

Elysian Fields

September 2023

The Official Paradise Valley Estates Residents' Magazine

Volume 26, Issue 9

National Night Out at PVE



National Night Out at PVE

Hello. My name is John Dutton, and I own the Yellowstone Ranch in Montana. I was talking with my friend Jan Olson a while back, and she told me about the National Night Out. She said it was an annual community-building campaign to make our neighborhoods safer, more caring places to live. National Night Out enhances the relationships between neighbors and members of law enforcement and fire protection while bringing back a true sense of community. It is celebrated by millions of people across thousands of communities in the United States on the first Tuesday of August.

Jan then invited me and some of my cowboys to come to National Night Out at Paradise Valley Estates. It sounded like fun and a good cause, so I loaded up my crew and we headed west in my private jet. When we arrived at the campus, the activities were well under way. Police and fire staffs were there with their equipment and their dog. There was a "stilt-lady" walking around. Not sure how she does that. There were lots of kids there, and they had games and a petting zoo. I saw some folks line dancing and they were pretty good. The band was playing my kind of music and the dance floor was always full.

Then there was the grub. Not the usual hamburgers and hotdogs. They had real food. Real salads like Caesar, macaroni, and cole slaw. Then BBQ chicken thighs, corn dogs, and baby



Remembering...

Gloria Kosmin

Loving wife and mother

Arrived: June 2012

Departed: July 16, 2023

Diane Heberling

Loving wife and mother

Arrived: June 2010

Departed: July 18, 2023

Rosalind "Linda" Faraday

Loving wife and mother

Arrived: February 2003

Departed: July 31, 2023

Lt. Colonel Donald "Don" Herington, USA (Ret)

Loving husband and father

Arrived: November 1998

Departed: August 09, 2023



back ribs just like we get on the ranch. I got to meet many of the staff at Paradise Valley Estates. I think you call them team members. Kinda like my cowboys. They're the ones who really run the place. I met the head "food guy," David, and many others there that night. What a great crew you have.

We had to get back to the ranch so we left a little early, but it was quite a night. I'm certainly glad Jan invited us, and I want to thank Paradise Valley Estates for your kind hospitality. By the way, those Hollywood boys did a TV show about my family and my ranch. I think it turned out darn good. It's called *Yellowstone*, and you can watch it on the Paramount Network. Thanks again, Jan. It was a great night.

—John Dutton,
Owner of Yellowstone Ranch

Pioneering Journalist Profiled at Luncheon

Listen, World! is an acclaimed biography by Julia Scheeres and Allison Gilbert that tells the story of Elsie Robinson, America's most-read woman in the 1930s. It was the inspiring theme of PVE's inaugural Ladies Luncheon on July 28. The 78 residents and guests in Rawlinson Hall were eager to hear how Scheeres chose and chronicled Robinson's life.

After introductory remarks by Jan Olson, PVE's Wellness director, and Sally Gripman, book club aficionado, Scheeres delved into the story of Robinson, who lived large starting in the 1880s in nearby Benicia, once a mining town that had a nunnery at the top of the hill and brothels at the bottom. Her early sense that men had more freedom and fun than women was intensified when she married into a wealthy northeastern family who sent her to finishing school to learn Victorian etiquette. In 1912, she returned to California with her eight-year-old son, lived in an abandoned shack, worked for a while as a miner, and followed her motto that you can't win unless you risk.

Robinson's love of writing led to publication of her articles in *McClure's* and *Sunset* magazines before she developed an eight-page section for the *Oakland Tribune* in which children could send their stories to Aunt Elsie and have them printed in the paper. (PVE residents Danielle Wilkowski and Barbara Smith later shared that they had been among those young writers.) Once established in print journalism, Robinson became the highest paid columnist within Hearst newspapers. She drew political cartoons to illustrate her columns and acquired three times the readership of the *New York Times* in the 1930s.

Scheeres' accounts of Robinson's personal and professional challenges and achievements elicited both gasps and knowing smiles from the audience. "In retrospect," Scheeres said, "the dramatic life and fantastic career of Robinson could be attributed to the compassion she developed early on while living in a small town with its wide variety of people and wealth. That gave her more freedom of expression to overcome the lingering restrictions that favored appearance over action."

Many in the audience wore black outfits with red hats, as suggested by Ali Corbett, chair of the Wellness Committee, in keeping with the sketch of Robinson on the book's cover. Dining Services provided a southwestern salad menu with tuxedo cake for dessert. The Wellness Department and Welcome Home Committee also contributed to the success of the program.

—Carol Moore



Golf News

Kimmie McCann opened the August dinner meeting by announcing that the Walt McDaniel Memorial Golf Tournament is scheduled for Wednesday, November 1 and will be followed by a gala dinner on Saturday, November 4, in Rawlinson Hall. Dinner will cost \$50 (no meal ticket) and will provide a no-host bar.

Who's invited to participate? All Moaners and Groaners (M&Gs) past and present, M&G family members who play golf, PVE team members who play golf, PVE Marketing staff members and potential future residents who are golfers, and PVE Management golfers.

