

Elysian Fields

March 2024

The Official Paradise Valley Estates Residents' Magazine

Volume 27, Issue 3



PVE meets Peevey on Groundhog Day



Peevey, Where Are You?

Many are not aware that a leprechaun named Paddy lives under the bridge over Laurel Creek. He moved there from the Delta shortly after PVE was completed. Paddy's main job is managing wildlife at PVE. He looks after quails, squirrels, rabbits, owls, and birds. Among his favorites are the turkeys. He's really disappointed that PVE keeps removing them. Paddy treats them so well when they are on campus, and word spread throughout the area. The turkeys have come from as far away as Sacramento. Paddy also looks after the coyotes. He makes sure they have enough to eat without bothering the rest of his "people."

Another of Paddy's jobs is caring for Peevey, the red squirrel. Peevey is special because he is related to Punxsutawney Phil (he's his 12th cousin), the groundhog that appears every year on Groundhog Day and predicts the weather to come. Peevey is very shy, and he had not been able to make an appearance until this year. Thanks to Paddy's coaching, Peevey came out on February 2nd.

When Paddy spoke to us and said Peevey was ready to make an appearance, we summoned the Groundhog Day Commission to get things all set up and announced that we would finally get to see Peevey. It was a cold and rainy morning on February 2nd, but a small and hardy group of residents and their dogs gathered by the bridge over Laurel Creek at 9 a.m. The commission members – Frank Slipperybridge, Kevin Highwater, Jeff Talksalot, and Bruce Barrels – were on hand to make it an "official" Groundhog Day event sanctioned by the Groundhog Day Commission in Pennsylvania.

After an introduction by Bruce and a required poem from Jeff, Frank took over and, after warning residents to stand clear, removed Peevey, the magic red squirrel, from his box. Frank

held Peevey up and let him look around for his shadow. Then he put Peevey down and listened carefully to what he said (Frank has had special training in speaking "squirrel"). The answer was "No shadow so an early spring." The fans cheered and the dogs barked. Everyone was happy.

Peevey was returned to his box, and Kevin Highwater gave closing remarks. He thanked the residents for attending, thanked Peevey for his weather prognostication, and said "We'll see you all next year on February 2nd," thus ending the Groundhog Day celebration of 2024 at PVE.

—The Commission

Bocce Is Coming

The 2024 bocce season is right around the corner, beginning on Friday, April 19, which is also the first continental breakfast of the summer.

Over the next two months, we will be setting up teams for the summer season. Many residents are already on bocce teams, but if you have not yet joined a team and want to play, watch the *Friday Flash* for an announcement about sign-ups to play.

Last year, 185 residents played bocce as part of 16 teams. We hope to add more teams this year and grow the game, which has the greatest involvement of any activity at PVE.

Are you new to bocce? Never played it? Don't have a clue if you can play? Believe us when we say you can play. Several residents move onto the court using walkers, canes, and even motorized scooters. Here at PVE, we believe that bocce is all about socializing with other residents, as important as the outcome of the games.

A bit of history. Bocce, also called bocci or boccie, is a relaxed but strategic game with an ancient lineage. Though it probably emerged in ancient Egypt, bocce began to hit its stride with the Romans and Emperor Augustus. It attained massive popularity with the influx of Italian immigrants to other countries at the turn of the 20th century. Today, bocce is a calming, competitive way to spend a few hours outdoors in the pleasant company of friends.

—The Bocce Committee

Move-Ins since the Last Issue

Richard and Barbara Ely
6603 United Circle
From Carmel

A Brief History of Valentine's Day

The internet is a marvelous tool for researching just about any topic, and I thought it would be fun to research the origins of Valentine's Day. As many have found, the veracity of material on the internet varies wildly, so I can only say that the following information should be taken with a grain of salt – or a delicious chocolate truffle.

One theory about Valentine's Day relates to the ancient Roman festival of Lupercalia held in mid-February. It involved fertility rites and pairing of women to men in a lottery system. Later, around the fifth century, Pope Gelasius I replaced Lupercalia with St. Valentine's Day.

Who was St. Valentine? Several Christian martyrs were named Valentine, but the most likely candidate is a priest killed by Claudius Gothicus in 270 CE. Why he was killed is a mystery. I favor the theory that St. Valentine was killed for secretly marrying couples in defiance of the emperor's order prohibiting marriage because unmarried men were more suitable as soldiers in his army than married men and thus creating the association of the day with romance and love.

Valentine messages appeared in the 1500s, and commercially printed cards were in use in the late 1700s. Birds (avian mating seasons), Cupid, roses (love and beauty), and candy (sweets to your sweetheart) became popular symbols.

About 150 million valentines are exchanged each year, making Valentine's Day the second biggest card-sending holiday after Christmas. Richard Cadbury is believed to have been the first candymaker to put chocolates into heart-shaped boxes. Many of the elaborate boxes were saved to store mementos such as locks of hair and love letters. Victorian-era Cadbury boxes are now treasured family heirlooms and prized by collectors.

—Ian Lanouette

Valentine's Day Dinner

Valentine's Day dinner was fab,
Lobster tail (but without crab).
The wait staff gets an "A."
We all wanted to just stay.
And sit with friends and blab.

