

Elysian Fields

November 2023

The Official Paradise Valley Estates Residents' Magazine

Volume 26, Issue 11



Active Aging at PVE



FEATURES Music AND Movement



Keys to Active Aging

As we wrap up this year's 20th anniversary of Active Aging Week, let's celebrate all we are. Our week-long celebration of *Music and Movement* was a tremendous success. The joy and sound of music was in our midst on four performance dates, and we packed Rawlinson Hall at each event. Residents participated in the pickleball and cyber-cycle challenges with Doss Miller and Larry Marion winning in pickleball and Dick Crocker taking home Gold in the cyber-cycle challenge.

Longevity expert Valter Longo asks if you want to live to be 100 or even older? Who wouldn't want to live to be 100 if you could enjoy it? We all want to have a healthspan that matches our lifespan. Turns out, we have more power over how we age than we realize. Our daily lifestyle choices affect how long we live and, more importantly, how well we live. Following are some strategies to help you in your quest to live to 100 and beyond.

Research shows the benefits of ***eating a plant-rich diet*** of whole grains and vegetables with generous amounts of olive oil plus seafood three times a week. Nuts are also essential. Studies have shown that people who have lived longest have followed low-protein diets. The traditional menu of residents of Okinawa and Japan, one of the blue zones, contains about 80% carbohydrates, mostly from sweet potatoes. So, consider more vegetables.

Skip lunch but not breakfast. Studies have linked skipping breakfast with harmful health effects such as shorter lifespans. Go easy on fruit.



Large quantities of vegetables are recommended but too much fruit can raise blood sugar.

Challenge your heart with a ***cardio workout three times a week***. The goal is to get the heart pumping (and to sweat) to increase its rate and health. Try a spin class, a cyber-cycle workout, or a treadmill or elliptical workout on our new Matrix cardio equipment.

Walk every day. In addition to cardio workouts, walking an hour every day is recommended. It's important to use your body for what it was made to do. Walking activates all kinds of muscles and burns calories.

Practice mindfulness. Try our meditation class held in the Fitness Center on Mondays and Wednesdays and led by Kelly Bordeau.

Seek gratitude and find your purpose. Join a committee or a club.

So, what are we waiting for? Let's embrace active aging today. It's never too late to make a change and start to ***make the rest of your life the best of your life***. Our Wellness Team is here to support you in your personal longevity journey.

—Jan Olson

Move-Ins since the Last Issue

Dr. Lester "Les" Reed, Colonel, USA (Ret) and Christine Reed
4020 Constitution Avenue
From Charlottesville, Virginia

Steve and Eileen Duff
6409 United Circle
From Napa, California

Erika Toen
1304 Estates Drive
From Greenville, South Carolina

Remembering...

**Lt. Colonel Charles “Bill” Getz,
USAF (Ret)**

A World War II Veteran

Loving husband and father

Arrived: December 2009

Departed: September 24, 2023

Dorothy “Dottie” Shelley

Loving wife and mother

Arrived: April 2014

Departed: September 24, 2023

Margery Peterson

Loving wife and mother

Arrived: July 2010

Departed: September 28, 2023

Gloria Nemson

Loving wife and mother

Arrived: December 2008

Departed: September 30, 2023

Barbara Scanlin

Loving wife and mother

Arrived: August 2012

Departed: October 02, 2023

Jerry Moore

Loving husband and father

Arrived: March 2022

Departed: October 04, 2023

Jeanne Michael

Loving wife and mother

Arrived: December 1997

Departed: October 06, 2023

Jeanne Reavis

Loving wife and mother

Arrived: January 1998

Departed: October 07, 2023



Battle of the Creeks

Our first ever Active Aging Week *Battle of the Creeks* was held in Rawlinson Hall on Wednesday, October 4.

The competition began at 10:00 a.m. with the first toss for the balloon volleyball game. Fans gathered early to cheer on their respective teams, shouting “Go Egg Yolks, you can do this!”

The NFL’s theme song and *Eye of the Tiger* got the place rocking with energy and enthusiasm. Players from the Quail Creek Runners arrived by chartered bus and the Willow Creek Egg Yolks walked and scooted to the competition. All players were well-versed in the

strategic highly orchestrated battle of balloon volleyball, which was followed by noodle hockey.

Monique Rogers, coach of the Quail Creek runners, shared her success story with reporters of other news outlets but refused to share her strategies with us as she plans to keep her strategy a



secret, planning for another victory!

The Willow Creek Egg Yolks were gracious in defeat, and their coach, Adrian Quinones, vowed to “be back victorious at the next meeting of the *Battle of The Creeks.*” The fans are anxiously awaiting his new game plan for victory.

Special thanks to our Convention Services team, Jesse and Josh, for their support of this event. A big shout out to the Wellness Team—Lulu Gamble, Iesha Johnson, and Adam Cleary—for their contributions as well. The support of our CNA team was vital to the success of this event, as was funding provided by the commissioner of the games, Kevin Burke.

