

# Elysian Fields

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## PVE's Expo Stirs the Imagination

The Wellness Committee hosted the Groups, Clubs, and Committees Expo in April with the intention of stirring the imagination in new and potential residents about the possibilities of a life to be well lived at PVE.

As guests passed two colorful columns of balloons, the transformed dining room with its bay of large sunlit windows presented itself as an exposition hall. The path began with a large monitor behind the Tech Committee table that demonstrated our resident communication program, Pulse. Help groups for computer users were nearby. Support groups, a Bible study, a men's group, and a writer's group for resident-newsletter *Elysian Fields* came next. There was wine tasting at The Corkers table. Murmurings were heard that the peach wine was quite good! Colorful photos of places around the world taken by the Shutterbugs streamed on a large monitor nearby.

Along the bay of windows, the Termites showcased their woodworking skills and handmade items. Like sirens tempting newcomers to come and play, the sassy Line Dancers, the jovial Pickleball Players, the gregarious



Tennis Team, the none-too-serious Bocce Club, and the Moaners & Groaners Golf group lured those passing by.

To tempt visitors further, the path traveled by the games of mah jongg, women's poker, and bridge—just some of the game groups active here. Rumor has it there is a Mexican Train group looking for interested players.

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Next, the path revealed a group of committed volunteers for the Estate Sales and the Stores. They serve as the economic center of resident programs by raising money for the Resident Council. They keep the beat going for the programs featured at the exposition. Volunteers who organize our resident library and reading room and the Angels in Paradise team, which recruits residents to help other residents in need, completed the journey through this area.



Representatives of the College of

Exploration, Great Decisions, The Forum, and Tell Us Your Story, our adult learning programs, hung out with Paradise Players, knitters, sewers, crocheters, the Chorale, and Chime Players to enchant us with the possibilities of developing our minds and talents. The sweet sound of the chimes rang intermittently across the room.

To finish the journey, visitors met with members of the committees that act as the voice of PVE residents in collaboration with business disciplines at PVE—Dining, Health Services, Landscaping, Marketing, Finance, Wellness, Safety/Security/Facilities, Bereavement, Caregiver and Grief Support, Art Advisory, and Philanthropy. The Patriotic Committee, which maintains the tradition of esprit de corps of PVE’s founders, and the AFJROTC committee, which fosters a relationship with Fairfield High School’s Air Force Junior Reserve Officer Training Corps, created a strong presence too. Two uniformed cadets from Fairfield High School joined them.

As a complement to the robust offering of classes and activities provided by PVE’s Wellness Department, residents volunteer to lead and coordinate programs that are at the heart of what makes PVE so special; it is a culture of community and a lifestyle rich with things to do, to play, and to learn.

—Ali Corbett



# A Table Where All Are Welcome

Recently, the Dining Services Committee established Community Table meals for Saturday dinners at 5:30 p.m. and Sunday brunches at 12:30 p.m. This new Community Table is designed to be a relaxing and informal venue for **all** residents—for singles and couples, for new arrivals and longtime residents who know the ropes. It's for those who want to meet and mix with other residents. The new format has worked well, and the conversations often last two hours or longer.

Members of PVE's committees are "hosting" these events, making sure that one or two members arrive a bit early to greet arriving guests. Besides the opportunity for socializing, the presence of committee members allows residents to ask questions of "those in the know."

Residents must make reservations to ensure themselves a place at the meals. Log onto Pulse and choose "Dining" on the drop-down menu. Then click on the "Reservations" tile and choose the Saturday or Sunday date you desire. Scroll down the page to the "Community Table" option and click "Select." Next, look at the "Time Slot" bar. If the bar is green, you can proceed. When you click on it, it will immediately turn gray and a "Party Size" drop-down menu will appear immediately below. Click on the arrow to choose your party size. The numbered party size boxes tell you how many places are left. We ask you to reserve no more than two seats to allow others the opportunity to sign up.

Then scroll down the page and click the "next step" button. Review your form for accuracy and then click on "Make Reservation."

As a courtesy to both the kitchen staff and other residents, we ask you to please go in and cancel your reservation if your plans change. This can be done by going to "Dining" and then to "My Dining" and scrolling to the appropriate date. The "Cancel" button is located to the far right of the date line. In some cases, you will have to click on the "minus" magnifying glass to reduce the size of the page for the "Cancel" button to be viewed fully.

We hope to see you at the Community Table!

—Rick Preuss

## Dining Services

The "Merry Month of May" suggests that the season of leisurely al fresco dining is here. We have plenty of options. Consider the terrace of the Community Center Cafe, Creekside Cafe outdoor tables, and the Flight Deck of the Oak Room for your next "special" meal. What fun to recall similar experiences in faraway places. Was it France, Spain, Japan, or Australia?

In the meantime, please take time to read about the Community Table in the preceding article and plan to enjoy meeting neighbor—new and current—for dinner and brunch.

Kudos to all our dining servers, dining

supervisors Daniel A. and Rebekah W., and managers in the Oak Room, the Cafes, and the Dining Room. You all are the *BEST*. This month special recognition goes to Christian Arteaga and Sierra Yates. Well done!

