

# Elysian Fields



October 2023

*The Official Paradise Valley Estates Residents' Magazine*

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# Great Goblins, It's Halloween



All Hallows Day, Halloween eve, of course. But where did trick or treating come in? And candy corn? There are a lot of diverse opinions, but the general consensus? Back in the Middle Ages, people started dressing in costumes and performing in exchange for food and drink. At some point, youngsters in Scotland and Ireland started dressing in costumes and taking gifts, typically fruit or nuts or coins, in exchange for performing some sort of trick.

Immigrants from there brought their traditions with them, and trick or treat was here. Curtailed by sugar rationing in World War II but resumed in the post-war baby boom, it grew into a big deal. Candy companies seized the opportunity, and the current estimate of annual Halloween candy spending is \$3.1 billion.

October 30 is National Candy Corn Day. Go ahead and indulge.

—Alice Brill

## Four Ages of Halloween

The childhood focus is on candy  
Acquired at neighbors' doors, how dandy.  
And if all these treats  
Provide too much sweets,  
Parental sorting comes in handy.

Then spooky elements raise some fear  
Goblins, skeletons start to appear  
Ghost stories are told.  
We shiver with cold  
Hoping those shadows will disappear.

For teenagers, tricks are paramount.  
Next morning there is a fair amount  
Of trees decked in TP  
And windows streaky.  
Minor damage for which to account.

Later when adults decide to play  
The treats are liquid and costumes gay.  
Folks come together  
To decide whether  
Clever outfits are fun or risqué.

—Carol Moore

## Natural Neighbors

Rattlesnakes, turkeys, and voles, oh my!  
PVE's critters diversify  
Coyotes and deer  
Can also appear.  
We're glad they're not quick to multiply

—Carol Moore

## A Bad Impression

About 15 years ago when we were living in North Carolina, I opted to become a patient at North Carolina Dental School. Students were in their last year of school and would begin practicing after that year. The decision was really made because I would be paying one-third the going rate so it was a no-brainer.

One of my appointments was for an impression. I thought *easy-peasy* and could see myself going to some favorite Chapel Hill stores after my quick appointment.

I was in the dental chair waiting for the goop to be mixed. Before I knew it, the dental student slipped the impression form in plus the goop and stood waiting and testing it to see if it was time to remove the finished product. He pulled, and the form did not budge. Pulling and pulling! I was certain all my natural teeth plus some implants had been disengaged from my gums. I looked at the student and thought *he might pass out and I could do likewise*.

Finally, he knew it would not come out and that I was unable to talk. All we could do was try to control our panic attacks. About that time, other students and instructors came wandering in to look at me with my mouth open, full of the failed impression material. After much discussion, an instructor began cutting through the foam. I had visions of him cutting through my gums, etc. At last, it came out, and the audience had nothing more to watch and slowly departed.

Yes, Virginia, there are bad impressions. My student was still in shock but managed to say "This is the worst thing that has ever happened to me." I simply looked at him and thought *ditto*. The good news is that impressions these days are done digitally.

—Janie Tschudy

## Fairfield Officials Hear Our Concerns about the City

On Saturday, September 16, officials of the City of Fairfield, including Mayor Cat Moy, Vice-mayor Pam Bertani, Councilman Doug Carr, Chief of Police Dan Marshall, Fire Chief John Sturdee, and Assistant City Manager/Director of IT Savita Chaudhary, came to PVE as part of an ongoing listening tour.

Numerous PVE residents came to ask questions. A big topic was Flannery Group's proposed development around Travis Air Force Base. Mayor Moy was definite about the city's concerns, saying that "we will protect Travis." She said that the Department of Defense is looking at it and added that the water in Solano County is already spoken for. She also noted that the Flannery Group will have "layers of hoops to jump through" and that Fairfield needs to mount an aggressive counter-campaign.

There was talk about revitalizing parts of Fairfield. So far, one downtown block has been razed, and the plan is to install a plaza there with restaurants and shops. After that, the city is considering revitalizing North Texas Street. "We want you spending your disposable income in Fairfield; you don't always need to go to Benicia or Sonoma," said the mayor.

Councilman Carr mentioned several good local restaurants but agreed that Fairfield could use more. A guest attendee from the Paradise Valley Golf Course noted that their restaurant is undergoing considerable renovation and encouraged PVE residents to try it. The city is also working on a better public relations approach to emphasize the positive aspects of Fairfield.

There was a long discussion about the need for better transit services for PVE residents and employees, and a resident pointed out that it is difficult to recruit employees without some form of regular bus service to PVE. The Solano Transit Authority has begun a micro-transit trial in parts of the county that would allow residents to call for rides provided at a very low cost. Mayor Moy will talk with the transit authority and promised to have them meet with us here within a couple of months.

