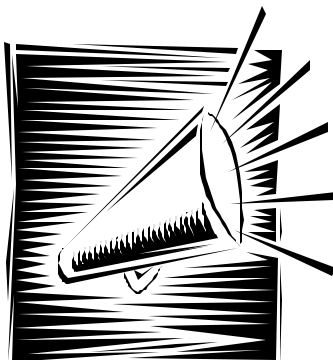


# ELYSIAN FIELDS

April, 2001

The Official Paradise Valley Estates Residents' Newspaper

Volume III, Issue 4



## SOUND OFF

By Bob Steinkraus

With this issue we republish the second of Jim Wirrick's past columns and they only get better as we go along. But as he said apropos Abe Lincoln. "You can please some- - - -"

Had one comment from a lady of strong opinion "What do you want to publish that old stuff for? Nobody cares about that," or words to that effect. Well no more free wine and goodies for that gal.

## This and Possibly That

By Jim Wirrick

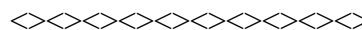
Well there, now then friends and neighbors... "tis time to rejoice." And immediately from a smart Alec standing in the back row... "How does one rejoice who as not yet joiced?" Answer: Just as you repent without penting, regard without guarding. And if you don't believe me, ask GOD (Good Old Dave) Hamilton, (*Former Executive Director*) who is paid to know everything. . .and often does. At least with sufficient frequency to please greatly the vast majority of us, who are happy to be in this privileged place where caring is more than a word. So... "Mr. Springbutt in the back row," as well as all other dissidents, "please be seated and pay attention." Now back to our rejoicement (?) . . . shall we hold hands?

The first item is solidly reassuring . . .The dress code remains unchanged! So said the flyer of 23 August. Therein we learned once more about collared shirts. (Hey committee . . . "banded shirts" are in now, and surely we want to be "hip," n'est ce pas?)

So much for item No. 1. Number 2. . .gun control . . .or the absence thereof. . .Let's hear it for our governor and legislators who just passed a bill limiting gun purchases to one per month. This will require a neophyte with no guns at all to wait 60 days before becoming a two-fisted shooter. And the poor

unfortunate who presently owns but one gun may have to trade it in on an AK-47 should he need immediate fire power beyond the capability of a single gun. Of course the 47 will require a different stock from the present one to be legal. I tell you, those legislators miss absolutely nothing! But there are experts among us who maintain sure lethality is best achieved by aiming but one gun at a time. So if they are correct, all is not lost. . .or is it? Well done governor and legislature! Continue your stumbling march. Let freedom ring or at least ricochet! ! Enough rejoicing for today. . .but do remember...the race is not always to the swift . . . but that is where the smart money is. And no, we cannot replace items missing from your silver pattern.

Peace in the Valley!

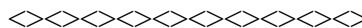


I did have a nice note from Bill James, the Daily Republic Editor. Without going into details, he helped get us started, so I mailed him a copy of the EF. His comment was; "Received your copy of *Elysian Fields*. Congratulations on the success of the publication. Community newsletters/newspapers are a wonderful thing. You can do what newspapers our size would love to do, but because of newsprint considerations and total circulation numbers, are unable to do.-----Success to you and your crew."

One other comment from a proud grandpa. I'm going to a Naval aviation training station in Mississippi to "wing" my grandson now a 1<sup>st</sup> Lt. USMC. This, I believe will be Marine Corps aviation first; three generations of fighter pilots from the same family. Just hope he gets F18s and stationed at MCAS Miramar.

Well, the Vernal Equinox has pasted, Spring has sprung and all is well with the world.

Peace in the Valley.



# HERE'S FRED-A

By Betty St George

Our move-in of November 6, 1997.....Fred-a Jurian started life in Las Vegas, Nevada. Her Dad was the first mayor of Las Vegas, and also was the only undertaker of the town; he had two mortuaries. Although he died when Fred-a was very young, there is still a building bearing his name... it is the Fred Strong Pennington VFW Post # 1753.

