performing. Therefore, in May 2009, the Bocce Committee proposed changes to the Resident Council to reduce

the maintenance required. The main features of the upgrade would be a porous cement base covered with porous AstroTurf. Several proposals were evaluated, and a company called Forever Green was selected for the upgrades. The cost was approximately \$14,000. After the Council's approval on August 15, 2009, work

was initiated, and the contract was completed in approximately one week. A key individual during the 2009 upgrade was Walt McDaniel, who spearheaded the effort. Others were John Gearhart, Bill Johnson, Bill Getz, Peter Pamos, the Resident Council, and members of PVE's staff, including Ron Ridley and Jim Mertz. The upgraded bocce court was dedicated and named in honor of John Kroyer.

In 2011, Vicki and Bill Getz donated a new storage shed and vacuum. In addition, Executive Director Jim Mertz took a personal interest in the area and approved major upgrades between the pavilion and the bocce court. Steps, handrails, benches, and beautiful landscaping were added. We now have a location that all residents can use to watch bocce and to observe the oak trees, flora, and fauna in the area. The court is especially popular during the Friday continental breakfasts offered by PVE throughout the summer months.

Bocce is the most popular activity at PVE. More than 100 residents have signed up to play every year since 2003. We are very fortunate to have such a marvelous facility at PVE.

—Peter Pamos (written in 2012)

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