Sign-ups start September 1 on Pulse. The invitees get first preference, and other friends of Walt will be welcomed as space permits. Should there be a golf rain out, dinner will still take place.

Kimmie's committee is already hard at work, and we're sure the participants will be pleased with the tee prizes, lots of contest prizes, and some surprises.

Kimmie welcomed new member Young Lee and presented him with a PVE 25th Anniversary golf hat, which he admitted he needed. Kimmie presented the Spectacular Day trophy to Kathy Tomko. She chipped into the third hole from 60 feet to assist her team in winning low putts and a sizzling low score.

Winners of the August tournament:

- **1st Place (73):** Chris Moore, Dick Crocker, Tim Tomko, and Kathy Tomko
- **2nd Place (77):** Gene Noble, Kimmie McCann, Verna Dow, and Ed Vacin
- **3rd Place (81):** Don Campbell, Young Lee, Bob McCoy, and Bud Ross
- **Low Putts (22):** Chris Moore, Dick Crocker, Tim Tomko, and Kathy Tomko



Verna Dow and Kimmie McCann

Though the low putters all drew white balls from the purple bag, Kimmie gave each of them a bottle of spirits as a consolation prize.

Ed Vacin announced that he is designing a name tag for the M&Gs that includes the words "Do you play golf?"

Dick Crocker reported that 14 world-class putters showed up at the PVE putting green to demonstrate their skills.

After two rounds, the semi-final contest saw Verna Dow beating Dick Crocker and Kimmie McCann besting Andy Anderson. Thus, the finals featured an all-woman contest with Verna Dow arising as the July 2023 M&G putting champion.

Thought for the month: If your best shots are the practice swing and the "gimme" putt, you might wish to reconsider the game.

—Estelle Holway

Bocce

By the time you read this, the bocce season will be moving quickly to its finish. As of September 1, there will be only 18 games left to play. Both halves of the bocce season involved 240 scheduled games. As we write this, the Bocce Bouncers are on top with a record of 9:1, and the rest of the teams are scattered below them. It's hard to predict how the season will end, but the final report will be in the October issue of *Elysian Fields*.

We hope you have enjoyed bocce this year, both as players and as fans. It has been particularly fun on Fridays when we could all enjoy continental breakfast along with bocce. The Bocce Committee thanks the 189 residents who played this year and the 16 captains who made it all work. Watch for the final wrap-up next month.

—The Bocce Committee

Dining Services

Do you think about nutrition differently than you did 10 or 20 years ago? As we experience changes, both physical and personal, there is an impact on our eating habits. An article in a senior health publication recently addressed how we as seniors need to adjust our food choices. Given medical conditions, medications, and mobility concerns, we face some challenges. We want to keep our brains active and our mental and emotional selves balanced.

What to do? Fortunately, we have many options at PVE. We can actively choose what to eat and when to eat. Our menus give us many choices to fit with our personal needs and tastes. And if there are other unmet needs, the team in Dining Services answers our questions and helps us make informed decisions. There is no one plan to fit all. That is why each of us needs to be active in making choices.

We are also quite lucky to have the opportunity to eat with others. Coming to lunch and dinner with friends and being willing to have others join us helps make mealtimes enjoyable.

Numerous sources tell us that we need to have enough fiber and healthy fats, reduce salt, limit starches, and stay hydrated. We know what to do . . . we just need to DO IT.

Kudos to Shane-Nicole Sheppard and Diana Mendoza-Ortega for their recognition as Servers of the Month. Outstanding! Our servers are doing a terrific job as they work together as a team.

The back-of-house staff members also work together in these times of challenges. We rarely see how much they work to help fill in gaps when

Pie a la Mowed

The delivered dinner's dessert course
Must have been through centrifugal force.
Pie crust in shreds
Fruit filling embeds
And whipped cream is likewise off course.

—Carol Moore

Move-Ins since the Last Issue

Larry and Phyllis Wright
1206 Estates Drive
From Menlo Park, California

Anne Robinson
6503 United Circle
From West Lafayette, Indiana

needs arise. Thanks to all who help us have such delicious meals.

Our wine menu has changed. We now have a sparkling white prosecco, and several local producers' wines are offered on the menu. These include a white blend from Valley of the Moon and a sauvignon blanc from Highway 12, which is also represented by a merlot. Oak Farm Vineyards from Lodi has a red blend on the menu and a zinfandel. Another wine from Sonoma is a cabernet sauvignon, Ammunition, from Daylight Wine Company. If you are looking for a wine to go with berries as a dessert, try the moschetto from Italy.

Two members of the Dining Services Committee highly recommend it.

On behalf of all residents who have been enjoying the theme buffet dinners, *Thank You* to the Dining Services Team. These dinners are a great treat with music, outrageously delicious foods, and so much fun. Cheers!

—Sally Gripman

Ideals of a Family

Members of a family should provide safe haven for each other
Keep the door open to embrace their needy, love them like no other
Provide solace and encouragement when problems they do face
Always be able to have tears wiped away and restore lost grace.