She moved to California where she grew up. Her formal education culminated with an AA de-



gree from San Mateo College. She married Frank Jurian at the age of 21. Their marriage lasted 47 years until Frank's death in 1995. They had two sons, Andy and Michael. Her husband was always associated with Stanford University and the Stanford Fire Department (45 years). In his last 25 years, he was the Fire Chief and also in the Department of Public Safety. He retired as Fire Chief Emeritus of Stanford University in 1990.

Fred-a said, "When my children were 6 and 10, I decided to go out into the world and to stop talking baby talk." She went out and found a job in the Physics Department at Stanford, and was there for 30 years. The larger part of the time (26 years) was spent with Arthur Schawlow, co-

inventor of the laser. He dealt in research and taught graduate/undergraduate classes. Fred-a was his executive secretary when he was Department Head and his research secretary and administrative assistant for the rest of the years. Fred-a commented, "We turned out PhDs, that's what my job was! I was the Mom to about 40 PhDs. Many have gone on to head such places as Lawrence Livermore Labs, Los Alamos Labs, and Sandia Labs. All of them went on to be very important in their fields of research or professors in whatever University they chose to teach."

Fred-a's most exciting day on the job was when Dr. Schawlow won the Nobel Prize for Physics, October 1981. The description of that day in her own words, "I was in the shower at 6:30 am that morning when my son who was not living at home then, burst into the bathroom to say, 'Mom, Mom, Dr. Schawlow has won the Nobel Prize.' He had heard it on the radio on his way to work, and stopped by to see if she knew about it." I hurriedly dressed, drove to the rear of the Physics Dept., dashed in and grabbed a great big cart from the stockroom, rushed up to his office and swept everything off his desk onto the cart and made it look like it was really a neat office because I knew we would be inundated with news media before too long. Indeed there were, newspapers from San Francisco and San Jose plus television cameras. Next was putting together a big party with the caterers on campus. When Dr. S walked into his office, he took one look and said, "My God, what did you do with all my important papers?" I told him not to worry, tomorrow they will all be back in the same place on your desk. "Well, you certainly were thinking ahead of me!" was Dr. S's comment.

Fred-a had the opportunity to deal with scholars from all over the world who worked with lasers. She said she really didn't appreciate what was happening during those years....she knew she had an important job and knew she put in lots of extra hours, and she knew she had spent many hours away from home; She took early retirement in 1988.

After Frank died she made up her mind to find a Continuing Care Community and looked at places from Medford, OR to Monterey Bay. She

# CHAIN OF COMMAND

By Charles LaMond with help from Russ Bowen

A *General who* at the speed of light has leaped to the stars, and escaped gravitation imposed by earth, now sits with angels at the feet of God, and ventures not with lowly earthlings.

A *Colonel* leaps over tall buildings with a single bound, is faster than a speeding bullet, can fly as high as a mighty rocket and gives policy guidance to God.

A *Light Colonel* must take a running start to leap over tall buildings, is as fast as a speeding bullet, when flying cannot penetrate the atmosphere and talks with God.

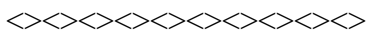
A *Major* can leap over short buildings, is not so fast as a speeding bullet, flies no higher than transports and loses a tug-of-war with a locomotive.

A *Captain* crashes into buildings when trying to leap over them, can shoot bullets when not drunk, has trouble flying, gets run over by locomotives, and talks with animals.

A *One John* stumbles against buildings when trying to enter them, wounds self with bullets when trying to shoot, can barely walk, and talks to walls.

A *Two John* can recognize buildings, gets wet when playing with a water pistol, still crawls sometimes, says "Choo-Choo Daddy" now and then.

A *Sergeant* lifts buildings and walks under them, catches bullets in his teeth and chews their butts, flies higher than a mighty rocket, smashes locomotives and chews their butts too, And Is God.