—Sally Gripman

## May Observances

Flowers and sunshine we always expect for May  
We have to wait and see if, indeed, it will happen that way  
Memorial Day will still arrive to recall our dear departed  
In Hawaii, the first of May will witness Lei Day charted.

On Mother's Day, children will honor Mom's dedication and love  
Kentucky Derby Day, beautiful hats, wagers, prayers sent above  
Cinco de Mayo, the Battle of Puebla won; Mexico free from Napoleon and France  
Armed Forces Day. How can we ever forget? On with the dance.

Many more days of May could be listed with life's many causes  
Research tells of National Laughter Day; hooray for those needed pauses  
There's even a National Hamburger Day. What about the French fries?  
No, the Hamburger caresses the palate and rules taking first prize.

—Joanie Cloughesy

# Two Selected as Residents of the Year

Past presidents of the Resident Council selected two residents as 2022 Residents of the Year. Nancy Bartels and Sally McNichols were chosen for their on-going work to support PVE's residents.

The Resident of the Year program was started in 2007 by past presidents of the Resident Council to honor individuals who have made dedicated long-term efforts that positively affect a majority of residents. The nomination process usually starts in February or March, and the immediate past president chairs the selection committee. Each resident receives a form they can use to nominate worthy individuals for the honor. This year, 162 nomination forms were received and 21 individuals, couples, and groups were nominated. The honorees were announced at the March Town Hall meeting.

Nancy Bartels has served as chair of the Dining Services Committee and as secretary of the Resident Council. For the past several years, she has chaired the Technology Committee. That committee, working with management, has been responsible for delivering PVE's emergency notification system and new nurse call system (resident pendants). She led the effort to deliver PVE's Pulse, which allowed residents to weather the storm of the COVID pandemic by providing information and allowing residents to order and receive meals among other things. The committee was also instrumental

in collaborating with management to redo the contract with Comcast, which reduced the cost of internet service for all residents. Most recently, they established a new technical support system

to help residents who need assistance with computer-related issues.

Sally McNichols has spearheaded health services at PVE since her arrival. She has been the chair of the Health Services Committee twice, has served on the Resident Council, and is currently on the Arts Advisory Committee.



Nancy Bartels and Sally McNichols

Sally's background in health services prior to coming to PVE has allowed her to be a leader in that important area. She was instrumental in developing a health services information booklet for families and a wallet card for residents. During the COVID lockdown, she formed a team of residents who made weekly calls to other residents to ensure they were safe and well and had all necessities. Sally has become the rock on which residents lean when they or their loved ones experience health-related problems. Her continued work in PVE's provision of health care has improved its delivery and made health services at PVE among the best possible.

Every honored Resident of the Year reflects the qualities that make PVE unique. Friends helping friends to enjoy their retired life while still giving many hours back to the community.

—Resident Council  
Past Presidents

## Two Women, One Vision

Each retired their careers  
To leave those demands  
That stress  
Behind.

But each saw a need  
Programs to improve  
Systems to upgrade  
Volunteered.

Each a talented leader  
Advocated, negotiated  
Instigated, created  
Championed.

Two women, one vision  
Agents for change  
For a better PVE  
Thank you.

*Congratulations to our 2022  
Residents of the Year, Nancy  
Bartels, and Sally McNichols!*

—Sharon Goldman

## “Overseas” – Really?

Everybody knows the military sometimes works in mysterious ways and, after ten moves in seven years, my wife was a believer. For our tenth move, we arrived in sunny California in early 1966 when I was assigned as an instructor at Mather Air Force Base (AFB) near Sacramento. Since neither base housing nor suitable rental housing was available, our only option was to occupy a home in the growing community of Rancho Cordova. Instructor duty usually lasted three or four years, which would be the longest assignment I ever had. As it turned out, that home was the best investment we ever made! We had five and a half years of peaceful living at Mather, and it was great.

Then the hammer dropped, and I was assigned to Vietnam for 13 months (12 months plus a last minute 1-month critical skill extension). The family stayed in Rancho Cordova near the base, school, and friends.

From Vietnam, I wound up at McClellan AFB in Sacramento so we stayed in the same house. The kids hardly knew I was in the Air Force. It was a lousy assignment with me on temporary duty assignments in Iceland and Southeast Asia six months of every year for the next five years. With seven kids to keep her busy, Annette was ready to blow her brains out!

Then, the assignment people came up with a real surprise. The Haag clan was headed “overseas,” north to Alaska. Alaska? Really? That’s overseas? This was the 1970s, before all the reality shows about Alaska and the pipeline being constructed there. Our concept of winter clothing was windbreakers over sweatshirts. Playing in the snow meant driving up Highway 50, throwing a few snowballs, tobogganing down a small hill, drinking hot chocolate, and heading back to the valley. Parkas, mukluks—what the heck were those?

Come June 1975, I loaded the Chrysler wagon with the two oldest boys, two dogs, and a ton of stuff for the 3,500-mile drive up the coast and Alcan Highway. The car was in pristine shape when we started, but the 1,500 miles of gravel on the Alcan pulverized it. After about ten wild days seeing moose, porcupines, and bears, we checked in at Elmendorf AFB near Anchorage and got the bad news/good news. There was no off-base

### Weather Change

Month after month we would stare at our sky,  
And say to the clouds, “Please tell me why?”  
“Every day we get rain, rain, and rain,  
As we cried out, “It’s a daily pain!”  
And now I am watching as my lawn goes dry.

