

Elysian Fields

March 2023

The Official Paradise Valley Estates Residents' Magazine

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Luck (and Pluck) of the Irish

When he was 14, my grandfather, Will Welsh, came to America from the wind-swept Western coast of Ireland. Later, in America, when he told people he was from County Mayo, they would reply "God help you!" County Mayo's reputation for having the rockiest and poorest soil in Ireland was known to every Irish native. His mother had died at his birth. He had watched as, one by one, his sisters had left for America—the first saving and sending money for passage for the next. Finally, only he and his father remained in Castlebar, and when enough money was sent, they boarded a ship bound for Philadelphia. The ship docked first in Baltimore, where the sisters were employed. The young man and his father left the ship at Fell's Point and walked the few blocks to the Irish enclave of South Baltimore.

Work was available for the father at the B&O Railroad's Camden Yards as a carpenter, the trade he had practiced in Ireland.

The father bought a tiny row house on a

corner near the Yards, and the son completed his education under the Irish Sisters of Mercy at nearby St. Peter's School. The little row house still stands 127 years later.



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It escaped being leveled when the Oriole's Camden Yards Baseball Stadium was built because it was so close to the Yards that it was left standing to add to the ambiance of the turn-of-the-century neighborhood. Will grew into a handsome young man blessed with good humor and intelligence. He was a popular member of the South Baltimore Democratic Club and the Ancient Order of Hibernians, as well as a charter member of the Baltimore Holy Name Society.

At 24, he married a "lace curtain Irish" girl. Kate provided Will with citizenship since she had been born in America. And this citizenship provided him with the opportunity for a future political career. It was said he "had the ear" of the archbishop, but Will was also interested in having the ear of the local Democratic leaders. He was known for getting out the vote, arranging citizenship for Irish immigrants, helping them with employment, and attending weddings and funerals. The local Democratic leaders valued his talents; he was straightforward and honest, trusted by his neighbors and friends, and welcomed in every corner saloon. The mayor of Baltimore appointed him as property and tax assessor for the city.



His family grew to four daughters and four sons, and he began to add the waistline girth that indicated great dignity in that era. At Kate's urging, the family moved to the suburbs—to a large house unconnected to any other house. Each Tuesday, he left his office, had dinner with his sisters in South Baltimore, and afterwards attended the weekly meeting of the Democratic Club. Until he died, he continued at City Hall, enjoyed his political cronies and his Hibernian friends, and took pleasure in the company of his grandchildren. I think he always felt in his heart that God was Irish.

—Liz Wildberger

Willow Creek

For the month of March, we will focus on outdoor activities and will "march" into wellness. It was a joy harvesting tomatoes last year, and it's that time of year again to plant tomatoes, flowers, and various vegetables. Willow Creek's

gardening class will resume March 1. We will meet in the Contemplative Garden to add new life there.

We will also be focusing on enjoying the beautiful weather here in Paradise. Residents will be out and about getting natural vitamin D or simply strolling by the rose garden for some fresh air. Morning fitness and other forms of entertainment will be held in the garden, weather permitting.

March 8 is International Women's Day. If you haven't already marked your calendar, please do so as we will have a great afternoon program honoring women and giving out chocolates and flowers for the ladies at Willow Creek.

March 17 is St. Patrick's Day and a good day for green desserts and refreshments along with Irish music. We will end the month with a special outing to the Jelly Belly factory on March 29.

Thank you, everyone, for continuing to support our residents at Willow Creek. Happy St. Patrick's Day and International Women's Day!

—Adrian Quinones

Remembering...

Richard "Dick" Betchley
 World War II Veteran
 Loving husband and father
 Arrived: April 2004
 Departed: January 24, 2023



Dining Services



Valentine's Day 2023 will hold a special memory for those who dined at the special meals on February 14. We have received more than 20 comment cards praising both lunch and dinner.

Following are some of the comments received so far on Pulse.

• Even before eating salad and entree, the Valentine's Day dinner was *outstanding*. Just the appearance of the servers and the table settings foretold a special meal (placement of a dessert fork above the place setting was a special touch marking fine dining).

• The lobster tails were *exceptional* in terms of size, appearance, and flavor and the bundled asparagus was very good in taste and presentation.

• It was truly a pleasure to experience *the spirit and happiness of all diners*, a strong reminder of the best aspects of PVE.

• All team members deserve *great credit* for making the evening a success; one of the best meals overall we have had in nearly 12 years.

• *Thanks* to everyone for a wonderful evening. I genuinely appreciate everyone's hard work on our behalf.

• We would like to *applaud* the efforts of David, Michael, Chris, and the entire staff for the wonderful Valentine's dinner. The food was extravagant and delicious, and its presentation was beautiful. The staff in dress outfits made the evening even more special.

• We know this was an expensive meal . . . in lean times so we would also like to *thank* management for budgeting the extravaganza. *Thanks* to all for such a special and romantic evening.

• This was a very large lobster tail from a lobster that was two or more pounds when it was alive! I love good tender lobsters, and this was both! My *thanks* to procurement for purchasing first class lobsters and to the chefs for preparing them!

• An absolutely delicious meal from start to finish. Perfectly broiled lobster with drawn butter brought back memories of Maine. *Thank you* for a very special Valentine's Day lunch.

