

Elysian Fields

August 2023

The Official Paradise Valley Estates Residents' Magazine

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A Parade to Remember

Maybe it was the Tribute Wall showcasing our retired military officers that inspired PVE retired teacher Ann Bonar to organize a parade to celebrate the Fourth of July. After Ann was sidelined by a fall, many helpers stepped up to decorate golf carts before the parade. Marketing is to thank for the photos and for driving Uncle Sam (Bill McNamara). Line dancers, a beautifully decorated convertible driven by Len Hartnett, and at least 20 decorated golf carts took part while Dick Lubman directed traffic. Longtime residents declared it one of the best parades ever seen at PVE.

Uncle Sam led the parade, making stops at Laurel Creek and Quail Creek to entertain residents by singing and dancing to *Yankee Doodle Dandy*. Line dancers Bonnie Sonnenburg,

Move-Ins since the Last Issue

Ming and Grace Tsay

6217 United Circle
From Walnut Creek, California
Referred by the Kos

Judy Chang

6207 United Circle
From Lincoln, California

Enrico and Lilian Dalida

5016 Constitution Avenue
From Fairfield, California
Referred by the Rawlinsons

Howard Adams

1104 Estates Drive
From Crockett, California
Referred by the Crockers

Daniel and Haumei Ko

6219 United Circle
From Danville, California

Geri Soroken

4010 Constitution Avenue
From Rio Vista, California

Jack Silva

2104 Estates Drive
From Rio Vista, California

The Cart Parade

Only here do you see a "Cart Parade"
Whose elderly drivers are never afraid.
Their speed and age just the same!
Some ninety plus and almost lame.
They go for the fun and are never paid.

—Bill Rawlinson

Claudia Brown, Marilyn Byington, and Yuriko McKenna performed to *It's a Grand Old Flag*.

Onlookers lined the streets with residents of Laurel Creek, Quail Creek, and the 3000 building turning out a host of spectators to watch the festivities. As the golf carts circled the courts, flags were waving, horns were blowing, and music was playing, luring residents out with their cell phones to take photos.

Thank you, Ann, and your assistants for helping us celebrate our country's birthday while also honoring our veterans. It made us proud to be Americans. God Bless the USA

—Estelle Holway

Greetings from Laurel Creek

August is here and so is the hot weather! We had a wonderful July barbecue luncheon in the Skilled Dining Room with Laurel Creek and Willow Creek residents. This month at Laurel Creek, the residents will enjoy and participate in musical entertainment with Kendall Osbourne, classical music by Nick, iN2L concerts by André Rieu and Andrea Bocelli, and travel videos with Rick Steves to Madrid, Castile, the Netherlands, and Tuscany. We will also take an iN2L Route 66 road trip, have exercise classes, and enjoy Java Music Group. Weather permitting, we will have patio visits. We always have one-on-one activities chosen by residents.

Come on over and visit your friends and neighbors at Laurel Creek on one of the beautiful patios. We would love to visit with you. Have a wonderful rest of the summer.

—Sharon Johnson

A Speakeasy Summer

Our summer 2010 included a month at a condo complex in Irvine, California. Close to SoCal's Silicon Valley and UC Irvine, its luxurious apartments attracted academics on sabbatical, venture capitalists, and international CEOs. That year, it also attracted the grandparents of two little girls visiting from Paris, France. Lured by the junior Olympic-sized pool with cabanas and large fitness room, we booked a second-floor unit and drove to Irvine to await arrival of our granddaughters, ages 8 and 12.

Unpacking and settling in proved unsettling. As I opened suitcases in a bedroom, I heard a burst of laughter from Marty punctuated by a whistle and a "What the . . . ?" He was in the living room peering at drawers of the wall-length entertainment center. Every inch of space was filled with bottles of liquor – top-shelf brands! Unopened Bombay gin, sealed Maker's Mark Kentucky bourbon, pristine Grey Goose and Ketel vodka. The Bailey's Cream had been opened but barely touched. Had we rented a community bar? In the kitchen, our granddaughters, Claire and Nora, were putting away provisions from Costco. Suddenly, Claire called, "Grandmother, come here! There isn't any room for our Kraft Mac and Cheese!" "Plus," Nora added, "the pantry is filled with cases of beer. There's not a single shelf for the Skippy peanut butter and Prego marinara sauce." The girls had been longing for these things in Paris, but every conceivable space was stuffed with cases

Editors' Note: Last month, *Elysian Fields* lost a precious colleague. Our friend, Liz Wildberger, passed away. Liz was a PVE founder who did many things during her life on campus. Most of her activities were related to writing: teaching memoir classes, creating scripts for PVE performances, and providing narration for Solano Winds concerts. She and her husband, Marty, were contributors to *Elysian Fields* for more than 21 years, serving as co-editors for two of them. In remembrance of the Wildbergers, we have included two of Liz's articles and two of Marty's poems. We hope you enjoy them and think about how much the couple contributed to our lives at PVE. We miss them both.

of beer: Corona, Beck's, and (to Marty's delight) Heineken. "Some kind of take on an upscale honor bar?" I asked. "I think it's leftovers from the last renters," Marty said. "Looks like they had to return to Kyoto and couldn't carry all these bottles."

