

Elysian Fields

April 2024

The Official Paradise Valley Estates Residents' Magazine

Volume 27, Issue 4



How We Celebrate at PVE



Photo of the Month

This month's topic was TRANSPORTATION. This photo was taken in 2007, in China, when I was on an American Aviators Tour, which focused on the Flying Tigers under the command of General Chennault. We visited the caves where he had his command post, met with villagers (youngsters at the time) whose families helped hide downed pilots, and saw the makeshift airfields. We were greeted royally at every stop. The Chinese villagers were still very grateful for the US assistance in defeating the Japanese in WWII. This photo was taken at one of the many stops our tour bus made.

—Photo by Susan Ritchie



Greetings from Quail Creek

As we move away from winter and into spring, we are excited for spring flowers and warmer weather. With an awesome response from our interest form that we sent out to residents we are putting Bangkok Paradise and Mary's Pizza Shack on the calendar for lunch outings this month. New to the calendar is Quail Creek Choir with Nick and last but not least "Color of the Day!" Where residents and staff are encouraged to wear the color assigned to that day. The last Wednesday of the month we have Happy Hour with Kendall. So, keep your eye on the calendar for these activities in April! And Happy Spring.

—Stephanie Newman

Crab Fest, St. Pat's and Easter: How We Celebrate At PVE

What a month it has been here at PVE, with our own version of a dining March Madness. We started with our long-awaited annual Crab Fest, which always features our own local fresh Dungeness Crabs. For fans, there is always some feelings of trepidation before this event because we know that an abundant crab season is not always a guarantee in the Bay Area. But this year we were rewarded with beautiful fresh, sweet and perfectly prepared crab. Some residents might have preferred the frozen Alaskan king crab, which is larger and easier to extract, but for the true crab enthusiast, the effort that goes into the eating is part of the experience and the fun. And unlike many locally sponsored Crab Feeds, who usually charge at least \$80 per person, we not only received an abundance of crab but a variety of other offerings as well. What a Deal!

In mid-March we had the Friday St. Patrick's Pop Up in the Club, which was complemented by moving the evening meal into the Community Center Dining Room so residents could enjoy their beer in the Club and then easily move next door instead of trekking over to the Oak Room. Clearly the dining staff do indeed care about our health and safety. And finally, we had a variety of Easter events, culminating in an Easter Sunday feast to be shared with friends and family. Our PVE community was able to enjoy the three F's this month with Friends, Family and Feasting.

—Jan Heise

Let the Good Times Roll

The 2024 Bocce Season may be underway by the time you read this. Play will begin on Friday, April 19.

That is also the day of the first continental breakfast at the Pavilion. There are 15 teams playing this season with more than 160 residents signed up to play. If you want to play but have not yet signed up, it is not too late. The signup forms are in the inhouse mailroom to the right as

you enter the door. The 2024 season will be split between two sessions. The first session going until mid-June and the second session beginning after the July 4th holiday and continuing into September

Since the next issue of the Elysian Fields goes to press just after the beginning of the season, the first results with standings will not appear until the June issue. But you can always get the latest standings, team scores, etc. on Pulse. Just look for the Bocce Tab at the bottom of the Home Page. Just click on Team Scores, then the league (only one league shows) and the scores will appear. Or, you can go to the inhouse mailroom and the standings are posted daily on the Bocce bulletin board to the right of the entrance door.

If you just want to watch, the games are scheduled most weekdays at 9 a.m. and 10:15 a.m. on the two courts with continental breakfast each Friday during the summer. Since we play bocce for fun and socialization here at PVE we hope spectators will “mind their manners” while they watch. Encourage both teams when they make a good roll. *“Let the Good Times Roll.”*

—The Bocce Committee



New Discovery Delays Aging in People

I recently read a report in the Journal of Medicine which said scientists have developed a medical compound made from extracts found in kumquats, wart hogs and buttermilk which appears to delay aging. The challenge in developing this comes from the lack of adequate

Seeing and Feeling

Through the raindrops on the windshield
I could see the bare trees standing on the ridge,

And it looked as if there were diamonds
dancing on their branches.

A camera could have captured the picture,
But it wouldn't have captured the joy I felt at the sight.

So often it's an unexpected moment that
shines out of so many moments.

It's when a baby in a cart at the grocery store
suddenly smiles at you.

It's the sense of wonder that came when we
first saw men walking on the moon,

And the feeling of hope we had when we
saw Yasser Arafat and Yitzhak Rabin shake
hands at the White House.

Photographs are wonderful. They capture
the moments,

And when we look at them we can recapture
some of the feelings

All over again.

—Alice Brill

supplies of wart hogs. But lately a herd was discovered in southern Tanzania that may help fulfill that need. It just so happens that our landscape contractor has discovered a tree in Paradise Valley Estates filled with kumquats. There is plenty of buttermilk available to supply the compound. Pfizer says the exact formula is a closely held secret and they are conducting trials now using the compound to check its efficacy. They are calling the new compound Kumwabut.

Public release is scheduled to begin within the next two years, after the completion of human testing and the approval of the FDA.