The February meeting of the Dining Committee was filled with discussion of the Comment and Suggestion submissions, review of Comment Card submissions (103 – 14.4% of residents), a report on the progress of the Community Table program, and, very importantly, *congratulations* to our Servers of the Month: Laci Cox and Sarah Kennedy.

Aspects of planning menus for PVE include presentation, balance between protein and carbs, variety, and availability of products. Watch for *Did You Know?* inserts in the *Friday Flash* from time to time about dining. If you are interested in attending one of our meetings (second Wednesdays, 3:00 p.m., Ron Ridley Room), please send an email to Sally Gripman—gripman.sjs@gmail.com.

And *bon appétit*.

—Sally Gripman



Our PVE Team Provides Energy and Expertise

Many of us have lived here for a number of years, and as the time passes, our appreciation of the PVE Team grows. I want to address two events in which the team's star shone its very brightest: the fires in August of 2018 and 2020 and, of course, our more-than-two-year, ongoing COVID-19 challenges. There are simply too many specific examples of outstanding service to identify individual members so my focus will be on the entire team.

Those of us who have been associated with other CCRCs truly appreciate what happened here compared to other sites during the fires; yes, Varena in Santa Rosa comes to mind. Although PVE is already in its mid-twenties, our first fire evacuation didn't occur until 2018. Despite limited experience in conducting fire evacuations, our team ensured vulnerable parts of the campus were safely evacuated twice in three years. All residents, those who were independent and those residing in the Creeks, were cared for. We saw team members, as always, focusing their energy on our safety. Often, prior skills and responsibilities were set aside as each rose to the situation and pitched in throughout the effort to ensure our welfare. PVE's in-place emergency plans, coupled with rapid innovative decisions, carried the day through both evacuations.



With the fire events safely behind us, the world brought us a new challenge. The PVE Team found creative ways to cope with COVID-19, continued to make prudent modifications in procedures as needed by our growing understanding of events, and implemented rapidly changing regulations and directions from various state and national agencies. Down to bringing toilet paper, masks, and meals to residents, the evolving challenges were met. Our multi-endorsed COVID-19 Vaccination Record Cards have become a lasting memoir and essential for travel. Special treats were devised to keep spirits up. The joint CEO/Wellness Team delivering ice

cream was a hit with all, and an encore followed. Initially limited sports and exercise opportunities were gradually expanded. Sally's graphic "curtain-rod of distance" kept us safely at more than an arm's reach from each other for months. Parades got us outside, away from our computers for some safe time with friends. Like all challenges, ours became "learning opportunities" for both team members and residents. In addition to our annual Employee Appreciation Drive, a special resident led the initiative creating a mid-year fund to benefit front-line PVE Team members. While not looking forward to future challenges such as fires and disease, we know that, when they occur, we will receive prompt and often innovative care from the PVE Team. Thanks to our PVE Team!

—Ken Lyon

Quail Creek Happenings

Here are some highlights of things going on in March. We will have our once-monthly visit from Ann Farber and her dog Treasure, and Isabel Buzko is bringing some craft lessons with Quail Creek residents. The first Friday of March, we will have Kendall Osbourne and his music for our Happy Hour.

We are also starting a morning walk group and are looking forward to Kevin Burke and Jennifer DeLeon cooking us a rib lunch.

St. Patrick's week, we will have green Rice Krispies treats and shamrock shakes. On St. Patrick's Day, we will have a Happy Hour featuring Gene Resler that will include green beer. March outings include a trip to a Japanese steak house and a Jelly Belly factory tour.

We hope you will come and visit your friends at Quail Creek during March.

—Monique Rogers

The Super Bowl

There's lotsa rejoicing in Kansas City.
They're singing a loud "Victory" ditty.
They won the Super Bowl,
And are really on a roll.
But for the Eagles have a bit of pity.

—Bill Rawlinson

Construction Update

As you may know, PVE is doing a refresh of several areas of the campus. The two under way now are Rawlinson Hall and the Rec Center area by the pool.

Rawlinson Hall will primarily consist of a paint and carpet refresh and new window coverings. The color scheme will match the rest of the Community Center. Work there is scheduled to be completed by mid-March. No walls have been moved, and the chairs will be the same as before. It will look brighter and “cleaner” than before. See the photos.

The Rec Center (future Wellness Center) refresh/rebuild is a much larger project. It is scheduled to be completed in mid-April. There, walls are being moved or eliminated. The new area will include space that was formerly used by the Maintenance shop, the Termite shop, the game room, the gym, office areas, and the clinic. The Pilates studio will remain as is. Since the outpatient occupational and physical therapy area will move from the Power House to the space currently occupied by the clinic

and become part of the new Wellness Center, the Power House site will be reconfigured as the new location of the clinic.

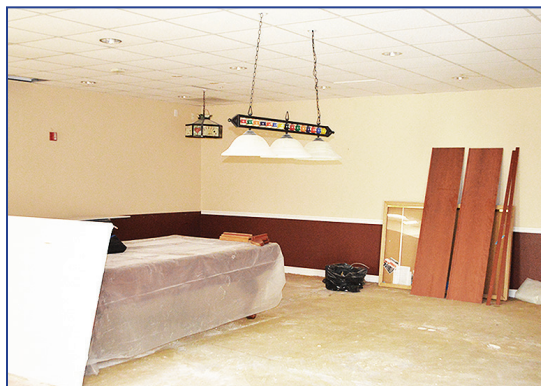
When completed, the new Wellness Center (Do we need a fancy name for it?) will have a Pilates studio; the therapy area; a cardio zone with some new tread mills, ellipticals, and NuStep machines; a power zone with lifting equipment; a group exercise area; and a personal training zone along with offices for staff.