Above always, the ideal; sometimes expectations fall short.
But we are armed with what we know not to do and know how to resort.
Creating your own true family takes initiative and a fine hone.
I highly recommend you create one on your own

—Joanie Cloughesy

Lost Luggage

It's unlikely that many of us in our youth gave really serious thought to our future until after high school graduation and, I hope, with the oncoming of mature realistic adult perspectives. It's likely too that the prospect of travel was, for many of us, only incidental to our desired occupations, such as being pilots or part of flight crews. But at that time, military service that provided for personal travel was limited.

That brings us to travel. Recently, the federal administration announced that airline companies would be held responsible and be penalized for allowing various passenger inconveniences. One such occurrence that has caused considerable distress among passengers is flights that have been on schedule and yet their luggage ended up somewhere else. The wait for "lost" luggage to be returned was rarely convenient. Nor was the compensation provided viewed as satisfactory.

Lost luggage wasn't the issue when I was shot down over North Vietnam. I was relieved of all my flight clothes, including my helmet and shoes, which were never to be seen again, in favor of "Communist prison garb," which began with my first set of button-up dirty white pajama-like shirt and trousers and varied often over seven and a half years.

After I returned to the United States, I found out that my "hard hat" (flight helmet) was a display in Moscow in the Red Army War Museum, which, I was told, held relics of every war in which the Red Army had fought, including the Vietnam War, which (by the way) the Vietnamese call the American War.

So that provided at least a partial answer to lingering speculation by citizens of the Hanoi Hilton. Some prisoners thought they might have had air combat with skilled Russian-piloted MIGs, and from time to time, we glimpsed Caucasians in the prison area, not knowing who they were

or why they were there. So the question was how did my helmet get into a museum in Moscow?

We found, after returning to the United States, that it was believed that some prisoners had been taken to Russia and that I was one of them. However, the Pentagon and State Department were for some reason convinced that such speculation was not true (thank goodness).

Perhaps the reason was the unfamiliar and vaguely Russian name marking my flight helmet. The spelling of my last name, which is Swiss, has the "tsk" sound common in Russian. But there are lots of other English words that have the same

combination, such as tsunami and Tchaikovsky.

Apparently, every U.S. State Department employee in Moscow toured the museum and reported the hard hat by name owing to the possibility of its belonging to a POW or other American held by the USSR. The white spaces on the helmet (see the photo) mark where my name and the explanation were. There also were pieces in the display of a shot-down Navy A-4, a signal pistol, and a picture of some bomb damage. So there was my "luggage" that arrived somewhere I didn't want to go.

—Bill Tschudy



Quail Creek's Summer Fun

This month, we are happy to announce that Kevin will be back to cook for us at Quail Creek. Thank you, Kevin! We are looking forward to the barbecue.

Residents are thrilled to know that we are returning to three outings a month. In September, we will make the scenic drive to Silverado Trails in Napa, have lunch at Bella Siena in Benicia, and visit It's It Ice Cream at the Suisun waterfront.

We will also be working on revitalizing the flower garden on the Quail Creek patio and, for those who love wine, we will have a wine tasting and judging event on the patio.

—Stephanie Newman

We Remember 9/11



My Memories of 9/11

At my ripe old age, I cherish memories. They are my circle of life, and I have noticed that, while some memories fade, others stay sharp and brilliant in my mind. Such are my memories of 9/11. Here are a few that you perhaps share.

I thought when the first plane crashed into the tower that it must have been an airplane mechanical failure, but then the second plane hit. We all watched, mesmerized, not understanding, hoping this was just a bad dream and realizing it was not.

We watched the death and destruction, and we watched those amazing fire and police personnel and others trying to save as many people as possible. (We later learned that they carried the smoke and fire within their bodies for the rest of their lives.)

Then there was the third plane headed for the Pentagon, but the heroic actions of its passengers diverted it to a field, where it crashed.

Time has passed and much has been rebuilt.

This is one memory we must not let fade. We must remember the intent of that attack.

Yes, buildings were destroyed, people were killed, and innumerable lives were forever altered, but the intended effect was not realized. Our country and our spirit were not destroyed, and we stood strong and united.

—Claudette Brero-Gow

Annual Resident Council Election

Shortly, we will have the opportunity to select whom we'd like to see as new members of the PVE Resident Council. The council consists of nine members. Each year, three members complete their terms and three new members are chosen by residents to fulfill new three-year commitments.

The nominees are now having their photos taken, drafting short paragraphs that will appear in the election brochure, and preparing speeches to deliver in Rawlinson Hall on Wednesday, September 13. The nominees were identified by the Nomination Committee, which is chaired by former council president Jan Heise. The committee includes a past council member and three residents. Nominees' names are forwarded to the Resident Council, which then reviews the list prior to identifying nominees on which to vote.

Nominees are individuals who have volunteered to serve and who understand that they are making a significant time commitment that includes council and committee meetings and various ad hoc tasks. The council president, vice president, treasurer, and secretary also serve on the council's executive committee.

Candidates pursue election knowing they could be asked to perform tasks to which they are not accustomed, but the council tries to match

backgrounds with specific responsibilities whenever possible. Nominees have expressed a willingness to serve on and lead various committees, groups, and teams. Ideally, nominees have been residents for at least two years prior to running for the council.