Stay tuned for coverage of our next *Battle of the Creeks.*

—Jan Olson

Cantabile Quartet Starts Week of Music, Fitness

Presenting operatic arias, flamenco melodies, and Broadway hits, the Cantabile Quartet provided stunning music as part of the theme of Active Aging Week. Cantabile means smooth singing style, and their performance proved to the standing-room-only audience in Rawlinson Hall that music improves health by encouraging movement, triggering memories, and soothing moods.

Highlights of the program included cellist Joel Cohen, who has performed internationally and who offered solos from Engelbert Humperdinck's *Hansel and Gretel* and Wolfgang Mozart's *Così fan tutte*. The enthusiasm of Cuban-born pianist Elena Casanova overflowed throughout three selections from *Siete Canciones Populares Espanolas* by Manuel de Falla, considered Spain's premier composer of the mid-20th century. After singing several classical numbers, soprano Anna Combs-Johnson and mezzo-soprano Michele Rivard, a PVE resident, let loose, dramatizing *I Feel Pretty* and *A Boy Like That* from Leonard Bernstein's *West Side Story* and *Bosom Buddies* from *Mame* by Jerry Herman. Between two standing ovations for Cantabile, Rivard and Combs-Johnson sang *Barcarolle* by Offenbach from *Tales of Hoffman*.

Air Force Jazz Band

When the Galaxy sextet from the U.S. Air Force Band of the Golden West came to PVE, vocalist Senior Airman Alycia Cancel had us at her opening number of *I Love Being Here with You*. The musicians, who are based at Travis Air Force Base, turned Rawlinson Hall into an uptown jazz club and a welcome place to be on a surprisingly

rainy afternoon. Drum solos by Master Sergeant Freddie Cruz drew frequent applause, as did the talented dexterity of Senior Airman Eric Nakamoto on double bass, especially for *Fly Me to the Moon* arranged by musical director Senior Airman Tomus Antonic.



He played guitar and arranged the group's version of *Green Tea and Honey*. Tech Sergeant Ron Glenn on tenor saxophone and Senior Airman Will Comer were featured on the bossa nova standard *No More Blues*. Each band member soloed during the finale, leaving everyone singing along to *Get Your Kicks on Route 66*.

Martens' Piano Recital

PVE's music therapist and ever-present accompanist Nick Martens had his turn in the spotlight during a classical recital in Rawlinson Hall. His technique was so precise

and expressive for *Sonatina Op. 36, No. 2* and *Sonata K.545* that it was as if Muzio Clementi and Wolfgang Amadeus Mozart and their pianos were playing to us from the mid-18th century. After waltzes by Emil Waldteufel and Josef Strauss, Martens fast-forwarded 200 years to another by current composer Joe Hisaishi, *Merry-Go-Round of Life* from the 2004 film *Howl's Moving Castle*.

Martens, who studied music therapy at University of the Pacific, called Danny Wright his favorite composer before playing his *Wings of Hope*. As a final flourish, Martens presented Frederic Chopin's *Heroic Polonaise*, which he duly noted was "a major undertaking." Then "per recital protocol," his encore was Claude Debussy's *Clair de Lune*.

—Carol Moore

Paradise Players Offer Tasty Temptations

There was plenty of food for thought in the three social commentaries the Paradise Players performed as *Fall Fantasies* in Rawlinson Hall.

Director Donna Hyatt urged the audience to whip up some enthusiasm, stir in some laughter, and savor the skit *All I Want Is the Recipe*. Barbara Smith and Danielle Wilkowski portrayed Sue, who was trying to learn about a chicken and pasta casserole from her athletic friend Marge. She peppered her instructions with comments about jogging, enhanced chicken breasts, and extra virgin olive oil. Finally, the mental exercise became too much, and Sue decided it was easier to order pizza.

During *It's Not about the Pot Roast*, the meat was not the only thing that was simmering. The other ingredients included romantic fantasies, a lust for travel, and divine intervention. Shirley Arnold (Norma) confided to her best friend of 75 years, Diana Panzer (Molly) that she was planning a Mediterranean cruise that would end with an affair with an unknown man at an outdoor cafe in Venice just like in the movies. While the audience was warned to "be careful what you put on your bucket list because it just might happen," Molly suggested that a little sex in the kitchen might be a less expensive, more realistic solution to Norma's desires.

The last menu of the program was a familiar kind—the one you are offered when making a customer service call. Somewhere after the recording of "Your call is important to us" comes a list of six to eight extension numbers, none of which reaches a human. Joe Spinelli and Ann Waldman were a husband and wife seeking assistance for their new TV after their grandson left the remote stuck on one channel. Sueva Terry repeatedly changed hats and accents as she voiced all six company responders, confirming what many of us have suspected: You might be talking to the same person no matter which number you push. When the solution was finally reached, Joe discovered he was stuck on the Playboy Channel and no longer wanted help.



Thanksgiving

November comes blowing in
And then Thanksgiving's here.
A time to stop and just reflect
On all the things that we hold dear.

For some of us it's family,
For some our family is our friends.
We hope it's also enjoying life with pleasures big and small
And a minimum of strife.

Though Thanksgiving may be just one day
We still have to remember
To be grateful for everything we have
And remember it every day.

—Alice Brill

Stage credits went to Bill Drake, curtain, and Debbie and Bob Lunning, stage crew and sound effects.