The pool locker rooms will remain as is. Future work will include new skylights for the pool roof to help deal with condensation.

—Bruce Bartels



Rawlinson Hall



Wellness Rec Center

Greetings from Laurel Creek

March is here, and you can feel that spring weather is among us. This month at Laurel Creek, we will have Beethoven’s Ninth Symphony and Chicago Symphony Orchestra concerts Sunday afternoons on the iN21 system. We plan to have travel videos by Rick Steves about numerous locations, including Madrid and Tuscany. Favorite-tune sing-a-longs with Nick on piano, the Java music group, poetry by Gladys, balloon volleyball, and entertainment by Jack Convery will also keep us busy. We are looking forward to patio visits on warm spring days, arts and crafts, and many group and one-on-one activities for residents in Laurel Creek. Have a wonderful March and enjoy the spring weather.

—Sharon Johnson

Hawaii Is Just Special

Sunshine and ocean breezes are different. Your body relaxes in the splendor of the green, the flowers, the power of the ocean.

My son and his family have lived in Maui for many years, but I have not visited in the past three years. Thanks to the pandemic, my son Steve's major heart attack and double bypass surgery, and a variety of other reasons, I am past due for this trip. My grandchildren have grown taller and older, and I inquire as to who might have stolen my grandbabies.

My son's family surfs and fishes and now has started hunting wild boars. Between the fun times, he has a construction company (not sure where that came from). His wife is a financial consultant. He lives near Paia in a small house on a large piece of property. He has added on rooms for the kids and us visitors. To use the lavatory at night, you must go outside and walk across an open patio. Then you walk further to the outdoor shower.

He has two wonderful house dogs plus keeps a large outdoor kennel for six hunting dogs. I have heard their occasional barks but have not seen them.

I sometimes am surprised by my "adventures." One that certainly did not disappoint. I decided to take an outdoor shower. I entered the small, enclosed area and stripped down to being bare-ass naked. My first surprise was how difficult

Underwater

Ocean clear as crystal, calm as a lake
Wailea sunlight sparkling on the waves
We don our gear
Dive into another world

My snorkel buddy and I
Marvel at brightly colored reef fish
Ever-present Humuhumunukunukuapua`a
So many turtles, we lose count

One curious turtle swims towards me
At a distance yet face to face
Her black eyes connect with mine
Communing silently through the current

Suddenly, the spotted eagle rays appear
Four beauties, huge yet graceful
Majestic, endangered birds of the sea
Waltzing together to their own music

Amazing, mesmerizing, shapeshifting
A realm full of life, color, motion
Enchanting us with its many wonders
Bewitching us with memories to treasure

—Sharon Goldman

it was to find the shower head and faucet . . . the greenery had really grown since my last visit. Then came the second surprise! Steve had

let his hunting dogs out for a run, and they decided to join me in the shower! I was unsure if they were aggressive, but they seemed to like the water. Steve and his wife, Elizabeth, yelled out that they would help get the dogs, but in my sagging and aged skin, I refused. I eventually got the dogs out and finally completed my adventure. We laughed for days over that one.

—Claudette Brero-Gow

The Scarf

The feathery red scarf lovingly knit for her daughter
Dropped unnoticed to the sidewalk; scooped up by a "jogger"
Who marveled at its beauty and decided to keep for herself
To adorn her body whenever or leave folded on a shelf.

With tears in her eyes the daughter bravely told her mother
Not wanting to bother her with the tale or expect she would knit another.
Quickly her mother knit a new scarf more beautiful than the last one,
The note she sent reflects unconditional love when all is said and done.

Always know that if you lose another scarf, I will forever knit you more.
It is the love that never ends 'tween the two of us, never keeping score.
The owner of your old scarf will feel the love it carries and give it away
To someone she loves who needs that love to carry through their day.

—Joanie Cloughesy

Man Overboard

The Coast Guard cutter *Modoc* was designed and built from the keel up along the lines of a classic European ocean-going tug. She could literally tow anything afloat. In the mid-1970s, I had command of the *Modoc*. We provided both coastal and long-range search and rescue operations. Along with other West Coast cutter crews, we also patrolled the waters off Washington, Oregon, and California to monitor operation of American and foreign fishing vessels offshore. Soon, we had boarded more than 30 Soviet fishing vessels and several Japanese and Korean ships. We developed a fairly good relationship with the Soviet crews that sailed the area, and they realized we were there to better understand their operations and provide a rescue resource if needed.

One day, we were on patrol off the coast of Washington when we got a low power radio call from one of the Soviet ships asking if we could come to them. They did not tell us what they needed, but we headed out. As we came alongside, the Russian captain came on the radio and said that they had found a body in the mass of fish in their nets. Could we come aboard their ship and take care of it?

I sent my corpsman, our fisheries officer, and a couple of men from the deck department over to the ship. They took over a body bag and a stretcher. After boarding, they were led aft to a very large pile of fish. A leg was protruding from the middle of the pile. The corpsman, using great common sense, asked the fisheries officer to help him, and they reverently put the body into the bag and placed it on the litter. Several Russian fishermen helped carry it to the small boat that brought it back to the *Modoc*. The corpsman called me and detailed the situation.



