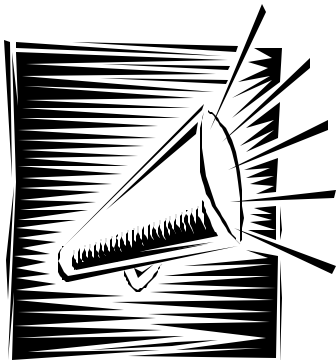


# ELYSIAN FIELDS

November, 2000

The Official Paradise Valley Estates Residents' Newspaper

Volume II issue 11



## SOUND OFF

By Bob Steinkraus

We are most appreciative of the response by residents to our request for stories and articles. However, it seems that the

ground rules need repeating. So, here they are:

Submissions should be no longer than one page as it would appear in the *Elysian Fields*. This comes to no more than 550 words. Submission will be subject to editing in order to meet this criterion.

We are more or less limited to 14 pages and may therefore not be able to publish every submission in the month presented. However, those suitable for publication will make it eventually.

Articles approved for publication will not be returned to originator for review once submitted.

The editorial staff is the final authority on publication, and/or editing

Christmas is just over the horizon. The PVE Chorus has started rehearsal for a Christmas Musical, *Rejoice! Rejoice! Christ is Born*, under the able direction of our music director, Carol Block.

Everybody loves Christmas! Regardless of age, we all delight in the sights, the activities and...the music of Christmas. Who among us hasn't thrilled to the majestic strains of "Oh Come All Ye Faithful" -- or gone caroling in the neighborhood with "Joy to the World" or felt the holy hush while singing "Silent Night, Holy Night"?

To this Carol and the Chorus will offer "Christmas---A Time for Singing." It is a musical built around beloved Christmas carols and the histories behind them. It includes contemporary favorites and an original song by the creator and arranger. The songs are interspersed with short narrations which, at no little expense, Bud Booth, that well known

Continued on page 4

## HOBNOBBING WITH HOLLYWOOD

By Don Seed

In the fall of 1953, Paramount pictures arrived at MacDill AFB, Tampa, Florida to make the movie *Strategic Air Command*. The movie starred James Stewart and June Allison. It portrayed "Jimmy" Stewart as a major league baseball pitcher being recalled to active duty in the USAF to try out the new B-47 bomber aircraft. The B-47 was an actual six engine, 600MPH,



sleek swept-wing airplane that incorporated many brand new concepts that were being tested for the future. It was so successful, that 2039 of them were eventually manufactured.

I was fortunate to be selected to do the flying portrayed by Jimmy Stewart. So on many occasions I met Jimmy climbing into, or out of, the B-47. I would then start the six jet engines, taxi out and take off to fly the mission. We did air-to-air refueling and many other maneuvers to show what the airplane was capable of. On landing, they would film Jimmy coming down out of the plane, while I politely faded into the background. He was a real down to earth gentleman and wanted to learn all about the B-47. Many were not aware that Jimmy held a Brig. General's Reserve Commission in the USAF and was a rated pilot. Paramount wanted some aerial pictures of

Continued on page 3







# COMPUTER “KORNER”

By Jack R. Albrecht

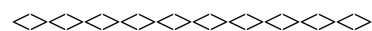
**BURNING CD'S:** Did you ever want to reproduce a Compact Disk (CD) or have a medium where you can store lots of data? That is what we are going to discuss this month. Factory made Compact Disks that you purchase whether they are music or programs are pressed from a master. However, when you reproduce a CD yourself using one of the CD-Rewritable (CD-RW) drives, it uses a laser to transfer the data to the blank disk. That is why we call it burning a CD. If you have the proper drive you can use CD-R or CD-Rewritable disks that have a capacity of 533 MB or greater. As the term indicates, you can rewrite over data you previously recorded on a CD-RW disk. Compact Disk Recordable (CD-R) disks can only be written on once and the latest ones can accept 700 MB for 80 minutes of data. Obviously once you write on a blank CD-R you cannot rewrite anything on the disk. Either type of disk can be used for such options as backing up critical files such as your documents, banking records, recording photos to save disk space on your hard drive, etc., etc. Unfortunately, there sometimes occurs a problem when you are burning either type of CD, and you end up with what we call a coaster, e.g., an unusable disk. The problem term is called Buffer Underrun. It occurs when the source device, or the bus it is attached to, cannot feed data quickly enough to the CD recorder to keep the recorder's buffer full. Since the disk must be written continuously, if there is an interruption in the data flow, (Buffer Underrun), then you will not have a useable disk, hence the name "coaster" such as one that you would set a drink down on a table. But guess what; as in everything else when a problem occurs, there is a solution to the buffer underrun problem. SANYO has now developed a process called BurnProof technology (BurnProof is a SANYO trademark), which really works to prevent buffer underruns, and surprisingly, it actually works without any glitches. You can now purchase a CD-Rewritable drive from Plextor for ap-