—Bill Rawlinson

PVE Celebrates Valentine's Day

This year's Valentine's Day celebration started at 4 p.m. when the band, the Fabulous Cruisetones, began playing in Rawlinson Hall. Their music was strictly 1960s and 1970s with an emphasis on the Beatles.

The dance floor remained empty for a while until Wanda Lanouette and Bonnie Sonnenburg went to the floor. They were soon followed by other residents. The band's singer was great, and the three members who backed her up clearly were pros at their craft. Thanks to Wellness for bringing in the Cruisetones to kick off this year's celebration.

Following music and dancing in Rawlinson

Hall, residents wearing red moved to the Dining Room. They were greeted at the door with champagne, followed by a four-course dinner featuring an appetizer, salad, lobster entree, and special heart-shaped

dessert. The Dining Room buzzed with happy voices as residents enjoyed the meal and friendly conversation. It was a night to remember.



Power Outage, No Sweat

The other morning at about 9:00, we lost our electricity and internet. Because this did not happen in the middle of the night, it was easier to identify the outage. It was a cool, sunny day, and the first thing I noticed was the lack of noise. I had started the dishwasher and the clothes washer so the blessed quiet was noticeable.

The interesting thing about an outage is that you have absolutely no idea when services will be restored.

At the time, my oldest son was in a hospital in New Zealand. He had just had a triple bypass and valve replacement. While he was in the hospital, his phone was taken so it would not disturb others. My only way of reaching him was our now-missing internet. Since I'm a typical mom, my imagination went into overdrive even though my son is grown. Did he have a relapse? Was he in ICU? Had he died? Fortunately, none of those things occurred. He was doing just fine and was released from the hospital yesterday. Hurray.

In recent years, we have dealt with outages and fires and evacuations near Santa Rosa. We knew where our flashlights and batteries were located and put them on the table for our evening needs.

I was raised in a very small town in Northern California. When I was a child, losing power was common and seemed normal. We had gas stoves, furnaces, and fireplaces so life could go on. Later on, loss of computer use was a pain but one we could survive.

During the outage, I took time to envision myself as a "pioneer woman." But that presented a whole new set of problems. I have never killed or plucked a chicken, never milked a cow, and never grown vegetables in the backyard. I would

be a blooming failure. That avenue was just not going to work.

As dinner time approached, we were advised that one of the PVE restaurants was operating thanks to an emergency generator. We all headed toward that haven for some really good food, lights, and conversations with friends. I heard many people complain about not having heat, and I was curious. Would they have been happier at home in the dark and cold and without food?

Power was restored about 9 p.m. Life is good.

—Claudette Brero-Gow

It Could Have Been Worse

Let's give our February 8 power outage the subtitle *Six Degrees of Kevin, Bacon* (notice the comma). Without phones and computers, it was impossible to reach our CEO, Kevin, or our families or anyone else. Without electric stoves, there was no warm food or crisp bacon.

Fortunately, there were no simultaneous torrential rains, flooding, or mud slides. But 11 hours without electricity does show how much we depend on it.

Those of us who made sandwiches for dinner can only imagine the hoops the Dining Services staff had to jump through to feed hundreds of residents (see the Dining Services article on page 5).

Some of us were stranded at home because automatic garage door-openers didn't work. Thanks to the Maintenance team staff members who came to extricate garbage cans and take them to the curb.

Actually, I found it nice to fall asleep quickly in a pitch-black room instead of being kept awake in a bedroom aglow from the Security searchlight atop the former Maintenance building.

And we can be thankful the outage did not happen on Sunday and black out televisions during Super Bowl.

—Carol Moore

Power Outage

I had never lived in a cave
So pretended that I was brave.
But when lights went out
I began to loudly shout
"What in the freezer can I save?"

—Bill Rawlinson

The Day the Power Went Out

One thing residents learned years ago about the dining staff is that they are masters at crisis management. We have all come to assume that they will somehow manage to provide meal service for the four Creeks and Independent Living residents and meet the array of special dietary needs of residents regardless of whether Mother Nature cooperates. They have faced fires, evacuations, and floods in the recent past, but a full-blown power outage without seeming cause or warning must have been a special challenge.

Amazingly, once it became clear that PG&E could not provide a quick fix, word immediately went out that sandwiches would be available to cover lunch at the cafes. In mid-afternoon, with still no word of any resolution, the Dining staff began preparing to feed the entire community and advised residents who had not made prior dinner reservations that they could still request meal delivery or Grab and Go from the Oak Room.

Without electricity in the Creeks and the Community Center kitchen preparation area, how did staff accomplish this miracle? First, when the 6000 area was constructed, David Kalbaugh insisted on installing a kitchen there powered by a generator to ensure that meals could always be prepared. Second, unlike restaurant servers who can simply say that an item is no longer available, Dining always has enough supplies on hand on any given day to provide for food for all residents during emergencies. Clearly, this outage tested that rule and Dining triumphed.

The Dining Committee gives heartfelt thanks to the superb staff members who rose to the occasion and our appreciation to all the residents who expressed their genuine thanks for those efforts in comment cards.

And speaking of giving thanks where thanks is due, the Servers of the Month for January were Dylan Carroll-Brown and Patrick Chico. Please take a moment to congratulate them the next time you see them in the Dining Room.