June was delightful – filled with days spent by the pool, entertaining family, and extending hospitality to the girls' friends. I developed a refined interest in Bailey's nightcaps after the girls were tucked in, and Marty and I relaxed on the lanai. We never ran out of beer and dutifully recycled the empty bottles. I never mentioned the beautifully tailored suit, size 30, I found hanging in my closet. It was accessorized by a crisply laundered and pressed dress shirt, a Hermes tie, and a pair of highly polished shoes. I also decided not to mention the frothy lace lingerie found in the drawer of my bedside table next to the Gideon Bible. Maybe the former residents really had been in a hurry.



Words

My friend is gone.
But oh, what treasures she left behind.

Liz gave us words.
So many lovely, lovely words.
Search for just the right word
And you discover magic.

She taught us to venture beyond the simple.
Is that wave just high or is it towering?
Is that rose just pink or is it blushing
Like a teen on her (or his) first date?

Liz inspired us
To write a sentence, a story.
Create layers of harmony,
Listen for their melody.

She said I should write poetry.
I demurred.
Liz said I could,
So I do.

—Sharon Goldman

—Liz Wildberger

Tschudys Celebrate 50 Years of Freedom

The 50th anniversary of returned Vietnam War POWs celebrated at the Richard Nixon Presidential Library in Yorba Linda was reminiscent of the Welcome Home White House Lawn Dinner hosted by President and Mrs. Nixon in 1973. In May 2023, each former POW and a companion were flown at no cost to Anaheim. Our numbers had diminished over 50 years, but there were more than 150 former POWs present.

Each former POW attendee and his guest were hosted by the library for the official reunion dinner, a black tie/mess dress with medals affair that duplicated the White House dinner 50 years earlier in every way – place settings, linens, and menu – but was served in the library’s exact replica of the East Room. There were speeches and remarks. Especially important was a filmed greeting by Henry Kissinger who was to be with us but was home to celebrate his 100th birthday. We and our guests were 300 strong when we returned to the library for a monumental day. Our children, Mike and Nancy Anne, joined us in the celebration. More than 150 former Vietnam POWs and their families were greeted with a flag waving hearty welcome and well-wishers lining the curbs of Yorba Linda Boulevard leading to the library. As ten years earlier when we celebrated our 40th anniversary there, we found the library to be a bastion of the history that occurred while we were away. A recent museum expansion provides a very special venue for the unique Vietnam War artifacts, which include prison garb, eating utensils, drinking cups, and a hidden American flag made of threads from blankets and other scavenged materials. Also displayed are the important happenings and efforts of wives, families, government personnel, and concerned civilians.

It was also very much a reunion for attending wives and families who served faithfully, not knowing our plight for so long. They mainly had been on their own but were bound together, became friends, and formed *The League of Wives*. They stayed in contact with their respective services and the State Department. They, with many concerned friends, did much to bring the plight of the prisoners to the attention of the public and, not coincidentally, to the North Vietnamese, hoping to improve the treatment of the POWs, which it did!

We spent a lot of time looking at aging faces and trying to read name tags to make recognition possible and easier. The Ready Room was set aside for casual exchanges of remembrances and for catching up.

In retrospect, while in prison I don’t think any of us ever imagined the grand welcome we had/have received at home. And we were astonished to learn of the notably unwelcome home extended to other veterans who had served so valiantly.

—Bill Tschudy

Remembering...

Edith Ankersmit Kemp

Loving wife and mother
Arrived: March 2011
Departed: June 22, 2023

Lt. Colonel Walter “Walt” McDaniel, USAF (Ret)

A World War II Veteran
Loving husband and father
Arrived: February 2006
Departed: June 24, 2023

Colonel Paul Bergerot, USAF (Ret)

Loving husband and father
Arrived: April 2009
Departed: June 25, 2023

Richard Cloughesy

Loving husband and father
Arrived: April 2020
Departed: June 26, 2023

Lavonne Eyres

Loving wife and mother
Arrived: January 1998
Departed: June 27, 2023

Rada Rama

Loving husband and father
PVE Team member for 17 years
Departed: June 27, 2023



PVE Sails with FDR

Twenty of us rode to former Presidential Yacht *USS Potomac*, a national historic landmark at Jack London Square. *USS Potomac* was originally used by President Franklin Roosevelt to fish and to entertain guests and dignitaries between 1936 and 1945. Later owners got into trouble because of drug smuggling, and the ship was repossessed by the government. The yacht also was once purchased by Elvis Presley as a fundraiser for *March of Dimes*. A later accident caused it to sink after it hit a pier. The Port of Oakland paid \$15,000 to rescue it one week before it was to be scrapped. It was restored for \$5 million by coordinated efforts of organized labor, corporations, and volunteers.

The day was perfect with blue skies and light winds, and members of two other retirement communities were also onboard. The large U.S. Navy ship *John Glenn* (which uses float-on/float-off



Remembering...

