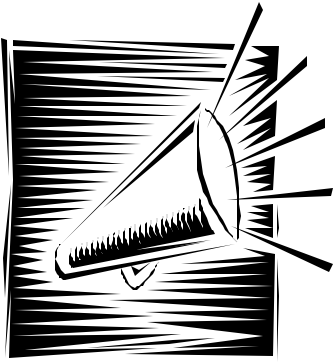


ELYSIAN FIELDS

February, 2001

The Official Paradise Valley Estates Residents' Newspaper

Volume III, Issue 2



SOUND OFF

By Bob Steinkraus

This continues the history of Paradise Valley Estates started in the previous issue. There we covered PVE history from concept

to selection of the site upon which PVE would be constructed. We have now arrived at financing the project, engaging a contractor and construction

At this point it had been two and a half years since the NCROC board first conceived the CCRC project. They made an offer to option the current site pending successful funding for the project. Many steps were necessary to attract the lenders and gain State of California approval. The State is very diligent in its effort to protect consumers from ill conceived retirement projects. Lenders required that 65% of the living units must generate deposits of 20% of the entrance fee before they would finance a CCRC project. In late winter 1994 early Ambassadors began putting up those 20% deposits to make the community a reality.

Thirty-six of the originally estimated fifty-one months from engagement of Haskell until first occupancy had gone by before the green light was given to proceed with marketing and construction of the model unit. Negotiations proceeded with various banks to raise the \$95 million needed to construct, pay the cost of borrowing, and holding reserves for a project with strong financial roots

A consortium of banks to lend the funds was finally assembled. It ended up being Dresden Bank of Germany, the Bank of Scotland, Banque National de Paris, the Industrial Bank of Japan, and the (U.S.) National Cooperative Bank that offered to lend the funds subject to the marketing effort to collect those 20% deposits on the entrance fees of 65% of the independent living units. In essence, the banks said

“Show me the money”...\$8 million.

The banks' agreement to lend funds to NCROC was tied to high-rated tax-exempt bonds guaranteed by an acceptable agency. This turned out to be the California Statewide Communities Authority that issued Certificates of Participation in the amount of \$92.3 million, non-taxable. This enabled NCROC to achieve an interest rate under 6%.

In a flurry of financial activity Major Gens Collens and Tom Aldrich, (another member of the Board), met with future creditors, attorneys, and the land owner and Haskell in San Francisco. In a 2-day session they obtained the requisite \$95 million, paid the land owner, settled the non-recourse debt and were left with sufficient funds to begin construction.

The construction phase could not begin until numerous steps were taken. These included, but were not limited to: detailed soil analysis, architectural plans with city approval, landscaping and setback from Laurel Creek, interior design, the source and use of funds for aspect projected out to year 2015, thickness and materials required for structures, streets and sidewalks by city code that were required to meet NCROC's expectations and the State's approval to proceed.

These steps followed the Board's acceptance of Haskell Community Developer's (HDC) development plan in June 1993 and in July, the Design-Build agreement with the Haskell Company (THC), HDC's parent corporation. Haskell presented its guaranteed maximum price proposal of nearly \$53 million to NCROC in November 1995.

The banks required assurance at each phase of construction that substantial completion of the plan was achieved before funds would be released to pay costs incurred. These phases were: site work, landscape, homes, apartments, community center, health care center and recreation building.

Monthly progress reports began in July 1996

A LIFE OF ART AND BEAUTY

By Betty St George

Harry and Fran Diamond are our residents of the month. They were the first move-ins to Building 1000. Their lives prior to coming to PVE were spent in the art world. Harry was born and raised in Los Angeles. Fran was delivered by her Grandfather in Montevideo, MN. At the age of 6 months the family moved to Tulare, CA and later to Los Angeles. They met when both were students at the Chouinard Art Institute in Los Ange-



les, CA. They were married in New York where Harry was working in the advertising business and doing free-lance work on the side.

When WWII started Harry joined the Office of War Information. Harry said, "It was true propaganda. They recorded what was happening, dropped leaflets for surrender, operated in 7 different languages." Harry trained in New York City on Long Island, learning to operate a press, interview people and do layouts. Subsequently he was sent to Florida to catch a plane, destination unknown. He told Fran he was going to Bermuda which turned out to be Burma. He landed in Assam, India which abuts Burma. During the time in India 4 of the writers shared a tent, became fast friends and continued having reunions for years; all leaving their mark on the world. At this same time Fran wrote to Harry and urged him to draw pictures in his letters so their two young daughters could see where and how Daddy was living. His sketches in these letters opened up a whole new way of drawing for him, and were eventually pub-

lished as China-Burma-India warfare for Vogue.

After 14 months in India, the group drove in a convoy of trucks and jeeps along the Burma Road for delivery in China. The journey took 3 weeks and along the way the vehicles needed to be maintained. With a smile Harry related that the first time he crawled under the jeep to grease it, he didn't have a clue as to what he was supposed to do. Preparing leaflets to be distributed in villages where possibly only one person could read presented quite a challenge. They did get feedback from their efforts, some fliers were used for cigarette papers others for TP and many achieved the desired results. The leaflets were mostly news, the nostalgic business of "you are losing the war," just anything that would make them weaker in will and to get them to turn themselves over to the Allies and also encourage them to help downed pilots.

Harry was gone for two years and when the war was over he came home. No official papers, no discharge just good by. Fran says it was about a month since she had heard from Harry and one day she called her sister and told her, Harry is coming home tomorrow. The ship, General McCrea, docked the next day and Harry was aboard.....Fran even had gone to school to get her daughter and sure enough he telephoned her from the dock.....to this day they can't figure out how she knew....she just did. Harry was quite a sight, tanned almost beyond recognition, wearing his paratrooper mix and match clothing

Fran said she was always involved with Harry's work, so much of it was freelance, she claimed she ran the Freelance Hotel. In California, Harry was chairman of the Graphic Design Department at the Chouinard Art Institute. He had earned his reputation as a successful illustrator of difficult material. His accomplishments involved content that was mundane (numerous cookbooks), and overbearingly complex (richly illustrated maps for HOLIDAY MAGAZINE AND TIME-LIFE). Quoting from Marvin Rubin's article "The Lamp" in GRAPHIS, Harry became the Art Director for The Lamp. The Lamp was the official means of communication of the management of Exxon with its 600,000 shareholders and 200,000 public officials. Harry held

LINE OF DUTY

By Irwin Rosen

This continues the story started in last month's issue. In my last article, I had related how important the line of duty determination accompanying an injury diagnosis was in military service. "Yes" meant generous future benefits. "No" meant those benefits could be denied. Once designated yes or no, it was very difficult to get that designation changed.