—Jan Heise

Willow Creek in March

It's *Spring into Spring Month* at Willow Creek. Our gardening class will resume March 1 in the Contemplative Garden. This year, we will plant several varieties of tomatoes and cucumbers.

To honor Women's History Month, we will celebrate the full range of women's contributions and achievements, including International Women's Day (formerly International Working Women's Day) on March 8. We will learn about women trailblazers, and we will play the "Giving Women Their Place in History" game as part of our brain fitness and reminiscing therapy activities.

We will also celebrate *Clover All Over Day* this month with our new ukulele entertainer, Ian Butler. Minty shamrock parfaits will be served while we enjoy the music. On March 19, we take a scenic drive to Benicia and explore Benicia's historic downtown and marina.

Thank you, everyone, for continuing to support our residents at Willow Creek. Happy St. Patrick's Day and International Women's Day!

—Adrian Quinones

Greetings from Quail Creek

March brings spring to California, which means fresh air and thoughts of the fresh new season ahead. Who's going out to look for four-leaf clovers? We are! Did you know that the four-leaf clover is said to stand for faith, hope, love, and luck?

In March at Quail Creek, we will be providing facials and lunch at the Hourglass Beauty Bar and making shamrock shakes and Lucky St. Patrick's Popcorn. The month's outing is a scenic drive through historic Woodland to view the many Victorian and Craftsman style homes there. Also on the calendar is World Travel Story Time, and Happy Hour with Kendall. And yes, we will continue to have fun playing volleyball as we get ready for the next "Battle of the Creeks."

Have a Happy March!

—Stephanie Newman

Talent Show Provides Nostalgic Songs, Humor

Multi-talented entertainers who win an *Emmy*, *Grammy*, *Oscar*, and *Tony* award are called EGOTs. At PVE, the EGOT categories for the Got Talent Show in Rawlinson Hall could have been Employee, Grandparent, Octogenarian, and Teenager-to-be.

Scenes from a travelogue of Ireland showed on the big screens as the overflow crowd gathered. It was the introduction for kilt-clad Bill McNamara who played a Rube-Goldberg-style bagpipe, producing music from a hot water bottle and various tubes and nasal and guttural noises best left to the imagination. The audience sang along as his 86-year-old pipes produced *Loch Lomond*, *Amazing Grace*, and *God Bless America*. The humor continued as Bob McCoy recited *Ode to the Outhouse* about the little brown shack out back by the bocce courts that was air-conditioned in the winter when its door was closed. "Don't let them tear it down," he pleaded.

Mezzo soprano Michele Rivard added her professional polish to the proceedings as she played the piano for her duet with tenor Dick Feaster of *All I Ask of You*. Courtney Matthews' impersonation of Tina Turner was spot on, complete with flying hair and strutting dance moves as she sang *What's Love Got to Do with It*. Cezar C. Mitra, Jr. performed *Love Me with All of Your Heart*. *Put Your Head on My Shoulder* was sung by amazing 10-year-old Tyson Mateo Winston. He is the grandson of Patty Penrose, Home Care coordinator, and was surrounded afterward by many new fans who wished that he had sung an encore.

The Four Freshmen quartet of the 1950s turned into the Four Seniors. Dick Lubman, Irv Herman, Richard



Murray, and Dick Feaster took the stage using crutches, canes, and walkers to sing *Standing on the Corner*. They were watching all the girls go by – Marilyn Byington, Verna Dow, Marcy Murray, and Sally Stewart dressed as bobby soxers and toting vinyl record albums.

Wellness Supervisor Christina Gamble urged the audience to remember how much fun they had and to start practicing their talents for next year's show.

—Carol Moore

Greetings from Laurel Creek

March is here and spring is around the corner so residents will enjoy patio visits (weather permitting), indoor gardening, Sunday Fun Days with therapy, karaoke, daily IN2L programs about travel and music, and puzzles, games, and trivia in groups and one-on-one.

We will celebrate St. Patrick's Day with music (wear your green).

Other activities to enjoy will include movies, Java music time, bingo, balloon volleyball, and ring toss. Easter is the last Sunday in March so we will have some snacks that day and watch the movie *Easter Parade*.

Have a wonderful March and enjoy the spring weather.

—Sharon Johnson

Mountaineer's Peak Experiences Shared

If you did not know Junko Tabei before the quarterly Ladies Luncheon, you certainly did afterward, thanks to storyteller extraordinaire Bowen Lee. Lee personified Tabei, the first woman to scale Mount Everest, while describing her lifetime of remarkable scientific and mountaineering achievements.



As a Chautauqua scholar, Lee continues a lecture circuit conducted by scientists, teachers, musicians, and specialists of the day that began in New York in the early 1900s. Chautauqua is a living history program in which performers in costume and in character bring historical figures to life in theatrical monologues. President Theodore Roosevelt described its combination of ongoing adult education and civil discourse as “the most American thing in America.”

Lee’s one-hour lecture began with her swaying and staggering when depicting the quick thinking and determination that helped Tabei survive the magnitude 9 Fukushima earthquake in 2011 and assist others in the aftermath. She also described how the Japanese trailblazer climbed the highest

peaks on seven continents, survived an avalanche, and overcame



cancer, anti-Asian discrimination, and sexism while following the mountaineer mantra “Don’t back down.”