As our boat was leaving the Soviet vessel, its crew “manned the rail.” That was apparently to honor the dead. When my team was aboard *Modoc*, I directed that the litter be respectfully carried into the ship to be opened out of sight. I felt that if we were not adequately somber the Russians would be insulted and never call us again.

I had received a message months earlier from the commanding officer of another cutter that they had lost their “man overboard” dummy during an exercise. He said his ship had acquired a mannequin from a local department store, dressed it in civilian clothes, and put a life jacket on it so it looked real. He asked that, if found, to please return it to his ship.

I informed him that their dummy had been recovered but, since our own was pretty ragged, we would keep his as a prize. And we saved face for our Russian comrades in case they thought it was a real body.

—Don Campbell

Did You Know?

Did you know that the Community Center Cafe has a retail “store” that sells various food items? The list is rather long so I won’t name them all. Here are some examples of what they have available.

Dairy: milk, cream, eggs, butter.

Meats/cheeses: ham, turkey, roast beef, sliced cheese, cream cheese.

Fruits/veggies: apples, bananas, lettuce, tomatoes, dressing, strawberries, raspberries, blueberries.

Other: bread, cereal, scones, coffee, tea, sugar, water.

So if you are in a pinch for one of these items and the Cafe is open, you can save yourself a trip to the store and purchase it in-house. We really like the scones, which come as ready-made frozen dough. Just pop them in the oven and presto—a tasty treat is yours to eat. Remember, these items are always available and a list with prices is posted in the Cafe every day.

—Bruce Bartels

Opening Day at Disneyland

You can imagine the thrill an eight-year-old girl experienced in Disneyland on opening day. It was 1955, and my grandmother was treating me to what would become one of the most fun times I ever had as a child.

Grandma and I were close. She and grandpa lived next door as I was growing up. When I was not getting along with my mother, I would run next door and stay with grandma. She did not get along with mom either.

Sometimes, I would go see what grandma was making for dinner or just sit by her side and learn to sew. Grandma's house is where my cat Louie lived. We would take him tent camping, just the three of us. My grandma was the BEST!

When she suggested that she and I fly to Disneyland for opening day, I was beside myself with joy and anticipation. We boarded a large prop plane in San Francisco. It was scary but so much fun at the same time that I hardly noticed my fear.

Upon arrival in Los Angeles, we were shuttled to a helicopter for a 20-minute ride to the theme park. Before the pilot set down, he circled over the attractions, giving us a good view of Disneyland from the air. Then he hovered just feet above the front of Fantasyland's iconic castle before landing and letting us out. To this day, I get such a thrill when riding in helicopters, especially when hovering and looking out the glass bottom beneath my feet.

We bought our tickets and obligatory Minnie Mouse ears and entered through the castle gates. There was Walt Disney and Walter Pidgeon, an award-winning actor. We got to shake hands as they welcomed us.

One of the first things grandma and I did was go to Adventureland. I was big on Davy Crockett in those days and had my own raccoon-tailed cap. There was a booth where you could make a sound track of yourself singing *Davy Crockett, King of the Wild Frontier*. The

machine printed it on a playable piece of cardboard. Technology was truly amazing!

The recording did not last but a few short minutes, and grandma could not figure out the buttons to make it work. She said, "Well, I guess we were gypped on that one." When we got home and played it on our 45 rpm record player, we started singing together but it started skipping. Over and over, it was grandma saying, "gypped on that one." How hard we all laughed, and I still do to this day.

—Suzy Campbell

I Stand before the Mirror

I stand in front of the mirror and can't seem to comprehend what I see. Who is that looking back?

He looks a lot like my father or maybe my uncle Ed. His hair is gray and it's almost gone. His eyes are not as bright as they once were. He looks back at me with a questioning gaze as if to say "Why are you confused by what you see?"

I know the image is me but I just can't quite seem to accept it. After all, in my heart and in my mind, I am not old. I don't feel old. Who is that old man?

My mind wanders back in time to an era when

I was a younger man. I try to remember my younger self, but the images are unfocused and confusing. So much of what I did back then has been relegated to the crowded, dusty archives of my memory.

As I turn back the pages of my life, it is as though I am uncovering who I am and how I became the old man in the mirror. There were happy times and sad times. There were choices made that cannot be undone. There were things said that cannot be taken back. Some were good and some were not, but none of them can be changed. Those life choices brought me to where I am today. This is the beginning of my journey back to discover myself.

—Don Campbell

Rain

It's been 24 hours
With nary a drop
No gushing downpours
Not even a plop

The hills have turned green
A sight gay and cheery
A welcome change from brown
That had grown drab and dreary

The sky is bright blue
It's a beautiful day
I hope Mother Nature
Will keep the rain at bay

But not for too long
We need lots more
So thanks for the break
Then let it pour!

—Sharon Goldman

Oh, How I Used to Love Speeding

It's not really my fault! It's in my DNA—four generations of sports car racing. The fastest I have driven is 135 mph, but when riding with my dad in his race car, we hit 200 mph. So many stories, but today I want to discuss my Department of Motor Vehicles (DMV) angel.