There is also a possibility of side effects. Currently their tests indicate a chance of acid reflux from the kumquats, and digestive issues with wild wart hog meat extract. It is hoped that the buttermilk in the compound will compensate for some of these issues. It will probably be available as a salve, as pills, or as a liquid. I expect we will be hearing more about this very soon.

—Claudette Brero-Gow

A Salute To Betty and Loretta

Here's to Betty and Loretta!
Nobody sorts junk any better!
Their displays of our junk,
Displayed on an old bunk,
Are treasures for any go-getta!

—Bill Rawlinson



High Tea Times for Estate Sales Team

Aromas of Earl Grey tea, scones, cookies, and chicken curry finger sandwiches filled the air as the Estate Sales and Store ladies gathered to honor the five years of leadership of Betty Silva and Loretta Epperson.

Candace Miller and Marilyn Byington provided the High Tea food and setting for the “retirement” party for our leaders.

Betty and Loretta reminisced about meeting each other when they were asked to head up Estate Sales in 2019. Neither had any idea how to run a sale but they learned on the job! Their partnership and friendship are now legendary as they worked many hours together every week to clear vacated units, set up and run previews and estate sales, and arrange for charities to pick-up left-over furniture and household items. The proceeds of the sales provided many thousands of dollars yearly to help fund the Resident Council's committees and groups.

Ann Bonar authored a lovely poem in their honor which was read aloud by Betty and Loretta.

Many of the volunteers gave testimonials and thanks for their leadership, commitment, and companionship over the years. Betty and Loretta thanked all the volunteers they worked with through many estate sales. All had a “High” time, and heartfelt congratulations go to Betty and Loretta for their years of service to PVE!

—Candace Miller

Dear Betty and Loretta

March is the end,
Ye estate sales lasses,
Of your incredible 90-yard dashes
No more tight deadlines to meet,
Items you move leaving units complete
Decisions to make,
Donations to take
Calling charities, (too much to store)
Revising the warehouse as never before!
Set up and take down, pricing, pre-sales,
All with good humor that never fails!
Pleasant and patient, cheering your team
We love you and hold you in such
high esteem
The hard work you've done,
when the truth be told,
Has been, for the council,
their true pot O' gold!
Hats off for an extraordinary five years
of service!

—Ann Bonar

Laurel Creek Happenings

Welcome April! Laurel Creek is delighted that you are here. We are eagerly anticipating a month filled with exciting activities. Come join us for Patio visits on our beautiful Hamilton Patio, Piano with Nick on Sunday's, a day with our Banjo man, Mr. Jack Convery. We end the month with our Spring Tea Party. All are invited. May all who come as guests leave as friends.

—Gladys Young

Willow Creek

Healthy Heart healthy start as we move forward to spring! For April, Willow Creek residents will focus on Heart Healthy Exercise and Programs. Exercise is a great way to combat heart disease. It is not only good preventative, but it can help your heart even after damage has been done.

Light group walking, power walking and chair cardio exercise, resistance training exercise to maximize our strength will be added to our physical activities. Gardening and flower arrangement class will also be added to our routine schedule.

April is World Autism Awareness Month. Autism affects children of all races, gender, and socioeconomic status throughout the world. As part of our activity for the month of April, we will be showing our residents films of inspiring folks on the spectrum and gain more insight to autism and read facts about autism. For our Friday Movie and Popcorn on April 26 we will screen Emmy Award-winning Temple Grandin, a biopic of an autistic woman who became an innovative scientist.

Lastly, music programs, games, sensory stimulation group activities and daily outdoor wheeling continues for Willow Creek residents.

—Adrian Quinones

Natalie Karst Retires

Most of the readers of the *Elysian Fields* probably don't know Natalie Karst, but she was the person who made the monthly magazine what it is. Each month, for more than ten years, she took the articles, pictures and ideas sent to her by the *Elysian Fields* staff and turned them into the 16-page beautiful magazine we all read. Her skill with the placement of articles and pictures makes our monthly magazine one of the best in the country.

Natalie, who lives in the Sacramento area, was our Layout and Production expert. Not only does she take our inputs and do the layout, but she also provided the interface with our printer each month.

Natalie decided to retire and enjoy more time



with her grandchildren. Fortunately for us,

Natalie found her replacement so the *Elysian Fields* will continue to be published without interruption. This month Natalie and her replacement, Vanessa Gardner are sharing the work on the magazine. Next month Vanessa will begin her role as our new Layout and Production person.

The staff of the *Elysian Fields* wishes Natalie the very best in her retirement, and we send many thanks to her for her excellent work as part of our staff over so many years.

—The *Elysian Fields* staff

The Real Thing

It wasn't the walks on the beach,
Or the trips to exotic lands.
They never took a lot of those.
Nor was it the jewels he gave her,
They were nice, but they were just things.
It was the rainy night when they were
going somewhere
And she hadn't brought an umbrella.
He pulled over in front of a drugstore
And came back with one.
That's when it started.
Over the years it was the thoughtfulness
they showed,
The standing side by side, sharing the joys
and the woes.
These are the moments we remember and
cherish,
And pass along as examples
Of what love is all about.

—Alice Brill



Spring Frolic Brings Much Laughter

The Paradise Players took the stage on March 7 and 8 to present their spring stage shows. The plan for the afternoon shows was to present three “skits” which allowed the cast to show the audience how talented they were. And that worked.