The Nomination Committee has identified candidates who have both volunteered and met the criteria. Now it's up to us to decide which three candidates can best represent us and serve our community. When it's time to vote, be sure to cast your ballot.

—Ken Lyon

Venery Oh My!

A group of turkeys is a rafter,
A group of pigs a drove,
There's a bellowing of bullfinches,
And a parliament of owls.

A congregation of alligators.
A crash of rhinoceri,
A scourge of mosquitos,
And a bloat of hippopotami.

From old English tradition
These are terms of venery
Some of them make sense
And some are just plain sillery.

—Alice Brill

Quail Creek Assisted Living

This is the third in our series about the Creeks at PVE.

The Quail Creek Assisted Living facility consists of 32 apartments designed to accommodate residents who require care via an assisted living social model. It is located at 2350 Estates Drive across from the Community Center.

Residents of Quail Creek enjoy the ability to balance independent, engaging lifestyles with assistance from staff as their needs grow and change. The residents receive help with activities of daily living such as personal grooming, housekeeping, meals, and transportation according to their needs and preferences.

As you can see in the photos, each apartment contains a sitting room, a bedroom, and a private bath with shower. All apartments provide Wi-Fi. Meals are served in a cheerful dining room, and a garden provides residents with opportunities to enjoy time outdoors.

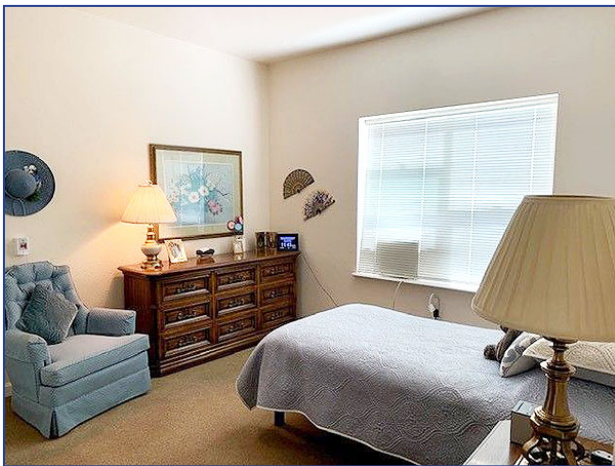
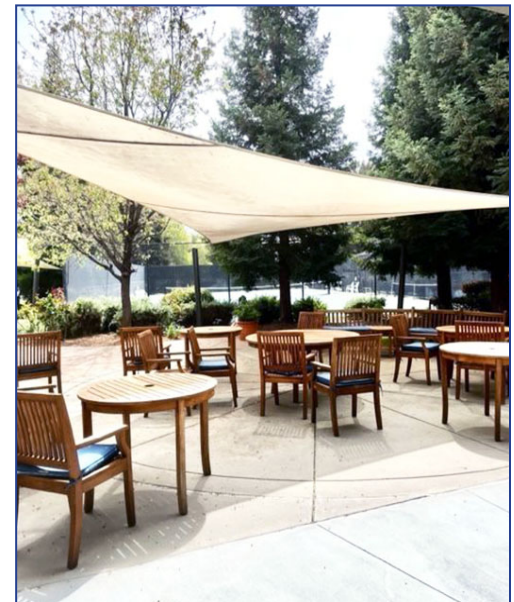
Quail Creek is staffed with licensed vocational nurses on each shift, and they are assisted by certified nursing assistants to provide residents with care. Licensed nurses

manage medications and provide assistance and support with other identified medical issues.

Residents in this unit can continue to receive medical care directed by their personal physicians.

A team member from Wellness is assigned to Quail Creek to enrich the lives of residents using the PVE Wellness dimensions. Residents use the community's state-of-the-art fitness center and indoor pool and participate in social, cultural, and educational activities, including on-campus and off-campus programs. Residents of Quail Creek can enjoy any and all of the activities occurring at Paradise Valley Estates.

—Sally McNichols



Our Paradise Valley Estates Roots

As we spend our golden years at PVE and enjoy the surroundings, amenities, and activities, we should know how our wonderful community came to be. Paradise Valley Estates arose thanks to the foresight of retired military officers who wanted to create a military-oriented continuing care retirement community (CCRC) in Northern California. They were retired Air Force officers who possessed organizational, financial, legal, and construction expertise: Lt. General John Gonge, Major General John Collens, Major General Tom Aldrich, Colonel George Tuttle, and Lt. Colonel John DeRonde.

First, they visited an established CCRC in Southern California and reviewed the operations of five well-established military CCRCs. They then received briefings from Haskell Community Developers and Force Financial, with which they signed agreements once they decided to proceed. Haskell provided \$2 million as “seed money” to get things started.

This group became the board of directors of the Northern California Retired Officers Community (NCROC), adding Captain Jack Biederman, USN; Lt. Colonel Jack Dallman, USA; Lt. Colonel Ruby Hardy, USAF; Lt. Commander Jack Orlove, USN; Colonel Paul Bergerot, USAF; Lt. Colonel Tom Kirkjian, USA; and Lt. Colonel Ray Schoch, USAF.