# PRECIPITATION

By Pete Palmos

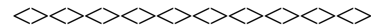
The following is the amount of precipitation recorded on a rain gauge located on Estates Drive:

2000—2001 Season

Month	To Date
Sep .05	.05
Oct 4.02	4.07
Nov 1.28	5.35
Dec 1.17	6.52
Jan 4.06	10.58
Feb 6.9	17.53
Mar 1.7	10.23 (through Mar. 20)

Last year through March 20th, 27.20 inches of rain was recorded at PVE.

The official rain for the City of Fairfield is measured at Travis AFB. The total through March 20th was 13.55 inches. Normal season to date is 18.09 inches



## DIXIELAND BAND

**???** interested **???**

Are any of you - "not too serious" - musicians interested in joining a small **Dixieland Group** to play for our own amusement??

I took-up Tenor Banjo too late in life to become very competent, but did play rhythm and single string melody in a small group at my former home in Florida.

We could use piano, clarinet, sax, trumpet, drums, bass, or whatever.....!!! .....*Please contact John Kersten - 427-1475.*

# A WW II ATROCITY -

## .... *That Was Not!*

By Irwin Rosen

The history of the time period of WW II is replete with countless episodes of proven atrocities. In this issue, let me tell you of one ... *that was not.*

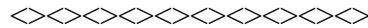
As the war in Europe ended and Americans who had been POWs returned to the U.S., the Army Medical Corps noticed an unfamiliar medical phenomena. Many GI's who had been injured in captivity had x-rays showing a fracture of the thigh bone with a metal rod down through the middle of the femur, usually with a healed fracture; the Army Surgeon-General's office suspected that this might be medical experimentation....especially Air Corps personnel who had incurred fractures when parachuting out of disabled aircraft over Europe.

The Surgeon-General sent a medical team to Germany to investigate what this new and strange form of fracture treatment was all about. Had the Germans medically experimented on our personnel? The German doctors hastened to explain. During the war, the Germans had many casualties and comparatively limited numbers of hospital beds. Fractures of the thigh bone were traditionally treated by traction or a large cast in hospital for many weeks or months. The doctors went back and resurrected an old failed technique of fracture treatment...a metal rod was placed down the middle of the femur, holding the broken bone in place while it healed. It had failed when first used in the early 1900's because the metals used were poor and reacted unsatisfactorily with the tissues. Newer cobalt stainless steel of the 1940's worked well and the Germans skillfully utilized this method. They showed the Army investigative team pictures of German soldiers having their thigh bone fractures "nailed" – insertion of the metal rod – and two or three days later being transferred to outlying barracks, making their own beds, sweeping the floor, taking care of themselves – with only a medical orderly to minister to a large group. Early leg motion prevented joint stiffness and muscle wasting. Early exercise was

able to be carried out with rapid recovery of good leg motion and strength.

The investigative team was very impressed that this was not an atrocity, but a major advance in fracture treatment. It became a standard method of treating many long bone fractures around the world. One of the early cases done at Walter Reed Hospital really proved the efficiency of the method. On his third post-operative day, a GI with a "nailed" leg fracture went AWOL down a fire escape. When found and arrested one year later, x-rays showed his fracture solidly healed.

Another example of the effectiveness of this method was Junior Bryant, the all-pro defensive tackle for the San Francisco 49'ers. Two years ago he incurred a nasty compound fracture in a pro-game. All the media sport announcers and writers said that was the end of his career. He underwent "nailing" followed by an early intense rehabilitation program. The next season, he was back playing.....and this year had another All-pro football season.



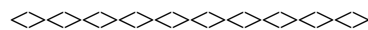
## GARDEN CLUB

By Jan Holderness

Our Community Gardeners will meet Wednesday, April 4<sup>th</sup> at 1:00 p.m. in the Multi-Purpose Room; Steven Mattingly will address the group. We will then show a special video on flower arrangements by a Sonoma lecturer and also share plans for the revised garden.