The first skit was titled “Telemarketing Torment.” We have all received those phone calls from persistent salespeople trying to sell us solar panels, car insurance or artificial grass that you don’t need or want. Silvia (Diana Panzer) had just this problem as she was bombarded by calls from Linda (Kimmie McCann), Grace (Ann Waldman), Brenda (Barbara Smith), Steve (Bob Panzer), Brian (Tom DiGiorgio). She soon comes up with ways to turn the tables on the telemarketers causing some of them to turn to tears or pull out their hair and quit their jobs. Skills that many in the audience may use the next time they get one of those calls. The skit closes as Silvia gets a call from her friend Janet (Danielle Wilkowski) and tells her about her day with the telemarketers.

In the second skit titled “Dollars and Sense,”



Della (Jan Heise) is a financial planner who gets a visit from Cora (Claudia Van Koten) and Helene (Donna Hyatt). They are a wealthy divorcee and a wealthy beneficiary who are seeking advice from a financial counselor. The women have lost money in a few scams and spent it on dubious purchases, but they realize that compound interest is the eighth wonder of the world. Money talks, so their adviser tries to teach them the financial language with the accent on profits. Della asks them where they got their money which evokes interesting responses. After getting an understanding of their income Della starts suggesting possible investments for them. In every case, either Helene or Cora strongly say, “No, I would never invest in that because ___” (fill in the blank). Della, whose frustration grows with each offer, finally gives up. Lesson learned: Have your act together when you visit your financial planner.

PVE’s own resident playwright, Pat Williams, wrote our final skit, titled “Wellness in Paradise,” that pokes fun at some of the Wellness principles we hold so dear at PVE or at least aspire to.

The patient (Shirley Arnold) comes to see Pat, as Dr. Williams. After a welcome by the receptionist (Nancy Pastori), she enters the office of the doctor. The discussion with the doctor centers around questions about some common perceptions about food and exercise, and Dr. Williams provides a second opinion that we are more likely to follow. So, listen closely and the next time your personal trainer urges you to do another set of reps so you will live longer, remind him or her about the tortoise and the hare.

Special thanks to the supporting cast of Josh Freytag and Jesse Marquez (IT), Bill Drake and Bob Lunning (Stage Crew), Carol Moore (Narrative writer), Bill Rawlinson (MC), Jeff Rausis (Publicity) and finally to Donna Hyatt who produced and directed the entire show.

—Bruce Bartels and Carol Moore



Coming Soon

Start practicing those jump shots! Jan Olson and the Wellness Department have begun working with contractors to install a half-size basketball court, perfect for pickup games, behind the fitness center. It will provide an additional opportunity for residents to get a different sort of heart-healthy aerobic exercise and tone that also calls for balance, flexibility, and teamwork. Expected to be ready for play by September.

—Alice Brill



A Year of Photography Learning

The Shutterbugs hosted a “Year of Photography Learning” Kickoff Meeting on Monday, March 11th at the Learning Center.

Our goal? To share the joys of photography by introducing possibilities for lectures, hands-on classes, and photo field trips.

Attendees talked about their interests for the series and filled out a survey indicating specific areas they would like to explore.

There was interest in how to take great photos of people, landscapes, pets, vacations or family events. Other classes will include digitizing and sharing old photos, negatives, or slides and how to use your cell phone and/or camera’s photo/video features.

A popular topic we discussed was hands-on classes on how to take a photo from “Dull” to “Wow!” using post-processing tools.

Interested in learning more? Want to fill out the Survey? Contact Dick Feaster at richfeast@gmail.com or Doug Kreitz at kreitzcal@gmail.com.

—Dick Feaster

Treasure Hunt #1

Pat Berg, Dick Berg, and Dick Lubman are the three Super Sleuths of PVE. These folks are the winners of the recent Treasure Hunt sponsored by The *Elysian Fields* and the Arts Advisory Group. The winners were recognized during the March Town Hall meeting when their prizes were awarded. In case you are wondering about the answers to the clues they are listed below.

- What is the name of the former resident whose mother is shown in a picture playing a cello? Answer: Otto Vasak (picture is in Rawlinson Hall)
- Name at least four Shutterbugs whose pictures are on the walls of the Community Center. Answer: Dick Feaster plus 11 others.
- Where can you find a picture of a Rosie the Riveter stamp? Answer: Military Heritage Museum cabinet
- What is the title of the painting by the artist Daniel Mundy? Answer: Into the Hills
- Where is that painting hanging? Answer: Entrance to the Community Center.
- Who painted the picture of the Pavilion? Answer: Eric Daniel
- What is the theme of the pictures in the café? Answer: Wine country
- Where is the picture that has a chapel in the image? Answer: Dining Room (500 area)
- Where is the model of The Constitution? Answer: On the top shelf of a cabinet in the Ron Ridley Room.

The sponsors of this contest hope that those who participated enjoyed the search. Treasure Hunt #2 is being planned.

—The Art Advisory Group

The King Is Coming

I was reviewing the annual CAPEX listing of all the projects that might get done with the funds available each year. I noticed a small entry in the margin that said Burger King +\$250,000. Intrigued, I called Rick Cole, the Senior Director of Facilities and Planning. Rick suggested I stop by for a chat.