proximately \$200. It is called the 8/4/32 (write/rewrite/read) Plex Writer drive. As an example, the 8 actually means 8x. X is a measurement of CD drive speed; each multiple of x translates to 153,600 Bytes of data per second. Therefore, using the Plextor drive you can write on a CD-R or CD-RW disk eight times 153,600 Bytes of data per second. The same type of logic applies to the 4 and 32 numbers. If you want more information on Plextor drives, go to their web page at [www.plextor.com/english/products/8\\_4\\_32.html](http://www.plextor.com/english/products/8_4_32.html). A faster drive, e.g., the Plex Writer 12/10/32 A is also available for more money.

I have been burning CD's for data backup as well as for copying music CD's for use in my car CD player, by using a program named ADAPTEC Easy CD Creator 4 Deluxe, with much success. Success means good readable disks with no coasters! I am using a DVD-ROM drive to run the master disk I want to copy and a CD-RW drive to make the copy. Of course you can use a normal CD-ROM drive that comes with most computers to run the master disk. If you want to copy critical files from your hard drive, the ADAPTEC Easy CD Creator program makes it real easy to select the files you want and copy them on a CD-R or CD-RW disk. One note of caution; if you are making an audio CD to listen to on your CD player at home or in your car, you must use a CD-R blank disk for your recording. CD-RW disks can only be read by Rewritable drives or by some of the newer CD-ROM (Compact Disk-Read Only Memory) drives.

When you purchase blank disks you should check the capability of the maximum rewrite speed.. Some of the Verbatim CD-RW disks that I recently purchased indicate a 2X/4X speed. They also indicated on the front label that they were compatible with the ADAPTEC Direct CD program which I now use. You can always check the Plextor Web page for what are the various manufacturers compatible disks. If you are in the market for a new computer, it would be wise to have the computer manufacturer include a CD-RW drive for your future use. Some of the drive manufacturers also make available an external CD-RW drive that you can plug into one of your USB ports in your current computer.







## COMPUTER USER Group (CUG)

By Dominic Battistella

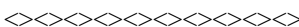
We have now completed our second month of CUG Meetings. On the first Friday of October, Jack Albrecht and I held the meeting for John Gearhart while he was lying on the beach in Kaanapali, Maui. The meeting went very well considering we were unable to get a computer signal to the big screen.

Cole Sellers filled in for Jack Lindeman on the second Tuesday, while Jack was in Branson, MO. Cole had Keith Erbert as a guest who did a fine job speaking on computer hardware and software. Keith works for HYTEK Computer, located at 2791 N. Texas. He advises me that PVE Residents can receive 5% discount for parts and 10% on service.

Jackie Peterson's Group on the 2<sup>nd</sup> Friday, had a nice turnout of 38 members who participated in discussing computer problems and solutions. We are still looking for members to submit written comments and questions; these will be read for all to hear. In addition, when we have enough data, we can publish a FAQ listing for everyone.

We can also report that we now have an Internet connection for PVE residents' use in the Recreation Center Hall's Windows-98 computer. You are requested to follow the written procedures for **starting-up** and **shutting-down** - to prevent computer malfunction

EYE ON THE INTERNET - More good news - in addition to their Website which provides great info for Retired Officers, the Retired Officer's Association is now offering a *FREE* internet connection. Just go to their Website - [www.troa.org](http://www.troa.org) and click the block that will start the free download. For the latest on the Enhanced TRICARE Retiree Dental Program, go to [www.ddpdelta.org/retiree/](http://www.ddpdelta.org/retiree/) or call toll free 1 (888)838-8738. For immediate benefits, you need to sign-up before 1 November 2000.