Captain James Lunn, USN (Ret)

Loving husband and father
Arrived: December 2014
Departed: July 1, 2023

Colonel George Riddle, USAF (Ret)

Loving husband and father
Arrived: October 2021
Departed: July 5, 2023

Colonel Renee Rubin, USAF (Ret)

Arrived: December 2011
Departed: July 9, 2023

Mary "Liz" Wildberger

Loving wife and mother
Arrived: December 1997
Departed: July 11, 2023

Colonel Earl Chinnock, USAF (Ret)

A World War II Veteran

Loving husband and father
Arrived: October 2013
Departed: July 13, 2023



technology) was docked close by. Cruising into the bay, we passed many large cranes used to load and unload cargo. As we passed below the Bay Bridge (actually two suspension bridges), we viewed the Ferry Building, piers, and ships in the area. Our yacht commentator filled us in on historical sights of the bay and California World Fairs held there. First was the 1915 *Panama-Pacific International Exposition* showcasing the city's recovery from the 1906 earthquake. Buildings surviving from this exposition include the Palace of Fine Arts and the Civic Auditorium, plus the Japanese Tea House from the 1894 World's Fair. The 1938/39 *Golden Gate International Exposition* was held on Treasure Island and, in part, celebrated the opening of the San Francisco – Oakland Bay Bridge (1936) and Golden Gate Bridge (1937).

While sailing under the Golden Gate Bridge, we spotted a whale, an exciting opportunity for those who had not seen one before. The guide also noted that there were many more birds near the Golden Gate Bridge than by the island of Alameda near our launch.

After the tour, we had an enjoyable lunch at Scott's Seafood. Iesha Johnson and Mike, our bus driver, arranged to pick us up a short walk from the restaurant. Once everyone was accounted for, we returned home to PVE much more knowledgeable than when we left.

—Dick Lubman

Who Was She Really?

“Never mind that it’s the American Army. How can someone like you be a soldier in ANY army?” Our tame female in-tourist Russian guide had asked almost casually. Tame? In communist Russia? Well, we’d gotten to think of her that way. She had been assigned by the Soviet in-tourist agency as our guide during a language training tour in the USSR. She would coax us in impossible Russian grammar, and we would help her with her American accent, which was already very good. The match between this Russian woman and the U.S. team seemed a good one, and we welcomed her aboard. And Valentina became the all-American Val.

And “we?” We were half a dozen U.S. Army officers who had been studying Russian for three long years and now, in 1959, we were travelling to Russia as tourists to polish our accents. None of this was clandestine or risky. It was part of an exchange program with the USSR, which sent one of their KGB officers to an Ivy League university in the United States.

There were rules: no clandestine contacts, no politics, avoid specified areas. We Americans observed these carefully. But then came that seemingly innocent question about my loyalty to

Americana Trivia

The International Space Station is the largest single structure humans have ever put into space. A list of the scientific experiments conducted on board would fill a phone book. As of 2010, more than \$150 billion has been invested in its construction and maintenance so what do you know about it?

1. Space agencies from which five countries/groups built, operate, and control it?
2. How high above the earth is its average orbit in miles?
3. How long does it take to make one orbit around the earth? How many orbits does it make per day?
4. When did construction start and occupation begin?

—Your Patriotic Committee

Answers on page 10

Save These August Dates

- 01 | National Night Out, Community Center parking lot, 5 p.m.
- 05 | First Saturday in the Club, 5 p.m.
- 08 | National Pickleball Day
- 09 | National Women’s Day
- 17 | Ladies Meet and Greet, Flight Deck, 10 a.m.
| Alzheimer’s/Dementia Talk, Perry Polk, Rawlinson Hall, 2 p.m.
- 21 | National Senior Citizen’s Day
- 25 | Come Together with Team Members, Rawlinson Hall, 10 a.m.
| Beatles Tribute Concert, Rawlinson Hall, 4 p.m.
- 26 | National Dog Day

my country and service. A siren wailed in my head. Val had touched the world of actual intelligence operations. She had crossed the Rubicon.

Or had she? Perhaps she was simply an idealist truly seeking a like-minded citizen of the world. Maybe her hopes soared when I mentioned my years at UC Berkeley. That had been tricky enough.

Yeah. Or worse. Maybe she was the bait into a KGB trap to lure a sentimental American into a dismal life as a traitor. Where her own real loyalty rested was beyond knowing. Clearly there was much she liked about Americans and their western civility. She grinned hugely when one of our crew pulled out a chair to seat her at our table. Such courtesies were thought decadent in proletarian Russia. But Val’s comment was a wish to live in America. Whether she meant she’d like to live in a communist America she didn’t say, and we didn’t ask. Nothing was certain. I sensed a U.S. counter-intelligence chief somewhere growling “Bail out! Get clear right now!”

That I had already begun. Later, at the railroad station when we were leaving Moscow, Val came over when she saw me standing alone. She handed me a slip of paper. On it was her address.

“Please write to me,” she said.

I never did. If, after 60 years, whenever I think of her, it’s to wonder still who she really was.

—R. A. Jones

Getting Away

A long time ago, probably while in my teens, I read a book by Helen MacInnes, *Rest and Be Thankful*. As I recall, it was about a woman who liked writers, somehow acquired a ranch in Wyoming, and held writers' workshops there each summer. There may have been some romance involved – I don't remember that part particularly. But like many teenage girls, I was a little bit horse crazy. We couldn't afford riding lessons, and there probably wasn't much opportunity for them in 1950s Peoria, so reading was the next best thing.