Rick explained to me that PVE is always searching for ways to increase their income so that more large projects can be done on the campus. The more of that management can do, the less our residents have to pay in monthly fees. He went on to say that PVE received an unsolicited proposal from Restaurant Brands International about putting a small Burger King Drive Thru restaurant on the campus of PVE. Rick said that the proposal was for a drive-through only with no inside or outside seating. Clearly, I was surprised and asked Rick if PVE was really considering this. He said they were looking at it because of several reasons. First of all, PVE would be guaranteed income of \$250,000 each year, plus 10% of all sales. Second, it would provide service from 6 a.m. to 9 p.m. seven days a week. That would give coverage when the other PVE dining venues were not available.

Naturally, I wanted to know more so I could understand if PVE was serious about this offer. Rick told me that management was working with an outside consulting firm to help them determine the feasibility of such a venture and would be finalizing that information in May.

I asked Rick what else he knew about this that he could tell me. He said that Burger King had done this with several east coast locations like ours and had the layout and plans ready to go here at PVE. This would be a drive-through with one window and a kitchen building only. The menu they were proposing was slimmed down from the normal Burger King menu, but it did have breakfast items, plus lunch and dinner options. The specifics of the menu were not available.

I asked, "How about location on the campus?" Now Rick got a little cagey. He said they were looking at several locations. There would need to be room for the restaurant building plus room for a drive-through driveway. No parking would be needed since there was no dining inside. Lighting for evening service would be needed but the location could not cause noise or light problems with homes/cottages or apartments/villas.

I asked Rick, "If all went well and the NCROC Board approved the plans, when is the earliest we would see construction begin?" He said the best case would be the 4th quarter of this year, but more likely 1st or at the latest 2nd quarter in 2025.

So, there you have it. The King may be coming to PVE. I'm sure Kevin will be announcing more about this soon since Rick has let the "cat out of the bag."

—Bruce Bartels

The Puritan Pie Company

At age 12, and never one to get in trouble with the authorities, I was almost arrested by the police one summer evening. Three friends and I were leaving the Vane Recreation Center where we finished a game of outdoor basketball. We were approaching 26th and Mifflin Streets in the industrial section of South Philadelphia when we got a whiff of something like bread baking. The tantalizing smell was coming from the nearby Puritan Pie Company. We could not resist the lure of checking out this piemaking factory.

Looking up and down the long street we could see no people or cars nearby. Along the brick wall on the side of the building were several wire covered windows. Each window was open to the outside air. There was no air conditioning at this plant. We took turns lifting each other to peek into the open windows through the screens. After a minute or two, we were suddenly surprised to see a police car pulling up to the curb under the window. Before the policeman could get out of his car we were off running away at a very high speed. I was two blocks away when I heard that Jessie was caught by the policeman.

With my heart racing, I ran to my house as fast as possible. Huffing and puffing, I sat on the cement steps in front of my house and acted like nothing had happened. I found out the next day that the police were looking for some older teenagers who had pulled some screens from the windows hoping to get at the pies. My friend Jessie was released after explaining that we were just curious and had no intention of stealing anything. It taught me a lesson. Innocent curiosity can sometimes lead to breaking the law. Even when it's only following the sweet smell of freshly baked pies.

—Tom Di Giorgio

Golf News

A new record was set by the Moaners & Groaners (M&G's), with four rain outs in a row. Don Campbell appropriately named the tournament, "March Madness." because M&G's were not happy about another rain-out; however, seven M&G's decided to play in the mud. Susan Ritchie and Chris Moore chose to walk, while Bud Ross, Howard Adams, Rick Cole, Verna Dow and Dick Crocker took carts. The group kept the pace, finishing in 4 ½ hours. Playing from the red tees (closest to the pin) helped the process.

At the after golf get together, Kimmie McCann welcomed eighteen M&Gs who showed up at the Club and agreed it was a good place to meet. Kimmie welcomed new members Matthew and Akiko Giordano, who just moved to PVE on February 28th. Kimmie presented Matt with a PVE golf hat and Akiko with a McDaniels one of a kind coveted pin. Ed Vacin presented Kimmie with the PVE M&G pin that he designed and produced. We hope to see M&G's wearing the pin that asks, "Do you play golf?"

Norbert Luke tried a new format for the first 2024 PVE putting tournament, a "Double elimination format."

PVE Putting Tournament results:

Championship Bracket: Howie Adams, Alice Burggrabe, Verna Dow, Herb Herberling, Chris Moore, Dick Crocker and Norbert Luke were first round winners. Norbert, Verna and Alice succumbed to Howie, Herb and Chris. Dick made an impressive five one putts to take the championship from Herb.

Consolation Round: Susan Ritchie fell to Andy Anderson. Young Lee bested Bob Mc Coy. Kimmie McCann lost to Harriet Orlove who went on to beat Sue Vukasin. Andy managed two one-putts with a borrowed ball and putter but was unable to stop Harriet from winning the consolation round.

So, Dick Crocker was declared the putting champion. Herb Herberling took second place and Harriet Orlove won the consolation round. Congratulations to all. Thank you, Norbert, for the new format to keep putting challenging.

Thought for the month: A scary shot is a bunker shot out of a buried lie in clear view of the clubhouse patio at lunchtime.