—Bill Rawlinson

housing because of pipeline construction but they had a four-bedroom base house ready for us. It had been in a fire but had been repaired and didn’t smell like a chimney. Really?

I called Annette, and she loaded the other five rugrats on a plane and flew north. It was the end of June and 106 degrees in Sacramento. I told them to carry their jackets, and they thought I was nuts! When they landed in Anchorage, it was spitting rain and 57 degrees. Annette looked for the next plane back to California. To get her to stay, I had to promise a vacation in Hawaii—our first real vacation ever. And for nine people, it would cost a fortune!

—Ray Haag

## Greetings from Quail Creek

April showers bring May flowers. As we hopped out of April’s highlights in which we went on a scenic drive to the Glory Hole, we noticed the rise in water levels in Lake Berryessa at Monticello Dam. We hope, with all this water, that the drought season becomes a memory of the past.

The Chime Players came back to play for us, and we enjoyed their beautiful sounds.

We really appreciate and want to thank Carrie Reese for creating beautiful Easter wreaths for all to enjoy.

May is here so we are planning a scenic ride on the Blue and White ferry from Vallejo to San Francisco. We will bring box lunches.

The second May outing will be a scenic drive to Rio Vista. We will go to the Point Restaurant for lunch while taking in views of the Sacramento River. Also in May, we will have a pre-Mother’s Day Happy Hour with Gene Resler. Cesar and the other staff members will sing Karaoke for residents.

—Monique Rogers

## Off-Campus Housing

As I start writing this, I am wondering what my former roommates remember about me. Maybe it's better I don't know.

Bruce and I were both forestry students. That may be the only thing we had in common so it is likely that one of us listed a notice on the Forestry Department bulletin board (remember those?) for a roommate. We secured housing in an apartment converted from the rear deck of a house about a 30-minute walk from campus. It was quite nice, including a living room with a television connection, a bathroom with a shower, and a bedroom with two single beds.

We never did develop any relationship but co-existed quite well. The only disagreement I recall was when it was Bruce's turn to sweep and dust. His version of this job was to "clear the clinkers." The clinkers being large dust balls that accumulated behind furniture. If I had allergies, I didn't know it so this did not create any serious disagreement.

After fall quarter, Bruce moved on and I looked for another roommate to share expenses.

Ralph moved in for winter quarter. I was thrilled to have someone to share the cost. And like "frosting on the cake," Ralph had a car that he agreed to share if I shared the cost of gas. This eliminated, or at least reduced the number of, freezing 30-minute hikes through the snow to campus for classes. Well, yes, BUT Ralph's car had a weak battery; when the temperature got below freezing, the battery lost power and would not start the car in the morning. The adjustment to alleviate this inconvenience was to get up a little earlier, call AAA, and have the car jump-started early enough to get to class on time. This adjustment worked flawlessly for three or four days until Ralph's insurance reached the limit of the number

of jump-starts covered per year. AAA no longer came to our house.

What now? We pooled our cash, checked battery prices, and confirmed that a new battery would force us to stop eating.

Option number three! Check the outside temperature each night before going to bed. If the minimum temperature for the night was likely to go below freezing, one of us would go out and start the car. Let it idle for about ten minutes and come in, set the alarm clock to go off at 3:00 a.m., and go to bed. When the alarm went off at 3:00 a.m., one of us would get up and repeat the bedtime ritual. We took turns performing this nightly procedure for the remainder of the winter. And Ralph and I are still friends.

—Floyd Gripman

## Be Square and Still Have Fun

A fun group joined hands together for our first square dance on March 30. Carl Ballou, square dance caller from Santa Rosa, quickly sized up the 24 of us, and soon we were doing do-si-do and allemande in three squares. By the time two hours had flown by, we were dancing to a Virginia reel. Our two guests (prospective residents who square-dance twice a week) were very impressed with Carl Ballou, our dance man. Carl finished the evening by circling us into a snail and then unwinding us with much

laughter and applause as we went off to the Cafe for dinner. The main refrain from the evening was "Let's do this again."

—John Parrish



# Cinco de Mayo Comes to the States

First, what Cinco de Mayo isn't. It's not Mexican Independence Day, which is September 16. It commemorates Mexico's victory over the French at Puebla in 1862. The French later took Puebla back, but a few years later, with U.S. encouragement, the French chose to leave Mexico to the Mexicans.

In Mexico, Cinco de Mayo is only a minor holiday observed mostly in the state of Zaragoza, named after the general who won the battle, but there are celebrations throughout the country. It is not a federal holiday there; offices, banks, and stores stay open and there likely are no grand-scale Cinco de Mayo sales.

Though not traditionally a major holiday in Mexico, it has become popular in the United States, especially in the last few decades. In one recent year, it was estimated that 100 million Americans would be celebrating Cinco de Mayo. By comparison, this year 103.5 million people planned to throw or attend a party.