At matinee's end, one man in the audience fittingly asked his seatmates, "So what's for dinner?"

—Carol Moore

Names of Seasons

Autumn we commonly call "Fall!"
I really don't mind that name at all.
So Spring then could be "Rise,"
And said with an air of surprise.
The others I don't know what to call.

—Bill Rawlinson

NCROC Elects Next Resident Board Members

The Northern California Retired Officers Community (NCROC) has selected two PVE residents to serve on the board from March 2024 until March 2027. Bob Epperson will replace Marie Smith as voting resident member and Sally Gripman will be the associate board member.



Bob was born in Santa Maria, California. In 1957, his family moved to Kerman in the Central Valley, where his father operated a grocery store and a vineyard service and supply business. Growing up, Bob worked in both. He graduated with bachelor's and master's degrees in chemistry from California State University, Fresno (CSUF) and did graduate work at Washington State University. He served two stints as an officer in the Air Force, one in the Space Shuttle program. He then returned to Fresno and acquired his own farming operation. He supported his farming habit with positions as director of grants and contracts at CSUF, environmental planning with Caltrans, and resource management with the Bureau of Reclamation. Over 30 years, Bob served on boards of two large agricultural cooperatives, chaired several board committees, and served as board member and treasurer of a federally sponsored nonprofit.

After retiring from government service and farming, he and his wife, Loretta, moved to PVE in 2018. Bob has served on the Technology Committee facilitating internet service for all. As chair of the PVE Land Group, he initiated acquisition of a parcel of city property for PVE. He served on the Capex subcommittee and as chair of the Finance Committee and was elected president of the Resident Council for the 2022/23 term.



Sally spent her first 26 years in Ohio. Her education degree from Muskingum College was the starting point of her career as a teacher in Ohio and at Firestone's rubber plantation in Harbel, Liberia; owner/director of a private school in San Juan Capistrano; owner of an AEIOU tutoring business;

and developer of a curriculum for travel business trainees from Europe. As a volunteer with nonprofit organizations, she led a group of more than 400 for a year in preparation for Grad Nite in Mission Viejo, served as treasurer of a lobbying group in Mission Viejo, and joined the board of a philanthropic education organization in Ohio.

As a PVE resident since 2015, Sally has served as a member and organizer of the Philanthropy Committee; a member of the Scholarship Committee; secretary, vice-president, and president of the Resident Council (during the COVID shutdown); and, most recently, chair of the Dining Services Committee. She coordinates the Arts Advisory Group, which works to enhance public art at PVE as part of efforts to have our community provide a special niche. Sally and her husband, Floyd, met in Liberia where Floyd was a manager at the Harbel plantation. Their three adult children live in Vacaville, the Bay Area, and Tucson, Arizona.

—Marie Smith

Tis the Season to Be Thankful

Within PVE, I observe daily how residents support and encourage each other. Today, I was privileged to listen to a beautiful song sung with love and joy radiating from the person's voice and whole being. It brought tears to my eyes because I knew how difficult it was for the singer and the many hours of practice required to overcome infirmity. That joy inspired me to contribute to the Writers Group for its Thanksgiving *Elysian Fields* edition.

Our community is brimming with supportive humans who, when seeing others experiencing difficulties, surround, encourage, and walk alongside fellow residents. I see people in the community never taking life for granted and staying alert to the needs of others, and I am thankful for where I am.

When we become aware of a problem, we gather, work together, and find solutions. It seems to me that the military, industrial, educational, and medical backgrounds of so many residents contribute to this phenomenon, and I am thankful to be a resident of PVE.

—Verna Dow

Arts Advisory Group Beautifies the Campus

Since the financial year for the Resident Council will soon be changing, it is time to update residents on the activities of the Arts Advisory Group (AAG).

After completing the projects at the Community Center, AAG has been concentrating on the hallways and activity rooms in Laurel Creek. The last project for the Community Center was purchase of a kinetic sculpture for the small succulent garden in the alcove between the Cafe Terrace and the Ron Ridley Room. The Landscape Committee will plant and maintain that space.

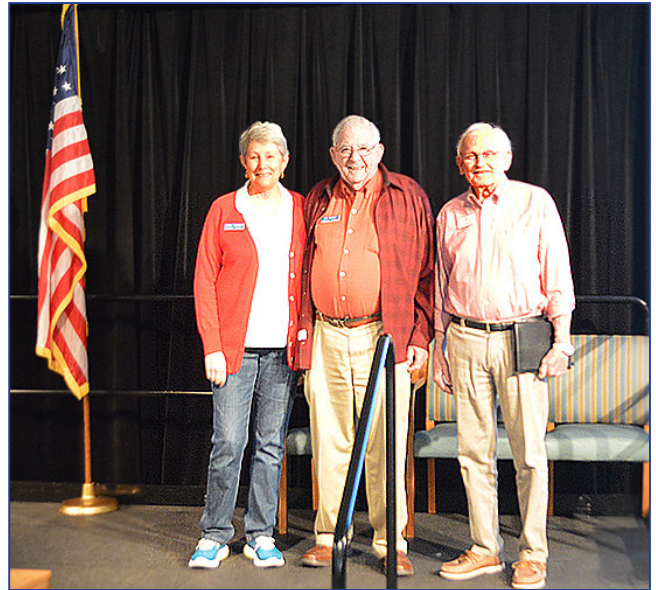
At Laurel Creek, each station has been given a theme. Images for these projects have been submitted by the Shutterbugs and chosen by AAG members (management and residents). The images for Station 1 have been submitted to the printer.