It is a good time to *alert* our PVE Newcomers to the Garden Club and the central brick patio – we would like you and your loved ones to be represented in this patio area and take time to see this very special place of *Memorial Bricks*. Our *bricks* are our only source of fund-raising.

Come to our Garden Club Meeting and please invite all of your friends to join us.



# COMPUTER “KORNER”

By guest columnist Kurt Gearhart

*Kurt is the son of Charlotte and John Gearhart. His day job is flying for Southwest Airlines. He is very knowledgeable about computers and has graciously agreed to write this month's column.*

## **Hand-me-down computers for the "first timer" or learning to mow the lawn with hedge clippers.**

So one of your kids got a new PC (personal computer) and they sent you their old one. Yippee!!!...A free computer! Now you're ready to leap into the computer age...or are you?

Before you go any further, you should understand a few things. Learning how to use a PC is not easy. You will invest time, effort and probably some money before it begins to meet your needs. The capabilities, and age of your PC, combined with your desires and patience will determine your level of satisfaction. Before you proceed with your "vintage" PC, you need to enlist the help of someone knowledgeable in computers to determine if this PC will meet your needs or just fuel your frustration.

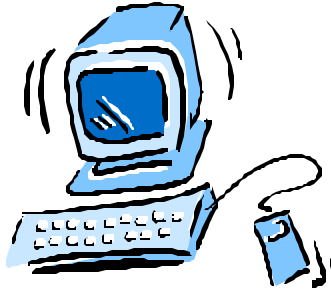
**What are my needs?** You've survived this long without a PC; what could it possibly do that you really need? The answer is.... nothing. But, once you start learning how to use a PC, especially if it easy to use and has current capabilities, you will see a whole new world at your fingertips. A PC can enhance almost every aspect of your life. Below is a list of the most common uses for home PCs. (Each year a few more items get added):

1. Research unlimited sources through the Internet make it better than the Library of Congress. (You can become an expert without leaving your home)

2. Send and receive e-mail.

3. Research, evaluate, and buy products and services. (Why drive to the store?)

4. Personal finances (on-line banking, do taxes, manage investments)



5. Entertainment (games, listen to Rush Limbaugh, music or DVD's, record CDs)

6. Create greeting cards, letters, posters, booklets, banners, or design projects.

7. Edit pictures or videos.

8. Scan and save pictures on a CD.

9. Control security equipment, house lights and appliances.

**Won't my "free" computer do all of these things?** The answer is yes and no. Because the computer age is still in its infancy, PCs are being improved rapidly everyday. The basic speed of computers is doubling every 6 months. This "cutting edge" technology has a useful lifespan of somewhere between your longest and shortest tour of duty. Sure, your PC may run for 50 years without breaking down and your old programs will continue to work as they did before. But as time goes on the conveniences, speed, and capabilities offered by newer faster computers will be unavailable to you. New software and components for computers are being developed to take advantage of these faster PCs. As a result, *your 4-year-old computer may not run any new software sold in stores today.* It would be like trying to learn how to drive a horse and buggy on a dirt road while seeing everyone else driving Dodge Vipers of the future. They'll be safely doing 200 mph in the fast lane, being automatically driven to their favorite shopping center or hardware store using GPS navigation and automatic braking, all while talking to their loved ones...yet, you won't even be allowed on the freeway.

**I got this thing for free; I don't want to spend any money until I know what I'm getting into.** What is your time worth? In general, an older computer will require more time to learn, be more frustrating to master and offer much less capability than a newer one. If you are lucky, you might have help from a knowledgeable friend. Make sure he or she is a good friend. The older the system, the more you may rely on that one individual who can help you. This may stress your relationship. But even if you master this old system, you will have invested a great deal of time and effort in a PC that may be obsolete in 1 year. Then you will have to start all over again with a new computer (Not a problem

## COMPUTER "KORNER" (con't)

for an experienced or young computer user). But even I am beginning to loath change....especially when it is not necessary.