Many in the audience later shared their amazement at how Lee immersed herself in the character, making it difficult to remember whether she was speaking as Tabei or herself. A resident at the luncheon said “I thought she was the real person.”

At the luncheon, tables were centered with blue and white hydrangeas and decorated with world maps to help guests locate the seven peaks: Mounts Everest, Aconcagua, Denali, Kilimanjaro, and Elbrus and the Vinson Massif and Puncak Jaya. Ali Corbett, Wellness Committee chair, credited Sally Gripman, Jan Olson, Patricia Hostetler, and the Dining Services staff for helping with decorations, logistics, and the food, a pasta entree topped with chicken or shrimp and peach Melba for dessert.

The next Ladies Luncheon will be in May.

—Carol Moore

Alzheimer’s Association Caregiver Forum

Please save the date for the Solano County Caregiver Forum on Wednesday, March 27, from 9 a.m. to noon. The forum will provide information on Alzheimer’s disease and dementia, strategies for communicating with those suffering from Alzheimer’s disease, and managing dementia-related behaviors.

Speakers include Chandra Keebler, MD, and Stefanie Bonigut, LCSW. Dr. Keebler is chief of the Memory Clinic at Kaiser Permanente Napa Solano. She is board-certified in internal medicine, geriatric medicine, and palliative medicine/hospice. Ms. Bonigut has worked for the Northern California / Northern Nevada chapter of the Alzheimer’s Association for 11 years. She provides care consultations and education to family caregivers and resource referrals for the association’s 24/7 Helpline.

Come and visit with these local resources and learn how they can support you. Watch *Friday Flash* for more details.

—Christina Gamble

Training Generations of Termites

PVE is blessed with a fully equipped woodshop and some outstanding craftsmen who work not only on their own projects but also on projects for residents. The PVE Termites conduct whole-group training sessions a couple of times a year plus individual training for residents interested in learning how to safely use the powerful tools in the shop.

In August 2023, PVE Termite member Ed Vacin's 15-year-old granddaughter Diya asked if she could build a corner desk for her room. The Termites asked her to come up with a plan showing what she wanted. She delivered the plan to her grandfather, who made some adjustments and then produced a detailed digital plan of the corner desk cut-out drawing. Construction was scheduled to be completed in November.

On the first Sunday of October, Diya and her father and grandfather went to Lowe's and purchased two sheets of three-quarter-inch plywood for the desk. Diya received training on safety and proper use of the needed equipment. The next Sunday, under the careful supervision



of her grandfather, Diya used the SawStop table saw to cut the plywood into the pieces shown on the cut-out drawing. She also used the planer to properly size the 4x4s for the legs of the desk. The following Sunday, Diya, with the help of her father and grandfather, sanded and stained the pieces.

On the last Sunday in November, Diya arrived to start dry assembly of the pieces into a corner desk. The photo shows Diya drilling holes for the shelf pins. After she assembled the desk, it was broken down again to load into the back of the SUV and delivered to her home in Union City. Upon arriving home, Diya assembled the corner desk in her room and sent a photo of the completed desk to her grandfather.

An excellent example of the older generation teaching a new generation of Termites.

—Ed Vacin

Americana Trivia

Every October and March, we go through this silly exercise of cranking our clocks back and forth an hour. We've repeatedly voted to end this practice in California and yet our politicians ignore us. What else is March noted for?

1. What happens on the vernal equinox?
2. True/false: March was the last month of the year in the early Roman calendar?
3. In March 1961, President John F. Kennedy established what volunteer organization?
4. Congress designated more than 2 million acres of public land as America's first national park in March 1872. Which one was it?
5. Who is Persephone?

—Your Patriotic Committee

Answers on page 14



Chinese New Year Arrives Early

Did you know there are different ways to say Happy New Year in Mandarin and Cantonese? In Mandarin, the most common way to wish your family and close friends a Happy Chinese New Year is Xīnnián hǎo (新年好), meaning new year goodness or good new year. It can also be said as Xīnnián kuàilè (新年快乐), meaning new year happiness, a more formal greeting typically used for strangers. In Cantonese, Happy New Year is Gong Hei Fat Choy.

On February 5, PVE gathered in Rawlinson Hall after a few days of rainy weather so it was nice to have an enjoyable evening celebrating Chinese New Year with friends. This year was special because it is the year of the dragon.

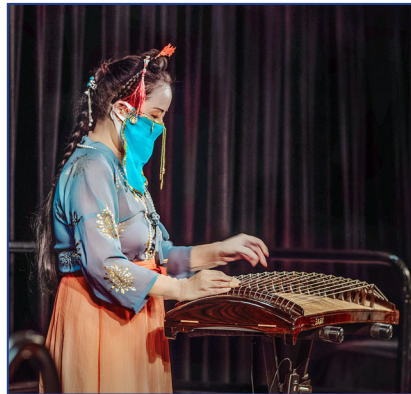
The dragon is the only mythical animal among the 12 animals of the Chinese zodiac.