The board and staff from Haskell Community Developers held numerous meetings with local, city, county, and state agencies and community groups to address the daunting tasks of selecting a site and establishing financing, budgets, construction plans, and operations and management of this large project. To qualify for a loan, a set percentage of entrance fees based on the size of the community required deposits from future residents. Fortunately, interested retired military officers and their spouses, known as the PVE Founders, provided the required amount.

From concept to beginning of construction took 60 months. Excluding the health center, construction required only 16 months – a remarkable achievement considering the size and number of units.

Dog Park Birthday Party

Dogs, all sizes and breeds, gather at the park for a party
Rover is turning 3 and invited his dog friends for treats hearty
Shiny new bowls line the grass with goodies and drink
New balls and frisbees thrown for the fetch, back in a blink

Dogs don't sing but bark the tune of “Happy Birthday”
The canines return home spent at the end of the day
A nap is in order; let's try the master's bed
Doggie now asleep with birthday hat on head.

—Joanie Cloughesy

A resident who played a significant role in continued development of the community was Colonel Paul Bergerot, who was a founding member of the NCROC board and its chair from 2000 to 2008. He served on the board for 13 years. Paul was a patriot, a leader, an Air Force pilot, and a good friend to all of us. We miss his presence and his friendship.

Another founding board member and PVE resident is Lt. Colonel Ruby Hardy. Ruby spent 15 years on the board.

To understand the efforts and time required by the members of the NCROC board of directors, Haskell, and Force Financial, one must read the early history of PVE as written by Major General John Collens, former board chair. It is available on Pulse under Documents and PVE Heritage.

—Vern Chong

Greetings from Laurel Creek

In September, the Wellness life enrichment staff will host an End of Summer Carnival with games, food, and prizes in the Skilled Dining Room for Laurel Creek and Willow Creek residents. We will also have wonderful musical entertainment by Kendall Osbourne and Jack Convery, classical music by Nick, and travel videos. Special treats are karaoke with staff members and residents, patio visits with cool refreshments, and our Java Memory Group every Thursday morning. We hold exercise sessions every Wednesday and Friday morning, along with Bingo and one-on-one activities chosen by residents, who also enjoy using the iN2L tablets in their rooms.

We hope you had a great summer and are looking forward to autumn.

—Sharon Johnson

Active Aging Week 2023

The International Council on Active Aging conducts its annual campaign, Active Aging Week, to promote the benefits of leading an active and healthy lifestyle as we grow older.

Why: The campaign aims to encourage individuals to engage in physical, intellectual, and social activities that contribute to overall well-being and quality of life.

When: September 29 through October 6.

Where: Fitness Center and Rawlinson Hall.

Who: All residents and team members are invited to participate in Active Aging Week. The events are organized and hosted by the PVE Wellness Team.

Wellness is derived from our ability to understand, accept, and act on our capacity to lead a purpose-filled and engaged life. In doing so, we can embrace our potential in all the dimensions of wellness to pursue and optimize life's possibilities.

We are focusing on music and movement at this year's event. Music positively impacts memory, enhances communication, and maintains and improves physical mobility, mental processing, and social functioning. Music is exercise for the mind, body, and soul. Look for more information in the coming days.

—Jan Olson

Hello from Willow Creek

During September, we will emphasize our humble Willow Creek garden.

Most Willow Creek residents have had experience gardening throughout their lives. Sharing residents' expertise in preparing the soil, planting seeds, maintaining the garden, and watering the plants plays a big role in a successful harvest. We can witness the miracle of seeds sprouting into plants.

Gardening also requires regular and continuous care; therefore, as part of our daily activities, residents are actively engaged keeping our garden clean and healthy.

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

—Adrian Quinones



A Seat for All

With the Wellness Refresh project nearly complete (except for the swimming pool), it was time to do a post-project survey of the residents we serve. Did we meet your expectations and fulfill your needs?

It is truly a highlight to stroll by our Java Juice Zone any time of the day to find often more than two or three people sitting together enjoying infused water, coconut water, and coffee drinks. Conversations are abundant with everyone there to share post-exercise class comments and their news of the day.

That said, the area had seemed a bit crowded at times with many people not able to sit comfortably and experience social wellness in a relaxed atmosphere. The Wellness team quickly surmised that additional seating was needed.

“A seat for all!”

We ordered a new sofa for the Java Juice Zone to provide a comfortable seat for all. We hope it will be in place when this article is published, and we will have photos to share. Thanks again, everyone, for your support of the Wellness Java Juice Zone, our new Fitness Center, and all that we host in this new space. The biophilic design increases participants' connections to the natural environment. There are gathering spaces for self-care and relaxation, group exercises, and personal training such as cardio and strength that make this the place to be. Now with “a seat for all.”

—Jan Olson

Our Traditions

It would be nice to keep some PVE traditions residents have embraced over the years. This will be my third *Elysian Fields* article about the wisdom of always wearing name tags, but perhaps some prefer a cloak of mystery around them. Fortunately, a majority of residents appear to be willing to let others learn their names and, equally important, remember their names.