The memory of the book stayed with me, and years later I stumbled across an article in *Bon Appetit* about the glories of a dude ranch in Wyoming that offered two-week vacations. Now all I had to do was explain to my dear spouse what fun it would be. I brought the magazine home so he could focus on the food offered at the ranch, which, after all, had its own pastry chef. His comment was that the only thing he knew about horses was that they had a leg in each corner and a tail.

August

When the winds of August have prepared the trees,
When the winds of August have gone sweeping down the mountains,
When the winds of August have dried the grass to brown,
Over this peaceful valley, the hills hang down to the river's edge,
And autumn comes with a stealthy tread,
As the corn and the apple orchards wait to be harvested.

—Marty Wildberger

To his great credit, he said "Okay, we'll go." So far, so good. Now we just had to buy boots and riding gloves and proper cowboy hats and then learn to ride. We were in California by then, and fortunately there was a stable a few miles away that gave lessons.

Off we went to Wyoming, and I fell in love with the state's scenery and people. We spent a few days at the rodeo in Cheyenne and then drove up to the ranch just outside of Moose. We were matched with horses that fit our limited riding abilities and rode every day except when we went rafting lazily down the Snake River and observed eagles. We rode to the top of a mountain where the ranch hands prepared a barbecue lunch. And we survived a sudden thunderstorm on the way back down. We went to Jackson Lake and hiked. We politely and safely waited in the car while a buffalo and his harem crossed the road in front of us. We cheered on the ranch's cowboys at the local rodeo in Jackson. And oh, we ate well. During our first night there, dinner was served family style. Not like my family, certainly. There was exceptionally good steak, voluminous quantities of fresh fettucine alfredo, and some truly wonderful dessert.

The wranglers were terrific, the ranch house staff was excellent, and the two weeks flew by. We were back two years later and two years after that, and it just kept getting better.

I'd go again in a heartbeat.

—Alice Brill



Photo of the Month



It is always a pleasure to walk by 4009 Constitution Avenue and see the flowers. This arrangement is called Cobalt Blue.

Photo by Fred Barthmus.

Fourth of July Events Focused on Flag, Fun

Eighteen parading golf carts decorated in red, white, and blue with waving flags got PVE's Fourth of July celebration rolling a day early. On the actual holiday, the crowd was welcomed to Rawlinson Hall by patriotic tunes played by pianist Nick Martens. The PVE Chorale, led by Carla Grokenberger, proceeded with a medley of songs from the armed services.

Steve Vancil, chairman of the Patriotic Committee, recounted how various tax rebellions and boycotts of British trade by the colonists prompted the First and Second Continental Congresses to agree on the need for a Declaration of Independence in 1776.

The PVE Chimes then performed *America the Beautiful* and the PVE Chorale sang *From Sea to Shining Sea*, instrumental and vocal versions of the same theme.

The rest of the program focused on our grand old flag with Bill Fernow chronicling how the design has changed 27 times over the years with stars added for each new state, ending with Hawaii in 1959. The stars have had five, seven, and eight points at various times, and at one point, there were fifteen stripes.

Stars and Stripes Forever by the PVE Chorale started a musical finale that included two videos of *You're a Grand Old Flag* by Dan Hayden and a segment of a Boston Pops fireworks concert.

In the benediction, Andy Anderson reminded all that freedom isn't free and we are forever grateful to those who are serving, have served, and gave their all to protect us and our rights.

Emcee Jan Hewitt thanked Patriotic Committee members Tom DiGiorgio, Bill Drake, Ray Haag, Bob Irwin, Bob McCoy, Marjorie Reynolds, and Ann Waldman and IT team members Joshua Freytag and Jesse Marquez for their help in creating the program.

Residents then adjourned for the traditional Fourth of July barbecue followed by an ice cream social with music by Last Station West at the Pavilion.

—Carol Moore



The PVE Chorale

What a blessing is the PVE Chorale!
Voices from each senior guy and gal.
Led by the talented Carla G.
(Last name spelling is beyond me).
But they truly raise our spirits and morale.

—Bill Rawlinson

Golf News

Moaners and Groaners (M&Gs) leader Kimmie McCann opened the dinner meeting with moments of silence to honor our beloved departed members, Walt McDaniel and Jim Lunn.

Walt was always sure that the meetings were fun and Kimmie promised to keep up that tradition. Kimmie announced that the November tournament held every year to celebrate the M&Gs' birthday, will be changed to The Walt McDaniel Memorial Golf Tournament with celebrations proposed to be held in Rawlinson Hall. The McDaniel trophies for men and women who show good sportsmanship will be awarded annually at the dinner.

In keeping with tradition, Kimmie introduced a new member, Harriet Orlove, and presented her with the valuable one-of-a-kind membership pin. Bud Ross took the microphone and awarded Gene Noble a bag of sand for being the biggest sandbagger at the tournament. Then, with the help of Vanna White (aka Verna Dow), Bud handed out prizes to the following winning teams:

- **1st Place (72):** Gene Noble, Bob McCoy, Kimmie McCann, and Ed Vacin
- **2nd Place (78):** *Two teams tied, and second place was decided by a back-nine scorecard play-off with a 39:* Chris Moore, Bob Irwin, Doug Fisher, and Bud Ross
- **3rd Place (78):** Tom DeMartino, Bill McNamara, and Tim and Kathy Tomko
- **4th Place (79):** Bill Combest, Ginny and Matt Caspersen, and Don Campbell
- **Low Putts (22):** Gene Noble, Bob McCoy, Kimmie McCann, and Ed Vacin.