## Remembering...

### **Colonel Francis "Whitney" Hall, USA (Ret)**

Loving husband and father  
Arrived: July 2019  
Departed: August 18, 2023

### **Harold "Hal" Mosher**

Loving husband and father  
Arrived: August 2012  
Departed: August 23, 2023

### **Lester Johnson**

Loving husband  
Arrived: March 2016  
Departed: August 24, 2023

### **Rodolfo Tongson**

Loving husband and father  
Arrived: August 2023  
Departed: September 6, 2023

### **Barbara Petersen**

Loving wife and mother  
Arrived: November 2006  
Departed: September 6, 2023



Better services for seniors were also mentioned, with one resident citing the former County Senior Coalition and proposing that it should be brought back in some fashion.

Solano Town Center is in receivership now, and the city is looking for a way to acquire the property and then look for a builder to develop a work/live environment there. One of the panelists noted that a new steakhouse will be coming there very soon.

The subject of homelessness also was addressed, and the police chief explained the considerable progress achieved through some new programs in the past several years.

—Alice Brill

# PVE Tribute Covers Fallen, Lessons of 9/11

PVE residents marked the 22nd anniversary of 9/11 with tributes and bittersweet pride while hearing speakers and music and viewing a commemorative video in Rawlinson Hall. Bagpiper Raphael Pazo played *Amazing Grace* as visiting members of the Fairfield, Suisun, and Vacaville Fire and Police Departments and Travis Air Force Base stood in remembrance of comrades who had fallen during the attacks at the World Trade Center, the Pentagon, and Shanksville, Pennsylvania. After sharing his own experience in New York state on that fateful day, PVE CEO Kevin Burke ended with a quote by former Secretary of State Colin Powell: "If we learn nothing else from this tragedy, we learn that life is short and there is no time for hate."

In the opening prayer, Chaplain Paul Morgan spoke of being humbly patriotic by focusing on the humanity that united the nation as we sought to heal and help each other. An insightful and moving musical video produced by PVE residents Marjorie Reynolds and Dick Feaster brought back memories of the terrorist attacks and our resilience afterward. Each location was documented with the death toll and memorial monument.

In the keynote speech, Steve Neff, vice president of healthcare operations, spoke of the innocent



victims of evil, the skyline of terror, and the symbols of freedom that were reduced to piles of dust. "In our greatest adversity, we showed our greatest strength," he said. Neff, who lost a friend on one of the doomed flights, urged us to think of the death toll not as 3,000-plus but as "one person times 3,000." That perspective puts a truer face on the lives lost, what they meant to their families, and what they could have contributed to our country. He suggested that the best way to honor their legacy is to show that "our spirit is unbroken. We are stronger than ever in promoting the dignity of every individual."

The audience sang *God Bless America* before adjourning to the Community Center lobby for refreshments and then outdoors to hear more bagpipe music and place small flags at Bergerot Circle in memory of those lost.

—Carol Moore

## Americana Trivia

Fall is finally here. It's our favorite time of year; temperatures cool, leaves turn, and people seem friendlier. What do you know about this season?

1. Which equinox occurs in the fall?
2. What cold weather drink (not coffee or tea) is a big hit at ball games?
3. Are pumpkins a vegetable or a fruit?
4. What happens with your clock?

—Your Patriotic Committee

Answers on page 9

## Lahaina

Winds screamed,  
Fires roared,  
Plans scattered,  
Dreams shattered,  
Lives disappeared.  
Hands pray.  
—Sharon Goldman

# Audie Cruz Wins Operation Downsize

Last month, we shared the success of the Operation Downsize initiative in which 12 PVE residents and 80 team members committed to healthier lifestyles. The program was designed to provide motivation and accountability so each individual could reach their best and healthiest versions of themselves. The result was a total of 535 pounds lost by the participants. We intended to announce the winners at the August Town Hall, but the agenda was too full. So now we are naming the top three individuals, who are all team members and who achieved incredible results during this three-month challenge.

First place goes to Audie Cruz, who lost 24.11% of his body weight, followed by Elizabeth Ganutan at 21.29% and Darien Espiritu at 19.79%. Cruz and Ganutan are licensed vocational nurses and Espiritu is a registered nurse. They were awarded funds to use toward travel of their choice. The \$9,500 in prize money came from the Employee Relations budget because having healthy team members has a huge positive impact on reducing time off and health care costs. We are working toward a workforce committed to healthy lifestyles.

All three success stories involve moving more, making wiser food choices, and monitoring

calorie intake and portion sizes. Their journeys were not easy, but they are enjoying their lean, healthy bodies.

## Cruz's Story

First, I'd like to thank you and PVE for organizing the Operation Downsize Challenge. It really helped me stay focused and motivated throughout the weight-loss process. The first thing I did was visit my doctor and get bloodwork done. I found out I was deficient in vitamin D, which was significant as it relates to fatigue and low energy. She had me take a vitamin D supplement daily.

For exercise, I combined a lot of cardio and body weight exercises, and I ran three to five miles outdoors four or five times a week followed by high intensity interval training doing push-ups, squats, sit-ups, burpees, and lunges. And for the diet, which was the most important part, I did the high-protein, low-carb method known as the keto diet along with intermittent fasting.

I tracked my macros (a term used to describe the nutrients your body needs in large amounts – carbohydrates, fats, and proteins) and daily caloric intake using an app called Cronometer on my phone; it's similar to MyFitnessPal.