Another PVE tradition is the vehicle/walker wave. Yes, we actually wave at each other as we pass other vehicles and pedestrians. We even know many of the people to whom we wave, but not necessarily all. For visitors to our campus, waving reflects our friendly community and encourages people to want to become part of it. That said, it's easy to see why Marketing and Security staff members are particularly consistent in waving at all.

The tradition of taking our pets to the Main Gate for treats serves multiple purposes. Pets know that it's a safe place to go if they get loose, and there is nothing wrong with pets getting a little dose of "Officer Friendly." That's a good thing when Security responds to your house for a wellness check and your pet knows them.

Resident biographies have been in *The Valiant* since the beginning. It's always nice to learn how residents describe themselves and to identify those who share our interests, backgrounds, and prior geographic locations. Other facts and opinions about individuals can always be sought using Google. Now that *The Valiant* is online, updates and corrections can easily be initiated through management. Fortunately, only by the residents themselves, not by others.

What about red clothing on Fridays? It's a simple gesture to show respect and support for those serving and those who have served our country, some retired and some who were detained by hostile forces.

Some feel change trumps tradition, but I think it's not only possible to have both. It's also nice, comforting, and respectful.

—Ken Lyon

Photos of the Month



White face dog – This is Sophie, the tiny princess who owns the Spinellis. I photographed her with a dark background hoping her face would “pop.”

Photo by Lynn McCurry.



Dog lying down – A dog relaxing at the Marquesas Islands.

Photo by Dick Lubman.

Poetry

I tried writing a rhyme
But found I didn't have time
To say anything very profound.
It must have been hard
To be a good bard
When Shakespeare and friends were around.

—Alice Brill

A Flight to Roche Harbor

From the air, as far as the eyes can see, nothing but odd shaped islands, graced with endless green trees.

An endless stream of ferry boats dodging tiny sailboats with their large white sails billowing in the breeze.

On descent to Roche Harbor, cotton candy clouds give way to a view of several large yachts only few can afford.

Upon a smooth landing, we disembark to merge with the throngs of tourists along the docks, hoping to board.

A walk through the town with its cute cottages and hotels, we see a chapel where couples once embraced marriage.

The chapel is small with architecture that is reminiscent of the past when the mode of travel was horse and carriage.

With appetites growling, we search for a fine restaurant. Lo and behold, we turn a corner, and one appears as if by chance.

With fruity beverages to sooth our thirst, we sate our hunger with mouthwatering entrees and music added as if to dance.

Scanning the list of delicious desserts, we decided to forgo sweets, leaving only empty dishes.

Now off we go to continue our sightseeing, when what do we see, the answer to our wishes.

A long line of tourists anxiously waiting to be served at a popular ice cream vendor's booth.

So many different flavors, we so anxiously order. A double chocolate for me, cold and smooth.

Ice cream melting, we walk back to our plane at the airport.

First, visiting an outdoor art display located on a two-acre court.

Up, up, and away, we did climb to a blue cloudless sky.

Alas, Roche Harbor, we must now say so long and goodbye.

—Tom DiGiorgio

Let's Go Back to the Basics

In 26 weeks, I was able to lose 54 pounds, equal to a remarkable 20% of my body weight! The best part? I accomplished it without joining a club or purchasing over-hyped and over-advertised food products. Unlike other weight loss programs, which require you to consume pre-packaged meals, I could eat what I wanted and still achieve the desired results. I firmly believe that success is within everyone's reach and would like to share my personal experience in achieving it.

Last December, I tried on my black suit to prepare for the Holiday Gala at PVE. It didn't fit. I had lost all control and had been overeating for months. I had to buy another suit for the party, paying dearly, and I promised myself to start a diet in the new year.

I set a realistic attainable goal: lose a pound and a half to two pounds per week, monitoring my progress by checking my weight once a week on the same day and at the same time and recording the results. Seeing my progress would help me stay motivated.

I used a simple calculation to determine how many calories I needed to lose weight: multiply your weight by 12 if you are sedentary and by 14 if you're reasonably active. I used 12. To lose that pound or two a week, I had to cut my calorie intake in half. I recalculated my calorie needs monthly.

The weight just seemed to melt away. There were times when my progress temporarily plateaued, but the downward trend eventually continued. I avoided high-calorie foods like bread, cheese, rice, noodles, and desserts. However, there were no exclusions; I enjoyed all kinds of foods in moderation.

I also used the exercise machines at the Fitness Center to boost my weight loss, but you cannot rely solely on exercise to lose weight.

Ultimately, there was no quick fix or miraculous answer. Effective weight management came down to balancing the calories I consumed with the calories I burned through daily activities. It's important to steer clear of trendy diets that promote restrictions and want you to buy their products. Stick to the basics of calorie control and physical activity, and you will attain sustainable results. I hope my story will inspire others who desire to lose weight.

—Bill Ulm

The Drums Go Bang

Taiko drumming, a traditional Japanese art form, dates back more than 2,000 years. The Japanese word *Taiko* translates to “big drums.” They are used to produce strong deep sounds for entertainment, festivals, and education and informational events.