Here is a quick summary of the process. First, the group visited the area and measured the space, looked at the lighting, and discussed an overall color palette. After that visit, they discussed potential themes. Nature is a general theme for each station and the theme for Station 1 is seashore vistas. Next, the Shutterbugs were asked to provide some images that followed the theme. More than 120 images were submitted. Dick Feaster then organized the images into a PowerPoint presentation along with a numbered sheet for group members to mark their first, second, and third choices. The group met and viewed each image several times. After narrowing the options to 50, AAG put those images on a proof sheet and the group went back to Station 1 to decide which image fit best in each place and the best size for each image.

After that process, Dick went back to his computer, checked each choice, and prepared the order. As a quick estimate, the 24 images for Station 1 cost about \$4,500. The time spent by Dick was more than 30 hours. If PVE were to hire a professional photographer for the job, the fee would be at least \$150 per hour—more than \$4,350. Also, decorator charges would be \$150 an hour before the cost of hanging the images.

Many thanks to the Resident Council for providing the funds for this enhancement to the beauty of Laurel Creek.

—Sally Gripman



Left to right: Sharon Goldman, Joe Spinelli, Floyd Gripman

New Resident Council Officers Elected

The Resident Council announced the results of the recent election naming four new officers at their annual Residents' Meeting on October 20. Joe Spinelli was elected president, Sharon Goldman was elected vice-president, Mario Baratta was elected treasurer, and Floyd Gripman was elected secretary. They will lead the council for the next year along with holdover members Don Campbell, Caroline Keller, Ann Moxley, Bob Hall, and Beverly Karfiol.

The retiring council members completing three-year terms are Bob Epperson, Dick Lubman, and Ellen Fisher. At the meeting, outgoing president Bob Epperson gave an overview of the council's achievements during the past year and new president Joe Spinelli thanked the retiring members for their work on the council and welcomed the other new members.

The Resident Council is the collective voice of residents at PVE. Council members are elected to advocate for you to PVE Management and the NCROC Board. The Council's mission is to make sure your voice is heard. You can read the minutes of Resident Council and NCROC Board meetings each month on PVE Pulse.

—Bruce Bartels



Help Us Bring Home the Gold in This Year's EAF Campaign

A Call to Action for you! Our hard-working hourly employees help make life at PVE so amazing. Some we see very often, such as staff in Dining Services, Wellness, Security, and Reception. Others we see less often. Though we rarely encounter many of our hourly employees, all heartily deserve our appreciation and "Thank You!"

How do we say Thank You? We all know there is a no-tipping policy across PVE. Employees are prohibited from receiving tips or gifts of any nature and to do so can result in termination of their employment.

Therefore, the Employee Appreciation Fund (EAF) is the best way for us to recognize their great work. Each fall, we collect funds from residents that are used to provide a special check for each team member based on the number of hours the member has worked during the year. The checks are distributed in December.

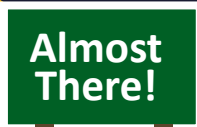
But time is running out. The fund drive ends on November 29.

So, who are some of our hourly employees? They include dietary aides, housekeepers, laundry aides, janitors, drivers, receptionists, maintenance staff members, dining servers, bartenders, nurses, fitness specialists, dishwashers, security guards, schedulers, logistics and technology staff members, floor supervisors, cooks, human resources personnel, the music specialist, accountants, and purchasing agents!

This year, 343 team members are eligible to receive EAF bonuses. Of these wonderful people, 86 have been with PVE for more than 10 years and 13 have been here for more than 25 years!

Contribute now to help us reach our goal of \$290,000 and **Bring Home the Gold!**

—The Employee Appreciation Fund Committee



Welcome to the Clinic

The Clinic has moved! It is now located at 5701 Flag Court across from the Health Center. The phone number is 707.207.7888.

The Clinic is the HUB, the center for communication and coordination of the health care needs of residents who live independently. Services are available seven days a week and do not require an appointment.

The Clinic is staffed by a registered nurse or licensed practical nurse. PVE at Home operates from the Clinic as well and is staffed with certified nursing assistants. The nursing staff is available to offer health advice and can serve as liaisons for residents with physicians and pharmacies.

The Emergency Response Team is led by Clinic staff on weekdays. On evenings and nights, the team operates from Quail Creek and is led by the Quail Creek nurse on duty. If you experience a health care issue or a fall, press your pendant or pull the alert cord and the Emergency Response Team, including a nurse, will come to you. If you have a life-threatening emergency, call 911 and press your pendant to activate the Emergency Response Team, which will also respond.

Please notify the Clinic prior to any pre-scheduled procedures and hospitalizations. The staff will coordinate your discharge planning. Following a hospital stay, outpatient procedure, or Emergency Room visit, stop by or call the Clinic or the Quail Creek Nurses' Station at 707.207.7803 to be evaluated upon your return to PVE.