The difficult part for me was timing meals because I work the night shift. My meals usually consisted of lean protein like salmon and chicken breast, veggies such as asparagus and broccoli, and healthy fats like avocados and nuts. I increased my water intake to stay hydrated.

Rest days were vital for recovery. I took two or three per week. I also invested in a good pair of running shoes, which helped my knees and legs stay pain-free during my runs.

A special shout-out goes to Robert Carlisle, who lost the greatest percentage of weight among the residents, followed by a deeply committed William Ulm, who also met his personal weight-loss goal.

—Lisa Coe



Audie Cruz



Elizabeth Ganutan



Darien Espiritu

## The Case of the Falling Hat

The grade school I attended made a big deal of graduating from eighth grade. The graduating class dressed in black garments and wore a mortarboard cap just as high school grads did.

All the other classes were seated in the audience except kindergarten. I'm guessing that previous kindergarten classes got restless and interrupted the formal ceremony taking place on the stage.

Not wanting to deny the kindergartners the opportunity to enjoy the ceremony and feel important, the principal thought it would be a great idea to have a kindergarten graduation event like the eighth-grade ceremony.

I was six years old, having just completed kindergarten, when I told my mother what was going to happen. Unable to purchase a garment for the event, my mother found some material and made one for me. The school had extra mortarboard hats and handed me one just before we went on-stage.

I don't recall if we practiced; however, when the event began, my mortarboard kept sliding down over my face. Every time this happened, I would catch it before it fell to the floor and place it back on my head. The audience laughed every time this happened.

When my name was called to walk to the podium to receive the diploma, my hat fell to the floor. The students in the audience all laughed. Stooping down to pick up the hat, I dropped the certificate. I felt so stupid that I just ran off the stage and into the arms of my mother, who was standing nearby. She wanted to take me to the after-event party in the lunchroom, but I refused to attend and we went straight home.

Since then, I've learned that, when people laugh at a faux pas I have committed, not to take it personally and just to laugh with them. It eliminates embarrassment and everyone goes away happy.

—Tom Di Giorgio

## Not a 'Brat!'

There are at least a handful among us here in the PVE community who have been collectively referred to as "service brats." And many of us have kids who are so designated. Generically, such "brats" are the sons and daughters of military families. While kids from Army and Air Force families are called "brats," in the Navy community they are referred to as "Navy Juniors." Not sure why.

My two kids are Air Force brats and are kinda proud of it! Bill McNamara, on the other hand, is an Army brat and equally proud, I'm sure.

Brats frequently have a difficult life growing up since they tend to move much more frequently than their civilian-family counterparts and then have to make new friends, change schools, start over, etc. Most brats turned out to be a bit more resilient than conventional kids.

A few years ago, I was corresponding via email with a long-time friend who was also from a proud Navy family. My dad was a career naval officer, and I had long been retired from the Air Force after 28-plus years.

In our email exchange, I offhandedly mentioned something to the effect that my kids and I were all brats. Big mistake!! My friend came back with an email that jumped on me with both feet, pointing out in no uncertain terms that I was **not** a brat; rather, I was (as was she) a Navy Junior and I'd better damn well get it right and not forget it!

Yes, ma'am, lesson learned, and I'll not fail to remember the distinction. I figured this is important information to be shared with other brats and with PVE residents who might be curious about the term.

—Ken Mackie

### Thank You Notes

Thank you notes are important to those who give.  
A show of appreciation sincerely stated will long live  
Encourage those who gave to repeat the gift.  
An exchange of caring from you to me; not ever short shrift.

—Joanie Cloughesy

## Car Wash Assists Alzheimer's Campaign

The annual car wash returned this year after being on hold during the pandemic. The charity this time was the Alzheimer's Association. PVE's leader for the annual fund drive was Ken Wright, who has led the PVE team each year since he arrived in 2010. On Saturday, October 21, the Solano Walk to End Alzheimer's will be held.

Frank Yates, Facilities and Maintenance director, organized the car wash, and residents made reservations for their cars and golf carts. The event was well organized with cars looping through the Community Center parking lot to drive-through stations. First stop was to check-in and confirm how much drivers wanted to donate. The charges will be billed to October statements.

Some residents "upped" the amount from the standard \$15. In the wash line, many team members were involved in spraying, washing, rinsing, and drying vehicles as they moved slowly through the wash station line. There were lots of smiles in the process!



Believe me, you don't get any smiles when you go through the automated car wash.

With bright, shiny cars, we were on our way. Several residents brought second cars to the wash, and some brought their golf carts. The event raised \$1,865 for this worthy cause.

Thank you to our team members and management staff for supporting the Alzheimer's Association fundraiser this year. And special thanks to Frank for organizing the car wash.

—Bruce Bartels

## Cleaning for a Cure

Squeegees, soap, and water were flying  
While our great team members were trying  
To wash cars and raise  
Funds to help erase  
Alzheimer's as a way of dying.

—Carol Moore

## Ice Cream

Let's start with a memory. You are seven years old on a hot summer day. You and other children run out to the curb because you hear the music from the ice cream truck. You buy your ice cream cone, take that delicious first lick . . . (now close your eyes and remember that moment) . . . Okay, you have to open your eyes to read the rest of the story.