In the course of my duties at Walter Reed Army Hospital, I spent a period of time preparing certain cases for medical separation from the service. I would review the history, do a physical examination, review records, look at lab studies, and prepare a narrative summary for presentation to a medical board. This particular afternoon, I found myself examining a depressed looking young man with a right mid-arm amputation—"LOD No," "AWOL," and noted the following history. This eighteen year old, after basic training, was stationed at a military post in Japan. One day, some of his buddies decided to get evening passes and go to town for a few beers and invited him to go along. He didn't drink but he agreed to go. That night, in town, to show he was one of the guys, he had a few beers and got drunk. They started to walk back to the base along a country dirt road, since their passes expired at midnight. He fell further and further behind the others until they were well ahead. He suddenly passed out—he was not used to drinking—falling across a railroad track. The others, hurrying along to get back before their passes expired at midnight, did not notice what had happened to him. A Japanese train came along and cut off his right arm. Later on, some other GIs walking there, saw what had happened and rushed him to the base dispensary. I reviewed the emergency dispensary medical records. They noted the traumatic amputation of his right arm below the elbow. It was cleansed and a dressing applied and the patient transferred by ambulance to Tokyo Army Hospital. I looked up at the young man and saw an amputation *above* the elbow and my antenna went up. I started reading all the scrawled medical records that followed with inquisitive alertness. Why had a *below* elbow amputation become an *above* elbow amputation, an important status change? There, in a lengthy opera-

tive note from Tokyo AH, I found the startling explanation. After admission, he was taken to the operating room and his dressing from the original dispensary removed. There, in place under the dressing, above the patient's elbow, *was a rubber tourniquet*. The rest of the arm below this was gangrenous. His arm was then re-amputated above the elbow. He went on to satisfactory healing after this. He subsequently was labeled as "LOD No, AWOL" status, because the LOD designation was done at his home base. They knew nothing of what had happened at Tokyo AH. The dispensary had made a cardinal error. When a tourniquet is left in place after an injury, because of difficulty in controlling bleeding, it is mandatory to note in a "can't-be-missed" manner. Usually, one draws a large "T" on the patient's forehead with iodine, indelible ink, etc. Simply telling someone who may forget that there is a tourniquet in place is unacceptable since someone may forget with disastrous consequences. The tourniquet must be released for at least 5 to 15 minutes every 22 to 3 hours to avoid gangrene.

It was obvious that the first amputation may have been "LOD No," but the final diagnosis of an above elbow amputation should be "LOD Yes—due to medical error". But how to get this LOD changed? I had an idea. The young soldier told me he was from a town in Ohio. I recognized from newspaper reports that his Congresswoman was Frances Marion, a powerful senior representative who was chairman of the Armed Forces Committee or Military Budget Committee. I can't remember which, except that she was a powerful representative. I "suggested" to the young man that he discuss his plight with Representative Marion and carefully explain the facts of his case with her. When I next saw him a few weeks later, he was a different person—smiling, relaxed, happy. Seems that Representative Marion had looked into his case when he sought her help. She contacted the Secretary of the Army, who in turn, contacted the Army Surgeon-General, and *voila*, the LOD was changed from "No" to "Yes". Now! A generous pension for the rest of his life—VA care as necessary—artificial arm as needed—etc. It is the only case in my military medical experience where an LOD was changed from "No" to

COMPUTER “KORNER”

By guest columnist: Jackie Peterson

When Jack asked me to write a guest column, my first thought was “I don’t know enough about computers to do that!” My computers have been humbling me for 20+ years. What I have to say is as much philosophical as technical.

Be brave. Your computer will not break because you hit a strange key. See if you can figure out how to do something and *try it*. Newcomers are often afraid to experiment – but that is how you learn.

You are smarter than your computer. It is just a dumb machine. You

might not be smarter than the programmers who wrote the programs, but you surely are smarter than who-ever wrote the manual! **Remember that computers are for fun.** I rarely give myself the treat of just fooling around with the computer, which can be instructive as well as fun. Give yourself an occasional treat of some time just fooling around. **Simple fixes.** Simple mistakes are the most common and the easiest to fix – but are often overlooked. Be sure you have turned on not

only your computer, but also the printer or whatever peripheral you are trying to use. If you use a power strip, check that *it* is turned on. You would not believe the number of times people have asked for help, only to find the power switch off, a plug on the floor, or power strip turned off.

Shutting down your computer: You should, of course, shut your computer down properly. But if it “freezes” and you have tried all other options (the last usually being the “3 fingered salute”—that is, holding down the Ctrl, Alt, and Del key simultaneously), you *can* turn it off or pull the plug. Windows will scold you when you next turn it on, but it will almost certainly open up properly and give you another chance. Access Magazine comes with the Sun-



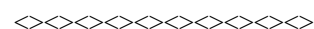
“It’s been one of those days...
All drag and no click.”

day Chronicle and often has useful hints and interesting Web sites. It can be found on line at: www.accessmagazine.com – you might want to check the 12/31/00 issue which had best Web sites of 2000. www.hungrymindsuniversity.com, lists all manner of on-line courses. For free ones (including computer related), go to the site, and in the lower half of the page there’s a yellow star saying “What’s Free?” Click on it and it will take you to thousands of free courses. **House-**

keeping: Your computer can slow down due to haphazard “housekeeping”. I “defragment” my hard drives about once/month. Click on **Start**, then on **Programs**, then on **Accessories**, then on **System Tools**, then on **Disk Fragmenter**. You can guess from there which choices to click on. Programs running in the background also slow things down. For those with Windows 98 who want to close those you don’t need, click on **Start**, then on **Run**, then type “msconfig”, then **OK**, then on **Startup**, and you can check off those you don’t want to be running. Always, *always* have an anti-virus program. I had a close call recently. Viruses almost always come from *opening an attachment* to an e-mail that infects computers (or from a floppy someone gave to you). If you receive an e-mail with an attachment, save it to a file

(that is one of the options given to you – click on it). Then have your anti-virus program scan that file for viruses. If it is clean, go ahead and open it. If you find your pointer hard to find or follow onscreen, go to **Start**, click on **Settings**, then **Control Panel**, then **Mouse**. Fool around with the size of the pointer and whether it is solid black or not, until you get a combination that is good for you. Also fool around with the movement. Try clicking on **Trail**, which will leave a trail when you move the pointer, making it easier to see.