The staff is also responsible for facilitating residents' transitions to higher levels of care and coordinating respite care. Annually, the staff conducts health evaluations of residents and updates their health information. You will be notified about an appointment for this important review.

COVID testing and instructions for care of COVID-positive residents are provided at the Clinic, as are immunizations for flu, COVID, and RSV.

The Clinic and its well-trained, professional staff are valuable resources to assist you with health care. Stop by and see them in their new home.

—Sally McNichols



Why I Like Working at PVE

During this time when we thank team members by contributing to the Employee Appreciation Fund (EAF), it is important to remember that all team members play essential roles in making PVE a special place to live. We residents provide the atmosphere that helps make their work worthwhile.

To give you some insight into how team members feel about working here, members of the Dining Services Team were asked to write a bit about why they enjoy working at PVE and about their future plans.

Patrick Chico: I love working here because I get to interact with a very diverse group of people, and I get to build my social skills and form connections with residents. Working here has helped me develop my hospitality skills and will help me achieve my goals to help people and work in the medical field.

Alex G.: I enjoy working at PVE as a server because of the friendly environment that my co-workers and the residents create. Residents always have jokes to share and make every work night enjoyable. A lot of the departments are also really kind. For example, maintenance gave me the opportunity to help them during the winter and summer. I currently attend Sac State. In the future, I want to become a project manager. My major is construction management.

Sierra Yates: I like working at PVE because it is friendly, and everyone here is fun. Dining has the best employees, and it makes coming to work so fun. Also, it makes work more fun when residents interact with us. In the future, I want to study kinesiology and become an orthopedic doctor.

Laci: I enjoy working at PVE because I love the co-workers and the residents. I have made so many good friendships here that will last outside of work. The residents here are always very friendly and willing to have genuine conversations. In the future, I want to be a special needs teacher for kindergarten through third grade. Working here helps with my career because I've learned to be very patient, manage my time, and be more understanding.

Shane-Nicole: I enjoy working at PVE because it is a really fun environment. You have so many residents really brought into your journey. It's like

EAF is Here

We're thankful for the staff
They've been known to make us laugh.
Let's do our best
To fill the chest
Of PVE's EAF.

—Alice Brill

having 50 pairs of grandparents! I want to be a labor and delivery nurse. Working here has helped me develop patience, empathy, and valuable skills in health care. That and working effectively under stress are paramount since patient care is my priority.

A salute to these servers and a salute to Christopher Chitwood, their manager. Thank you all for choosing to be a part of our PVE family.

—Sally Gripman

Solano Winds Takes Musical World Tour

Music director Bill Doherty was our guide when Solano Winds tunefully traveled *Around the World* in Rawlinson Hall.

His Honor, a brisk circus-style march composed by Henry Fillmore in 1933, was the American launch point. First stop was Russia, represented by Alexander Glazounov's *Concerto for E-Flat Alto Saxophone* for which Bill Aron was the featured soloist. Then came four Manx folk tunes in *Dear Isle of Man* by Haydn Wood. The band dedicated *Oracles of the Sirocco* by Robert Sheldon to the people of Libya recovering from recent devastating floods. Narrator Pat Cole explained that a sirocco is a hot dusty wind that blows across Northern Africa.

After intermission, percussionist Sergio Cabada was guest-conductor of the premiere of his *Peruvian Suite*. Cabada, a graduate of Napa Valley College and UC Berkeley, said two of the movements were inspired by vibrant tympani playing he heard years ago in Lima. The evening concluded with *South Pacific Symphonic Scenario*, a medley of favorite songs from the Richard Rodgers and Oscar Hammerstein musical.

—Carol Moore

Submarine Operations under the Ice

U.S. submarines have been operating under Arctic ice for 65 years. The *USS Nautilus* (SSN-571) was the first, passing under North Pole ice in 1958. The United States has gathered important data by mapping the ocean floor and analyzing the nature of the ice cap. The Arctic Submarine Laboratory in San Diego under the direction of Dr. Waldo Lyon has been instrumental in scientific exploration of the basin, and the submarine force has gained confidence in operating safely in the harsh polar environment.

Why continue to operate there? The Arctic ice cap is commercially and strategically important. As the ice retreats in response to global warming, several plans are emerging for potentially shorter trade routes, exposure of land for cultivation, and areas likely to offer resources (mainly natural gas). Eight nations border the ice: the United States, Russia, Canada, Finland, Sweden, Denmark, Norway, and Iceland. Alaska has a thousand miles



of coastline. The Arctic Council (an inter-governmental organization) encourages cooperation in the region and has established Exclusive Economic Zones of 200 nautical miles from each nation's coastline. However, most the natural gas resources lie beyond the zones. The nonbinding nature of the council's resolutions and the lack of enforcement power limit its ability to regulate

potential conflicts. China, which has no Arctic coast, has expressed increasing interest in the natural resources in the Arctic. They have even built an icebreaker as part of that strategy. The United States has five icebreakers, and Russia has 51. The United States plans to launch three more by 2029.