This tale is about all the emotions that surround ice cream in our lives.

*Medical* – When babies were teething and crying, you put a bit of ice cream in the mouth and thus soothed the baby and mommy too. When your tonsils were removed in the hospital, they actually served ice cream to you in your bed.

*Tragedy* – When a scoop of ice cream fell off the cone and went splat on the sidewalk. A definite cause for tears.

*Joy* – That wonderful creamy taste melting in your throat. Trying new flavors even for sundaes. On that hot day, the need to lick the ice cream fast before it melts.

*Bribery* – The old standard of "no ice cream until you finish your vegetables." This worked even better than "the starving children in India" or other country of choice.

*Surprise* – When you first taste Italian gelato and homemade ice cream. Amazingly different.

*New love* – Sharing a root beer float with a glob of ice cream inside. Combine that with a first kiss, and you are in heaven.

*Old age* – You have lived many years and learned so much. You deserve to eat and drink what you wish.

I'm thinking about having some ice cream right now. YUM!

—Claudette Brero-Gow

# Dining Services

The challenges of choosing what to eat continue to cause consternation for some folks “of an age.” Advice from many sources admonishes us to eat this and avoid that. But reminders are just that . . . reminders. With that in mind, here are some reminders about foods and civility.

If you eat a cruciferous vegetable every day, you decrease your chances of getting colon cancer. These vegetables all come from a species in the mustard family, *Brassica sativa*: kale, kohlrabi, cabbage, cauliflower, broccoli, and brussels sprouts. Various characteristics were promoted through selective breeding to create them, and the vegetable most similar to the native original is kale. The plants are called cruciferous because the flowers’ four petals are arranged at 90-degree angles somewhat like a crucifix. For the health of your entire gastrointestinal tract, it’s fiber, fiber, and more fiber. So remember: two Bs, two Cs, and two Ks.

Berries help protect the cardio-vascular system and slow hardening of arteries. Blueberries and strawberries particularly are loaded with anti-oxidants, and mixing the two provides a wide range. So go have a bowl of berries. A healthy diet has lots of colors. It should look like Skittles!

A second reminder is about civility. Most of us prefer not to be in the grumpy old person category even though that’s how we feel. The challenge is to remember the Golden Rule, especially when dining. *Please* and *Thank you* empower the speaker and the receiver. As someone commented recently, “You never know what is happening inside the person you are seeing. Kindness is catching.”

On another note, new and returning Dining Committee members are about to embark on the 2023–2024 term. Here is a quick summary of the past year’s activities.

- Expanded personal responses to card comments.
- Made data from comment cards about menu items, service, and other concerns available. Resulting changes included some menu items, adding menu items, adding seat cushions, alerting all that salt-free butter pecan ice cream is available daily, adding film to windows to cut glare, and improving traffic flow during brunch.
- Defined menu items and protocols.
- Established the Community Table in collaboration with the Clubs and Committees group to encourage new residents, singles, and current residents to share dinners and brunches.
- Participated in the Activity Expo.
- Assisted, via Red Apron Team volunteers, at the Community Center Cafe, Oak Room, and Dining Room.
- Received and made recommendations to the Resident Council from 32 (and counting) Comment and Suggestion forms.
- Congratulated two outstanding servers each month.

Best wishes and many thanks to our Servers of the Month: Kathleen Mae Alegado and Sierra Yates. Well done!

—Sally Gripman



## Annual Employee Appreciation Campaign

It’s time to say *Thank You* to our hourly team members, including Peter Venkaiya who just celebrated his 25th anniversary with PVE. Show your appreciation by participating and help us *Bring Home the Gold!* The employee fundraising campaign begins October 1. Look for more details in *Friday Flash* and *Pulse*.

—Sharon Goldman



# Golf News

It was the Moaners and Groaners (M&Gs) Almost Fall golf outing, and 22 players teed off on a beautiful fall day. The fun continued at the follow-on dinner in a full 500 room. Kimmie McCann welcomed three new members: Eric Dalida and Howard Adams, who were presented with PVE golf hats, and Lillian Dalida, who was presented with a one-of-a-kind highly coveted pin. Welcome Eric, Lillian, and Howard.

Ed Vacin presented Kathy Tomko with a gift for making a hole-in-one last year. The carefully wrapped gift was a sleeve of slightly used Callaway golf balls. Next, Kimmie presented Dick Crocker with a sleeve of balls for running out of golf balls on Hole 15, where he found a range ball to use.

Norbert Luke spoke about the Walt McDaniel Family Foundation, which donated generously to the Walt McDaniel PVE Scholarship Fund. He suggested that members of the M&Gs might also consider donating.

Finally, Kimmie talked about the Walt McDaniel Memorial Tournament scheduled for November 1. It will include two awards for closest to the pin and most accurate drive for ladies and men. The committee organizing the follow-on dinner on November 4 has obtained lots of surprises and prizes to continue this fun event. Walt loved to have fun so sign up on Pulse for this fun evening.