Observances became widespread in the United States during the mid-20th century because of the Chicano movement and push for civil rights but still wasn't widely celebrated. The big push toward celebration has been largely commercial—it gives Americans a chance to party even before the traditional beginning of summer on Memorial Day. Not surprisingly, the real incentive for commercialization was advertising money spent by Corona and other beer companies. Statistics show that their marketing spending amounts to about \$1 for every case sold, a pretty good return. Not to be outdone, avocado marketers saw the opportunity and jumped in as well. Sales of limes and lettuce also rise, and avocado consumption during the month prior has risen 27% over the last five years.

So go ahead, pop a beer or make some sangria, rustle up some guacamole, bash a piñata, and have a *Feliz Cinco de Mayo*.

—Alice Brill



## Bocce Season Opens to Crowds

The 2023 bocce season started on Friday, April 14. There were four games and a “standing room only” crowd watching on Kroyer Court and as many spectators at Palmos Court. New umbrellas have been installed at Palmos Court to help keep spectators shaded. This is a trial to see if the umbrellas provide enough shade during warmer weather.

This was also opening day for summertime continental breakfasts. We were served by staff members who smiled and chatted as residents moved through the line. Getting to see the team members was a real treat.

It's too early in the season to list any significant leaders in the standings. The first listing will come in the June issue of *Elysian Fields*. For now, just enjoy the warmer weather and play bocce—or if you aren't playing, you can come watch the games, which are played most weekday mornings at 9 a.m. and 10:15 a.m.

If you are interested in joining the fun and playing bocce, just sign up in the in-house mailroom. Sign-up forms are available on the Bocce bulletin board to the right as you enter.

—The Bocce Committee

### Bocce 'Losers Lament'

The bocce games have now begun,  
And losers say, “This ain't no fun!”  
“The balls don't roll straight,”  
“The pallino size I hate!”  
And they never say, “We just won!”

—Bill Rawlinson

# Volunteers Share Lessons from Police Drill at PVE

About 25 PVE residents volunteered to act as “victims” when the Fairfield Police and Fire Departments conducted Active Killer training during six days on campus according to Nicole Baumann, safety services coordinator.

Susie Parrish, one of the volunteers, called it “a win-win situation. With PVE providing the space, residents could see what the situation might be like, and the first responders got to know our property.”

She noted that her husband, John, like most of the male participants with military experience, was more tuned into the various scenarios, such as a shooter in the Oak Room, the Cafe, and a lecture room.

Loretta Epperson, who participated in all six drills, called the experience “fascinating, comprehensive, and thorough with everyone playing their roles to the hilt.” She said that 911 operators and ambulance and hospital staff were involved in addition to police and fire personnel. Volunteers from Travis Air Force Base and high school students were also among the “actors.”

Law enforcement’s first priority was to get the shooter and then help victims. Meanwhile, the actors were encouraged to “run, hide, or fight.” They were discouraged from dropping to the floor because the shooter could still shoot them.

“Fight did not mean fisticuffs,” said Epperson. “We were told to throw heavy objects such as chairs and computers at the shooter. And it was very important to be aware of where to hide as well as exit.”

Recalling his four drills, Floyd Gripman said “The chaos of an event like this shocked me. It surprised me how important it is for the many city, county, and state agencies to be coordinated.”



## Police, Fire Department Appreciate PVE Cooperation

He thought the response was a bit disjointed the first few days. For instance, “Once, we were told to go wherever we wanted and wait for the Fire Department to get us out to medical attention. They never found me.”

John Maloney noticed how the EMTs tied various colored ribbons on victims to designate the severity of their injuries. “It was amazing then how the hospitals knew which ambulances to call.”

Ellen Brantley learned a new term, stress inoculation. “An officer in charge while we were in the Oak Room gently chided the group of high school students who were getting a little loud while kidding around prior to the start of another drill,” she said. “He explained that the new recruits need as much realism about the actual sights and sounds as could be simulated. He wanted their adrenaline level up so they could practice doing their jobs while in that state as opposed to relaxing, which they might do if they heard people having a good time.”

Marilyn Byington, who was an Army nurse for 30 years, assisted with the *moulage*—application of fake peel-off wounds and injuries, which was generally acclaimed as very realistic.

All the participants happily recalled how dramatically everyone shouted, moaned, and groaned to bring attention to their injuries and predicaments. Yet mostly, they were thankful this was “just a drill.”

—Carol Moore

Fairfield Police Sergeant Franco Cesar credited PVE volunteers and management for ensuring the complete success of the recent Active Killer training exercises on campus. “Those who acted as witnesses and victims performed extremely well,” he said. “They can make or break the effectiveness of these drills in which first responders are learning to deal with people who might be affected by these dangerous situations. We want to thank them for their help, even residents who did not participate because they were impacted while the Cafe, Oak Room, and Learning Center were closed and campus traffic was redirected.”

Firefighter-paramedic Daniel Pilcher agreed. “All the volunteers did a great job acting out the roles they were assigned. Paradise Valley Estates poses a unique set of challenges our crews had to overcome, and we were able to learn how to better respond to provide care to the residents in the event of an active killer.”

Sergeant Cesar explained that the multi-agency drill is held every two years to update the training of police, fire, and hospital personnel in “how to apprehend or eliminate the shooter and get through the chaos. More practice improves the response.”