Between 2007 and 2013, I consulted for large bond programs at California community colleges. My commute was often 40 miles each way, and I drove fast in my BMW or Mercedes convertible. The sky above and wind in my hair was freeing. DMV allows you to take classes online to prevent racking up marks on your license. You could have only one ticket in 16-month periods. I luckily got a ticket about every 17 months.

Example: Early morning day in the sun. No vehicles in either direction. I "opened up, baby." Of course, I was pulled over. The officer asked me

how fast I was driving (never admit to a speed). I didn't argue and said the top was down and my car just wanted to go fast! I was going 115 mph but got a ticket for only 19 over so he didn't have to haul me to the hoosegow, and I was again able to take the class online. Hurray! Because my husband Jerry was retired and I still worked, he offered to take the classes in my name—and became quite proficient.

Each time I got a ticket, I didn't argue with the officer. Every ticket I got I deserved and could have received many times more.

In 2014, we moved to a retirement community that had a speed limit of 25 mph. What a trauma that was for me! And now at PVE, the speed limit is *15 miles per hour*! As we age, we are supposed to get wiser. I have, but do I ever miss speeding.

—Claudette Brero-Gow

Save These Dates

Women's History Month

- Mar 02 | Dr. Seuss Birthday Bio, Learning Center, 10 a.m. Sign-up required.
- Mar 03 | Employee Appreciation Day
| Social Hour, The Club, 4 p.m.
- Mar 09 | Tell Us Your Story, Suey Wong, Learning Center, 2 p.m.
- Mar 10 | Social Hour, The Club, 4 p.m.
- Mar 12 | Daylight Savings Time Begins
- Mar 15 | One-Day U, Van Gogh, Rawlinson Hall, 3 p.m.
- Mar 16 | Dr. Karry O Mary, Dietarian, Rawlinson Hall, 3 p.m.
- Mar 17 | St. Patty Happy Hour, The Club, 4 p.m.
- Mar 20 | Spring begins – Spring Equinox
- Mar 22 | Ramadan Begins
- Mar 23 | Spring Fling Entertainment, Pavilion, 2 p.m.
- Mar 24 | Social Hour, The Club, 4 p.m.
- Mar 28 | Tell Us Your Story, Ellen Bartley, NW Passage cruise, Rawlinson Hall, 3 p.m.
- Mar 29 | Vietnam War Veterans' Day
- Mar 30 | Square Dancing Class, Activity Room, 4 p.m.
- Mar 31 | Jazz Music Appreciation, David Hardiman, Rawlinson Hall, 3 p.m.

Pot or Not

A humorous remembrance: My friend and I went on a mission to buy cannabis paraphernalia. Her husband had excruciating headaches and, after trying every doctor, acupuncturist, chiropractor, and remedy to no avail, he was considering cannabis but lacked paraphernalia. I convinced my friend that we should go to the local cannabis store to buy what he needed. We were two women in our late 70s who had never touched anything connected with cannabis, and this was before it was legal to buy without a prescription.

One o'clock in the afternoon, and we were on our way, encouraging each other. "We can do this!" When we got there, we got out of the car and walked up, knees shaking. At the door, we read the sign: "Closed." We were so relieved! We laughed all the way home and enjoyed a few chuckles with her husband about our excursion. *End of the story*: a few weeks later, his son handed him a brown bag and said "I can't believe I'm doing this."

—Verna Dow

New NCROC Board Members Announced

The NCROC (Northern California Retired Officers Community) Board of Directors recently welcomed four new directors. Each brings a unique background with expertise and experience to benefit the board and PVE. This article presents biographies of two of them.

Colonel Andrea M. Andersen, USAF (Ret) was born in Orange, California, and attended Esperanza High School in Anaheim. She was selected to attend the U.S. Air Force Academy and graduated in 1980 with a bachelor of science degree in history and international affairs.



After two assignments in systems acquisition, she was accepted at Georgetown University Law Center and attended through the Air-Force-funded Legal Education Program. After graduating with her juris doctorate in 1987, she was initially assigned to Soesterberg AB, The Netherlands; Osan AB, Republic of Korea; and Tyndall AFB, Florida. She completed her master of laws degree in environmental law at George Washington University. She then continued to serve in the Air Force as chief of the Environmental Litigation Branch in Arlington, Virginia, and later as chief of the Environmental Division, Air Combat Command. She culminated her Air Force career as staff judge advocate for the 60th Air Mobility Wing, Travis AFB.

Colonel Andersen retired from active duty in 2005 after serving 25 years. She then continued federal service as senior deputy general counsel for the Presidio Trust, which is responsible for preserving the interior 1,168 acres of the Presidio of San Francisco. She retired from that position in 2021 and lives in Fairfield with her husband of 32 years, Lt. Colonel Lee Andersen, USAF (Ret), a former F-15 pilot who currently flies for Southwest Airlines. They have three adult children and two naughty dogs. She enjoys reading, walking, and Zumba classes.

Jenny Jasbir Multani, MD, MCh Neurosurgery attended the National Institute of Mental Health and Neurosciences, Bengaluru (Bangalore), India, and is a fellow of the American Association of Neurological Surgeons. She is a board certified neurosurgeon employed by the VA Medical system.



She is currently working at David Grant Hospital, Fairfield.