Happily, the green ball was returned to the purple bag (no questions asked). Kimmie passed the bag to the winners, who all drew white balls . . . no prizes this time!

Norbert Luke reported that Walt McDaniel ran the first M&G putting tournament, which continues today as a monthly complement to the M&G golf tournament, which he also founded. The April 2023 putting tournament was Walt's last. He lost to Kimmie McCann by one putt. It was a symbolic passing of the torch. Ironically, Jim Lunn was the star of the June putting tournament. First, he bested Kimmie, who is always hard to beat. Then,

in a sudden death play-off with Hale Conklin, he prevailed to take first place.

Here is a golfer's prayer dedicated to Walt McDaniel and Jim Lunn:

As you walk down the fairways of life, you realize that the greatest opportunities to learn are actually when you're in the rough where you discover things you never knew were there. When you're in the deepest sand, you learn that there is a time to walk slowly and clean up after yourself. When you're in a scramble, you learn that you have friends to make up for what you lack. When you find the water, you learn that things are better left alone. When the ball rolls into the hole for a wonderful par, you realize that all good times come to you.

—Estelle Holway

Willow Creek Happenings

With ever-changing resident needs, it's normal to see some fluctuation in their engagement. We are proud to share with you that 100% of Willow Creek residents are actively engaged with Wellness programs and activities, 80% are consistently active with group activities, and 20% do their own activities as we practice a person-centered approach and respect residents' requests and privacy.

August is a great month for a day out. In response to demand, we will go back to It's It Ice Cream Company on August 15, following with a mini picnic at Suisun Marina. For our weekly sensory stimulation group, we will taste foods from different continents around the world – chow mein from Asia, pizza from Europe, chips and salsa from South America, and freshly baked cookies from Australia. All will be freshly made in our activity room with assistance from residents.

Lastly, our daily activities are in full swing, including morning fitness, current events, reminiscing, classic movies, discussions, live music concerts, table games, chair volleyball, and hallway hockey.

Thank you for supporting and visiting our residents at Willow Creek.

—Adrian Quinones

The Aviator Has Landed

Have you met the Aviator? He waits to greet at the Flight Deck of the Oak Room. The Aviator is a creation by internationally acclaimed sculptor Philip Glashoff. A large crowd of PVE management, the Arts Advisory Group (AAG), and residents gathered on the Flight Deck on June 22 to welcome the Aviator and its creator. The whimsical Aviator is in keeping with AAG's goal of supporting local artists when possible.



A highlight was the conversation between Glashoff and Duane Kromm. It revealed that Glashoff is a fourth generation Fairfield farmer whose studio is on his ranch. Cows wander among his creations. Most houses on the road to the ranch display humorous mailboxes. He explained that his neighbors bought his creations but placed them where he couldn't see them. To make them viewable, he designed artistic mailboxes.

Though the Aviator cannot compete with the many handsome aviators adorning the hall of the Community Center, it is a cheerful addition to the living wall and waterfall on the Flight Deck.

Glashoff Sculpture Ranch in Suisun Valley is open to visitors by reservation (Phone 707-427-8060). If you would like to join their joyous three-day October celebration, please email Sally Gripman (gripman.sjs@gmail.com), who will forward the information to the Glashoffs for a place on the invitation list.

—Floyd Gripman

Americana Trivia Answers

1. The United States, Russia, Europe, Japan, and Canada (15 countries contributed parts to these five agencies).
2. 250 miles.
3. It circles the globe in 93 minutes and completes 15.5 orbits per day.
4. The first parts launched in 1998 and the first residents arrived November 2, 2000.

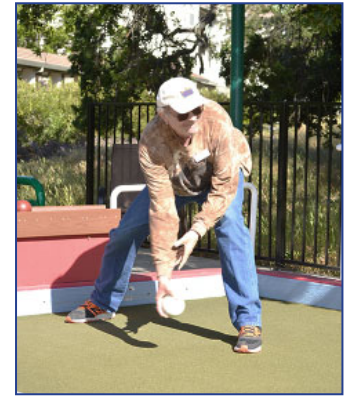
Bocce at PVE

Well, the first half of the bocce season is complete, and we are playing now in the second half of the season, which ends September 12. The outcome of the first half shows the top team to be the Wild Turkeys captained by Tom DiGiorgio with a record of 11-4. Three teams tied for second place with records of 10-5. They were the Six Shooters, the Warriors, and the Amigos Habaneros.

During the break between the first and second half of the season, we hosted two teams from the downtown Fairfield Bocce Federation. Five games were played on Friday, June 30. Representing PVE were the Six Shooters and the Wild Turkeys. The games were highly competitive, but in the end, the two teams from Fairfield bested our teams in every game. We expect a return "match" later this year when we receive our invitation to play at the Fairfield courts. Watch for an announcement in the *Friday Flash*.

The Bocce Committee would like to thank the captains of all the bocce teams. They are the glue that holds the games together. Special thanks to Bocce Committee members Wolf Schaechter, Jerry Hedrick, Hale Conklin, and Tom DiMartino. They are the ones who pour the glue.