Previous trainings have been conducted at elementary schools. Cesar appreciated that Nicole Baumann, safety services coordinator, arranged for PVE to be the site so emergency personnel could learn and react to the needs of people with different levels of mobility and awareness when it comes to run, hide, or fight.

—Carol Moore

### Move-Ins since the Last Issue

**Douglas “Doug” and Patricia “Pat” Kreitz**  
4032 Constitution Avenue  
From Palo Alto, California

**Ann Courtright and Andrea Goundine**  
6507 United Circle  
From Walnut Creek, California

**Shirley Carr**  
6405 United Circle  
From Lincoln, California

**Harriet Orlove**  
6601 United Circle  
From Lincoln, California



## Cherry Blossom Trail

From the parking lot, look toward the creek  
At the billowing cloud of blossoms  
Crowning the cherry tree

Come closer and admire  
Delicate white petals with the slightest pink  
Bees feasting on their sweetness

Walk toward the fountain and through the esplanade  
Cherry blossoms wrap you in their arms  
Surround you with their fragrance

Cross the bridge and say hi! to the creek  
Follow the path to trail end  
A cherry tree in all its glory awaits

Blushing pink, palest rose, ghostly white  
Profusion of flowers framed by blue sky above  
Spring bedecked in sunshine

Flashback to Paris and the Trocadéro  
Looking up through masses of blossoms  
At the Eiffel Tower

—Sharon Goldman



## Precipitation at PVE

It's beginning to look like spring at PVE. Flowers are blooming, trees are full of new leaves, and the rain has stopped. We are now at a point in the rainy season at which we can expect a few showers now and then.

Those doing the "rain dance" sure did a good job. Since last month, we have had another 4.75 inches of rain, making a total of 36.6 inches to date. Average rainfall in Fairfield is 24.4 inches a year so you can see why the snowpack in the Sierra is more than 200% of normal. The concern, of course, is flooding when all that snow melts. The state is managing the reservoirs so they can hold the run-off when it starts.

Speaking of reservoirs: Lake Shasta is currently 92.3% full (40% last year), Lake Oroville is 88.7% full (54.1% last year), and Lake Berryessa is 86.3% full (61.4% last year).

It was definitely a good year for rain. We will provide final totals for the year next month.

### Interesting Weather Fact:

Did you notice worms crawling around during the storms at PVE? Some residents found the worms actually came into their homes. Here's why worms wriggle up to the surface of the earth before a flood. They cannot get oxygen when the soil is flooded and come up to the surface to breathe.

—The Rain Guys

## Ah, Spring!

At last, the winter rains have subsided, and spring has burst forth!

The trees' newly sprouted leaves in various shades of green make lacy patterns against the blue sky.

White flowering trees are like delicate clouds gently resting upon the straight tall trunks.

The soft breezes bring sweet scented perfumes of new grasses and flowers.

Ah, Spring! Young and fresh, cleansed from winter rains and hope for a new year is born!

—Rosanne Kaufmann

# Our Honeymoon

It was October 10, 1998. Don and I had just been married by my uncle, the judge, in a small ceremony at our San Rafael condominium. We did not plan a honeymoon as we were both out of work at the time. Don had been offered a job working on the Golden Gate Bridge as program manager for installation of the FasTrak electronic toll collection system, but that job didn't start for a few weeks.

We found out that my son David and his friends were planning a diving trip and had rented a condominium in Cozumel, Mexico. We had enough frequent flyer miles for two round trip tickets and, now, a free place to stay. So we quickly arranged to meet them there but did not tell David of our plans.

We flew to Cozumel the day before the others were to arrive and stayed in a cheap divers' hotel. I did not want to know that we were in a seedy part of town where no one spoke English. The room was dark and cold. There was no glass in the window frames, just screens. I was scared,

## Save These May Dates

- 02 | Transition Tuesday (Healthcare), Learning Center, 11 a.m.
  - | Bus Tour to Vacaville, Outing, 1:30 p.m.
- 04 | Ohio Dinner, Main Dining Room, 5 p.m.
- 06 | First Saturday in Club, 5 p.m.
- 12 | Last day to vote for our Pet Mayor
- 13 | Solano Winds Gala, Outing, 5 p.m.
- 18 | MOAA Luncheon, Rawlinson Hall, 11 a.m.
- 19 | Pet Parade, Pavilion, 11 a.m.
- 22 | Town Hall Meeting, Rawlinson Hall, 2:30 p.m.
- 26 | Coffee with Council, Learning Center, 10 a.m.
- 29 | Memorial Day Celebration, Rawlinson Hall, 11 a.m.
  - | Ice Cream Social, Pavilion, 1 p.m.

## NCAA Basketball Champs

UCONN is the master of college hoops,  
Making some top teams look like dupes.  
A "husky" is their royal mascot.  
But never wears a fancy ascot.  
And on the floor, he never, ever poops.

—Bill Rawlinson

but my new husband would protect me. Of that, I was sure.

The next morning, we rented a moped. I rode behind Don, hanging on tight, as we drove out to the airport. We waited just outside the airport and watched for the plane David and his girlfriend were on. We stayed hidden because we weren't ready to surprise him yet.