After completing neurosurgical training in 2001 at Morgantown, West Virginia University, Dr. Multani came to California to be close to family. She was in private practice for 20 years and was a solo practitioner for 17 of those years. As a solo practitioner, she was able to practice neurosurgery with care and compassion and not be driven by bottom lines.

She learned the business side of medicine but closed the practice in 2021 due to Covid-related issues. Her husband is also a physician. They have two children and have lived in Walnut Creek since moving from West Virginia.

Her motto in life has been *I Can, I Must, I Will*. She says this applies to all aspects of her life. She went to a Catholic school and belongs by birth to a Sikh family. She is very proud of her Sikh Indian heritage, her birth legacy of service, and a very strong sense of duty inculcated by the teachers from whom she had the privilege to learn.

—Marie Smith,
Resident Board Member

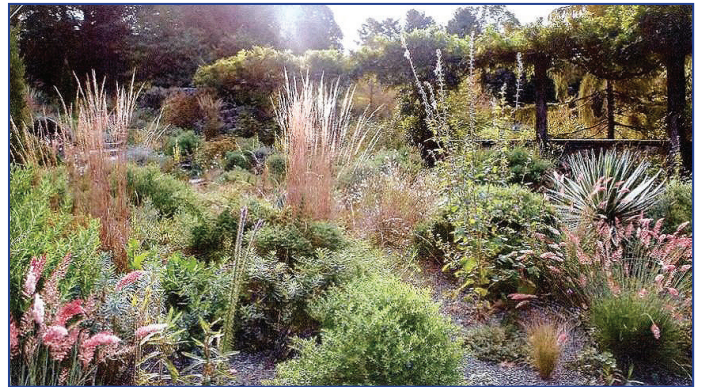
Tax Time Is Coming

The moon wanes and it waxes,
But it never, never pays any taxes.
But we on Earth pay the bill,
To those who rule on the Hill.
'Cause the IRS never, never relaxes.

—Bill Rawlinson

Xeriscape

The red of Bottle Brush, white of Whirling Butterflies, and blue of Plumbago. Plants, the colors of our flag, to welcome the spring of a new year. The striking yellow of the California Golden Rod. The purple pink of Smoke Blossoms/Smoke Tree, and the white, pink, and purple of California native plant Farewell to Spring all add color to the late summer and fall of the year. These and 140 other varied and colorful drought-tolerant trees, shrubs, grasses, and plants have been identified by the Landscape Committee for conversion of much of PVE to water-wise landscaping over a ten-year period.



Xeriscapes are landscapes that use little supplemental water, not dry barren landscapes. Well-adapted plants, mulch to suppress weeds and conserve water, and efficient irrigation systems can deliver spectacular color and fragrance with only monthly or seasonal maintenance. California has experienced three years of extreme drought, and the 2023 forecast for California is “drier than average conditions.” The state has already asked Californians to reduce water consumption by 15%, and the federal government has threatened to refuse to allocate water from the Colorado River unless states adopt immediate significant reductions of its use. Environmental groups are predicting that, due to global

warming, droughts will continue and will call for greater reductions. Water use restrictions are almost certainly coming to PVE. Sudden mandated restrictions could result in dying plants replacing the current beautiful and welcoming PVE landscaping.

Implementing a ten-year plan to replace much of the sod with diverse colorful plants will preserve the beauty of PVE over an extended financing period while reducing water use and maintenance costs by up to 60%.

PVE will install two sample plots to provide residents with an illustration of how we can maintain a beautiful landscape and still meet mandated restrictions on water. A direct sun sample plot will be installed between the Rose Garden and Buildings 1000 and 2000. The plot will be divided into three sections, each with different plants. A shaded plot will be installed between Buildings 1000 and 2000. The Landscape Committee has assembled a xeriscape guide with color photos. It is available in the Landscape Committee section of Pulse.

PVE has cleared pre-inspection and is approved to earn a rebate of up to \$7,500 from Solano County’s Water Efficient Landscape Rebate Program subject to meeting all terms within four months of pre-inspection approval.

And if the drought unexpectedly disappears, xeriscape is still a beautiful option for adding color to the PVE landscape. For more information, Google *How to Fall Out of Love with Your Lawn*, a *New York Times* five-minute video.

—Floyd Gripman

Five Tires

It started to rain
Buckets and buckets of rain
Days and weeks of rain
And Laurel Creek rose

Swollen with power
It raced down towards us
Carrying along debris
And the tires

One tire appeared
Then another
Getting snagged in submerged roots
And stuck in the mud

Using an E ticket
One surged under the bridge
Sailed over the huge tree trunk
And went off to find the yellow brick road

As the rain slowed
A tire was left dangling
From an oak’s branch
Above the fallen creek

Sunshine now graces five weary tires
Laid on solid ground near the bridge
Victims of a harrowing journey
May they rest in peace

—Sharon Goldman

Golf News

There was a break in the rain in early February and several Moaners and Groaners (M&Gs) were able to participate in the Valentine's/President's Day golf tournament. Just prior to the follow-on dinner, the M&Gs gathered to witness the golf ball Walt McDaniel hit on his 100th birthday enshrined in the trophy case outside the Community Center Cafe.