Winners of the Almost Fall golf outing were:

- **1st Place (73) tie:** Young Lee, Rick Cole, and Ginny Casperson after a score card play-off on the back nine.
- **2nd Place (73):** Gene Noble, Don Campbell, and Dick Crocker.
- **3rd Place (74):** Tom DiGiorgio, Bill McNamara, and Kathy Tomko
- **4th Place (75):** Eric Dalida, Verna Dow, Bruce Bartels, and Doug Fisher

Two teams tied for fewest putts (25): the team of Sue Vukasin, Howard Adams, Ed Vacin, and Bud Ross and the team of Tom DiGiorgio, Bill McNamara, and Kathy Tomko. Kimmie passed the famous purple bag, and there were two winners. Bud Ross and Kathy Tomko each drew the green ball to win a bottle of wine.

Roving-reporter Norbert Luke described a very spirited putting tournament with everyone trying

# Americana Trivia Answers

to questions on page 4

1. Autumnal equinox, September 22nd or 23rd.
2. Hot chocolate and hot apple cider.
3. Fruit. They grow from flowers and have seeds.
4. Daylight saving time ends Sunday, November 5, this year, and we get an extra hour of sleep.

everything to win. In the end, new member Eric Dalida became the new putting champion in a whirlwind of matches, besting prior champions Kimmie McCann, Verna Dow, and Andy Anderson before winning out over Dick Crocker in the final match with a one-putt.

**Thought for the month:** The hardest shot in golf to hit is the next one!

—Estelle Holway

# Quail Creek

Residents of Quail Creek are still raving about the tri-tip that CEO Kevin Burke barbecued for their quarterly Cooking with Kevin lunch.



The starter of seafood chowder also received strong compliments.

Now that fall is here, residents of Quail Creek will be having a fun game of volleyball with residents of Laurel Creek for Active Aging Week. Beer tasting for Oktoberfest and making spooky pet treats are also on our agenda. Because we've noticed a love of travel documentaries and videos, we've added more IN2L with Rick Steves to the calendar. Also on the calendar are a Suisun backroads scenic drive, lunch at the Rice Barn and Thai Eatery in Vacaville, and a visit to a wine bar. We will also have our regular Happy Hours.

—Monique Rogers

*This is the fourth and final article in Elysian Fields about the care facilities at PVE. Prior articles are available on Pulse: Documents and Social > Elysian Fields.*

## Deer Creek Memory Care

Deer Creek is a specialty assisted living unit designed for residents who require assistance with activities of daily life due to physical and cognitive changes that affect their ability to function. These residents are no longer able to reside independently because of increasing cognitive declines. They can suffer from poor decision-making, and guidance is needed to ensure their safety and that their care needs are met.

Deer Creek consists of eighteen rooms, and four of the rooms are large enough to accommodate couples should both require this level of specialized care.

All rooms are private with full baths; the larger rooms for couples also have private full baths.

The unit was specifically designed to provide a safe, secure environment for the residents. It is bright and cheerful and provides many activities, and all meals are provided in the large, homey multi-purpose

room. Plus, there is an outdoor garden where residents enjoy activities and quiet time.

Deer Creek is staffed with universal workers who provide for their needs, including a safe

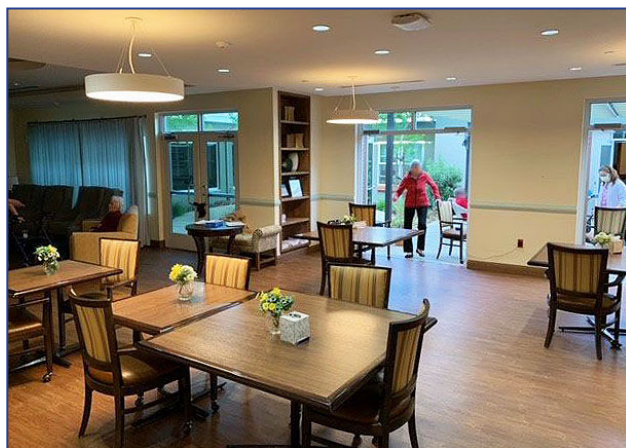
clean setting, participation in activities with other residents such as exercise and programs, assistance with grooming, and supervision of meals and snacks and in accordance with their nutritional needs.

The universal workers are certified nursing assistants and licensed vocational nurses. Each shift is staffed with a licensed vocational

nurse who is assigned to distribute medications and provide assistance with medical and health issues.

With staff providing expert care, residents' families can spend more meaningful time with their loved ones.

—Sally McNichols



### Days of Wonder

The days are warm,  
And the evenings bring breezes.  
But in between,  
The sky is streaked with pink and gold.  
We marvel at the beauty  
And know that it will happen  
Again and again and again.

—Alice Brill

# Childhood Memories from a Different World

I am a World War II baby. Invasion and occupation of the Philippines by Japan brought so much suffering to the Filipino people. Thankfully, I was still too young to witness and experience the atrocities during those years. But when liberation came, I remember sharing the joy and jubilation of everyone around me. My earliest memories are pinned and clustered around those years.