That’s all, folks. Good luck and good computing!



MISSING PERSON

Have you seen this person (Bear)? He was last seen sitting under the “Bear Tree” outside of The Club. He is white with a red scarf around his neck. His masters name was also on a tag on the back of his neck. He may have wandered off to see other parts of PVE. If anyone knows his location please contact Ginny Weber, 5706 Flag Court, phone number 422-9033, or leave him at the reception desk.



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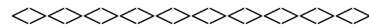


SPEEDBIRD 206

By Steiny

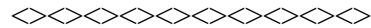
I found this in an aviation publication and thought it good enough to share with other WWII aviators, especially B17 drivers, here at PVE. It goes like this:

The German air controllers at Frankfurt Airport are a short tempered lot. They not only expected one to know one’s gate parking location, but how to get there without any assistance from them. So it was with some amusement that we (PanAm 747) listened to the following exchange between Frankfurt ground control and a British Airways 747 (call sign “Speedbird 206”) after landing. Speedbird 206: “Top of the morning Frankfurt. Speedbird 206 clear of the active runway.” Ground: “Guten morgen! You will taxi to your gate!” The big British Airways 747 pulled onto the main taxi way and slowed to a stop. Ground: “Speedbird, do you know where you are going?” Speedbird 206: “Standby a moment ground, I’m looking up our gate location now.” Ground (with some arrogant impatience) “Speedbird 206, have you ever flown to Frankfurt before?!” Speedbird 206 (coolly): “Yes, I have, in 1944. In another type of Boeing. I didn’t stop.”



LINE OF DUTY (con’t)

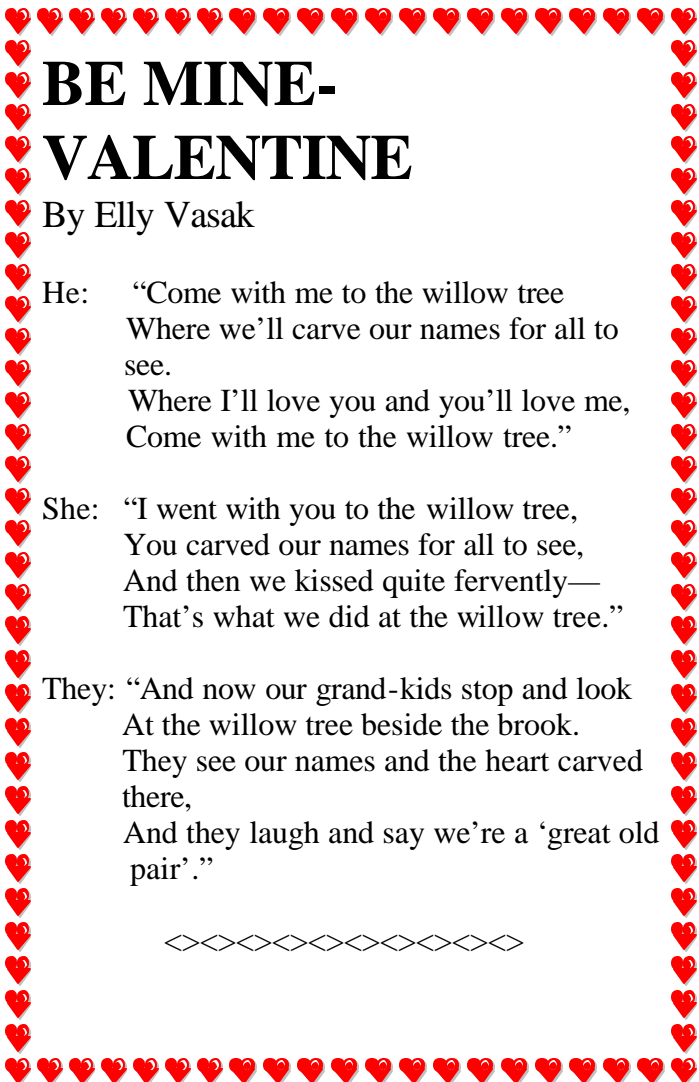
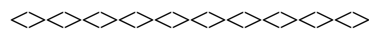
“Yes”. Inwardly, that day, I shared the young man’s joy. I had made a big difference in his life, and I felt good about that.



COMMUNITY GARDEN

By Jan Holderness

There will be a meeting on Wednesday, February 7th at 1:00 pm in the Multi-Purpose Room. Our guest will be Gaylon Rude, to discuss the latest information on the upcoming parking lot and how it will impact our garden design. Prepare your questions ahead of time for him. Thanks for cleaning up your plots!



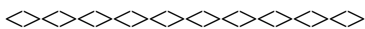
BE MINE- VALENTINE

By Elly Vasak

He: “Come with me to the willow tree
Where we’ll carve our names for all to see.
Where I’ll love you and you’ll love me,
Come with me to the willow tree.”

She: “I went with you to the willow tree,
You carved our names for all to see,
And then we kissed quite fervently—
That’s what we did at the willow tree.”

They: “And now our grand-kids stop and look
At the willow tree beside the brook.
They see our names and the heart carved there,
And they laugh and say we’re a ‘great old pair’.”



COMPUTER USER GROUP (CUG)

By Dominic Battistella

The Basic Computer User Group met on the first Friday evening of January. Thirty eight members attended the meeting which was led by John Gearhart with a short review of the "Self-Check Exercises" handouts covering how to create documents using WordPad, editing and then printing the document. Next a Paint Program was used to bring up a graphic with different shapes and colors. The graphic was then copied to the WordPad document and saved in the Data folder. In the second part of the meeting, a very informative CD on Windows 98 was shown on the Big Screen. This was one of four CD's entitled "Professor Teaches" and put out by Individual Software Inc. The remaining three CD's cover Windows ME, Internet Explorer 5.5 and Netscape and will be shown in future meetings.