## CALIFORNIA GENERAL ELECTION 7 NOVEMBER, 2000, SMALL MULTI-PURPOSE ROOM



*UNCLE SAM WANTS YOU!*  
**TO VOTE**



## TRICARE-FOR-LIFE

By Bob Steinkraus

This is but a précis of the TROA analysis of legislation guaranteeing lifetime retiree health care. For those of you with computer access, log on to the TROA Web site (troa.org) click on to Legislative Update and read the four page analysis. John Vernon will follow this program as it becomes law and the DOD implementation thereof. He will provide us with definitive reports in subsequent issues.

The program is termed TRICARE-for-life. It will cover Medicare-eligible retirees, spouses and survivors. The program will be premium-free with no enrollment fee or annual premium required. This is a boon to those who carry supplemental insurance. The program is to take effect on October 1, 2001 to allow the DOD time to publish implementing directives.



## GOURMET CORNER

By E. M. (Mike) Michael

With Bill Johnson's election to the Resident Council he has resigned from the Dining Services Committee. Bill Halliday has moved up to the Chair position, and Jackie Roemer has been elected the replacement. This fills the Committee's membership. Individuals desiring to join the Committee should address their interest, in a letter, to the Chair with any qualifications. Request will be considered when a vacancy occurs.

The 2<sup>nd</sup> Annual Murder Mystery Dinner was generally well received. We recognize that there were some problems related to early arrivals, some overbooking, only one bar at the start, and seating. Hopefully, next year we will overcome this year's problems. The consensus was that the Mystery presentation was award winning and the meal outstanding. The new wine list has been well received.

The new Monday through Friday schedule for *The Café* (formerly known as The Soda Shoppe) has been well received. The Committee is further mulling the question on how to fine tune the takeout procedure.



## VETERANS DAY ACTIVITIES

By Bud Booth

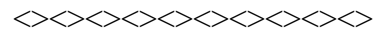
The Veteran's Day dance scheduled for the evening of November 10 has been canceled for lack of interest. However, the program described in the next paragraph will go as planned.

**Parade and program on Saturday morning, November 11, 2000.**

**10:30 a.m.** Assemble at the intersection of Victory and Constitution and march behind the Fairfield High School AFROTC Honor Guard and marching unit. We request that Purple Heart recipients join the parade, marching directly behind the Honor Guard.



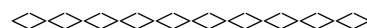
**10:55 a.m.** The parade will start, proceed to the flag pole for a brief ceremony and then up to the Community Center where a program honoring Veterans Day will be held outside in the parking lot, *IF IT DOES NOT RAIN*. If it rains we will not have the parade but will have a flag ceremony and then an indoor program in the Multi-Purpose Room at 11:30 a.m. Join the fun, wear all or any part of your uniforms and help honor all veterans.



## HOBNOBBING WITH HOLLYWOOD (con't)

occasions her skit would fly up and reveal parts of her anatomy that we were not suppose to see! That soon ended when some Paramount Studio big wig confronted her to quiet her down. We all wanted to throw him out!

The filming was finally finished and Paramount produced a highly successful and popular movie *Strategic Air Command*. My wife, Jo, and I have found ourselves on more than one occasion sitting down in front of fifteen TV sets, in a large department store that was showing the movie *Strategic Air Command*.



## PVE RESIDENTS' COUNCIL

The Resident Council wishes to remind everyone that this is the time of year to consider a reward to show our appreciation for the excellent service provided by our staff all year long. This tradition helps to maintain our family atmosphere and insures the staff are aware of their contribution to our well being. Our no-tipping policy precludes making personal gifts, but by providing a fund enables all employees to participate fairly including the many we don't come into contact with.

Participation is strictly voluntary and only you will be aware of the amount of your contribution. We do try to track residence numbers to determine the number of contributors, but the amounts are not recorded.

Many wonder what a reasonable contribution might be, and we have canvassed other similarly structured retirement facilities. A dollar per day per person seems to be a common practice and if we were to achieve that goal the fund would make for a fitting reward. What ever you are comfortable with is right for you; just remember if tipping were allowed a dollar a day wouldn't go very far .

Shortly the "black box" will appear at the front desk for your contributions. Checks should be made payable to the Residents Council Operating Fund (or RCOF). **To be included in this year's distribution your check should be submitted by the end of November.**

A one hundred percent participation would be a wonderful thing!