The strategic importance of the Arctic mainly centers on the possibility of an adversary launching ballistic missiles from the region. The demonstration of Russia's interest is highlighted by three ballistic missile submarines surfacing together through the Arctic ice near the North Pole in 2021. Thus, U.S. anti-submarine capabilities take on greater importance in this region.

The United States has learned about the characteristics of the polar ice pack from extensive submarine operations there. The ice is typically 10 to 12 feet thick with occasional inverse "peaks" of 65 feet. There are sporadic areas of open water called "polynyas" (from Russian) within the pack. To operate safely, U.S. submarines are equipped with upward-looking sonar (similar to a fathometer) and high-resolution forward-looking sonar, and the top of the "sail" is hardened HY-80 steel. To surface, the submarine must find relatively thin ice (three five feet thick). After confirming the size of opening, the submarine stops all forward motion and then slowly moves vertically at about 30 feet per minute by pumping out water to achieve positive buoyancy. Once ice encountered, air is added to the ballast tanks provide the impetus for breaking through.

—Bill Fernow

Photo of the Month



I took this photograph in Victoria, British Columbia, last year of a cyclist riding around the downtown area.

Photo by Dick Lubman.



R3Y *Tradewind* Flying Boat

In PVE's Club, there are about 100 photos and other types of memorabilia highlighting service in the military branches by PVE residents and others. On the back wall hangs a photo of a U.S. Navy aircraft designated R3Y *Tradewind*. It is labeled as number 97. It was donated by the late Lt. Colonel John Knebel, USAFR (Ret), who was a developmental test pilot on the airframe. However, there is a bit of a local story associated with that airplane centered on nearby Alameda Naval Air Station.

In 1956 with departure of the huge JRM Martin Mars flying boats from Alameda Naval Air Station, *Tradewinds* began arriving and were assigned to Fleet Tactical Support Squadron 2 (VR-2). The R3Y was about 140 feet in length and had four Allison T40-A-10 engines with counter-rotating reversible props. Its primary purpose was transport of people and cargo, and one variant was even capable of aerial refueling of other aircraft. It was regularly used on the route from the West Coast to Hawaii.

On January 24, 1958, a *Tradewind* named *Indian Ocean* departed Keehi Lagoon in Honolulu bound for Alameda Naval Air Station. Flight time was estimated at six and a half hours. About four hours into the flight, while cruising at 21,000 feet, there was an explosive sound. A propeller on the left side of the aircraft was thrown off and struck the fuselage, creating a large hole. (Remember,

Thanksgiving Remembrance

The turkey'd been stuffed and basted,
The cranberries already tasted.
The pies were done cooling,
The coffee was brewing,
It was great 'til great-grandma got wasted.

—Alice Brill

Save These November Dates

- 01 | All Saints' Day
| Dia de Los Muertos
- 05 | Change clocks to Standard Time
- 07 | Election Day
- 10 | Veterans Day Coffee with Police, The Club, 8:45 a.m.
| Veterans Day Program, Rawlinson Hall, 10 a.m.
- 11 | Veterans Day
| Entertainment by Daniele Bagley, The Club, 5 p.m.
- 18 | Around the World wine tasting, Sign up \$10, Rawlinson Hall, 2 p.m.
- 23 | Thanksgiving

this was a flying boat with no gear for landing on hard runways.) Decompression and blackout followed. They reduced power to the engines and were able to maintain control. Twilight on the horizon was visible so they opted to continue to Alameda. The landing would be made in the carrier basin on the south side of the station on a track that would put the carrier with pier 3 on the left side and a jetty/sea wall on the right. The idea was to beach the plane at the end of that course behind Encinal High School. On touch down, an engine on each side of the plane was put into reverse. One failed to reverse, causing the plane to swerve hard right toward the jetty/sea wall. The crew managed to avoid a head-on encounter with the jetty by attempting to pull the nose up over the rocks, and it settled just forward of the pilots' compartment, the hull absorbing the impact. All crew exited without injury.

Notwithstanding the necessity to reduce speed after the in-flight casualty, flight time for the mission was recorded at 5 hours 54 minutes, a world speed record for prop-driven transport aircraft flying between Honolulu and San Francisco. But within a few months, the Navy gave up on the plane and its problematic engines and scrapped all 15. VR-2 was decommissioned shortly thereafter, ending an era.

—Ken Mackie

Sea Services Celebrate 248

On Sunday evening, October 15, residents with connections to the Sea Services, their spouses, and guests gathered to celebrate the 248th birthday of the U.S. Navy.

Our mess president was Captain Ed Williams. After an hour of cocktails and hors d'oeuvres, the 70-strong mess members moved to Rawlinson Hall for dinner. Captain Williams brought the mess to order and asked Chaplain Lee Fruechte to deliver the invocation.

Commander Bill Tschudy and his wife, Janie, next described the items on the POW/MIA table at the front of the room to remind us that some of our comrades did not return home. Captain Chuck Smith then read the names of mess members who had passed on since our last Dining Out in 2021.

The next tradition was the "Tasting of the Beef." Chef Michael Quinn appeared and presented the plate of beef to Mr. Vice starring Commander Bob Irwin this year. After carefully cutting a small piece and tasting it, Mr. Vice voice-announced that "The beef is fit to eat." The chef smiled and dinner was served. This year, it was Surf or Turf, a wonderful filet of beef or a lobster tail.