—Bruce Bartels



Paradise Players Prove Laughter Is Best Medicine

The Paradise Players provided generous doses of laughter in *Summer Silliness*, a set of three one-act comedies directed by Donna Hyatt.

For *Lawyer, Lawyer*, the Rawlinson Hall audience became the jury in the courtroom of Judge Marie Smith, who had her hands full reprimanding opposing attorneys of dubious qualifications, Joe Spinelli and Bob Panzer. Bailiff Sueva Terry swore in the police officer (Tom DiGiorgio) and the coroner (Jerry Martin) for their expert zany testimony. Diana Panzer was the defendant, accused of killing her husband with a butter knife. She gave witty replies on the witness stand until asked to re-read the email that had prompted her suspicions of adultery. It said, instead, that her husband had been using the neighbor's "Wi-Fi, not his wife."

Kimmie McCann chaired the *Health and Wellness Club Meeting* at which Danielle Wilkowski, Ann Waldman, Christine Williamson, Nancy Pastori, Alice Brill, and Lyn Sorrelle seemed more concerned about their own ailments than making policy. Their characters urged opposition to the misunderstood deaf penalty, wanted to grow organic foods but couldn't find bacon seed, and promoted safe eating by using condiments. Another topic was "You are what you eat. And if that's food from McDonald's, you're fast, cheap, and easy." They also advised seniors to remember that "when a doctor says your health is normal for your age, dying is also normal for your age."

Side Effects involved Jan Heise, Barbara Smith, Sueva Terry, and Shirley Arnold, and they had plenty of gossip and medical questions to share while they waited, seemingly forever, in a doctor's office. They were most concerned about the lady at the desk, Donna Hyatt, who repeatedly answered a phone that did not ring until she finally revealed her medical condition.

Acknowledgments for work behind the scenes went to Connie Grammes and Danielle Wilkowski,

costumes; Joshua Freytag and Jesse Marquez, audio; and Bill Drake and Debbie and Bob Lunning, stage crew and sound effects.

—Carol Moore

National Night Out Is Coming to PVE

National Night Out was introduced in August 1984 through an established network of law enforcement agencies, neighborhood watch groups, civic groups, state and regional crime prevention associations, and volunteers across the nation.

The first annual National Night Out involved 2.5 million neighbors across 400 communities in 23 states. In 2022, there were 38 million neighbors across 16,000 communities in all 50 states and in other countries. In California, 295 cities participated.

National Night Out is a coming together of local police and fire departments to mingle with neighbors in their communities to establish relationships, dialogue, discuss concerns, and enjoy each other's company plus *Have some fun!* In many communities, including ours, city officials and members of city departments join in the festivities. They visit neighborhoods to discuss issues and provide opportunities to share ideas. It gives them a chance to listen to community concerns.

This year, PVE will be participating in the fun. We hope you will join us Tuesday, August 1, at the Community Center parking lot for a barbecue, lawn games, and a chance to visit with our first responders and members

of city departments. We will be blocking off the entire Community Center parking lot for this event, including Bergerot Circle, to accommodate emergency vehicles. Parking will be available in the upper parking garage. We strongly encourage using the bus or carpooling to the event.

—Jan Olson



National Day of the Bee

There must be 365 days a year of something special, but today I think we should discuss the misunderstood and underappreciated *bee*, the furry small creatures of black and black and yellow. They are quite amazing. Please be respectful but not in fear of them. A bee sting essentially is just a tiny bite from this tiny critter. I state that while acknowledging that some people are severely allergic and react adversely when bitten, but the rest of us will be just fine.

Bees are built like Swiss Army knives; their legs and bodies have all kinds of different functions. One leg removes pollen from the antenna, and another leg pushes the pollen from all over their bodies into little “buckets” on their back legs. Other legs push blooms around so they can collect all of the pollen inside. The buckets can be easily emptied by the drones when they return to the hive. Pollen not only goes back to the hive but also spreads its gifts around, allowing future flowers to grow.

Bees search out brightly colored flowers. The Indian Paintbrush plant is an early bloom, and its red petals stand out in meadows. Though we traditionally think of bees sticking their heads into the centers of flowers, they also roll their bodies in California Poppys’ those open petals.

Beehives are a marvel of architecture and construction designed to move pollen. The hives are “cleaned” by the drones and, of course, are a safe place for the queen bee. Her job is to create the next generation of bees to sustain the group. Bees have a caste system of gatherers, drones, and the queen.

All of this work by all of these bees creates honey, the lovely nectar we add to cups of tea and spread on pieces of toast. I can taste the sweetness just writing these words.

Nature is so beautiful and so complicated. We are giants to the small bees, and yet they are so much to our lives. I don’t know what I don’t know, but it is so much fun to learn more.

—Claudette Brero-Gow

My Most Memorable Early Job

Not my first job but my most memorable early one was at Port Dickinson Coal and Supply. Harrison White and I had the task of soaking eight-foot-long wooden fence posts in a creosote bath. The posts were to be used as deer fencing along Interstate 81. The job went like this: pick up a post from a pile on the right side of a shallow six-foot by nine-foot pan filled with a creosote solution, place the pole in the bath, pick up another fence post, and repeat until the bath was filled. Walk to the other end of the bath, pick up the first post put in, and pile it on the left side. Walk back to the right side and place another post in the bath. Continue this task for four hours before lunch.