The Advanced Internet CUG and the Basic Internet CUG both met on the second Friday of January at 2:00 PM due to a Musical 1900-2000 program which was scheduled for 7:00 PM that evening. Starting this Year these two groups are combined for 3 reasons, 1) the Advanced Group was small, 2) the Basic CUG will benefit from their additional computer knowledge, and 3) the Advanced Group Leader Jack Lindeman took over the new MacIntosh CUG.

Thirty-four members attended the afternoon program conducted by Jackie Peterson which included sending and receiving Attachments, how to download then Cut and Paste, how to underline messages and how to make Greeting cards. The next subject covered was how to upgrade AOL to Version 6.0. We then visited the Web site for the local Solano County Library www.snap.lib.ca.us and had fun using two Search engines, Google.com and AskJeeves.com to search for information requested by members at the meeting.

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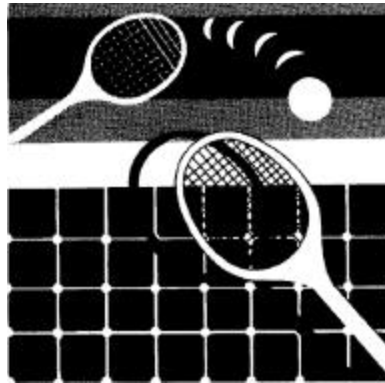
SPORTS AND RECREATION

GOLF and OTHER STUFF

By John Kroyer

John Kroyer had nothing to report this month but we do have a tennis tip from Millie Healy titled "Trouble"

Having trouble with your serve? It is said the tossing arm has a huge impact on whether your serve clears the net. If the arm drops to the side or



below the waist after releasing the ball, it can drag the upper body with it.

The result is a downward trajectory and more than likely a fault. When your hitting arm starts to move forward let your tossing arm tuck

around your chest and stomach area (waist), almost as if you were giving yourself a hug. This will keep your body upright and in a better hitting position. So, if you are upset because your serve is not clearing the net, a hug may be what is needed. Believe me, it does work. So, give yourself a hug and feel better about your serve. *Hint*: on the toss be sure the ball is out in front of you and over the left toe for right handers and the opposite for left handers. *Have fun!*

(Since there is no serious golf news we will offer these observations about the Laws of Golf.)

No matter how bad your last shot was, the worst is yet to come.

Your best round of golf will be followed almost immediately by your worst round ever. The probability of the later increases with the number of people you tell about the former.

The more expensive the golf ball the more it will be drawn to the water.

The higher a golfer's handicap, the more qualified he deems himself as an instructor.

Every par-three hole in the world will humiliate golfers. the shorter the hole, the greater the hu-

Continued on page 8

SPORTS (con't)

miliation.

Golf carts always run out of juice at the furthest point from the clubhouse.

The person you would most hate to lose to will always be the one who beats you.

The last three holes of a round will automatically adjust your score to what it really should be.

Golf should be given up at least twice per month.

All vows taken on a golf course shall be valid only until the sunset of the same day.

The more you pay the worse you play

BINGO JACKPOT WINNERS

The big money was taken by these folks:

January 2nd Helen Wiley

January 9th Bill Coghill

January 16th Helen Wiley

and Fred-a Jurian split

The Bingo-playing group gathered together for dinner on January 16 prior to playing that evening. Helen Wiley hosted the event and Betty St George made the arrangements.



PAVILION OR GAZEBO

By Earl Buss

The Residents Council voted to change the name of the (then) gazebo to pavilion. That ten-sided structure open on all sides which commands a beautiful view situated on the lawn area adjacent to the big house then became *an ornate tent, a sumptuous tent or a sports ground in which players change their clothes, store equipment, etc. (take your pick).*

Now, if we could get all the dictionaries to reverse their primary definitions, we may again have a ten-sided structure open on all sides, commanding a beautiful view, on the lawn area adjacent to the big house.

(Ed note. Earl may well have a point here. "GAZEBO. Summer house from which one can gaze at the surrounding scenery." Webster New World dictionary: 2nd college edition.) <><><>

GOURMET CORNER

By Mike Michael

Dominating the meeting were two issues, alternate menu selections and appropriate cost allocations for residents requesting special events. Yes, we considered complaints on plates not being warm, vegetables under cooked/over cooked and slow service. Management has cognizance of these issues. Better use of the kitchen plate warmer is in order. You probably have noticed from the number of new faces, that wait staff count has increased. Positive items include: a great report on the OZ party; the off-again and on-again, highly successful, New Year's Eve party, speed up of dining service and the occasional serving of biscuits, with honey butter.

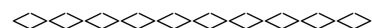
Ordering from the menu:

For guest children, keep in mind the Children's items – chicken fingers, hot dogs and the like are available. Check with your wait staff. When ordering for yourself, remember that salmon – poached or broiled, chicken or steak are always available. Alternates in starch and vegetables are possible. Shop the menus. Example: with another entrée, try the coleslaw from the sandwich selection, and remember that half portions can always be ordered.

Management is reevaluating the method it uses to allocate and charge residents for resident-ordered special affairs – parties and special meals. The effort is to assure that costs are properly allocated and recovered. The Committee fully supports management in this effort.

A suggestion has been made that residents celebrating their birthdays be offered a complimentary drink – presumably in lieu of the birthday cake and birthday song. The original suggestion was that the offer be extended for the entire birthday month! That has been reduced to the birthday only. The proposal is under consideration.

The committee reviewed the new menu which went into effect the Friday following our meeting. As you know, there are some wonderful items there and a greater emphasis on vegetarian type choices. Why not try a meal of only appetizers.



AWAY WE GO

By Liz Wild

Door to door bus service for Activities trips has been inaugurated to good reviews. Here's how it works. When a resident signs up to participate in a trip, a reminder note is sent several days ahead. The note also includes a specific time frame when the PVE bus will arrive at the resident's home. Residents cooperate by being ready on time, and away goes the blue and white bus for a day of entertainment. At the end of the day, residents are driven directly to their homes. This new plan will solve the problem of "too many cars" clogging an already overcrowded parking lot, with a sub-plan that makes residents feel like celebrities being picked up for a gala event.