Recently, as part of our cultural awareness programs, residents and team members were entertained by the Sacramento Taiko Dan Drummers. Their assistant director, Sasha, hosted an interactive educational event that included our own PVE residents experiencing drumming.

We learned that the number 3 is significant. Consequently, many routines showcased three movements that were repeated three times during the performance.

In closing, a special birthday drumming session was performed to celebrate Wellness supervisor Christina Gamble’s birthday. It is a birthday she is likely to remember for a long while!

—Jan Olson



Remembering V-J Day

Whatever happened to September 2? Perhaps V-J Day lost some of its historical significance after September 11, 2001, which we remember vividly, having watched the attack on the twin towers and the Pentagon and the crash into a field in Pennsylvania. On August 15, 1945, Emperor Hirohito announced Japan’s surrender in World War II. But on September 2, 1945, Foreign Minister Mamoru Shigemitsu and General Yoshijiro Umezu signed the Japanese Instrument of Surrender aboard the *USS Missouri* in Tokyo

Bay, formally ending the war. We remember the end of World War I on November 11, 1918, because it evolved into Veterans Day, commemorated on “the 11th hour of the 11th day of the 11th month.” However, the last day of World War II is not so well known.

Though, as some of our residents can attest, World War II was not really over until November 21, 1945, when the first of the ten Japanese internment camps constructed in the United States, Manzanar, was the last camp to close.

—Carol Moore

Termite Talk

Ray Silva has been a Termite for as long as he has been a PVE resident. Formerly a Fresno City College auto shop instructor, he loves making things and thinking of things to make. From the first day he walked into the Termite shop, he envisioned ways to improve the work experience. For example, he helped design a dust collection attachment for the chop saw. The original one kept dislodging from the back of the saw. With Ray's help, we created a new attachment, and it works great.

At one time, the router table spit wood chips all over the floor. Ray designed and built a sheet metal chute to catch the chips and direct them into a garbage can. When using bladed tools, one must



be careful to keep hands and fingers out of the spinning blades. One way to do this is to use a wooden pusher that holds the wood you are cutting, allowing you to push it through the blade while keeping your hands clear.

Ray built pushers,

each designed for specific table saws, routers, planers, joiners, and band saws.

In addition, he has made a dozen jigs. A jig is like a pattern in sewing but usually is made of wood and replicates a particular pattern or complicated cut. Our two most notable jigs are the ones for picture frames and circle jigs for the band saws. The picture frame jig shown in the photo allows one to cut perfect 45-degree angles on the table for perfect picture frame corners. The circle jigs allow one to cut perfect circles on the band saws. Both jigs are ingenious.

Dining Services director David Kalbaugh asked the Termites to build a back cover for the pizza oven refrigerator that faces residents seated in the Oak Room. Ray took on the project using Brazilian redwood. He designed it so it would slide partially under the refrigerator and hold itself up without attaching to the refrigerator. It also leaves enough space between the cover and the vents in back to allow room for required air flow. Then he

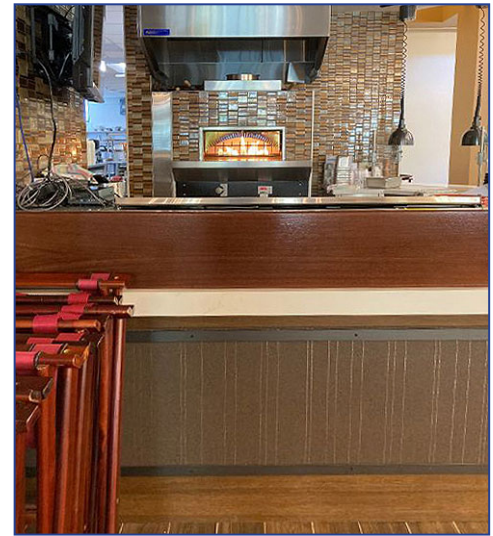
stained and varnished it. Truly a piece of art.

He also took a discarded picnic bench, refurbished it, stained it, and placed it behind the Termite shop for Termite lunches and breaks.

Ray is also a master at working with JB Weld (a very strong glue). He made holders for our numerous hand tools and for all of our screw bits using wood, metal prongs, and his friend, JB Weld.

Ray instructs classes on using the band saws, the router table, the hand routers, the planer, and the joiner. He is always willing to help any Termite with projects. If you see Ray around campus, tell him "Thanks" for all the work he does for the Termites.

—Bob Lunning



Americana Trivia

September has many days of interest, but September 2, 1945, stands out in the minds of older generations. For those who lived it and those who have read about in their history books, what do you remember about the official surrender of Japan that ended World War II?

1. Who signed the document for Japan? For the United States?
2. Where did the signing take place?
3. What singular event(s) sparked Japan's willingness to surrender?
4. Which nation broke its neutrality pact in the last minutes of World War II and attacked Japan?

—Your Patriotic Committee

Answers on page 16

The Sound of Music

Did you see the *Sound of Music*? Remember when Maria made the Von Trapp girls' dresses from curtains? Recently, we took our girls on a river cruise that offered an excursion to Salzburg. When they saw the excursion listed, they immediately decided that they wanted to go wearing curtain dresses like the ones Maria made. What are the chances of that happening? Well, their mother agreed with their idea.