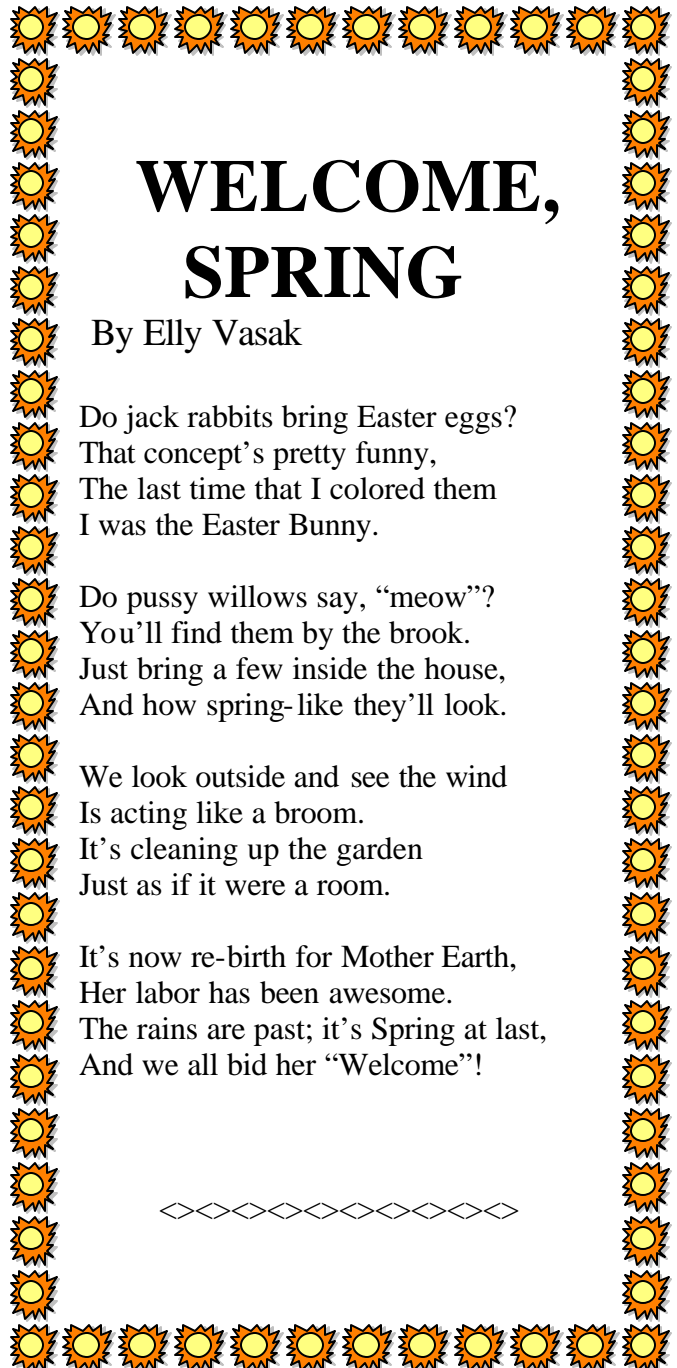
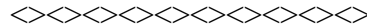
**But all I want to do is send E-mail.** Sure, a very old computer will do e-mail (assuming you can find an Internet provider that will support your "vintage" PC). Also, while the rest of the world may be sending live video with their e-mail. You may be stuck with text only. I can only speculate what additional features will become available in 2 years and require more processing power than you have "under your hood."

**OK, so where can I find a "geek" and how can he help me with my vintage system?** PVE has several computer users' groups. Contact Dominique Battistella at 421-8676. He will help you find a local computer person who can evaluate your needs and determine if your PC can meet them...or if you should box it up and send it to the Smithsonian. (I suggest you get more than one opinion before doing that). He'll also invite you to a user's group meeting, where you can ask questions and find many friends willing to help you get started.