Before dinner in the 500 room, Kimmie McCann welcomed the group. She then turned the mic over to Walt, who talked about how much the M&Gs meant to him. He kept his promise to lead the M&Gs until he was 100 years old. He presented Kimmie with a fedora hat to wear as she became the new *boss* of the M&Gs. Walt then awarded a small dustpan and broom to Andy Anderson as thanks for maintaining the PVE putting green. He also gave Andy and Dick Crocker gloves for their efforts in taking care of the green. Walt then volunteered to sign up for the Andy Anderson Putting Academy, which means he plans to be around for a long, long time.

Bud Ross gave out the awards for the tournament and mentioned that one player was in violation of rules for carrying Geritol, a banned substance, in his golf bag. Bud warned that any further violations could result in drug testing as well as bag inspections before being allowed to play.

Following are the results of the tournament.



Just a Little Thing

It was a small refrigerator magnet
At a large craft show
Among the giant canvases
And pottery and sculptures

Mainly just a mirror
With a little kitty mounted in front
Her back to you
Cat speak for *PFFT*

Step closer
Pretty kitty is now facing you
Paw raised in loving hello
You can almost feel her purr

Small brass plaque reads
"Paws to Reflect"
I do.
A few cares slide away.

—Sharon Goldman

- **1st Place (73):** Gene Noble, Tim Tomko, and Bob McCoy.
- **2nd Place (75):** Tom DeMartino, Myrna DeMartino, Don Campbell, and Bruce Bartels.
- **3rd Place (81):** Bud Ross, Kimmie McCann, Dick Crocker, and Kathy Tomko.
- **LAST PLACE (82)** *No prize, but got thanks for showing up:* Chris Moore, Ed Vacin, Susan Ritchie, and Verna Dow.
- **Low Putt** honors went to the second-place team with 23 putts.

Tom DeMartino gave a talk on the importance of "pace of play" and promised to send out some tips to help players keep up with groups ahead of them.

Last Laugh: Roving reporter Kimmie mentioned that the group behind hers hit into them twice on the 18th green. Though they assured her group that they had *never* hit the ball that far before, Kathy Tomko didn't see their balls roll up on the green and picked them up, thinking they belonged to her group.

Thought for the month: Don't let your golf bag fall over with a bottle of Jack Daniels (or Geritol) in it!

—Estelle Holway

Bocce Is Coming

The 2023 bocce season is right around the corner. The season is scheduled to begin Friday, April 14, which is also the first continental breakfast of the summer. Over the next two months, we will set up teams for the summer season. Many residents are already on bocce teams, but if you have not yet joined a team and would like to play, watch the *Friday Flash* for an announcement about signing up to play.

Last year, 175 residents played bocce as part of 16 teams. We hope to add more teams this year and grow the game, which has the most involvement of any activity at PVE.



Are you new to bocce? Never played it? Don't have a clue if you can play? Believe us when we say, you can play. We have several residents who move onto the court using walkers, canes, and even motorized scooters. At PVE, we believe that bocce is all about socializing with other residents. Yes, the outcome of the game is important, but having fun and getting to know other residents is equally so.

According to WikiHow, bocce is "a relaxed but strategic game with an ancient lineage. Although probably emerging from ancient Egypt, bocce started to hit its stride with the Romans and Emperor Augustus. It gained massive popularity [in the United States] with the influx of Italian immigrants at the turn of the 20th century. Today, bocce is a

calming, competitive way to spend a few hours outdoors in the pleasant company of friends." We couldn't agree more.

—The Bocce Committee

Valentine's Day

Did you get what you wanted
Tied up with a bright red bow?
A big bunch of flowers
Or a jewel with inner glow?

Was your card small or large?
Filled with hearts and Honey?
Or more like "Yes Dear"
And laugh out loud funny?

Did your champagne go pop
At a romantic dinner for two?
Or was it a table of ten
Toasting friends old and new?

Was it happy or perhaps sad?
Celebrated with a bittersweet tear?
Loved ones are never forgotten
Though they may not be near

—Sharon Goldman

Bocce Is Coming Back

C'mon everyone! Hone your skills!
Come to the courts below the hills!
But that pallino is in the know,
Thumbs its nose at every throw,
At all those moaning Jacks and Jills.

—Bill Rawlinson

Precipitation at PVE

This is starting to feel a bit like last year. If you remember, we started out with a *bang* in November and December and then nothing. Well, we didn't have nothing in the past month. We had a total of one inch (1.0) of rain. That brought our total rain for the year (July 2022 through June 2023) to 22.75 inches. Average annual rainfall for Fairfield is 24.5 inches.

The PVE Rain Guys have tried to help by holding a rain dance. We shall see if the dance worked. Anyone who wishes to help can join the PVE Line Dancers, who are planning to hold their own Rain Dance very soon.

The good news: though we have gotten very little rain in the last 30 days, the Sierras have continued to get snow. The latest reading of snowpack there is 200% of normal.

This is excellent. If it remains at a high level over the next two to three months, spring runoff will fill our reservoirs very nicely.

As far as the reservoirs are concerned, Lake Shasta is currently 58.4% full (37% last year), Lake Oroville is 69.1% full (46.8% last year), and Lake Berryessa is 67.3% full (64.4% last year). Clearly, the rain we have had has helped. Hope for more and do your own rain dance. Go ahead. No one is looking.



2023 Sierra snow © Natalie Karst

Interesting Weather Fact:

Some species of frogs get noisier just before it rains. So those of you who live near Laurel Creek should be able

to let the rest of us know when the next storm is coming.