—Estelle Holway



Gentlemen and Ladies, Start Your Engines!

For the first time, PVE will be holding a golf cart race this summer. It will be an open event and will be structured so that there will be qualifying time trials prior to the big race. A tentative date has been set for June 9, coinciding with the NASCAR Cup Sonoma 350.

The 15-mph speed limit will be lifted for the events, and no other vehicles will be allowed on the streets during those times. The specific racecourse through the campus is still being discussed, but it should pass through all areas so viewing will be available by all residents.

There will be some grandstand seating, and spectators will be able to view the races from sidewalks and lawns as well.

Dining services will be participating with coffee, lemonade, cookies, scones, and pastries for spectators, just as they do for bocce. In addition, sandwiches, beer and ice cream will be available for sale.

Drivers are encouraged to wear helmets, but they will not be required. Clinic staff will be on hand to deal with any medical problems that might arise.

Entry forms will be available in May, giving drivers a chance to tune up their vehicles. All drivers will be required to have insurance. The entry fee will be \$40, and proceeds will go to the Benevolence Fund. Look for more information as the event gets closer.

—Alice Brill





laughs, and the audience participated in the last piece of music.

—Claudette Brero-Gow

Do We Still Need Umpires in Baseball?

Are baseball umpires past their time? Watching several Oakland A's and San Francisco Giants baseball games, I was enamored with the little strike zone rectangle showing on the TV screen over home plate. Seeing the umpire's calls compared to what the rectangle showed as strikes or balls with each pitch was entertaining.

Umpires are good at calling strikes when the pitch is well inside the strike zone rectangle, but when it goes near the rectangle's outer edge, or just touches the rectangle, the umpire sometimes misses the call. It can be a strike call even when outside the rectangle, or a called ball even when it's a solid hit on the rectangle's edge. There doesn't appear to be bias from the umpires because it seems about equally inaccurate for both missed ball and strike calls. The average missed calls in any game probably equals out, except maybe during the final inning when a bad call could win or lose a game if the last strike called is a third out, but wrong. It does seem that with today's technology, such as the little rectangle on the TV screen for the viewers to watch, a device can be easily created to send a ping to an umpire's earpiece when a pitch is in or hits the rectangle at any point and he can call a strike. If he doesn't hear a ping it would be a ball, no matter how it looks to the umpire, or to the batter for that matter.

I still think we need home plate umpires to let ballpark attendees who don't see the little rectangle know whether it was a ball or strike and to eject batters and coaches when they don't behave, also to brush the dirt off home plate from time to time. We do need the base umpires who infrequently make bad calls. If a call looks close it can be contested and viewed from a dozen camera angles on instant replay to check if the umpire was correct. So, let's keep the base umpires but give the home plate ump some technological help.

—Jerry Mulenburg

Awe of Music and Life

It was the evening of March 5th and Rawlinson Hall was filled with people. The Solano Winds Community Concert Band with about 60 musicians was here to entertain us. The evening's theme was the book AWE, written by UC Berkeley professor Dacher Keltner.

The musical selections were described from the book with selections like The Sacred Pools of Hana (Spiritual Awe), the Theme from Schindler's List (Moral Beauty) and Yosemite Autumn (Nature). It was a lovely combination of sounds along with the book's thoughts.

This group evolved over 25 years ago from the UC Berkeley concert band when their conductor who lived in Fairfield retired. Musicians volunteer for their love of music just as many PVE residents volunteer in our activities. There is a clear sense of belonging that is confirmed by their wonderful music.

The concert included two special surprises. One piece had a visual component. There were colored dots on the screen that undulated with the music. The dots transcribed the pitch and volume of each musical note from every instrument allowing the audience to see and hear the music simultaneously. The second surprise occurred when the ensemble played the 1812 Overture (by Tchaikovsky). The audience were given tote bags filled with small air packing devices. When the cannons were supposed to go off, we would pop some of the air bags. Great

Wall of Remembrance – The Club

The Club was a central focus for residents to socialize here at Paradise Valley Estates. Residents would gather for a social hour every evening, except Sundays, prior to having dinner in the Café or the Main Dining Room. Now the Club is used only for specific events and an occasional social hour and is not visited by many residents.

PVE was founded by retired military officers and patterned after other established retirement military facilities. During the planning and early construction phases, Lt. Colonel John DeRonde, a founding member of the NCROC Board of Directors, noted that there were no plans for a lounge or bar in the proposed facility. Since PVE was established by retired military officers, the absence of a lounge or bar was unacceptable. Subsequently space was allocated for a lounge. We now have the Club, which was dedicated to Colonel DeRonde for his efforts.

Military services have or have had facilities or lounges for socializing and food service for officers, non-commissioned officers, and enlisted personnel known as the Club, e.g., Officers' Club, NCO CLUB, or Enlisted Club. Clubs were focal points for social as well as military functions. With the deglamorization of alcohol and with more married military members, Clubs were consolidated or used for other functions.