**What is the absolute minimum system you recommend?** Open any computer magazine and look for the computer ads. Find the least expensive computer and divide each of the specifications in half. Barring any dramatic technological breakthroughs, those specifications should carry you at least 2 years. Right now (Mar 2001) the **absolute minimum** PC system I recommend is: 350 MHz processor, 32 MB RAM of memory, USB ports, 2 Gigabyte hard drive, CD Rom, 28.8 Modem, 17" monitor. This is technology that was top of the line 3 years ago. Anything less than this (even if you got it for free) may present serious shortcomings in less than a year and learning to use it may not be worth your time and effort. *Even this "minimum" system will have limitations from the first day you use it* (especially if you desire to work with photos). In reality you would be better off learning from a system that is no more than 1 year old: 700MHz processor, 128 MB RAM, 2 USB Ports, 10 Gigabyte hard drive, CD ROM, V.90 Modem, 19" Monitor. This PC will last you 3 to 4 years. At that point, it will be "old." But you will be comfortable with it and

able to make an experienced decision whether it still meets your needs. You may keep it longer or you may "get the fever" and decide you need a new computer every year.

So as you wonder whether this free PC in front of you will help you make the leap to the computer age, remember to ask yourself, what is your time worth? There is a reason someone gave you this computer and it was probably not because it met *his or her* needs. It could be a good learning tool or it could be a lesson in frustration. Check out your local computer user's group to find out.



# WELCOME, SPRING

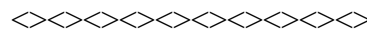
By Elly Vasak

Do jack rabbits bring Easter eggs?  
That concept's pretty funny,  
The last time that I colored them  
I was the Easter Bunny.

Do pussy willows say, "meow"?  
You'll find them by the brook.  
Just bring a few inside the house,  
And how spring-like they'll look.

We look outside and see the wind  
Is acting like a broom.  
It's cleaning up the garden  
Just as if it were a room.

It's now re-birth for Mother Earth,  
Her labor has been awesome.  
The rains are past; it's Spring at last,  
And we all bid her "Welcome"!



# SPORTS AND RECREATION

## GOLF and OTHER STUFF

By John Kroyer and Millie Healy

March gave us a beautiful day for golf, 27 players and 3 winning teams. The first place team consisted of executive chef David, Pat Glover (again?), Don Herrington and Glen Dow. We have one new member of the Golf Group who has played in the last three tournaments who has to be a suspicious character. Upon arrival, he told me he can't move his shoulder, has a bad back, has not played golf for six months and can't play

within twelve strokes of his old handicap. All this and we are not even standing on the first tee trying to settle on a wager. In only the three PVE tournaments he has played, he won

the first and placed second in the other two. Attaboy Earl Graham, you are my kind of guy, only I can't measure up to you much as I would like to. (Ed. Where I come from guys like this are known as *SANDBAGGERS*.)

Finally, the fourth semi-annual billiard double-elimination tournament reached a conclusion. It reminds me what is said about economics. "If you laid all the economists in the world in a straight line, they still would not reach a conclusion." 14 pool players worked their way down to the final two, Lorne Hillier, a previous champion, and Dominic Battistella. You can't keep a good Italian down. Yes the Italian persevered and he is now the reigning billiard champion.

Keep a lookout on PVE TV for a dedication of the soon to be completed horseshoe pitching pit. And, keep your eye on the ball whether playing golf or tennis.

## PUNCH TENNIS

Often when you are playing at net, a ball never seems to come your way...just start humming to

yourself "Standing on the court watching all the balls go by," and LOOK OUT!! The next ball is coming right at you! Always have your racket up and in front of you. When the ball does come - do not swing at it ----- just punch it away firmly.

Never touch the net with your racket or body, never reach over the net and hit the ball before it crosses the net cord. Call the 'fault' on yourself, but most often your opponent will as after all - you do lose the point.