Thursday, February 1, a trip is planned to attend the Blackhawk Auto Show. This display of classic cars should interest automobile "groupies".

A return trip to San Raphael for the Graduation Exercises of the Guide Dogs for the Blind is planned for **Saturday, February 3.** Those who attended last year's moving ceremonies report that it is a beautiful, but emotional event. A tour of the campus is included in the day's plans, and residents can visit with puppies awaiting a trainer, see how the guide dogs are prepared for service, and even visit the "Retirement Community" of aging Guide Dogs on campus. The Graduation ceremony itself includes the presentation of the guide dog to its new owner. After a volunteer trainer has worked with one of these dogs for a full year, it is understandably difficult for them to part with their friend. But the gratitude of the recipients overcomes a feeling of loss by the trainer.

Closer to home, residents have an opportunity to visit several local points of interest. **'Sweets and Suds,'** is the title of a trip to the Anheuser-Busch Brewery, the Jelly Belly Factory and the Thompson Chocolate Company. Lunch will be available at the Jelly Belly Café, where lucky diners can have a 'burger shaped like a jelly bean on an oval roll. **Thursday, February 8** is the date for this trip to the Culinary Capitols of Fairfield.

Residents who saw last year's "Red, White and Tuna," can attest to the hilarity of this romp through the town of Greater Tuna, the "third smallest town in Texas." **Sunday, February 11,** a group will travel to the historic Woodland Opera

House to enjoy the antics of two "citizens" of Greater Tuna. This comedy tour de force for two actors employs whirlwind costume changes and a facility for juggling characters that makes this original "Tuna" such a hit. "Greater Tuna" was the first play of a continuing series that makes fun of small town mores.

Looking for a special way to observe Valentine's Day? Consider taking part in a luncheon cruise aboard the "Spirit of Sacramento," the historic vessel that plies the American and Sacramento Rivers. **Wednesday, February 14, Valentine's Day** is the time selected for this journey. This year's repeat of an earlier (February, 1998) trip should be a nostalgic trip for those who enjoyed it before, and a delightful day on the water for those experiencing the trip for the first time.

The second of two trips to the beautiful Jarvis Winery will take place on **Thursday, February 15.** This showplace is renowned for its gardens, caves, and water-scaping, as well as for its exquisite wines. The Jarvis family is a generous and philanthropic one, and are the founders of the Jarvis Conservatory of Music in Napa. This trip will give participants a rare opportunity to visit a truly magnificent setting in the Napa Valley. This trip is a repeat of the one taken on January 25.

The sad tale of the Japanese geisha who lost her heart to the dashing naval officer, Lt. Pinkerton, has long thrilled opera audiences. "Madame Butterfly", one of Puccini's most beautiful operas will be performed by the Sacramento Opera Company on **Friday, February 16.**

By popular demand, a shopping trip to San Francisco is planned for **Thursday, February 22.** Participants will have time to shop at Nordstrom's in San Francisco Center and Union Square downtown.

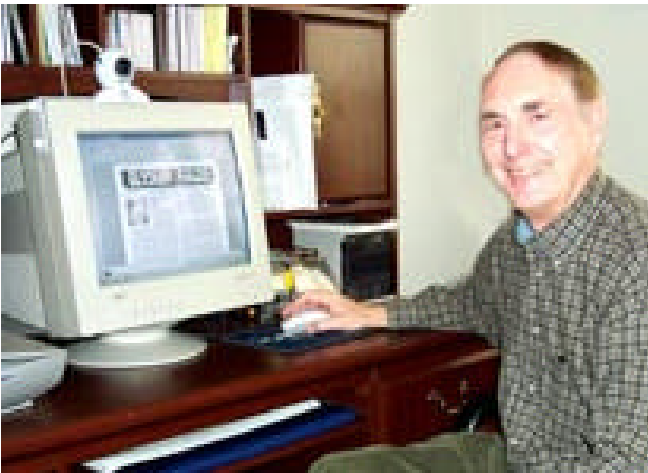
Later that evening, a concert by the popular Solano Winds will take place at PVE at 7:30 p.m. The concert band includes two of our residents among its members, Otto Vasak and Bill Preston. Their concerts are always exciting and filled with glorious music especially adapted for band instruments. **Thursday, February 22, 7:30 p.m.** in the Multipurpose Room at PVE.

Shopped out and serenaded, residents can turn their attention to the 'inner person' and enjoy the

MEET YOUR NEWSPAPER STAFF

By Bob Steinkraus

This is the first in a series of articles introducing residents to the volunteers who produce Elysian Fields (EF). This month we present Jack Albrecht and Fred-a Jurian. Jack is the acknowledged force that pulls the newspaper together each month. Early on it appeared that after a few issues of *ELYSIAN FIELDS* the paper would cease to exist for lack of expertise to assemble articles, format them on a computer and produce hard copy for editing. Jack came forward, installed publishing software on his computer and EF started to pick up a head of steam. He also assumed additional duty as Staff Photographer.



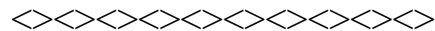
This really should not surprise anyone since Jack has always been one of the ten percent who get involved having been a member of the original Residents Council. He is also the resident computer consultant to those having problems with their personal computer.

Fred-a was a member of the Residents Council when she urged several of us to consider starting a community newspaper. At the beginning there was a problem finding someone with computer smarts who knew how to get articles into a computer generated format. Fred-a solved this problem initially by getting her son Mike to perform this operation using her computer and publishing software. He supported us for a few months until pressing business took him elsewhere. That is when Jack took over and joined the staff. As

in Jack's case this should be no surprise since Fred-a is another one of the ten percent who see a need and do something about it. Having been



among the first to move in she was a part of the initial group who started the Activities Committee. She was also the recorder for the first Residents Council and latter elected as a member where she initiated the Ways and Means Committee to generate funds for distribution by the Council. This involved instituting our now famous garage sales, annual crab feeds and pressing management to let her establish what has now grown into "*The Store.*"

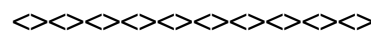


'dja EVER WATCH. ?

"Thought" by Charles D. LaMond

'dja every watch a large vehicle, like a PVE BUS, navigate a complete turn around the circle of a cul-de-sac or court *without* having to back up? When the front wheel is virtually in the gutter, it can just make it!