PVE had recently remodeled the guest room in the 1000 building. During the remodeling, Sally noticed that the contractors had put curtain rods with the curtains still on in the trash on the bed of their truck. She had been shopping for a similar curtain rod for our apartment for months but had not yet committed to the expense. This was a golden opportunity, and upon securing approval of the contractor, she hauled the curtain rods, cornices, and curtains up three flights of stairs to our apartment. Maintenance soon installed the rods and cornices in the guest room used as Sally's office. The curtains were neatly folded and stored in the closet awaiting their destiny.

Sally scoured the internet and found the perfect dress pattern. She then pulled her college-graduation-gifted Singer sewing machine out of storage and went to work. From other scrap material, she made a sample dress to test the fit. With slight adjustment, the pattern worked well for one daughter. The first dress of PVE curtain material was completed as a perfect fit. The sample dress was then mailed to the second daughter to test for fit. Again, with slight adjustment, the dress was a perfect fit. Two days remained before the flight to Munich. The dresses were finished just in time.

Excursion day arrived with mother and daughters in Salzburg. Of course, they got separated from the excursion and ended up having to find their own way to seats in the restaurant for the tour presentation of songs from the *Sound of Music*.

Everyone thoroughly enjoyed the presentation. As they exited the restaurant, some in the audience mistook the girls for members of the cast and complimented and thanked them for their performance.

The perfect ending for the PVE curtain dresses.

—Floyd Gripman

Save These September Dates

- 02 | V-J Day. World War II ended
| First Saturday in the Club, 5 p.m.
- 04 | Labor Day
- 07 | Welcome to Wellness Orientation,
Rec Center, 1 p.m.
- 10 | Grandparents Day
- 11 | Patriots' Day
| 9/11 Memorial, Rawlinson Hall, 10 a.m.
- 15 | POW/MIA Recognition Day
| Veterans Group, Rawlinson Hall, 3 p.m.
- 21 | MOAA Luncheon, Rawlinson Hall, 11 a.m.
- 22 | First day of Fall
- 29 | Coffee with Council, Learning Center, 1 p.m.
| Active Aging Week "Music and Movement"
begins
| Quantum Quartet, Rawlinson Hall, 11 a.m.
- 30 | U.S. Air Force Jazz Band, Rawlinson Hall,
1 p.m.

Shortcut Improved

The shortest distance between two points just became easier and cleaner to walk because the previously muddy or dusty path leading from the Community Center sidewalk to the Cafe patio was paved in July. Rick Cole, senior director of Facilities and Planning, said the improvement was requested by many residents and staff members to provide access and egress for patio dining and Grab-and-Go lunches. "Once the correct slope was determined per standards in the Americans with Disabilities Act (ADA), the concrete work took about a week, including ground preparation, framing, pouring, and curing," he said.

The design is based on ADA requirements to meet handicapped persons' needs. Yellow pads called truncated domes were installed to let blind persons know they are on a pathway or entering a street.

—Carol Moore

Operation Downsize – Dieters Shed Pounds

For the past three months, team members and residents have come together to commit to a healthier lifestyle with 12 residents and 80 team members participating in Operation Downsize (20 men and 72 women).

Operation Downsize is a program designed to provide motivation and accountability to reach individuals' best, healthiest versions of themselves. Rest assured, all participants signed a waiver that encouraged them to collaborate with their doctors for proper medical support and guidance.

The program included a weekly email with overall and weekly leaderboards and access to on-site fitness facilities and classes. A group chat was also available for those who needed extra motivation in addition to the top three winners earning funds toward a vacation.

According to Lisa Coe, senior director of engagement and compliance, the program officially concluded on August 15 but “we hope the initiative has infused a desire to continue living a healthy lifestyle.”

So, was the initiative successful?

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Americana Trivia Answers

to questions on page 14

1. Foreign Minister Shigemitsu and General Umezu for Japan. General MacArthur for the United States and the Allies.
2. Aboard the battleship *USS Missouri* in Tokyo Bay.
3. Dropping of atomic bombs on Hiroshima (August 6) and Nagasaki (August 9).
4. The Soviet Union attacked Japan's forces in Manchuria on August 9, 1945, and declared war on Japan. Thus, the Soviets gained more territory at the war's end.

The results indicate a definite yes. Collectively, more than 535 pounds were lost during the three months. But more importantly, both team members and residents became more actively engaged in ensuring healthier life choices and added more movement into their daily routines. Having a healthier workforce benefits our community in many ways, and we are so proud of the team members and residents who participated in this initiative.

The winners were announced at the August Resident and Team Member Town Hall meeting. Though the residents didn't win the challenge, they were actively engaged and did an amazing job. The top resident, who lost 5.78% of his body weight, was surprised with two free personal training sessions!

Thank you to all who participated. You are encouraged to stay the course.

—Lisa Coe

Spoiler Alert

For 364 days,
They spoil grandkids in numerous ways.
But on the tenth of September
Let us remember
It's Grandparents Day; return the praise.

—Carol Moore