I remember truckloads of American soldiers passing through our town. They were riding on 6x6 trucks, cheered by the townspeople who lined the streets! And the GIs were throwing out American candies to the crowd. That's when I first tasted Life Savers and Milky Ways.

Among the memories that come flashing back is the morning when I woke up to a world filled

with smoke. It's a day I will never forget. I was looking forward to that morning. The day before, my father had finished the toy truck he had been building for me. I was going to show it off to my friends in the neighborhood. It had a string attached to it, ready to be towed around town.

Instead, I was awakened by frantic voices of people hurrying to get out of town and the sound of wooden carts with creaky wheels and bamboo sleds being towed by *carabao* (water buffalo). Lots of smoke but no sign of a fire anywhere. I allowed myself to be herded with everyone else to a place I knew not where.

But I refused to give up my precious toy truck. I was allowed to continue pulling it until I came upon a terrifying sight! The woman known as the "madwoman" in our town was atop the *carabao* ahead of me. She looked behind her, and it felt like her gaze was focused on me. I froze, and that's when someone hurriedly picked me up and put me on a cart.

I learned years later that people from our town were evacuating to places where they felt safe from Japanese soldiers. People feared that the soldiers, facing defeat, would choose to die in kamikaze attacks on us. We were running for our lives!

Our family headed to our farm by hills bordering the South China Sea. There, we had a tenant whose house was big enough to accommodate our large party. Not comfortably, but with enough space for everyone to lie down on the floor at night.

Eventually, I learned the explanation for the smoke that covered our town. It came from fierce battles in northern Luzon as U.S. forces and their allies fought to recapture the Philippines from the Japanese Imperial Army at Lingayen Gulf.

As the bird flies, Lingayen is only 60 miles from my hometown. But it seemed much further than that. To reach it by land, one had to drive along circuitous roads between high mountains and the coast. It was not too far for the heavy smoke to travel.

—Louie Ruiz

## Save These October Dates

- 01 | Nick Martens piano recital, Rawlinson Hall, 2 p.m.
- 01–06 | Active Aging Week
- 05 | Fun Day Ice Cream Social, back parking lot, Fitness Center, 2 p.m.
- 09 | Indigenous People's Day
- 12–13 | Paradise Players, Rawlinson Hall, 2 p.m.
- 13 | U.S. Navy Birthday
- 15 | Sea Services Dining Out, Rawlinson Hall, 5 p.m.
- 19 | MOAA Luncheon, Rawlinson Hall, 11 a.m.
- 20 | Pet Photos, Fitness Center back parking lot, 10 a.m.
- 23 | Town Hall Meeting, Rawlinson Hall, 2:30 p.m.
- 27 | Coffee with the Council, Learning Center, 1 p.m.  
| Ladies Luncheon, Rawlinson Hall, 11 a.m.  
| Navy Day
- 28 | Trunk or Treat, Community Center Parking Lot, 10 a.m.
- 31 | Halloween Costume Social, Rawlinson Hall, 2 p.m.

# Welcome to Wellness

The PVE Wellness Team hosted a Welcome to Wellness program on Friday, September 15. The event was held in our large group exercise room and was designed to provide new PVE residents with an orientation to the spaces and events that occur in the newly refreshed Wellness Fitness Center.

Guests toured the Power Zone, Relaxation Zone, Cardio Zone, and Personal Training Zone and viewed demonstrations of our Power Plates, iBalance equipment, and Pilates Reformers, giving them an opportunity to experience firsthand the benefits and challenges offered. Several new residents asked great questions, including what wellness is and how residents sign up for personal training.

Wellness will be hosting this event quarterly for all new residents. So if you missed this one, stay tuned for the first quarter 2024 "Welcome to Wellness." Invitations will be sent to all new residents.

—Jan Olson

# Xeriscape Demonstration Plot

Mother Nature rules! Extreme fall and spring rains delayed installation of PVE's xeriscape demonstration plot between buildings 1000 and 2000. We are now back to another fall with plans again to install the demonstration plot.

How will the project proceed? Xeriscaping is landscaping geared to dry climates where little irrigation is available, so it uses plants that require very little water such as cacti and succulents. In September and October, the existing grass will be eradicated, and the surface will be re-aligned to establish correct drainage.

The irrigation system will be converted from sprinklers to drip. Young plants will be irrigated until they are established. Once established, the plants can thrive with little or no water. A path will be installed that will allow residents to walk through the plot to watch its growth and enjoy the garden, birds, and butterflies that will be attracted to the area, and the plot will be graded to direct run-off to water plants. Soil amendments will then be added to ensure development of young plants into hearty healthy flowers, shrubs, and trees.

The list of desirable plants has been developed, but nurseries do not always have the plants in the condition and quantities desired so adjustments will be made based on availability. Then, planting will finally be done.

Once all the plants are in, the Landscape Committee, led by Jean Whitridge, will create a plant map residents can use as they stroll the comforting beauty of nature.

The purpose of the plot is to allow residents to see how xeriscape landscaping can help PVE reduce water consumption and maintenance expenses while retaining the grounds' beauty of PVE.