## BIO-EDITOR

Our Bio-Editor, Betty St George, missed the deadline this month. She just had too much fun on the trip to Branson so continued on to Lake Tahoe and Chualar. (Near Salinas). She will be back next month with more information and interesting experiences told to her by our residents.



## WORSHIP SERVICE UPDATE

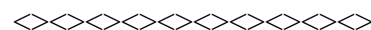
By Lucille Thyrring

It is hard to believe a year has passed since the first PVE Worship Service took place in the small MPR on November 7. At that time when asked how many chairs to set up, I thought a couple of dozen to start may suffice. That morning we were pulling chairs from the large side of the MPR as people poured in, seating 83 in all. At that time, no piano and no bulletin, but we sang joyously and listened intently to the minister, without a podium or a "mike." Since that wonderful beginning we now average regularly about 71 attending. On Easter Sunday there were 123 including several visiting family guests.

This has been so successful I give thanks for to all the supportive volunteers, 41 on the list, all with various alternating tasks; greeters, altar care, bulletin preparation, lectors, sound and projection, clerical and poster preparation, piano, music direction, choral. And there are many offering ideas to help make things work more effectively.

The most important message here is the Holy Spirit guiding us to make this work and the fact that there was such a great need here at PVE for this to happen. It is a joy to be in attendance with the other "PVE" Family' sharing the good feeling of "HIS" presence sharing the praise and thankfulness we all feel being together through this hour. We leave with such an uplifted spirit as we shared a wonderful message from an assortment of 17 different clergy, retired and active, of 6 different denominations, who are all still very happy to be with us on a rotating basis.

This year there will be a Special "THANSGIVING" time together, at 10:10 am November 23 without a minister that day, just having a time for thankful prayers and hymn singing. What a wonderful way to start out before going in to the Holiday Feast. PSALM:122:1, quote, I was glad when they said to me "Let us go up to the house of the Lord. I am glad to be in your presence today Lord. Help me truly worship you and hear your will for me. Amen." unquote.

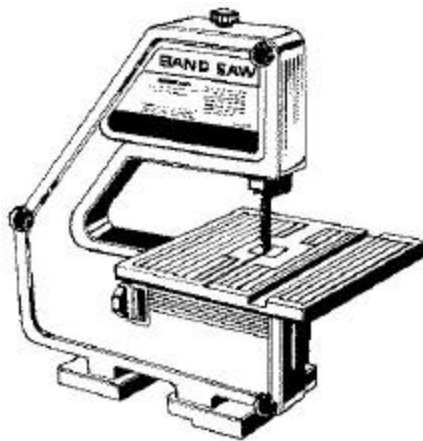


# WOODWORKERS, ASSOCIATION

## “The Termites”

By Fred Schaffer

The Woodworkers held their Semi-Annual Meeting on October 12. In addition to general business, status of shop equipment and of ongoing and future projects was discussed. A generous donation of high quality equipment by a new resident necessitates disposal of some older equip-



ment. We will offer to sell it to PVE Staff.

The Termites have continued to keep busy. In addition to small items for sale, in “*The Store*,” other items such as trellises, golf ball display racks, planter

boxes, and pull-out sliding shelves for kitchen base cabinets have been ordered and constructed for individual residents. It is expected the pull-out shelves, at a cost of \$15 > \$25/each (depending on width), will be popular item for kitchens and perhaps for bathrooms as well. Any resident who wish to order construction of a personal home project may leave a note in Box #2206 or call the Woodshop (432-1169) or George Yeoman (434-8866).

The Woodworkers Association is open to all residents, including the ladies; those interested are welcome to join. Instructions on safety and operation of equipment will be provided and a helping hand is often available for individual or group projects. Please contact John McBeath (436-5042) for certification in use of the woodshop and its extensive equipment.



# DID YOU KNOW?

By Steiny

I cannot vouch for the veracity of any of this but they make good stories.

Life in England in the 1500's:

Most people got married in June because they took their yearly bath in May and were still smelling pretty good by June. However, they were starting to smell, so brides carried a bouquet of flowers to hide the b.o.