But! -- this requires the path to be clear. Prior to the Thursday pick-up (for garbage), Residents on the eight courts/circles should think about placing their containers far enough back to allow clearance -- use your driveway or the lawn. Our worthy drivers will *Thank You!* (And -- maybe there is a 9th location: the hairpin turn, west-end of "the hill.").....just a *thought*.....



PAWS AT PARADISE

By Freddi Miller

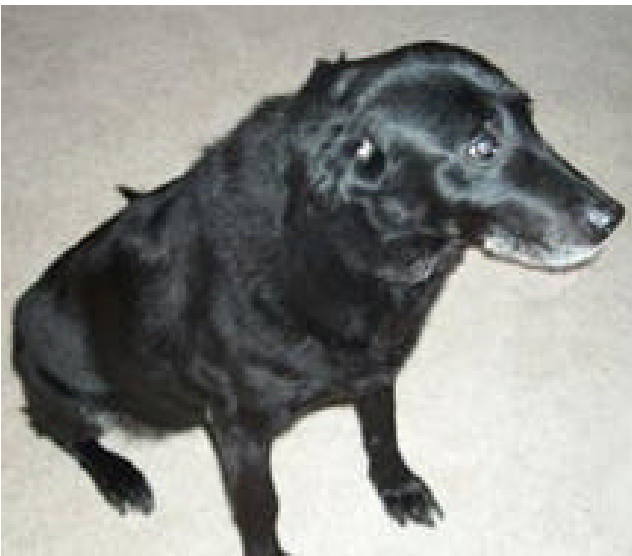
(To all Dog Lovers: The US Westminster will be held on February 12th and 13th at Madison Square Gardens, NY-City, NY. If interested for TV viewing times, consult your T-V Guide or call Freddi Miller.)

PVE dogs are very clever—when I made pleas for more dog histories three dogs responded with their own stories!

“It came to my attention (vis Freddi Miller) that there have been some inquiries about me. I am not really known and am seldom seen, so with no experience in communications I will ‘tail’ you a bit about me –

I was born in 1987 and taken by a breeder as soon as I was weaned. My new owners, Don and Donna, planned for me to be a field trails winner. Instead, I became Donna’s ‘house dog.’ I loved going along to exercise her horses or riding in her truck to get supplies. I slept in one of the kennels but had freedom to chase rabbits and scare up pheasants on their 40 acres in Gustine.

One day Bill Wullschleger, who was looking for a duck hunting buddy, and his wife Crys came to visit. Of course, I greeted them as enthusiastically as all other guests and when Bill made his decision of the pups available - I was chosen. (Bill said it was easy because as soon as I kissed his hand, he knew I was the lab retriever for him.) So off I went to my new home in Palo Alto and with a new name. My AKC name is Voo Doo Lady du Val - but now I’m just **LADY**.



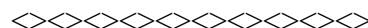
In Palo Alto I lost my huge exercise area but gained a bigger family – three grown children and grandchildren that I got to see and spend time with. The absolute best times though were the four months each year when Bill and I went every week-end to his duck club in the Suisun marshes. The breaking dawn there, in the duck blinds, is every bit as beautiful and spectacular as the sunsets at day’s end. You forget the cold and any discomforts because you and your best friend are together.

Now I am a senior, living since last May at PVE. From my fenced yard I see some of my fellow resident dogs walking past but my arthritic hips keep me close to the house.”

 “My name is **BUDDY** Mengotto, a Boston Terrier. I’ve been at PVE since May and brought my mistress with me. I was born in Madera April 25, 1997. In June of last year I moved to Benicia to live with my mistress and her grandson. That young man really scared me—he always *yelled* at me because I found interesting things on the floor and chewed on them. Finally, my mistress said to him, ... “young man, if you put your underwear and socks in the clothes hamper the puppy (that’s me) wouldn’t find them, and if you put things away you wouldn’t have a problem!”



Well, that grandson finally finished college and moved on WHEW! My mistress and I could finally enjoy ourselves; but then she felt our house was too large – and here we are in Paradise. I miss my friends, like the neighborhood cat I chased – but I do have a new friend here - she’s fabulous - with reddish hair and beautiful eyes - her name is **BERRY**! Ohh yes, my mistress’ name is Betty Mengotto.”



HEALTH, BENEFITS, TID BITS, AND OTHER THINGS.

By John Vernon

Over the past year, a lot of new changes in military health programs have come about and it's these programs that are being reviewed in this issue.

EMPANELMENT Approximately 98-99% of residents requesting empanelment have been approved whereby residents have been assigned primary care physicians at David Grant USAF Medical Center. This is a program administered by the TRICARE Flight (Office). It will serve your needs until the medical portion of TRICARE FOR LIFE is implemented on Oct 1, 2001.

TRICARE FOR LIFE. We read a lot of information produced by TROA, news media, etc. While TROA is usually an accurate source, it is still unofficial. Many news articles are speculation or good guesses. Be cautious of innuendo, rumors, and speculation, as official implementing instructions will come thru military channels. When this data is received by the TRICARE Flight, it will be passed on to you in a timely manner. Again, it is advisable to keep supplemental coverage or HMO's until Oct 1, 2001. Hopefully, within the next few months, more specifics will become available.

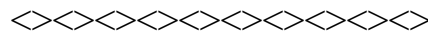
DEERS. Retired military and dependents are encouraged to review and upgrade DEERS information prior to TRICARE FOR LIFE taking effect. The easiest and quickest way is to go to Customer Service (ID Card Section) at Building 181 (old hospital) at Travis AFB. The phone number is 424-2276. Those of you who have computers may update address data at addrinfo@osd.pentagon.mil or www.tricare.osd.mil/DEERSAddress. Also, data may be faxed to (831) 655-8317 or phoned to (800) 334-4162. You may send data via mail to DEERS Support Office, Attn: COA., 400 Ginling Road, Seaside CA, 93955-6671.

VA CLAIMS. Residents with VA awards are encouraged to review them, especially those with 30-40% ratings. If condition(s) have worsened, over time, you may want to apply for an upgrade. By attaining a rating of 50% or better, you would be entitled to Priority I Care. This is like having another insurance policy since Priority I patients are entitled to care for all medical conditions, for life. Several of our residents have already opened new cases and were awarded the upgrade of 50% or better. Also, for those who have a 10% or better VA rating, for any condition, you are entitled to free hearing aids and eye-glasses from the VA.