"My racket is here!! -- The ball is there." --- Fred Shaffer

"We get two feet outside all the white lines" --- Jack Lindeman and partner, while playing against Isabel Redfield and Jean Hilbrink

## BINGO JACKPOT WINNERS

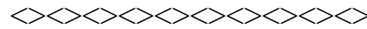
February 27 Elinor Weinberger and

Crys Wullschleger

March 6 Ceil Bellinger

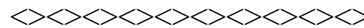
March 13 Jackie Martin

March 20 Alice O'Toole



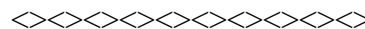
## MEMORIAL DAY

The Monday May 28<sup>th</sup> Memorial Day Program will be at 11:30 am followed by a Memorial Day picnic.



## EASTER SUNDAY

The locally renowned PVE Choral will present a cantata on Easter Sunday titled "From Glory to Glory", a service of exaltation for Easter. The group is under the direction of their leader, Carol Block.



## GOURMET CORNER

By Mike Michael

Chair Bill Halliday convened our meeting at 4 p.m. sharp (you can set your watch and count on all hands being there, and on time!!).

Highlight of the gathering was the Coffee Tasting put on by Peerless Coffee Company of Oakland (since 1924). We tasted and graded five of their brews including our current PVE coffee (purchased from another vendor). We did not have universal agreement on choice but a larger number of tasters chose, as number one, our current blend and Peerless' matching blend!! Are we in a rut or



something?

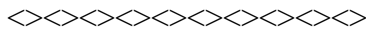
In the future ALL take-out menus should carry (as should ALL paper put out by PVE) a *DATE!!*

Most complaints were related to slow service and duly noted.

Staffing for Saturday noon meal should improve with increase in staffing.

"Chef's Special" will in the future be referred to as "*Chef's Special for The Day!*"

By the time you read this - the new menu should be in use.



## PVE MARKETING NEWS

By Patti Luccioni

### Move-Ins for the Month of March, 2001

Sanner, Joseph, Maj., USAF (Ret) & Angelina  
2209 Estates Drive  
Novato, CA

Verbeek, Harry, Col., USAF (Ret) & Florence  
5011 Constitution Avenue  
Santa Rosa, CA

Jarvis, Benjamin, Capt., USN (Ret) & Patricia  
5845 Constitution Avenue  
Sonoma, CA



## "IF I KNEW"

If I knew it would be the last time that I'd see you fall asleep, I would tuck you in more tightly and pray the Lord your soul to keep.

If I knew it would be the last time that I see you walk out the door, I would give you a hug and kiss and call you back for one more.

If I knew it would be the last time that I'd hear your voice lifted up in praise, I would video-tape each action and word so I could play it back day after day.

If I knew it would be the last time I could spare an extra minute or two, to stop and say "I love you," instead of assuming you KNOW I do.

If I knew it would be the last time I would be there to share your day... Well, I'm sure you'll have so many more, so I can just let this one slip away.

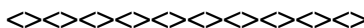
For surely there's always tomorrow to make up for an oversight, and we always get a second chance to make everything right.

There will always be another day to say our "I love you's." And certainly there's another chance to say our "Anything I can do's?"

But just in case I might be wrong, and today is all I get, I'd like to say how much I love you and I hope we never forget...

Tomorrow is not promised to anyone, young or old alike. And today may be the last chance you get to hold your loved one tight.

So if you're waiting for tomorrow, why not do it today?