The guest speaker was Brigadier General David Epperson, USAF, son of residents Bob and Loretta Epperson and currently Director of Current Operations, Deputy Chief of Staff for Operations, Headquarters U.S. Air Force, Pentagon, Washington,

D.C. He told his audience that the Department of Defense is underwriting our pivot to great power competition through credible deterrence and the ability to defeat the enemy should deterrence fail.

He used a war story example of close air support for a Navy Seal Team in Afghanistan to highlight the joint precision-targeting capability and role of air superiority. He then used an example of Ukraine, noting that a lack of air superiority prevented the Ukrainians from capitalizing as we did in Iraq. Finally, he discussed China. He said not to worry because it is no easy feat for China to



take Taiwan. Logistics across the Taiwan Straits for a country that has never done so are extremely challenging. He closed by saying that the bottom line is that we know the importance of domain superiority, which can be gained only through joint efforts, and the challenges of contested logistics and we are evolving to ensure we prevail.

Following dinner and our speaker, it was time to cut the birthday cake. By tradition, Mr. Vice removed the Navy officer's sword from the scabbard and carefully made a small cut in the cake under the watchful eye of Brigadier General Epperson. The Dining Services team then took it to the kitchen for plating and served it to all, topped with ice cream. The evening closed with toasts to the leaders of our country and our military services. Chaplain Paul Morgan gave the benediction. Captain Williams thanked all the mess members for coming and closed the evening by leading us in singing the *Navy Hymn*. Our next Dining Out is scheduled for 2025.

—Bruce Bartels

Herb's Amethyst

Amethyst is a purple variety of quartz that owes its color to a combination of trace amounts of iron in the crystals and natural irradiation. It can take millions of years for natural amethyst to form, which is what makes it so precious. Geodes are spherical rocks that contain hollow cavities lined with crystals. All natural amethyst geodes are older than humanity as we know it. The formation of amethyst geodes is a three-step process.

1. A hollow rock or magmatic geode is formed by cooling lava interacting with air, gases, and temperature.
2. The actual crystal cavity is created. Amethyst forms even at temperatures below 100°F.
3. The quartz crystal turns into amethyst via gamma irradiation, a natural occurrence that involves extreme photon energy from nuclear decay in surrounding rocks.

The key distinction between amethyst and other gemstones is its recognizable purple color. The hue of the purple depends on the irradiation and on the amount of iron and its purity in the crystal cavity.

Geodes created by Mother Nature are seen as having healing properties. Amethyst is said to be one of the most powerful crystals in the world because of its psychic and spiritual properties. If you seek emotional balance and a deeper spiritual connection, amethyst could be the go-to gemstone. It has strong calming energy and can balance and soothe you and bring you back to your spiritual center. For those who struggle



Pick Your Illness

Remember when we said "It's the flu season!"
An expression we used with very good reason.
Now, it's COVID that is the big scare,
And it has struck almost everywhere,
Leaving so many of us coughin' and wheezin'

—Bill Rawlinson

with tension, insomnia, anxiety, and other types of spiraling thoughts, amethyst is a unique healing gem that can provide sweet relief.

The Termites received a call from Wellness asking for a stand for the geode the late Herb Quilitzsch generously donated for the Meditation Room. The Termite design bureau was handed the project and unanimously decided to turn the job over to Ray Silva. Ray did not want the display to be about the stand so he made a simple wooden stand and painted it black. He took two ten-foot two-by-six boards, cut them into three-foot pieces and ran them through the planer to make them smooth. He glued the boards together so he had a platform three boards wide and two boards deep. He then traced the outline of the geode onto the boards and cut out a space for it, forming a platform on which the geode sits.

After painting, the stand and geode were moved to the Wellness Meditation Room. Stop by and soak up some of Herb's amethyst's healing powers.

—Bob Lunning

Blessings of Fall

Detecting a slight chill in the air; of course, it is fall
Looking for words to describe the pleasures it brings to us all.
Football season has begun, high school, college, and national,
The teams entertain us with touchdowns. It is rational.

Dust off your Halloween costumes. Let us go "trick or treating."
Easy on the candy and treats or your doc you'll be greeting.
Recipes out of the drawer for an awesome Thanksgiving dinner,
Golden browned turkey (not wild), trimmings, cranberry sauce a winner.

The faint sound of Christmas carols; presents under the tree,
Another memorable season for my grandchildren and me
There is an empty chair; Grandpa is missing.
We will see you in the hereafter, dear one, with lots of hugs and kissing.

—Joanie Cloughesy

Golf News

Nineteen golfers felt *spook-tacular* as they played in the October *Boo-tiful Golf Tournament* under clear skies. Breezy conditions resulted in mostly higher scores even though they were warned, “Beware! the Bunkers Await!”

Kimmie McCann opened the evening with a moment of silence to remember two dear Moaners and Groaners (M&Gs) who passed away recently, Dottie Shelley and Jerry Moore. She then welcomed Frank Connolly back to the M&Gs after an extended absence. Frank received the coveted 25th Anniversary hat as a welcome back present. Kimmie gave an update on plans for the Walt McDaniel Memorial Event (WMME) and thanked the decoration committee for its wonderful table centerpiece design. She mentioned that Pat Williams has agreed to make a large gift basket that will contain a variety of special items. The basket will be offered during a silent auction. A new wooden-headed Musty Putter will also be auctioned.