APPRECIATION. Again it is a pleasure to express gratitude and acknowledge outstanding staff members of David Grant who have been of conspicuous assistance to our residents. They are as follows:

<u>WHO</u>	<u>WORK AREA</u>	<u>ACKNOWLEDGED BY</u>
Dr Krista Rankin	Family Practice	Col Roy Tweedie USAF (Ret)
Dr Stephen Lipscomb	Gastro-Entrology	“ “ “ “ “
Dr Allison Puckett	Primary Care	LTC & Mrs Warren Kieft USA (Ret)
Dr R.A. Penne, Capt. Earl Bartolomeo,	Hyperberic Med.	LTC William Johnson USAF (Ret)
Copt Kevin Cavanaugh, SRA M.P.	“ “	“ “ “ “
Ruocco, SRA Dawn Dudley	“ “	“ “ “ “
Dr Von Rosenvinge, Dr Crowley,	Emergency Room	Myrtice Godwin (Dep-USA)
Dr Trickey, Capt. Flowe, Lt Sears,	“ “	“ “ “ “
TSgt Howell, SRA Brewer,	“ “	“ “ “ “
SRA Grice	“ “	“ “ “ “

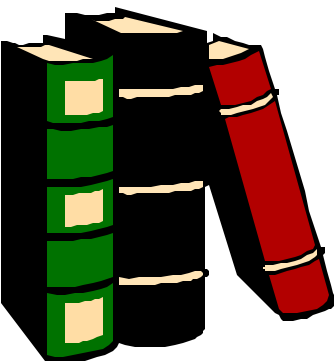
PERSONAL APPRECIATION. On behalf of PVE residents, appreciation is personally expressed to the diligent hard-working and upbeat enlisted members of the TRICARE Flight at David Grant who processed our empanelment requests over the past year. They were always available to assist. I anticipate they will continue to provide outstanding service when TRICARE FOR LIFE is implemented. MSgt Sabrina Kelley and TSgt Mel Lewis demonstrated conspicuous leadership skills while SRA Carlos Guerrero, A1C Denessa Lawson, and A1C Taveya Murphy were instrumental in processing applications. They all are dedicated and deserve our sincere gratitude.



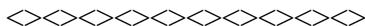
FROM YOUR LIBRARY

By Bev Clemson, Head Bookie

The Head Bookie began her career as Librarian, among other careers, in the early days of her motherhood in Temple City at the Methodist Church. There were only 400 books, but she was shocked to find Johnson and Johnson's Sexual Manual among them. Later in her days at Shadelands Museum in Walnut Creek as Head Shade Lady, she set up the old volumes that went with the 1903 house and also the history archives, not much of a task as there were not many books.



Head Bookie went on to the Contra Costa County History Center after 12 years at Shadelands and worked as Librarian there, as well as registrar, chief space maker, general jill-of-all trades. During that career she took the only training she would ever have, two weeks as Diablo Valley in Library Science. Or maybe it was "A Short Look at Library Science". At any rate, it was how to process all the 3X5 cards necessary to catalog a book. Then came computers! What a relief after 3,500 cards. We were always cramped for space there at the History Center, but after Head Bookie came up to Paradise Valley, the Center moved to Martinez into a building with loads of room. Just her luck! Always behind the door, or just off on timing, I'm not sure which. Anyway, Paradise Valley was a real challenge for her. After she arranged her own wall of books, taken from various places in her old home, she joined the group forming a committee at PVE library. A wonderful committee it was and she kind of found herself at the head of it after a while. The library had the greatest number of books she had ever encountered, at last count, 4,500, as of August 2000.



VISIT OUR FRIENDS AND NEIGHBORS...

(As of January 20, 2001)

David Grant

Fred Jueneman

North Bay Medical Center

Jean Buys

VA Hospital—Palo Alto

Ed Albrick

Laurel Creek Health Center

Bud Bammer	Robert Roden
Caroline Bernard	Donald Rodewald
Allen Clinton	Dennis Rose
Johnita Clinton	Rosa Suits
Helen Denend	Arnett Taylor
Rubye Hall	Lyelle Waples
Frederic Kelley	John Wester
Marion Kelley	Mary Jane Wettle
Bill Kruge	Francis Winner
Virginia Leforge	Bill Worden
Harry Noble	Preston Workman
Ruthe O'Toole	Janet Yeoman
Ray Price	

COMPUTER USER GROUP (con't)

The MacIntosh CUG met on the 3rd Friday of January at 7:30 PM with sixteen members present. The meeting was conducted by Jack Lindeman and the main topic for the evening was QUICKEN 2000. This included making Household Inventories, tracking bank accounts and maintaining investment portfolios. Also demonstrated was how to download and update Stocks and Mutual Funds prices online. The meeting was concluded with a short review of last meeting's Claris Works presentation for MacIntosh.

Reminder - We now have a CUG subscription to PC World magazine. This magazine and other current computer magazines may be found in the PVE small library.

Eye on the Internet—For a comprehensive website directory, the best covering many subjects is YAHOO at— www.yil.com/url. ◇◇◇◇◇◇

A NEW YORK MINUTE

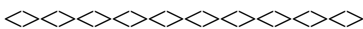
By Bob Steinkraus

That was a fine New Years Eve party that almost did not make it. The driving forces behind making it all come about was the duo of Ginny Weber and Charlotte Gearhart. If not for them the party would have been toast. First it was on, then it was off because few people were interested enough to sign up.. Was it the six bucks or the fact that it



was thought to be only a dance? We'll never know because when Steven told the ladies that he would have to cancel due to lack of participation they went to work at the cookie festival and got enough folks interested and signed up to make it worthwhile to go ahead. As it turned out Steven produced an excellent meal and Vince and Sally, as usual, did their usual excellent job with the music. The dance floor was crowded most of the time (they have learned not to play a bosa nova). Promptly at the strike of New Years, out came the Mummies champagne (that was midnight New York time).

Thank you, ladies for allowing us to celebrate in style and not serving the cheap stuff, either.