Driving to the condominium, we hit a curb. Don says I forgot to lean into the turn. No injuries, other than our pride. There were several local gentlemen sitting at the roadside who got a big laugh when we went down. We dusted ourselves off, and Don dropped me off and went back to our divers' hotel to collect our luggage.

One of the funniest sights I have ever seen was Don driving that little red moped down the street with our big suitcase strapped behind him with a bungie cord. Quickly, we hid our luggage and ourselves in the lobby of the condominium. There were large pillars that we were able to conceal ourselves behind. Most likely, the clerk wondered what the weirdos were up to.

David went to check in and we jumped out and yelled "Surprise!" The look on his girlfriend's face when she saw me was priceless. "David, your *mother* is here!" I laughed so hard it hurt. It was one of the most fun times I have ever had as an adult.

—Suzy Campbell

## Another Move

Our children's lives were peripatetic,  
'Cause military life can really be frenetic.  
So each of our kids got a map,  
Before going to bed or taking a nap,  
'Cause their Daddy's navigating was pathetic.

—Bill Rawlinson

# What Is Self-care?

Self-care means taking the time to do things that help you live well and improve your physical and mental health. When it comes to mental health, self-care can help you manage stress, reduce your risk of illness, and increase your energy. Even small acts of self-care in your daily life can have a big impact.

Here are some tips to help you get started with self-care. And yes, all of these tips, ideas, and initiatives are part of the Wellness Platform at PVE.

**Get regular exercise.** Just 30 minutes of walking every day can help boost your mood and improve your health. Small amounts of exercise add up, so don't be discouraged if you can't do 30 minutes at one time.

**Consider a cardio workout in our Cardio Zone.** You can try our ellipticals, treadmills, and cybercycles to get the heart pumping and blood flowing.

**Eat healthy, regular meals and stay hydrated.** A balanced diet and plenty of water can improve your energy and focus throughout the day. Also, limit caffeinated beverages such as soft drinks and coffee.

**Make sleep a priority.** Stick to a schedule and make sure you're getting enough sleep. Blue light from devices and screens can make it hard to fall asleep so reduce blue light exposure from your phone and computer before bedtime.

**Try a relaxing activity.** Explore relaxation and wellness programs and apps, which can incorporate meditation, muscle relaxation, and breathing exercises. Schedule regular times for these and other healthy activities you enjoy such as journaling. Wellness hosts a guided relaxation class Mondays and Wednesdays at 3:30 p.m. in the Group Exercise Zone. In addition, we have a new space, the Relaxation Zone, for drop-in sensory stimulation experiences.

**Set goals and priorities.** Decide what must get done now and what can wait. Learn to say "no" to new tasks if you start to feel like you're taking on too much. Try to be mindful of what you have accomplished at the end of the day, not what you have been unable to do.

## Photo of the Month



This "Gnarly Tree" photo was taken at PVE from the vehicle bridge on Constitution Avenue looking upstream by the creek. Photo taken January 31, 2023.

Photo by Jerry Tabler.

**Practice gratitude.** Remind yourself daily of things for which you are grateful. Be specific. Write them down at night or replay them in your mind.

**Focus on positivity.** Identify and challenge your negative and unhelpful thoughts.

**Stay connected.** Reach out to friends and family members who can provide emotional support and practical help. In addition, stop by Grief and Caregiver Support and Parkinson's Support groups for specific areas of focus on self-care.

Self-care looks different for everyone, and it is important to find out what you need and enjoy. It can require some trial and error to discover what works best for you. In addition, though self-care is not a cure for mental illness, understanding what causes or triggers mild symptoms and what coping techniques work for you can help you manage your mental health.

For other ideas for healthy practices for your mind, body, surroundings, and relationships, have a chat with our Wellness team.

—Jan Olson

# The Story of the Luna-Tics

The Villa People of 6600 are not singing and dancing to the tune of *YMCA* but instead are listening and watching Laurel and Hardy sing and dance to *Shine on Harvest Moon*.

Here is the rest of the story: One night, while some of us “locals” were at the nearby fire pit with a group of fellow People of the Pit, we observed a beautiful full moon rising over the hills to the east of PVE. Ron said, “Wouldn’t it be great to be on our building’s penthouse deck sharing in the moonrise?”

That spoken thought morphed into a progressive appetizer party for all families living in Villa 6600. The next full moon was September 10, the Harvest Moon, so that night we each took turns providing delicious finger foods and specialty beverages. Little did we know Rosalie would have a punch bowl of Sangria and Sue and Hale would serve French 95s.

Spending 45 minutes at each home, we started on the second floor and wound our way up through the third and to the penthouse, where we sat on Heidi’s deck with beverages and dessert in anticipation of moonrise. We waited and waited for the exciting event. Unfortunately, while the moon continued its course, smoke from local fires and cloud cover prevented us from seeing it. You can imagine our disappointment. But sated with good food and drink, we happy “mooners” vowed to try again.

We also decided our group needed a name. The vote came down to “The 6600 Mooners” or “The Luna-Tics.” Luna-Tics won out, and we planned for the next moon viewing, the Snow Moon on February 6. Having had too much to eat and drink the first go-round, we decided to visit one home on each floor for appetizers and to bring our own beverages. Judy was the newest member of the Luna-Tics, and she joined right in.