—Floyd Gripman

## Correction

There was an error in the September issue article "My Memories of 9/11." There were four planes involved in the 9/11 attack. Two hit the World Trade Center, and the third hit the Pentagon. The fourth plane was taken down by its passengers in Shanksville, Pennsylvania, before it could reach its target. We apologize for this mistake.

## Photo of the Month



I captured this photo of a California quail one late August afternoon as it perched on my backyard shepherd pole, watching over its covey foraging on the ground below.

Photo by Lorie Mazzaroppi.

# The Termite's 2023 BBQ

Ray Arnold was instrumental in making the Termite BBQ the large event it has become. Thank you, Ray. We miss you.

The BBQ began as a small lunch for the Termites with a couple of grills behind the woodworking and maintenance shops and included members of the Maintenance staff. In 2015, in an effort to increase attendance at annual meetings, the Termites moved the BBQ to the Quail Creek patio and included Termite spouses and members of Maintenance and Management

The 2023 Termite BBQ was a resounding success with more than 100 people in attendance and 50 Termites enjoying the event. The weather was perfect, in the mid-70s, and the Quail Creek patio was a fantastic setting for their well-organized BBQ. Hamburgers, brats, corn-on-the-cob, potato and macaroni salads, and beans and all the fixin's were enjoyed by everyone. Beer, soda, and tea were the beverages of choice. Dessert was the ever-popular Häagen-Dazs ice cream bars.



## Cheers for the Resident Council

After three council years  
Dealing with the quagmire  
Of shouts for this, no that  
Three terms now expire.

Bob, you presided with skill  
Encouraging us to see  
That what was is not  
What always should be

Ellen and Dick, you served us well  
Willing to take the lead,  
Contributing thoughts and ideas  
Doing the work to fill the need.

Three new now join the team  
Eager to add their own text,  
Finding these seats big to fill  
Wondering what comes next.

—Sharon Goldman

Once again, Dining Services, Maintenance, and Convention Services were instrumental in the success of the BBQ. Patricia Hostetler and her team outdid themselves. And Mary Coburn, our server, did another outstanding job.

Her attention to detail and consideration ensured that all had a great time. The entire Dining Services team works hard to ensure that the Termite BBQ is a success.

Stu Loventhal, Andy Anderson, and Ed Vacin handled the grills this year and everyone pitched in with clean-up. The Youngflesh recipe was once again used to make perfect corn-on-the-cob.

The BBQ is one of two annual Termite meetings. This year, there were no positions to fill on the board of directors so the meeting was quite short. It was a treat to see all the seasoned Termites as well as new ones. Thank you all who made this year's BBQ a memorable event.

—Bob Lunning

## Bocce

The 2023 bocce season has come to an end. Team pictures were taken Friday, September 15, while everyone was enjoying continental breakfast. The last continental breakfast of the season was served by Dining Services on September 29.

Final standings for the second half of the season show the Court Jesters and the G-olden Dragons tied for first place with records of 11–4. A second-place tie had the Bocce Bouncers and the Warriors at 10–5. The Six Shooters held down third place alone with a 9–6 record.

When the first half and second half of the season are combined, the standings are the Warriors in first place at 20–10, followed by three teams – the Wild Turkeys, the Six Shooters, and the G-olden Dragons – at 19–11. Third place was a tie between the Bocce Bouncers and the Bombardiers at 17–13.

More than 180 residents played bocce this year. Sixteen teams played each of the other teams twice during the season, resulting in 480 games.



Thanks to all the captains who helped to make the games fun and, yes, a bit competitive. The captains met on September 28 to discuss ways to improve bocce at PVE for the 2024 season, which starts in seven months. Some rule changes and bocce court improvements were discussed.

And finally, thanks to all the residents who played this year and residents who came to watch the games and cheer for their teams.

See you in April 2024.

—The Bocce Committee

## Willow Creek

This month, we recognize our volunteer residents and caring team members for their dedication and friendship as we celebrated Assisted Living Week. Social connections, person-centered care, and close relationships between residents and team members are the foundation of our community. Person-centered care gives residents an opportunity to contribute to planning, preparing, conducting, cleaning up, and critiquing our programs.

Did you know that our wellness programs, which stimulate the cardio-vascular system and assist with range of motion (a variety of exercises, music fitness, chair volleyball, and hallway hockey), are offered five to seven times each week? The same is true for intellectual programs such as current events, trivia, Let's Talk with Adrian, MyndVR, educational movies, and discussions. Weather permitting, at least one wellness program each month is conducted off-site, and outdoor recreation programs are constantly ongoing. Spiritual programs and creative and expressive groups such as Let's Talk, arts and crafts, painting, poetry, and music are all available to meet the needs of residents. At least two group activities are offered every Saturday, Sunday, and holiday and four group activities are offered Monday through Friday.

Lastly, a big *Thank You* to Angels in Paradise for continuing support and visiting the residents at Willow Creek.

—Adrian Quinones



## Why We Wear Red on Fridays

A new resident asked me the other day why we wear red on Fridays at PVE. The short answer is “To honor our serving troops,” but here is the story behind that terse reply.