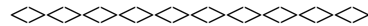


UPCOMING DINING SERVICES EVENTS

By Steven Mattingly

Dining Services will celebrate Valentine's Day 2001 by featuring two special cakes created by Debbie Rude. Debbie will showcase her creative cake decorating talents (remember the Oz Cake?) this time in a romantic tribute to Cupid. Chef David Kalbaugh will feature a special "made for two" appetizer that evening. We also will be promoting a Valentine's Day champagne special, offering bottles of Mumm champagne at \$10 per bottle.

On Tuesday, February 27, the Main Dining Room will take on the flavor of Bourbon Street in New Orleans as we celebrate the last day of the Mardi Gras season. A special buffet featuring the culinary delights of New Orleans will be offered during normal meal time of 5:00 pm until 7:30 pm. The Club will serve a special Mardi Gras Punch at no charge this day. Find your Masks, put on the beads and join the fun.



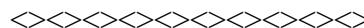
PRECIPITATION

By Pete Palmos

The following are the amounts of precipitation recorded on a rain gauge located on Estates Drive.

2000-2001 Season		
<u>Month</u>		<u>To Date</u>
Sept	.05	.05
Oct	4.02	4.07
Nov	1.28	5.35
Dec	1.17	6.52
Jan	2.58	9.10 (Through 01/20/01)

Last year through Jan 20th 5.15 inches rain was recorded at PVE. The official rain for the City of Fairfield is measured at Travis AFB. The total through Jan 20, 2001 was 5.52 inches. Normal season to date is 11.27 inches.



UPDATE FROM THE STORE (con't)

expense of the recently published PVE Biography Book, as well as to provide the funds for the soon-to-be Horse Shoe Pits. These are just a few examples of how this fund contributes to our Community.

Unfortunately, the Annual Garage Sales will no longer happen. This is due to the fact that there is no longer storage space for this event. Thus, one of us has stored donations/consignment items in our garage, and sell from there on an ongoing bases, posting the items in Maintenance, Laurel Creek Health Center, Resident In-House Mailroom, the Dining Staff's Hallway, as well as with Steven Mattingly for *E-Mail* distribution to all PVE Employees who may have missed seeing this list elsewhere. At present we have some rather nice large items, such as a couch, 3 desks, 3 upholstered living room chairs, coffee table, 3-drawer provincial chest, Eastlake style antique table, king headboard, 2 patio arm chairs, custom-made window dressings (for double and single window); also on consignment an entertainment center and a beautiful roll-top desk (reproduction). (Please remember - make PVE your favorite "charity" - we give donation slips for your IRS records, just as if you were giving to any favorite charity.)

AND BELIEVE IT OR NOT - A 1988 Ford Ranger Pick-up Truck in excellent-one owner condition and only 45,000 miles!! Yes, one of our Residents has donated this wonderful item to **"The Store."** We have all Blue Book information and specs including high BB, at \$4,200/high and \$2,400/turn-in on new vehicle. This item is offered to all Staff, Residents and guests, and will be sold as a "sealed bid" item with a minimum bid of \$3,000.00, goes to the highest bidder. If interested, the truck may be viewed in the first parking space nearest the creek of Building 1000. For complete information and details on how to submit your sealed bid, call Helen Millson, **"The Store"** Manager at 434-1907, or Fred-a Jurian, Chair, Ways & Means at 434-1710. All bids must be arranged for cash or check (sorry, no credit). **Bids will be opened at the same time and hour in "The Store" on Tuesday, February 6, 2001 at 12 Noon.** Those making a bid feel-free to attend.



MOVE INS FOR THE MONTH OF JANUARY, 2001

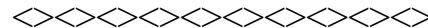
By Patti Luccioni

Lyle and Pat Miller
5007 Constitution Avenue
Henderson, Nevada

Bob and Billie George
1112 Estates Drive
Oakland, California
Referred by Jack Reding

George and Susan Simpson
5008 Constitution Avenue
Salem, South Carolina

Ev and Helen Morin
3206 Estates Drive
Santa Cruz, California



THE STAFF OF THE
ELYSIAN FIELDS
WELCOMES ALL OF YOU TO
PARADISE VALLEY ESTATES

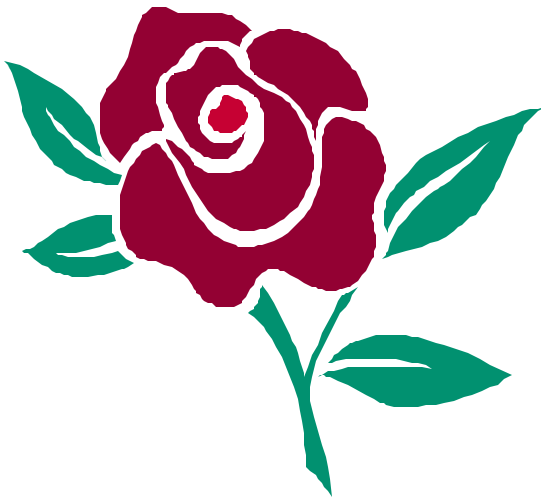


REMEMBERING

MRS. BESS SMITH

Loving Wife of Julius "Julz"
and loving mother

Arrived PVE: October 2, 1998
Died: January 13, 2001



Elysian Fields

Staff

Managing Editor	Bob Steinkraus
Copy Editor	Joan Teague
Assistant Editor	Fred-a Jurian
Staff Photographer	Jack Albrecht
Biographical Editor	Betty St George
Sports/Rec Editor	John Kroyer
Layout/Publisher	Jack Albrecht

Contributing Columnists

Elly Vasak	Jack Albrecht
Liz Wildberger	John Kroyer
Millie Healy	Bev Clemson
Bob Steinkraus	John Vernon
Mike Michael	Freddi Miller
Dominic Battistella	Ancil Baker
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Jackie Peterson	Earl Buss
Charles LaMond	John Barber
Fred-a Jurian	Helen Millson

Steven Mattingly

Patti Luccioni

Technical Consultant

Computers Jack Albrecht

Contributions to *ELYSIAN FIELDS* are welcome. E-mail to steiny@jccomp.com or frjurian@aol.com. Otherwise, please place copy in box 4019, double spaced and type-written where possible. Submissions must be in **not later than** the 20th of the month.