Our performer for the evening was Melody Yan Fusion Music. Yan was accompanied by beautiful dancers dressed in typical Chinese garments bursting with color who performed gracefully to traditional folk music. Yan's music combines Western music with traditional Chinese musical instruments such as the guzheng. She seeks to expand her music beyond the traditional by collaborating with talented artists from different areas of life. Her goal is to create the kind of musical expression that makes life worth living and enjoying. She played the guzheng, a traditional instrument that traces back to the Chinese Warring State period (475–213 BC). It has a history of 2,500 years!

The gorgeous sounds, coupled with the aesthetics of music shaped by Chinese culture, induced a wonderful state

of tranquility for listeners. At the end of the event, residents received lovely goody bags from the Wellness Department that each contained a token of good fortune for the new year.

—Christina Gamble



My Shadow

Sometimes she's on my right
Then she moves left
Playing tag with the light

She'll dance in the trees
Float in the creek
Or bob in the breeze

Sometimes she's just not there
Off on her own adventure
To who knows where

Then, with the sun's happy grin
In a wink of my eye
She's back beside me again

(Peter Pan lost his shadow
Wendy sewed it back on
That must have hurt)

—Sharon Goldman

PVE Receives CARF Accreditation

In December 2023, three leaders in the industry surveyed our community to confirm compliance with more than 1,300 Commission on Accreditation of Rehabilitation Facilities (CARF) standards. During that time, they interviewed board members, staff leadership and team members, and residents plus some residents' family members. Wondering why we put ourselves through this intensive voluntary review? Receiving the CARF seal of accreditation demonstrates compliance with the highest standards in the industry. There are only three accredited Continuing Care Retirement Communities in California and PVE is one of them! This is something to be proud of and something that residents, team members, and prospects see as a seal of excellence.

We are excited to announce that we not only received re-accreditation but did so with flying colors! Within the 20 sections containing those 1,300 standards, a recommendation was made in just ONE area: strive to meet CARF's aggressive financial ratio targets. The finance surveyor was very pleased with our long-range plan and understood that our ratios were temporarily impacted with addition of the Ridge/6000 area. The team even listed finance as one of our strengths, stating that "The finance team uses a dynamic model that allows for financial projections and pro forma planning in great detail. With a model similar to a feasibility study, PVE's management is able to include many variables in the projections, resulting in reports that can project out as far as 20 years." As a CARF surveyor, I can report that it is unusual to meet these aggressive standards.

Areas in which we demonstrated 100% compliance included leadership, governance, strategic planning, input from persons served and other stakeholders, legal requirements, risk management, health and safety, workforce development and management, technology, and rights of persons served. The surveyors also celebrated our successes in accessibility, performance measurement and management, and performance improvement and in all subcategories of care process for persons served.

In more than one interview session, the surveyors paused to say "All I can say is WOW." We could not be prouder of the results of this survey and thank all who took the time to meet with the surveyors to showcase our amazing community.

We continue to meet CARF standards daily, but accreditation is for five years so the next onsite survey will be held in late 2028.

—Lisa Coe

Golf News

The old year ended with a rain-out, and the new year started with two rain-outs. Winter golf rules are required for wet golf courses. The ball doesn't roll much on soggy grass, and carts must keep on cart paths so the golfers have to walk much further, forcing some cancellations. Then, a power outage prevented most of the M&Gs from gathering for the after-golf get-together. Let's hope things improve in March.

Norbert Luke reports that you and your partner are welcome to join the after-tournament gatherings when you only putt and do not golf, when your partner does not putt or golf, and when your partner has no interest whatsoever in golf. We especially want to hear from those of you who have been convalescing for whatever reason from golf. Remember, golf is an individual game first, and that part is entirely up to you. After that, it's not how well you golf or putt. It is about seeing you on the golf course and the putting green and at the Club in the Community Center from 3 to 4 p.m. on Thursdays following the M&G tournaments held on the first Wednesday of every month. You can bring your beverage of choice. Snacks are provided. Thank you, Norbert, for your comments.

It is with great sadness that we report the loss of three M&Gs: Dick Youngflesh, Herb Quilitzsch, and Bob Case. They will be missed. Our condolences go out to their families.

Thought for the month: If you golf on election day, be sure to cast an absent tee ballot.

—Estelle Holway

Remembering...

James "Jim" Jacobsen

Loving husband and uncle
Arrived: September 2017
Departed: January 18, 2024

Lt. Colonel Mary Lynch, USAF (Ret)

Loving aunt and friend
Arrived: October 2014
Departed: January 23, 2024

Robert "Bob" Dittmer

A World War II Veteran
Loving husband and father
Arrived: August 2013
Departed: February 1, 2024

Marguerite Tipton

Loving wife and mother
Arrived: August 2011
Departed: February 11, 2024

Captain Robert "Bob" Case, USN (Ret)

Loving husband and father
Arrived: November 2012
Departed: February 12, 2024

Thomas "Tom" Terry

Loving husband and father
Arrived: February 2015
Departed: February 18, 2024



The Super Bowl

Kansas City wins once more.
They really know how to score.
The 49ers are still weeping.
The defense was caught sleeping,
And the Chiefs count is now four.

—Bill Rawlinson

Super Bowl Party Was Almost Super

When the Kansas City Chiefs played the San Francisco 49ers in Super Bowl LIV on February 2, 2020, the Chiefs won. The final score of 31–20 secured their first Super Bowl victory in 50 years (their third ever).