Baths equaled a big tub filled with hot water. The man of the house had the privilege of the tub of nice clean water, then all the other sons and men, then the women and finally the children. Last of all the babies. By then the water was so dirty you could actually lose someone in it. Hence the saying, “Don’t throw the baby out with the bath water.”

Houses had thatched roofs. Thick straw, piled high, with no wood underneath. It was the only place for animals to get warm, so all the pets... dogs, cats and other small animals, mice rats, bugs lived in the roof. When it rained it became slippery and sometimes the animals would slip and fall off the roof. Hence the saying, “It’s raining cats and dogs.”

Sometimes they could obtain pork and would feel really special when that happened. When company came over, they would bring out some bacon and hang it to show off. It was a sign of wealth and that a man “could really bring home the bacon.” They would cut off a little to share with guests and would all sit around and “chew the fat.”

Those with money had plates made of pewter. Food with high acid content caused some of the lead to leach onto the food. This happened most often with tomatoes, so they stopped eating tomatoes for 400 years.

Most people didn’t have pewter plates, but had trenchers – a piece of wood with the middle scooped out like a bowl. Trenchers were never washed and a lot of times worms got into the wood. After eating out of the wormy trenchers, they would get “trench mouth”.

Bread was divided according to status. Workers get the burnt bottom of the loaf, the family got the middle and guests got the top, or the “upper crust”.

*(I have many more that residents have sent to me, but I’ll save them for next time.)*

# WHY WE NEED A CARDIAC DEFIBERILLATOR

By Irwin Rosen

Otto Vasak, retiring Resident Council President/continuing member, has asked me to write a short article about the importance for having a Defibrillator at Laurel Creek Health Center.

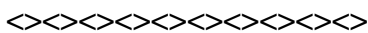
Some residents may not know what a Defibrillator is and why having one here is so important. It is a medical item which can administer an electrical jolt to the chest wall to get the heart beating, if it has stopped, or is merely quivering (fibrillating) and not beating well and propelling blood to our body tissues. This is in addition to CPR or hitting the chest wall with a fist. The caveat is that it must be used quickly so it must be readily available. Training in its use is simple. I see a future time when a medical installation may be legally liable if they do not have this life saving equipment on hand—especially if it is mandated by state directive.

The best illustration is Otto Vasak himself. Seven years ago he had a heart attack and his heart stopped. Fortunately, a fire engine with a Defibrillator was nearby. It responded quickly, a Defibrillator was used and Otto made a full recovery. He lives a full and active life, including travels, gardening and fishing.

For those residents who do not wish to be defibrillated if necessary, there are way of identifying these individuals in advance—by wearing a bracelet, by recorded instructions at the Health Center, etc.

I am sure the Resident Council will be polling us to find out if the needed support for a defibrillator to be purchased for the Health Center is strong. Meanwhile, I hope this has answered questions you may have about this important matter.

(Ed. Note – It should be noted, that if this machine is not used *within* 4-5 minutes of the patient becoming unconscious, and if defibrillation is successful, quality of life can not be guaranteed.)



## VISIT OUR FRIENDS AND NEIGHBORS...

(As of October 20, 2000)

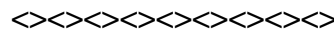
### David Grant Hospital

Robert Rodden

### Laurel Creek Health Center

Bud Bammer	Harry Noble
Tony Borgia	Ruthe O'Toole
Harry Carsch	Virginia Postel
Sue Changaris	Ray Price
Allen Clinton	Rode" Rodewald
Johnita Clinton	Dennis Rose
Helen Denend	Verna Shigley
Ann Hennings	Arnett Taylor
Alice Hultin	John Wester
Fred Kelley	Gerald Wiley
Bill Kruge	Lorraine Wolfe

Virginia Lefforge



## THOUGHTS TO GET YOU THROUGH ALMOST ANY CRISIS

Indecision is the key to flexibility.

You cannot tell which way the train went by looking at the track.

There is absolutely no substitute for a genuine lack of preparation.

Nostalgia isn't what it used to be.

Happiness is merely the remission of pain.

The facts, although interesting, are irrelevant.

The careful application of terror is also a form of communication.

Someone who thinks logically is a nice contrast to the real world.

Things are more like they are today than they ever have been before.

Anything worth fighting for is worth fighting dirty for.

One seventh of your life is spent on Monday.