We were given rubber gloves to protect our hands, but the gloves were soon torn and kept our hands soaked in creosote. Not a good thing as creosote is corrosive and toxic stuff. One of the older employees at the shop came over and gave us a lotion to put on our hands. It worked really well so we tossed the gloves. Then, every hour or so, we applied more lotion to cool the burning sensation.

This job went on the whole summer when I was 16 years old. We prepared posts for the deer fences that would keep wildlife off of the highway. Unfortunately, the installed fence was only six feet high, and the deer could easily jump over it. State officials decided that the fence had to be replaced two years later. The new fence was eight feet high and used metal posts, so Harrison and I were not invited back to the bath.

—Don Campbell

A Note from Quail Creek

We are excited to highlight our lunch outing to Tina’s for pizza. We’ll also enjoy a scenic drive through Napa, a delicious lunch at Athenian Grill in Suisun, and musical entertainment from Avalon at our Happy Hour. And let’s not forget Monday shopping!

—Stephanie Newman

Willow Creek Assisted Living

This is the second in our series about the Creeks at PVE. Willow Creek is a 28-bed enhanced assisted living community located in the Health Center at 2800 Estates Drive.

This unit is used to provide care for assisted living residents with complex health conditions in a comfortable setting. Residents here need assistance with personal care and activities

of daily living such as bathing, dressing, walking, and toileting, and they receive three meals each day in a warm inviting setting. Additionally, because of resident health care issues, the nursing staff supervises medication management and medical testing ordered by the medical staff, such as blood sugar monitoring for diabetic residents. Residents are also observed by staff for changes in physical, medical, cognitive, and functional status.

Willow Creek is staffed with licensed vocational nurses on each shift assisted by certified nursing assistants. A Wellness coordinator provides activities to learn, socialize, and exercise to stay fit, prevent loneliness, and maintain social activity. All staff members receive training to assist with the day-to-day needs and care of chronic health issues and conditions. Residents in this assisted living unit can continue to receive medical care directed by their private physician.



All rooms are private and have a private bathroom. Meals are served in a cheerful dining room. Willow Creek has a very nice outdoor garden for residents to use, and activities are held in the garden to encourage residents to spend time outside. Willow Creek is also where independent living residents receive respite care when needed.

Respite care is short term and assists residents who need some additional help from PVE staff but do not need admission to skilled nursing. It is needed when, for example, a resident is recovering from surgery or another procedure that requires them to have help. The assistance is available until residents can function independently.

Respite care can also be provided to

residents experiencing cognitive issues when their usual caregivers cannot be available for short periods of time to provide the supervision and care they normally receive at

home. Caregivers also sometimes have medical issues or need to be away from PVE.

Admissions to Willow Creek, including for respite care, require a physician order and proper paperwork. Contact the

admissions coordinator or the clinic for more information.

—Sally McNichols

The Dog Days Are Here

What are the Dog Days? It's a long story, of course, and goes back to ancient Greece and Rome. The hot sultry days coincided with the rising at sunrise of Sirius, the dog star. Except for the sun, Sirius is the brightest star in the sky. The Greeks and Romans believed that the dawn rising of Sirius together with the sun was responsible for the heat and humidity.



The *Old Farmer's Almanac* considers Dog Days in the northern hemisphere to be the 40 days between July 3 and August 11. It also says in the 1817 edition that when the Dog Days are approaching, "you must, therefore, make both hay and haste while the Sun shines, for when old Sirius takes command of the weather, he is such an unsteady, crazy dog, there is no dependence upon him."

Dog Days bright and clear
Indicate a happy year,
But when accompanied by rain,
For better times, our hopes are vain.

—Alice Brill

Dining Services

Each month, kudos come in for the Dining Services team. The Greek Night buffet was applauded by residents, and the comment cards praised the selections and delicious treats. Many folks



expressed interest in having this buffet monthly!

Our servers are receiving high praise as well. Satisfied comments from June were 94%. The Servers of the Month

for June are Laci Cox and Kaylia Lindquist. Let's all remember to congratulate these outstanding young women.

Now, residents can enjoy meeting at the Community Table in the Oak Room. Rick Preuss leads the sub-committee for the Community Table, and Ali Corbett and Carol Vacin assist him. Remember: the Community Table is for *all* residents to meet and greet and eat together. To make a reservation, look for Community Table under Dining Reservations on Pulse. Take a chance!



Enjoy conversation and dinner with unexpected partners on a Saturday evening or at Sunday Brunch in the Dining Room and at Wednesday dinner in the Oak Room.

Through the comment card process, your thoughts are read immediately – even during dinner. They are the best way to share your yeas and nays. Happy dining!

—Sally Gripman

Practicing Mercy

Showing mercy stands above showing empathy or sympathy. It is commitment to human need and can require spiritual surgery. Mercy does not consider self or situation. A merciful person is often overcommitted and doesn't need permission.

Sacrifice is a key word for conducting merciful healing. Personal cost is spent when other avenues are more appealing. Merciful positions are transitory; sometime in our lives we all need it. Pray we all receive it. Pray we all give it. Do not just sit.