On February 11, the Chiefs and the Niners once again faced off in an exciting Super Bowl match-up. Residents and PVE team members gathered in Rawlinson Hall to cheer on their favorites, and most seemed to be rooting for the 49ers.

Wellness hosted the event, providing residents with a gathering space to cheer on their teams and providing pizza, snacks, and beer to promote socializing with friends, neighbors, and team members. The game was certainly exciting and went into overtime with both teams battling to the end. Big congratulations to the Kansas City Chiefs, winner with a score of 25–22. Most of the Niner fans were obviously disappointed, but there is always next year.

Wellness plans to host another Super Bowl party in 2025 so mark your calendars for this annual gathering and celebration on February 9. The game will be played in New Orleans.

—Jan Olson

To Be Irish

I bear an Irish surname, but no connection to the old sod
My late husband, who was proud to be Irish said "the Irish are close to God."
St. Patrick drove the snakes from Ireland and we all shout Yay!
He remains the symbol of good against evil to this very day.

The Irish have an overwhelming sense of humor and friendliness they cast,
Fondness for the pint and melancholy for their sorrowful past
A passage to America, a new beginning and proud "wearing of the green"
My children will carry the torch for those brave people whenever they are seen.

—Joanie Cloughesy

A Happy Drive with My Dad

It was December 1956, and my dad had just received his invitation to an International Week of Racing in Nassau, Bahamas.

Though we never took long road trips and even vacations were few and far between, he decided to drive the whole family diagonally across the United States in a station wagon. Being a sports car racer, it was high speeds and no visits to scenic places! Still, it was an exciting experience for me.

My dad started racing when he was 40 years old. He and my brother were our mechanics. He won many races and even drove in the Sebring 24-hour endurance Grand Prix.

When we got settled in Nassau, there were some practice days. On one, dad asked me if I would like to ride with him in the Ferrari. *Of course!* On the first lap, we drove very slowly so he could point out

potholes, bumps in the road, and types and angles of turns. Most sports car racing in the 1950s ran on old airport sites so you had to learn what you would have to handle in the race.

Then he asked me if I wanted to go full speed. *Absolutely.* I was in total awe as we whizzed by everything so fast I couldn't even see what he had previously pointed out. It was the most exciting, scary thing I had ever experienced in my 14 years. On the straightaway, we hit 200 miles per hour!

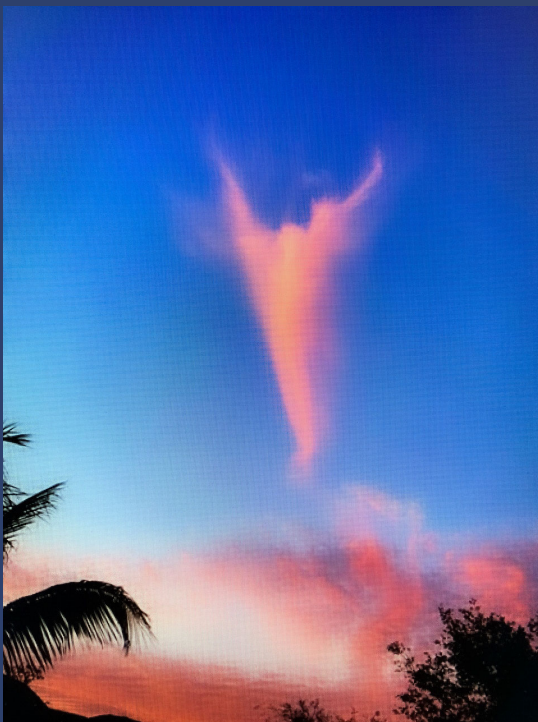
Later, when we drove back to the pits, he opened the door for me, and I fell right to my knees. My legs were all water. We laughed over this many times in future years. He asked me if I liked it. I said it was the best thing ever. I could see that my dad loved racing; it was all over his face.

Later, our whole family went to a trophy dinner. A professional photographer took a picture – the only family photo ever taken – and I treasure it.

These are my favorite moments with my dad.

—Claudette Brero-Gow

Photo of the Month



The photo was taken many years ago. It was at sunset over the Carquinez Strait. We're fortunate to live in an area that has conflicting weather fronts to cause unusual cloud patterns against a very clear blue background sky.

Photo by Howard Adams.

PVE Niner Faithfuls

On Super Bowl Sunday, six PVE ladies gathered to cheer on the San Francisco 49ers against the Kansas City Chiefs. It was a gathering of very knowledgeable faithful fans who had connections to both San Francisco and the 49ers.

Estelle Holway and Harriet Orlove have attended games at Kezar Stadium and Candlestick Park and enjoyed music by the Sal Carson Big Band at the games. Estelle attended Super Bowl XIX at Stanford Stadium. Joan Cloughesy's husband was a good friend of 49er defensive coordinator Bill McPherson during the team's five Super Bowl wins. Connie Grammes and Donna Hyatt watched 49er games with their husbands when Joe Montana and Steve Young excelled. Kimmie McCann is an all-around sports enthusiast who participates in golf and follows the Warriors.

As you can imagine, there were six broken hearts when the 49ers lost to the Chiefs in overtime by just 3 points, 25–22. So even though they left their hearts in San Francisco, the six Faithfuls are looking forward to next year.