In 1998 PVE resident Ray Tylutki proposed the concept for a Wall of Remembrance. He wrote to the Resident Council stating: "We are approaching the end of time. It's nice to be surrounded by some of the actions we experienced in wartime. We are veterans at home now." The Resident Council approved his proposal for the Wall of Remembrance. Following approval, residents began donating or loaning items for display on the walls of the Club. Among the displayed items are photographs of military members, airplanes, ships, places, collages of events and individuals, plaques, and an assortment of other military memories during wartimes or peacetimes. The descriptions of the items are in a binder in the Club.

The more recent items on display are: an F-117 Stealth Fighter and an F-117 fighter being refueled by a KC-10 Tanker, donated by Gary Voellger; a C-130 Hercules during an aeromedical evacuation flight and a C-9A Nightingale Aeromedical

Evacuation aircraft, donated by Ruth Wong; and a F-4 Phantom Jet Fighter donated by Dick Feaster.

If you have a memento of your or spouse's military service and wish to have it added to the Wall, please consider submitting it. We ask that you provide a brief description of the item and its significance and submit them to the Wall of Remembrance Committee for approval. The members are Don Haas, Ken Mackie, Art Mark, Tad Riley, and Vern Chong.

Take the time to view the mementoes on the Wall to appreciate the service and sacrifice of those who have served in the defense and freedom of this country.

—Wall of Remembrance Committee

A Moment At My Favorite Place

First of all, what is your favorite place? Most of us have traveled with our jobs or on vacations. Think about this, any place in the world, even your backyard.

Head and shoulders for me is the safari in Africa. It is a different world, a different universe. I could write a hundred stories about my visit, but today's story is about a moment in time. It was 1995 and we were on a hunt looking for animals. We came upon four or five lion prides. It was hot and they were just lying about, some asleep on their backs, others just resting, manes moving in the breeze. We were in our safari caravan vehicle, taking this all in and just feeling the experience. The Serengeti is huge. Twelve hundred miles from one end to the other.

Then ahead of us, way off, we saw a faint dust storm. I asked the guide if we might get caught in the storm, but he just smiled and told us to wait. The dust storm was coming toward us and it got larger and larger. I was getting a bit nervous and frightened. Finally, we could make out the cause.

There were three Masai leading their cattle from one place to another. The lions had also noticed, and I wondered if they would attack. However, this was not the case. The lions, totaling 25, simply rose up quietly and walked away. Amazing!

The three warriors came up and greeted us (our guide translated from their sing-song

language). These Africans were very tall, slender, dark skinned, and had delicate facial features. They wore bright orange clothes draped around their bodies, they carried long spears and a shield made from cattle hides. They were quiet and seemed serene. Very dignified. Then they moved on in their nomadic manner. It was an awesome moment.

—Claudette Brero-Gow

Are You Left-Handed?

Left-handedness is an individual's preference to use the left hand as the dominant hand to perform various tasks. In the U.S., approximately, ten percent of us are left-handed. Men are more likely to be left-handed than women and express the left hand more dominantly. Interestingly, men are 23 percent more likely to be lefthanded than women. According to studies, between 85 to 95 percent of the world's population is righthanded.

With the overwhelming majority of people on our planet being right-handed, most gadgets and devices are designed for them. The common pair of scissors, for example, can be difficult to use if you are left-handed.

History: During medieval times, left-handed people were somehow connected with the devil. This led to people hiding their left-handedness. This superstition has apparently diminished over the years, as the percentage of people who are left-handed has continued to rise. For example, two percent of the world population was left-handed in 1860, four percent in 1920, and currently stands at 10-12 percent.

Ambidextrous: The use of both hands interchangeably when the task demands. Only about 1 percent of people can do this. Ambidexterity can be learned even though people tend to prefer using their more dominant hand to perform tasks.

Theories: Several theories explain the development of left-handedness in humans. Prenatal development is a major factor when determining the more dominant hand after birth. Handedness can be predicted in the womb, where fetuses tend to prefer either the left or right hand. After birth, they stick to their more dominant hand. Another theory asserts that left-handed people have a reversed brain division which makes the left

hand more dominant.

Genetics: If both parents are left-handed, there's a 26 percent chance that the child will be left-handed. A right-handed father and a left-handed mother have a 22 percent chance of having a left-handed child. A lefthanded father and a right-handed mother have a 17 percent chance of having a child who is left-handed. Medically, some data suggest that ultrasounds may affect the brain of unborn babies which may lead to higher rates of left-handedness if the mother received ultrasounds during pregnancy.

In conclusion, if you are "left-handed" you are associated with higher intelligence in language and are generally in a group of above-average high achievers. Be proud.

—Tom Di Giorgio



PVE Termites in Action

The PVE Termites is an association whose purpose is:

1. To provide a safe, efficient workshop with high-quality tools and equipment for use by the members of the Termite Association.
2. To make wood products for personal use, and for PVE residents, staff and management upon request.

While the members of the Termites work on their own projects and projects requested by PVE residents, they also work on projects requested by management. One example of such a project was last spring when Rick Cole requested the Termites construct a demonstration model of a self-watering planter box. Ed Vacin and Bob Lunning constructed the model, and it was placed in front of the Oak Room. The Termites later were requested to make three more self-watering boxes which resulted in

three in front of the Oak room and one on the Flight Deck. In the fall of last year, the Termites were asked to make three additional self-watering planter boxes, two for Deer Creek and one for the back of Wellness. Currently, Wellness has decided they need three more self-watering planter boxes. Bob Lunning and his wife, Debbie, are shown putting the lining into one of the new self-watering planters.