With great anticipation, we began our journey upward from the fire pit to the penthouse. Alas, we should have realized the windy 42-degree evening that night would bring challenges. Undeterred, we rotated between Heidi’s warm living room and the deck, taking group pictures to prove we had finally reached our moon viewing goal. With howls of joy and handfuls of chocolate truffles, we were a very happy group of Luna-Tics.

We plan to continue this tradition so wish us well as we try again for the Super Flower Blood Moon on May 7. We really enjoyed sharing food and drink and getting to know each other better during the Luna-Tics outings.

—Ron Leach

## Residents Share Passover Seder

On April 6, 38 PVE residents, families, and friends came together to celebrate the first post-pandemic Passover Seder, and it was a truly wonderful affair. We remembered the bitterness of slavery and celebrated the joy of our freedom and liberty today and wished the same freedom and liberty for people everywhere.

Wolf Schaechter welcomed everyone, Sy and Beverly Karfiol led the service, and everyone participated in the reading of the

Haggadah, the story of Passover. We dined, we sang, we shared stories, and we became a family.

Collectively, those who attended have been to hundreds of Seders. This one was memorable for all the right reasons. Rawlinson Hall had been set up beautifully and the meal was perfect. Even the matzo balls in the chicken soup turned out just as light as they’re supposed to be.

We owe many thanks to the PVE team members from Dining Services, Communications, Convention

Services, and Catering who were involved.

They’ll say they were just doing their jobs, but they all do them exceptionally well.

Best of all, we know there will be a Seder next year, and we’re already looking forward to it.

—Alice Brill



# Golf News

Twenty Moaners and Groaners (M&Gs) teed it up at the April Fool's golf tournament. Five foursomes set a record—four hours and twenty minutes—to complete the round and “keep up the pace.” Bob McCoy fell down an embankment (we don't know why) and was helped up by teammates Verna and Ginny. Despite cuts and bruises, Bob finished his round . . . a true M&G.

Bud Ross did an outstanding job of standing in as M&G boss for traveling Kimmie McCann. He asked poignant questions: Who hit balls in the water? Who got tired? Who hit bad shots? Several M&Gs raised their hands and were rewarded with bottles of spirits and cans of Red Bull to revitalize the body and mind. Bud also recognized successes: Susan Ritchie was applauded for walking all 18 holes and Bob Irwin sank a 30-foot putt for a birdie, delighting his team. Welcome back Ginny Caspersen.

Bud loaned Gene Noble an antique Arnold Palmer putter and two-color blocked balls to test his putting skills. When he missed two putts, he was presented with a custom flask fitted on his chest to keep spirits handy while he's putting.

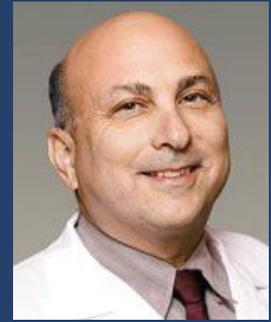
Winners of the April Fool's golf tournament:

- **1st Place (75):** Bob Irwin, Bruce Bartels, Tim Tomko, Bud Ross
- **2nd Place (76):** Gene Noble, Ginny Caspersen, Verna Dow, Bob McCoy
- **3rd Place (77):** Tom DeMartino, Bill Combest, Don Campbell, Ed Vacin
- **4th Place (81):** Norbert Luke, Bill McNamara, Kathy Tomko, Susan Ritchie
- **Low Putts (21):** First place team

Before Bud passed the purple bag to the low putt winners, he noticed that the green ball was missing. Normally, there are several white balls and a green ball in the bag. His research revealed that Doug

## Dr. Levin Joins NCROC Board

Dr. Edward Levin is a urologist practicing in Fairfield and Vacaville. He trained at the University of Michigan in Ann Arbor and at Wayne State University in Detroit. Dr. Levin moved with his family to Solano County in 1988. He has lived here since, working at the original Fairfield Medical group and subsequently at NorthBay- and Sutter-aligned medical groups. He still practices urology in Vacaville. Dr. Levin joined the NCROC Board in January 2023.



—Marie Smith

Fisher and Tom DiGiorgio were the last to draw a green ball to win prizes. Of the low putters, only Bob Irwin drew a colored (not green) ball to win a bottle of spirits. Mystery: Where is the green ball? Please return the green ball . . . no questions asked!

The tradition continued by passing on Walt McDaniel's perpetual trophies. Norbert Luke presented the men's good sportsmanship trophy to Dick Crocker. Myrna DiMartino generously presented the ladies trophy to your “golf news” editor, who is grateful for the recognition. Walt has continued to clean out his “Fibber McGee” closet and found a book containing 500 tips on how to swing a golf club, which he presented to Tim Tomko to help with his bad swings.

**Thought for the month:** When the squirrels and birds see the M&Gs at the tee, they start scattering. This has set back the mating season in Fairfield 90 days.