—Estelle Holway

Passport to Wellness

Our Wellness program is all about achieving a healthy lifestyle. With this in mind, PVE Sales and Marketing recently teamed up with Wellness to host the first of a series of events focused on educating prospective residents about health and wellness: *A Passport to Wellness*.



The event in January was the first leg of the journey to wellness. The Wellness director hosted presenters on PVE's Wellness in Paradise program that included an interactive question-and-answer session to answer visitors' questions and raise their awareness about the program.

Following the presentation, attendees explored the newly renovated Wellness Center where they got to try out state-of-the-art equipment with the help of our experienced trainers. Many commented on the new equipment and bright and airy environment in the fitness center. Several stayed in the center for quite some time after the event concluded to explore.

The health and wellness adventure passport series will continue through 2024 and will showcase three topics:

- June: Boost your brain power.
- September: Love your heart.
- November: Fuel your body with nutritious and delicious food.

Endless opportunities await those who choose to be part of our vibrant life-plan community. We are excited to continue *A Passport to Wellness* in June.

—Jan Olson



Morning Walk

We walk outside
Drawn to the morning calm and refreshing air
The scent of raindrop-kissed leaves
Treading on gently.
Our joyful words sprinkled with laughter float in the air

The early morning riverside
The soft smearing of the low clouds,
Water splashes by
Scattered by the sweet sound of waterfowl.
Lovely songs echo across the gray

We gladly douse our bodies
With the threads of rain in the breathing forest
Emanating petrichor from grass and soils.
The old taints of our hearts wash away
And we foretell our joyous day.

—Young Lee

Senate Candidate Debate

On January 29, the Dick Youngflesh College of Exploration held a well-attended debate moderated by the League of Women Voters of Solano County. Four of the five candidates running for State Senate for District 3, which includes Solano County, participated: Thom Bogue, Jackie Elward, Christopher Cabaldon, and Rozzana Verder-Aliga.



Each candidate gave a brief opening statement. Residents submitted questions to the moderator, who posed them to the candidates for their responses. The questions covered a wide range of topics, including healthcare and mental health, funding for local newspapers and stressing their importance to communities, candidates' positions on climate change and the environment, the Flannery/California Forever project, and how to balance the needs of a growing California population with its impact on congestion and water resources. Finally, each candidate had an opportunity to give a closing statement.

Americana Trivia Answers

to questions on page 8

1. The sun's footprint crosses the equator from south to north. There are 12 hours of daylight and 12 hours of darkness at that point.
2. False. It was the first month of the year until January and February were added later.
3. The Peace Corps.
4. Yellowstone National Park.
5. The goddess of plants and fertility. According to Greek myth, the return of March and spring signals her return.

—Your Patriotic Committee

The candidates' answers provided the audience with a chance to hear about each of their priorities and how they might deal with important issues.

Video of the debate is available on Pulse: Documents and Social >Videos >Miscellaneous Videos and at the following website: <https://www.youtube.com/watch?v=P43LsgKwIhM>.

The election will be held on Tuesday, March 5.

—Alice Brill

A Treasure Hunt for Art

Do you have an eagle eye? Do you notice small details? Here is your chance to test your skills. The Arts Advisory Group and *Elysian Fields* staff invite you to participate in a Treasure Hunt.

The February issue of *Elysian Fields* presented ten teaser clues, some of which are in the March Treasure Hunt. The answer to "Who was the president of the Resident Council from October 2009 to October 2010?" *Spike Flertzheim*.

Rules for the Hunt

First, pick up an entry form in the in-house mailroom and then:

1. Follow the clues to find the location of each item.
2. Enter the location of each item on your entry form.
3. Deposit your entry form in the marked box located near the receptionist counter.
4. Last day to enter is Friday, March 8.
5. Winners will be determined by placing the names of residents who had all the correct answers on their entry form into a hat and drawing names, which will be announced on Thursday, March 14.
6. The prizes will be awarded at the Town Hall meeting in March.
7. Have FUN!

Ready, Set, Go

All the items in the March Treasure Hunt will be found in the Community Center, including its hallways and mailrooms, Rawlinson Hall, the Cafe, the Club, the Dining Room, and the Ron Ridley Room.

—The Arts Advisory Group

Cochlear Implant, Part 2

I was fortunate to connect with the Hearing Loss Association of America and have attended many of their meetings in the East Bay. The association provides a wealth of information in once-a-month meetings involving a variety of speakers. It was through this association that I learned about the table mic, lapel mic, and Roger Pen I use. During Covid in 2020, the meetings were on Zoom so everyone could participate.

Each year, the East Bay Hearing Loss Association of America sponsors a participant to attend the national convention. I took advantage of this opportunity several years ago and attended the convention in Minneapolis.

At the time, I was contemplating a cochlear implant. At the convention, I spoke with every person I saw who had one. They were open and willing to share their experiences and very empathetic since they had been through the implant decision-making process.

I absorbed a wealth of information speaking with these attendees. For example, a younger child with hearing loss, say three years of age, requires a longer time to become functional with the implant than an adult of thirty years. The younger child could require a year or two while the adult could require only three to eight months to be fully functional. The difference relates to the relatively small vocabulary stored in the younger child's brain.