One of our most active Termites is Bob Lunning who throughout the year is busy refinishing items for the Estate Sales team and other various residents. The picture shows a Bench Cabinet that Bob was restoring, and it has since been completed.

—Ed Vacin



Cochlear Implantation, Part 3

The next chapter of my journey is to arm myself with information. First, to learn and understand how an implant works. The second phase is to choose the one best suited for me. Currently there are three manufacturers. Each one has minor differences, all are good. The decision is personal and one that I need to be comfortable with.

Let's consider the first phase. The Cochlear Implant consists of two segments, the internal and the external. The inner is implanted under the skin behind the ear and is attached to an electrode that is placed in the inner ear near the auditory nerve. This segment is an electronic device designed to help restore access to hearing. Next is the external device, the sound processor. It is worn behind the ear, or another type that is attached off the ear. The sound processor is equipped with two microphones that receive sound and help filter out background noise. The

sound is converted digitally and sent through the electrode to the auditory nerve. The auditory nerve then sends these signals to the brain where they are interpreted as the sounds from the world around you.

This system might be thought of in terms of a computer. The hardware is the internal segment, remaining permanent. The software is the external segment and can be upgraded every five years or so. Currently I hear acoustically, with the implant I'll hear digitally. The sound processor digitally transmits to the external device, then the data is sent to the implanted receiver, which in turn sends the data to the auditory nerve. I need to train my brain to understand the signals that are being sent. I'll discuss this in the next series.

Cochlear implantation is an outpatient surgery. The procedure is considered routine, safe and has an exceptionally high success rate of over 95%. The surgery is usually two hours. Once the incision heals, generally after three to four weeks, the external sound processor is attached to the internal implant. The implant will then receive digital sound signals. Of course, I am anxious. What will my emotions be when the implant is connected – excitement, confusion, disappointment that I don't hear clearly? All to be continued.

—Verna Dow

What Will Be In Your Trash Bin?

I am sitting in the first-floor lobby of my building waiting for a ride since I am off on another adventure. In the roundabout in front of the building is a trash bin loaded to the brim. Remembering that a 'being' had passed, and that yesterday the family was disbursing the belongings, I realized the bin held many of the person's treasures and some items not so treasured. I started musing, what will be in my trash bin?

Hmm. Thinking, I walk through my home looking at this and that, when on the top closet shelf I spy the Whitman Sampler Candy Box filled with empty wooden spools that held thread. I always knew someday I would find a use for them; however, who has time when

they are dismantling a home. To the trash bin the spools go. Next to the Whitman Box is the Brooks Shoe Box size 8 ½ medium, with bias tape jammed to the brim, and tied with a shoelace. The bias tape is not just any ordinary tape. It dates back to the early 1900's, some being my grandmothers', mother's and more recently mine. The sewers of my family never disposed of anything they might use someday even if it is only an inch or two. The tape might disintegrate due to age, trash bin for sure.

Now I am in my spare closet looking at several binders of notes concerning my photography interest. Notes about ratio, costs of frames, how to dry mount, how to cut mats, what photography paper to use. Only I would understand my scribble. Then I turn and in the far corner the many 'grab and go' containers catch my eye. Why did I save so many? My trash bin is filling quickly. I could go on and on, but let's end with my lovely devotional book, 'Moments that Matter' by Catherine Marshall, that I am sure someone will want, but tucked between the pages are many pieces of paper with notes, I don't even remember why I saved the notes. These notes partner with all the articles I have torn from the newspaper stacked on top of the bookshelf. I love the newspaper. I can rip out pages with important information and save them for future reference. To my trash bin? No! No! Collect all these little scraps of paper, articles, and my notes that no one could comprehend, take them to a pleasant area, make a campfire, sit, roast marshmallows, and enjoy s'mores.

—Verna Dow

Precipitation at PVE

Here's where we stand as of March 20th. Over the last 30 days we have received 4.65 inches of rain giving us a total for the rain year of 22.0 inches. Average rainfall in Fairfield through March is 22.29 inches and for the entire year 23.59 inches. We stand right about normal at this point in the year. We should be very encouraged by the snowpack in the Sierra, and we are no longer in a drought.

The three reservoirs that impact PVE are as full as they have been for several years. Lake Shasta is at 87% (last year 70%) of capacity; Lake Oroville

is at 85% (82%) and Lake Berryessa is at 96% (78%) The capacities have increased an average of 7 % from last month.

Interesting weather fact: The air located around a lightning bolt is heated to around 30,000°C. This is five times hotter than the surface of the sun. Therefore, our recommendation is to not to be anywhere near a lightning bolt.

—The Rain Guys

Save These April Dates

- 01 | April Fool's Day
- 09 | Ramadan Ends
- 11 | Groups and Clubs EXPO,
| Main Dining Room, 2-4 p.m.
- 13 | Second Saturday Karaoke, Club, 4-6 p.m.
- 18 | MOAA Luncheon, Rawlinson Hall, 11 a.m.
- 22 | Town Hall Meeting, Rawlinson Hall,
2:30 p.m.
| Earth Day
| Passover Begins
- 26 | Bollywood Dance Central Performance and
Presentation, Rawlinson Hall, 4-5 p.m.
| Arbor Day
- 27 | Cars and Coffee, Community Center
Parking Lot, 10 a.m.-12 noon
- 30 | Passover Ends

Discovery

I have recently been re-reading some books that read many years ago. My perspective on the stories has changed over the years. I'm surprised by the different ways my mind works.