Shakespeare's Portia knew that "the quality of mercy is not strained." The word merci in French means thanks time and again refrained. Rewards come with taking the higher route being returned to others by you. It takes a lot to get through the vicissitudes of life; we all have much to do.

—Joanie Cloughesy

Termites Are Swarming

As the weather warms up, Termites tend to swarm. It is the same at PVE. Our woodworking association, affectionately called the Termites, is busier than ever.

The Termites recently hosted the Fourth of July Dinner Dance. We contracted with the Manny Gutierrez Quartet, coordinated with Dining Services and Convention Services, and hosted the annual Dinner Dance, which was one of the most well-attended functions of the year.

Some projects we have accomplished include refreshing the bocce ball courts by repairing the ball sweeps and ball holders at the ends of the courts. A sword case was made for the Army Sword for the Club. We repaired and refinished small pieces of furniture for both Stores and Estate Sales and built greeting card holders for the Stores. We made numerous repairs to bed frames, repairing split side boards, adding legs to beds to support the frames, and reattaching bed frames pulled out of their headboards. Additionally, we raised beds, lowered beds, and raised the heads of beds to help people dealing with acid reflux. We have repaired and refinished wooden chairs and tables. We do not cane or reupholster chairs, nor do we do plumbing or electrical work. For the Landscape Committee, we built several self-watering planters that are located at the Oak Room and Deer Creek. One of our loyal Termites refinished all the lazy Susans in both the Oak Room and the Dining Room.

One of the pickle ball (PB) players approached the Termites with a proposal. There were so many PB players at each meeting, and they wondered if we could paint pickle ball lines on each side of the tennis net so they could play two games at a time. Measurements were made and it



Summer Heat

When we lose our sweet Delta breeze
That many think is a summer freeze,
We find that it ain't so bad,
'Cause it cools every lass and lad
And sways our unique cork oak trees.

—Bill Rawlinson

was indeed possible. Then the fun began. It took two weeks to contact all the different authorities involved. Wellness since it is a game, Facilities and Maintenance since it involved altering the grounds, the Safety and Facilities Committee since it involved maintenance, the tennis group since it involved altering the tennis court, and, lastly, the pickle ball group, which needed to choose the orientation and location of the courts. First, Maintenance pressure washed the entire tennis court. Then the PB courts were laid out with tape. yellow tennis court paint was procured, and three volunteers (a mix of Termites and PB players) spent a weekend painting the lines. The end product is beautiful. Many PB sessions now consist of two simultaneous games.

The Termites do not charge for their labor; however, they do charge for the materials needed to complete projects. We normally solicit small donations for completed projects to replenish the shop with glue, screws, and other consumables.

If you think you might have a project for the Termites, call project coordinator Bob Lunning at 925-413-0030.

—Bob Lunning

Daycations, Staycations, and Other Romps

Travel sections in the Sunday papers need to offer a sidebar/glossary of terms related to recreational departures. Headlines promoting daycations abound, and advertisements featuring tempting opportunities for something called staycations are prominently featured. These descriptors are not typographic errors; they are long prefixes for trips that are not actually the big “V” word (vacations). With a tanking economy, a fume-filled gas tank screaming for an infusion of fuel, and a maxed-out credit card from Macy’s, the average citizen, who has been accustomed to at least two weeks of rest and recreation during the summer, is now an unwilling prisoner in a home with a balloon mortgage that could bring about foreclosure.

We at PVE live on a little island of financial security where the only specter of doom is the monthly arrival of the statement from our financial institutions showing a sharp drop in stock values. Most of us have opted for the occasional cruise in lieu of long drives across the country. Setting off security siren whoops in airports because of our metallic body parts has ceased to be a humorous diversion, and the decision on whether to abandon

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Sunset

Now the sun is sinking in the sea,
And homeward winds the fisherman,
A giant silhouette against the flaming sun,
Red tongues of sun,
As if the sea was burning, and the land.
The sky grows darker, air grows colder.
The fire grows and dies.
Red embers and the blue, blue sea,
Slapping the sands.

—Marty Wildberger

the Lincoln in favor of an electric golf cart is coming closer all the time. So, in the interest of keeping us timely and “with it” in conversations with our children and grandchildren on how we spend our time, here is a glossary of terms to travel by. The list is by no means all-inclusive.

Daycation: Formerly known as the bland daytrip, the daycation involves any slight change from the daily routine. It does not include trips to the dentist or podiatrist but does cover bus trips to the theater, museum, or wine country where lunch is on your own.

Staycation: This term denotes a trip of more than one day’s duration, during which the participant remains in the destination resort hotel or one’s children’s oceanfront condo until the traveler remembers that all necessary medications have been left in the apartment in Fairfield *or*, in the case of familial getaways, until the teenagers’ garage band rehearsals cause blinding headaches and tinnitus.

Paycation: After much research, it has been determined that a paycation refers to a bus trip to a popular casino, during which the participant is given a certain amount of cash to feed the quarter slot machines when the bus reaches its destination. If the traveler manages to accumulate cash through skilled management of casino games and returns home with this stash, the trip is considered a successful paycation.

Mastering these terms for recreational enjoyment will make you a popular and welcome addition to any convivial group in the Club and will give you much language “cred” with your grandchildren.

—Liz Wildberger