Ear infections, medications, meningitis, measles, mumps, encephalitis, chicken pox, and influenza can affect children's hearing and cause loss or deafness. In adults, otosclerosis, Meniere's disease, auto-immune inner ear disease, medications, exposure to loud noises over long periods of time, acoustic neuromas, physical head injuries, and presbycusis (sensorineural hearing loss as one ages) can affect our hearing.

There are three brand-name devices on the market, and I am now in the process of deciding which one will be most effective for me. To be continued.

—Verna Dow

Precipitation at PVE

Here's where we stand as of February 15 in terms of precipitation. Over the last 30 days, we have received 7.1 inches of rain, giving us a total for the rain year of 17.35 inches. Average rainfall in February is 18.88 inches and is 23.59 inches for the rain year. So we are tracking very close to normal with a *big* storm headed our way later in the month. We should be ahead of the game when we report next month. Snow in the Sierra mountains is slightly below normal. Clearly, we won't have as much rain or snow as last year, but normal will be good.

Capacities at the three reservoirs that impact PVE are Lake Shasta, 83% (58% last year); Lake Oroville, 79% (69% last year); and Lake Berryessa, 87% (67% last year). These capacities are much greater than last year's at this time because of exceptional winter precipitation in 2022/23. You can see what that did for the reservoirs.

Interesting weather fact: The fastest speed at which a falling raindrop can hit you is 18 miles per hour so it is doubtful you will be injured if you are caught in a rainstorm.

—The Rain Guys

Save These MARCH Dates

- 01 | Ladies Meet and Greet, Flight Deck, 10:00 a.m.
| Employee Appreciation Day
- 08 | International Women's Day
- 09 | Second Saturday, Club, 4:00 p.m.,
Danielle Badgley
- 10 | Ramadan Begins
- 14 | Pi Day
- 15 | St. Patrick's Day Social Hour, the Club,
4:00 p.m.
- 17 | St. Patrick's Day
- 19 | Come Together, Coffee, and Scones,
Main Dining Room, 7:00 a.m.
- 20 | Spring Equinox
- 25 | Town Hall Meeting, Rawlinson Hall, 2:30 p.m.
- 27 | Caregiving Spring Forum, Rawlinson Hall, 9:00
a.m., Marcel Asmin speaker
- 30 | Easter Eggstravaganza, Rawlinson Hall,
11:00 a.m.
- 31 | Easter

A Maui Memory

Editor's Note: This piece was written before the terrible Maui fires.

The Hawaiian island of Maui is a wonderful place to visit. The weather's usually good, the beaches are nice, and there are plenty of good restaurants and fast-food places. Then there's the abundance of art galleries to spend a little or a lot on something that will go perfectly in just the right place at home. We've never regretted those purchases. Every time we see something we brought home on the wall, it reminds us of the importance of occasionally buying something simply because it will enrich our lives.

Somehow, though, we never thought about potato chips that way. I've long been interested in sales and marketing practices of small businesses in small niches in big markets. I'd heard about a small family-owned business, Original Maui Potato Chip Company, that had been in the Kobayashi family for three generations. A major snack food company had allegedly tried to buy them out but were told "No thanks." On a trip to Maui, after exploring fancier places, we decided to buy some of their chips. After all, we'd rented a car for the day and didn't have to be back until 6:00. The place was on a tiny side street, hard to find, in a small but rundown old building, but there it was.

As I stood in the shop looking at the board, I discovered what I remember as a six-ounce bag that

Easter Eggstravaganza Is Coming

Join us for an EGG-citing Easter Eggstravaganza event on Saturday, March 30, at the Pavilion. Don't worry! Rain won't stop us because we will then move to Rawlinson Hall.



Calling all team members and residents to an hour filled with Easter celebration you won't want to miss. Come together with team members and residents' families! This event will bring joy and excitement to all. Our Easter egg hunt is always the highlight of the event, but that's not all. We've got many activities to keep you entertained. From a balloon artist and games to delicious Easter treats. Don't forget to capture the best moments of the day in a photo with our special guest, the Easter Bunny! Share on social media with family and friends! Spread laughter, joy, and cheer for everyone! Watch *Friday Flash* for more details.

—Christina Gamble

cost \$12.50. I don't have a degree in economics. I know pharmacy drug pricing, but that doesn't cover potato chips. The price seemed really steep . . . but I was there. What's a guy supposed to do?

I thought, well, I spent \$70 on the car rental, and the shops and galleries were all within walking distance of the pier so we hadn't needed the car for that. So the actual price of the chips was \$82.50, which was just plain crazy when I could buy a giant bag of Lay's at Costco for less than \$10. I decided not to buy the bag of chips; I bought two instead. That brought the price down to a \$47.50 per bag – much better. I was tempted to buy perhaps three (\$38.50/bag) or even four (\$30.00/bag) to amortize the fixed expense of the car more, but common sense (Alice) prevailed, and I settled on two.

I carefully transported them home, rationed them, and even shared some with Alice. They were delicious. I've never regretted buying them, but I admit that getting the price down to a mere \$26.50 still sounds intriguing. Unfortunately, the Kobayashi family closed the business in 2022, and I'll never get that bargain again.

—Al Brill

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