In 1933, before America entered World War II, the Nazis were burning and banning books. In Germany, there is now a monument at the site of that burning. This story reflects how America handled their books. We should have a monument to our process, our success.

My most recent foray was a book called "How Books Went to War". I was born in 1942, so my memories of World War II are zero. What a strange feeling to learn so many details at this

age. When the military draft was put into place the US was very short of adequate defense forces. The planning to accommodate a million young soldiers was sadly short. Sometimes the men had to sleep on the floor, and the rifles were just pieces of wood. Most of the draftees were just regular working guys. They did not have the time or money to purchase those heavy and expensive hard cover books.

Among the long list of rationed items were paper and cotton. Publishers could not maintain the printing of those heavy tomes, so a few of them came up with the brilliant idea of creating “pocketbooks” These books fit into the soldiers’ pockets and it helped the boredom, loneliness, and depression of living in the terrible war.

The stories varied from works like Shakespeare to Steinbeck, to Hemingway and so many others. The favorite was “A Tree Grows in Brooklyn.” The men would read these small books by the millions and then pass them along to their buddies. Sometimes they even tore a chapter out of a book to pass it along to their friend. As the war was coming to a close the publishers sent books out on How to Find a Job, Buy a House, or anything about what their needs would be when they came back home. The publishers also sent out books translated into the countries’ languages that we had freed. Between August 1945 and January 1946 over 5.4 million veterans returned to the United States. Roosevelt had just created the G.I. bill. A college education was available. How wonderful.

This is profound. The pocketbooks and the GI bill changed America. Here at PVE we have many veterans. I would love to have conversations with them in this regard. I am so proud to be American.

—Claudette Brero-Gow

A Mysterious Place

Having visited Deer Creek only once, before I had become a regular, I recently began to wonder about the scarcity of “outside” visitors. One mustn’t be turned off by the security entrance. It is necessary for the safety of the residents, not to keep visitors out. The door, as pictured, contains various notes and a doorbell. Just use

Remembering...

Thomas “Tom” Terry

Loving husband and father

Arrived: February 2015

Departed: February 18, 2024

Col. Jack R. Albrecht, USA (Ret)

A World War II Veteran

Loving husband and father

Arrived: November 1997

Departed: February 28, 2024

Georgia Buehl DeBarr

Loving wife and mother

Arrived: August 2015

Departed: March 04, 2024

Ronald “Ron” Adams, LCDR, USN (Ret)

Loving husband and father

Arrived: March 2015

Departed: March 15, 2024

Sam J. Grzan

Loving husband and father

Arrived: July 2014

Departed: March 17, 2024



the doorbell and within seconds someone will open the door and admit you.

There are four nurses or assistants per shift, on duty 24/7. The ratio is kept at one nurse to four or five residents. Each of the three shifts is headed by a Licensed Vocational Nurse and the other three are Certified Nursing Assistants. The LVN administers medication to the residents as prescribed by their doctor(s), and also assesses other needs. The common goal of these “angels” is to keep the residents safe, healthy, and happy. In the year that I have been a regular visitor I have seen no turnover in employment, so it is a happy place for them as well.

The common room is a busy place and serves



as living room, dining room, exercise class, TV, singalongs, and a place to hang out with the others. If there is a desire for a private meeting place a special room for that use can be made available for guests. It is also a room designed for residents who need a respite for any reason. The patio is pleasant too, weather permitting

If one wants to take a friend out for any reason a responsible adult may sign the resident out. After the outing he/she will check them back in again. PVE Logistics arranges travel to doctors, dentists and other appointments. Transportation is available on Mondays as well as the regular Tues., Wed. and Thurs. The resident will need accompaniment, either from a family member or

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St, Patrick's Day

Our St. Patrick's Day Is truly supreme!
We paint our hills a brilliant green.
It's done on a dark March night,
But gleams at next morning light,
Done by a wee leprechaun team!

—Bill Rawlinson

a licensed professional connected with PVE.

In order to visit it is recommended a call be made first to see if it is a good time for a visit. The direct line for Deer Creek is 707-207-7846. I hope this is informative and an increase in visitors will result. Visits add to the welfare of everyone involved. Remember, you are welcome!

—Mary Ann McKinney

What Defines A Friendship

The strength of a friendship is forged by loyalty,
The strongest of links for combating frailty.

Value the friend who will hold your hand through a storm,
Protect you from a sad cold wind;
keep you warm.

A friend listens to your tales of woe with patience and calm.

Assures you of a good outcome, a soothing balm.

Encourages you to go on despite the vast unknown.

Shares in your happiness when success is finally your own.

—Joanie Cloughesy

April Fool, Reader!

Did you catch the lies in this edition?
Written by Bruce without contrition?
Or did you read it in a rage,
As you stared at every page,
Asking for a more truthful submission.

—Bill Rawlinson