Winners of the October *Boo-tiful Tournament*:

- **1st Place (78):** Gene Noble, Ed Vacin, Ginny Caspersen, and Sue Vukasin
- **2nd Place (79):** Rick Cole, Tom DiGiorgio, and Kimmie McCann
- **3rd Place (81):** Doug Fisher, Bob McCoy, Dick Crocker, and Bud Ross
- **4th Place (85):** Norbert Luke, Young Lee, Bruce Bartels, and Bill McNamara

Low putts were an impressive 19: Norbert Luke, Young Lee, Bruce Bartels, and Bill McNamara. None of them pulled the magic green ball from the purple bag.

Norbert Luke reported that Frank Connolly, the former putting tournament chairman, made a surprise appearance after an absence of almost four years. He gamely borrowed a putter and succumbed to Dick Crocker in the first round. He’ll be back next month with his own putter.

Andy Anderson was the last man standing by the final rounds. Lady putters Shirley Arnold, Harriet Orlove, and Kimmie McCann had taken out all the male putters except Andy Anderson. In the final round, Harriet just couldn’t overcome Andy’s back-to-back one-putts, and Andy is once again the putting champion of the month. Congratulations, Andy!

A Time of Thanksgiving

This is the month that we should give thanks,
For there are no sounds of mortars and tanks.
Remember Pilgrims and Wampanoag,
Who fed on deer and the salty quahaug.
Near to old New England’s seaside banks.

—Bill Rawlinson

My Achilles Heel

I was a heel to my heel
I overused it
Abused it
And now I can’t use it

You have three mini tears
Said Chris, my PT best friend.
We’ll have to do this slowly
Or your tendon won’t mend.

My (not) marching orders
Because I’m so sore,
No dancing for me
Until at least month four.

My Achilles heel is
Well, my Achilles heel.
I must sit and wait
For my heel to heal.

—Sharon Goldman

Where Are the Blueberries?

We heard the news with a sigh,
that the blueberry shortage is nigh.
What will we do,
We haven’t a clue.
Maybe we’ll sit down and cry.

—Alice Brill

Kimmie closed the evening by encouraging the M&Gs to sign up for the WMME as soon as possible and invited all golfers, M&G alumni, and friends of Walt to sign up for the dinner.

Thought for the month: No one cares what you shoot. Stop fretting about being overmatched on the course. Even the pros hit poor shots.

—Estelle Holway

Dining Services

The 2022/23 Dining Services Committee diligently responded to the comment cards in a timely manner. Last year, committee members personally responded to more than 1,000 comments. Data from the card submissions are gathered and processed by two members of the committee. The data are then used by Dining Services' senior management to follow "what works" and "what doesn't." The committee also discusses the data during its monthly meetings. An interesting statistic: 67,000 meals have been served to residents in Independent Living.

Carol Vacin was elected as chair of the committee with Rick Preuss as vice-chair and Jan Heise as secretary. Ali Corbett and Sue Conklin will continue to track and report on comment cards while Ruth Endsley and Joan Coor will be our representatives on the Welcome Home Committee. Linda Goetz manages the plants and flowers for the dining rooms, and Rick Preuss is the lead for the Community Table and will manage C&S submissions. Diana Panzer is our all-around member who steps up

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The Latest News

Thought I'd write of the latest news,
And find something for all to amuse.
But the world has gone mad,
And every story is quite sad.
Perhaps I'll write of the 2024 dues.

—Bill Rawlinson

as needed. Ruth Endsley coordinates the Red Apron Team.

Kimmie McCann has faithfully taken notes and written the minutes for the past two years. Many thanks for those! Well done. Kimmie and Sally Gripman have retired from the committee after serving for three years. The committee sends kudos and many thanks to Sharon Goldman, who was the liaison from the Resident Council. She was a star!

Are you ready for the holidays? Check your calendars for events and be ready to share joy and laughter with your family and friends. On Thanksgiving Day, the buffet will be held in the Dining Room. Imagine the turkey and trimmings and pies ready for your enjoyment!

The Tree Lighting Ceremony on December 1 will begin at 3:00 p.m. in Rawlinson Hall. Dinner in the Main Dining Room will begin at 5:00 p.m.

The Holiday Gala on December 8 is the next big event. Many ladies enjoy wearing their gala frocks, and the men do look handsome in their suits and tuxes. This is a very special event for lunch or dinner. Then suddenly it's Christmas and New Year's Eve Brunch on the calendar.

To all residents who have respected the Dress Code for dining, **Thank You**. A special thanks goes to those residents who do not agree with some of the items in the guidelines but follow them out of respect for their neighbors in this community.

Finally, our Servers of the Month for September were Sierra Yates and Alejandro Godinez Chavez. Again, we are blessed with outstanding young people. Many congratulations. The service scores for September were 100%.

Enjoy the holidays and *bon appétit*.

—Sally Gripman