—The Rain Guys

Photos of the Month



Magical corner of the Pacific . . . off the coast of Yelapa, Mexico a few miles south of Puerto Vallarta. Taken from a water taxi on a sunny day in November, 2010.

Photo by Lorie Mazzaroppi.

◀ Photo taken at Cayucos State Beach, San Luis Obispo County, California, just north of the pier. Solitary walker is Jerry Tabler, May 2016.

Photo by Sally Tabler.



An Evening to Remember

Tom and I and our friends, Norm and Alison, had tickets to see a musical at a community theater several miles from our homes in Tustin. We arrived 15 or 20 minutes before curtain time and joined a line of cars trailing through the parking garage, one tier after another. After fruitless searching, Tom and Norm said, "We're going to let you out at the elevator, and we'll be along shortly. Just wait for us near the door."

Alison and I did as requested and spent anxious minutes waiting for Norm and Tom, the wayward duo, first on one foot, then on the other, neither of us wanting to share our thoughts. Dark thoughts, such as one of them had fallen or even had a heart attack, were uppermost in our minds. When a fire truck arrived and parked just outside the entrance to the garage, we admitted our thoughts and decided I would make a foray to the fire crew to gather information. A friendly fireman greeted me and said no one was injured, just a few folks stuck in the elevator. He asked the names of our husbands and then called up the shaft: "Norm and Tom, are you up there?" A muffled voice confirmed their presence.

With relief, I returned to my post with Alison, and we waited for the big rescue. It took longer than expected because the elevator moved but then got stuck again four or five feet from the first



Hope your troubles were less and your blessings more. Hoping nothing but happiness came through your front door!

Together

Arms entwined,
She in pumps, he in Oxfords
They dance tentatively
To the tune of their potential life together

Arms entwined,
She in pristine white heels, his spit-polished to high gloss
They skip down the aisle
To the joyous music of their life beginning

Arms entwined,
She in sandals, he in loafers
They picnic in the park
To the ringing laughter of their children

Arms entwined,
She in sensible shoes, he in the same
They slowly walk along the path
Humming, together, their private sweet song

—Sharon Goldman

floor and freedom. The fire crew, who apparently had no ladder, had to coax everyone to jump into their waiting arms. Tom later reported that one of the captives, a young woman, began sobbing and required comforting and reassurance before taking the leap! She was dressed for the theater, not jumping out of a stuck elevator.

In the meantime, show time had come and gone, but the director had ordered the show delayed until the captive seven were able to join everyone. After reuniting and a short trip to the restroom, we entered the theater where we were greeted with cheers and applause. No hard feelings were apparent in their display of camaraderie.

On the drive home, Norm gave us a lengthy lecture on cell phones and how frustrated he was to find that he had only our home phone number. Alison was included in the lecture as she had left her cell phone at home, of course. So, there he was, stranded in the elevator and unable to contact his worrying wife. So much for keeping up with modern ways!

I often think of that incident when our elevator in Building 1000 seems to hesitate on its descent . . . or opening of the door. With Tom along, I feel like lightning won't strike twice!

—Mary Ann McKinney

Longevity

If we are paying attention, we all are hearing and reading a lot about longevity. The word gets its origin from Latin *longaevitas*, which means a long existence: *longus* “long,” *aevum* “age.” There are nearly 600,000 people in the United States who are 100 years or older. At PVE, we have 14 residents aged 100 or older. So, one might ask, “How is longevity achieved?”

The big picture: Our longevity is 25% dependent on genetics; the other 75% is based on lifestyle choices according to Teddy Amenabar of *The Washington Post*, who offers the following top three tips for lengthening life through healthy choices.

1. **Stay active.** Older adults who keep their bodies moving through their favorite forms of exercise—walking, yoga, dancing—tend to stay healthier longer.
2. **Keep old friends and make new ones.** A lack of meaningful relationships can chip away at our mental and physical health, especially as we age.

3. **Go outside.** “If I had a jewel to give to people who want to live long and well, I would tell them to get up early in the morning and go out,” Luigi Ferrucci, scientific director of the National Institute on Aging, told *The Post*. You can also bring nature inside: Plants do make us happier.

The bottom line: We can all take small steps to keep ourselves—and help keep those around us—on our collective and personal wellness journeys.

Our Wellness in Paradise program at PVE and our ability to create and support community and human connections are here to support residents on their personal journeys toward longevity.

—Jan Olson

Why I Want to Square Dance?

‘Cause the caller tells me what to do, and I have a partner to hold on to.

So, time to spiff up your shuffle and sign up for the Square Dance. Be social and have fun staying fit to music. Sponsored by PVE Wellness, the dance will be held Thursday, March 30, from 4:00 to 5:30 p.m. in the Activity Room. All are welcome, including those with two left feet. However, square dancers do need to have a good sense of balance. Couples are not required. Come with a friend as your partner.

Ed Kuidis, an ex-firefighter, will be our “caller.” Ed is from the Vaca Valley Ramblers in Vacaville, a local square dance organization. He provides a variety of music and will help us with the basic steps.

Registration will open March 1 on the Pulse Homepage. Groups are limited to the first 16 dancers (possibly 24). Please call Susie Parrish 707-439-3090 if you have questions.

If you want to familiarize yourself with the square dance steps, there are several YouTube videos available online.

—Susie Parrish

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