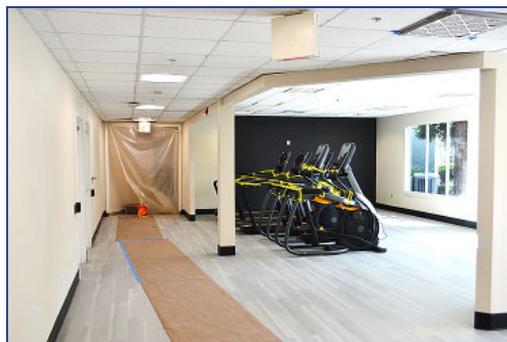
—Estelle Holway



## Construction Update

### Wellness/Fitness Center

**Update:** Construction continues on the remodel for the Wellness/Fitness area (name yet to be determined). The new equipment is beginning to arrive. The photo here shows some new elliptical and treadmill machines that will be placed in the Cardio Zone. Other zones will be for Java and Juice, Pilates Studio, Power, Personal Training, Relaxation, and Group Exercise. While a firm date for completion is not known, the hope is to do an opening in mid-May. The Grand Opening celebration is scheduled for Wednesday, June 21. Mark your calendars.



The old HUR fitness equipment was moved from the Power House on April 25 to make room for the remodel of that space for the new clinic. Once work for the new clinic begins, the Physical Therapy (PT) group will move from the Power House to the new Fitness area for their sessions. Once the clinic moves to its new location in the updated Power House, the old clinic space will be remodeled for the PT Group, though it may not take much work to get it ready for them. As you can see, it's much like musical chairs except it's not chairs but spaces.

**Bocce Court Update:** Another project was completed at Palmos Court (upper bocce court). The concrete viewing area was enlarged, and three large umbrellas were installed to provide shade for spectators. The umbrellas are a pilot program to see if they provide adequate shade.

—Bruce Bartels

## Willow Creek Events

May the force be with you! For the month of May, we are highlighting the Yin and Yang, the balance, in wellness at Willow Creek. Planned balance activities for residents' well-being address social, spiritual, intellectual, environmental, and physical needs. We also practice a person-centered care approach with all residents, which means that our planned activities are suggested by residents or are driven by residents' needs.

*Social* – Monthly Resident Council meetings, current events, group dining, sensory stimulation group, group exercises and discussions, monthly live concerts, and happy hours at which residents can sing along and socialize will be provided to Willow Creek residents in May.

*Spiritual* – Grief support groups and Sunday masses are available for residents. In addition, a eucharistic minister from Our Lady of Mount Carmel Church comes to Willow Creek to give the Sacrament of Communion for residents who wish to receive it.

*Intellectual* – Collaborative games, daily trivia contests, and brain fitness and current event activities in which residents can talk about happenings inside and outside PVE.

*Environmental* – Walking groups, group exercise classes, gardening classes, and bird watching are provided to our residents as are life story exercises such as Let's Talk in which residents can reminisce about the past and lectures and continuing ed classes such as classic movies and concerts followed by group discussions.

*Physical* – A variety of exercises are provided to residents, including group walks, stretch and tone, gentle exercise, leg workouts, and our newest addition, chair yoga by Stephanie.

Lastly, we wish all PVE mothers a Happy Mother's Day! Flowers and chocolates are available to all the ladies at Willow Creek, including our team members.

—Adrian Quinones

# Termite Talk

The March Termite semi-annual all-member meeting was well attended by more than 50 Termites. The meeting only lasted 45 minutes but was very productive. Two new board directors were introduced: Vice Chair Bob Irwin, who will finish out Ray Haag's three-year term, and Secretary Carol Vacin, who will finish out Bob Lunning's three-year term. Elections were held and new board members were elected: Chair Ed Vacin, Treasurer Fred Polkinghorn, and Senior Instructor Wolf Schaechter. The newly elected members will be installed during the May board meeting. The members also voted in favor of amending the by-laws. The maintenance director and shop foreman were eliminated from the list as their duties are already covered by other members. Andy Anderson, our safety director, and Bob Lunning,



our project manager, still have two years to go until their tenures are up.

Three days after the all-member meeting, a general shop clean-up was held. Five volunteer Termites, led by Wolf Schaechter, spent two hours vacuuming, dusting, straightening, and rearranging the shop. The wood pile and the plywood rack were straightened. The dust collection bags were emptied, and the sawdust was saved for raised gardens. The shop hasn't been this clean since we moved in. A big shout out to all the cleaners and especially to Wolf, who led the effort.

During the end of March and first week of April, three days of training were held. Ed Vacin and Ray Silva led the effort and did a superb job. Fifteen Termites took advantage of this effort. The first training day covered the table saw (Saw Stop), chop saw, and Skil saws. The purposes of these saws is obvious, but safely operating them requires familiarization. In addition to operating the saw, one has to know how to operate the dust collection systems.

The second training session covered the two band saws and the routers. The large band saw is used to cut relatively large pieces of wood. It is called a resaw band saw. The smaller one is for smaller pieces of wood and for making designs such as circles and swirls in a piece of wood.

The third session covered the planer and joiner. They are both used to smooth wood. The planer is usually used on the top and bottom of a piece of wood and the joiner is used on the edges. Both pieces of equipment can accommodate various teeth for specific designs; for our purposes, we just have teeth that smooth out the wood.

The Termites also participated in the Expo, which highlighted all the clubs and organizations at PVE. We signed up a few new members and met several prospective members. It was a very productive and well-thought-out expo. Thanks to Wellness for setting it up.

—Bob Lunning

## Elysian Fields Staff

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