It started in mid-2007 after Betty and I moved to PVE and were befriended by Dick and Bette Brown. We were frequent dinner partners, and I noticed that Dick always wore something red on Fridays. When I asked him why, he said that it was to honor our troops but had forgotten the details. Shortly thereafter, I happened to receive an email about a national effort by veterans to promote people wearing red on Fridays to show support for our troops, explaining that red was an unusual apparel color so would be highly visible.

Parenthetically, red is also the color of bravery in heraldry, signifying the blood of fallen heroes. That is why red is found in so many national flags, including our own.

So it sounded like an excellent idea given the military background of many of our residents. An article was published in *Elysian Fields* and notices were placed in *Friday Flash* urging everyone to wear something red on Fridays. Many residents joined in, and it now is an informal PVE tradition. We not only remind ourselves of troops serving our country but are visible symbols silently reminding others as we interact in surrounding communities.

I think we should continue this tradition even though our troops are now out of Afghanistan since so many service people are stationed around the world in lonely places, guarding our freedom. So, if you are not currently wearing red on Fridays, consider joining us!

—Spike Flertzheim

## Shedding Some Light on Solar Panel Work

Solar panels were installed on 59 of the first 64 units in this project as of September 22 according to Rick Cole, senior director of Facilities and Planning. The first phase included quads and duplexes with each taking four to five days. Paneling by California Solar Innovators will proceed to the roofs of the three apartment buildings, followed by roofs of the free-standing homes. Initial estimates show savings of approximately \$450,000 annually from use of solar power.

For the benefit of residents who have yet to have solar panels installed, here are some preparation tips since little prior notification is given.

- Plan to be away, do extended errands, or go to a double feature movie. The process makes quite a racket with four workers and their hammers and power drills on the roof. (We were told to stay home in case workers needed to access the attic or garage, but that did not happen.)
- Move your car out of the garage if you will need to drive. The truck with an apparatus for lifting supplies to the roof will be parked in your driveway.
- Though the noise is intermittent, it can be startling and annoying, like the world’s worst upstairs neighbor using a jackhammer. (So far, Cole said, only two residents have reported ceiling problems.)

*From California Solar Innovators:* Of the 59 completed units, we have heard from only three residents, two for ceiling separation mishaps.

—Carol Moore



# Golfing at Sunrise at Paradise Valley

On a recent mid-summer morning, I woke up about 6 a.m. to see daylight appearing through my bedroom window. Yes, it was mid-summer when the sun rises very early and sets very late. My plan for the day was to do my regular four-mile walk and, after breakfast, go to the driving range and hit a bucket of golf balls to prepare for a scramble tournament later that week. Unable to go back to sleep I came up with an idea. Why not go to the nearby Paradise Valley Golf Course and play the early-bird nine-hole back-nine offered for just \$19 instead.

When I entered the pro shop about 6:30 with my pull cart full of clubs, I was told that I would be the only one on the back nine that early in the morning. Walking up to the number ten hole, I pressed the tee into the damp ground, placed the ball on top, stood up, and stretched my limbs while searching for the ideal location to land the ball.

Voila! I couldn't believe what I was seeing. The panorama in front of me looked like a gigantic painting. An expansive green landscape, hills on the right, dense green trees on the left, a large mirror-like lake in front of the hills. For a moment, I just stood there taking it in. I could hardly believe what I was seeing.

When I had to tee off, I looked to the right for the best angle from the trees. As I scanned the fairway,

the sight in front of me suddenly looked surreal. The sky was clear but not fully bright. The rising sun was still hidden behind the tree-dotted golden hills to the east. Shadows of the hills draped across the fairway like dark rugs covering the rich green grass. The smell of freshly cut grass teased my nostrils.

After one practice swing, I managed to hit the ball near the lake. The steam rising from the lake looked like a fiery cauldron. As I approached the ball, a flock of geese noted their displeasure by noisily scuttling away as if letting me know I had rudely disturbed their comfortable abode. My second shot was aimed at a beautiful lush weeping willow tree about 160 yards short of the green. The sun was now peeking at me as it ascended above the golden hills. Two more shots and I was on the green.

Shooting a one-over-par six was great but experiencing the full set of human senses on the number ten hole at the Paradise Valley Golf Course was priceless. Sometimes nature provides unpredictable sights. I'm glad I decided to golf the early-bird back nine. I now have a greater sense of appreciation for golf at sunrise.

—Tom Di Giorgio

## Laurel Creek

In October, residents and staff are invited to participate in Active Aging Week: Music and Movement. Laurel Creek and Willow Creek residents will participate in balloon volleyball for social and physical interaction with each other. There will also be ring toss and target toss for physical movement and Name that Tune and Java Music Group for social stimulation. Karaoke helps with memories and provides social stimulation and interaction.

We will have exercise on Wednesday and Friday mornings and musical entertainment, Bingo, and Halloween cupcake decorating. Of course, we always have patio visits when weather allows. It's October, and that means our Halloween Party with music and treats is coming up.

One-on-one activities chosen by residents include reading, having manicures, working puzzles, and watching iN2L tablets in their rooms.

Wishing you all a wonderful fall season.

—Sharon Johnson

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