# AWAY WE GO . . . .

By Liz Wildberger

*April in Paris, anyone?* What about an afternoon with pianist Richard Goode? On **Sunday afternoon, April 1**, music lovers will be able to hear this universally recognized pianist at Zellerbach Hall in Berkeley. Always thoughtful, full of joy, and deeply moving, his performances give the impression that what you hear is the composer at work before you, creating the music on the spot. Wine makers at the Jarvis Winery in Napa have practically reserved a permanent parking space for Big Blue-and-White. A tour to this elegant establishment is being booked as “Jarvis III”, and it will take place on **Tuesday, April 3**. “Fearless Leader” and Antiquarian-in-chief, Robert Dempsey leads a band of treasure hunters to the 57<sup>th</sup> St. Antique Market in Sacramento on **Thursday, April 5**. If you and H.&R Block have finished with that tawdry time-consumer know as tax preparation, your sense of humor may be restored on **Friday, April 6**, when a performance of a comedy, “Love, Sex and the I.R.S.” is presented at the Dreamweavers Theater in Napa. To round out a weekend of theater, on **Sunday, April 8** the hilarious “Taming of the Shrew,” by the April Birthday Boy, William Shakespeare, is being offered at the Dean Leshner Center in Walnut Creek. Rearranged and tweaked into musicals, updated versions, and other dramatic forms, this comedy about a feisty, spoiled beauty has been packing audiences in since the ’60’s (1660’s, that is.) The Walnut Creek production will be played in the traditional manner, because one can’t really improve on a good thing. **Wednesday, April 11**, residents will have an opportunity to attend a performance by the Mark Morris Dance Group, at UC, Davis. Critics have described this choreographer as “the Mozart of modern dance.” His eclectic dance training, combined with a fascination for American television and oriental theater, allows him to draw on a remarkable range of styles and traditions. Liking his dances is easy –they make you fall in love again with dancing, dancing to music, dancing as instinct and life force. **Thursday, April 12**, Mare Island will be the destination for a day trip that explores the newly-opened tour services in Vallejo. Docents will lead a “history tour”, recapturing the bustle and excite-

ment of a great naval facility, and contrasting the industrial side of Mare Island with the beautiful residences, chapel and clubs that are at the heart of the Island. Tiffany windows in the chapel are a highlight. Lunch will be included as part of the tour. The PVE bus finally gets a day off, as participants board a “luxury coach” for the round-trip journey. The local area has some fine wineries and interesting businesses, and a trip scheduled for **Thursday, April 19** will visit the V.G., Buck Olive Company, several local wineries, and pause for lunch at “Vintage Cafe” in Mankas Corners. The Marin Symphony will present a concert featuring Richard Stoltzman on **Sunday, April 22**. The concert is titled, “Clarinet Fever” and showcases selections featuring the “licorice stick”. On **Wednesday, April 25**, the Carnegie Jazz Band visits UC Davis for a great evening of music. Jazz performances have been very popular attractions, and the UC Davis schedule includes several outstanding groups. On **Thursday, April 26**, a trip to the State Capitol and California State Museum in Sacramento is planned. This is the second tour of these interesting and historic places. Knowledgeable docents lead the tour and offer little-known anecdotes about California government and governors. To close out the month, the Vanguard Jazz Orchestra will offer a concert on **Saturday, April 28** at UC, Berkeley. Check PVTV and the “Green Book” for additional listings. The Activities Committee is always open to suggestions for trips to interesting places, so please share your favorite excursion destination or musical event with Lise Hansen, Community Services Manager, or her new assistant, Pat Carroll. For advance planning, here’s a list of May trips:

## Upcoming Events in May

**Thursday, May 3:** “Pierre et Gilles” Retrospective, Yerba Buena Center, SF

**Friday, May 4:** Resident/Employee Pot Luck Picnic

**Saturday, May 5:** Pops Concert, Solano Symphony

**Wednesday, May 9:** di Rosa Preserve, Napa

**Friday, May 11:** String Trio at PVE, 7:30 p.m.

**Saturday, May 12:** Smuin Ballet – Gershwin program, San Francisco

# MEET YOUR NEWSPAPER STAFF

By Bob Steinkraus

This month we introduce our Assistant Editor, Joan Teague and Sports Editor, John Kroyer. Both are very active in PVE life. If it were not for Joan's sharp eyes there would be many more typos and grammatical errors than you now find in this paper.

She is also heavily committed to the Clerisy group and the writers group doing memoirs and short stories. We are lucky she volunteered to help us out on this publication.



John Kroyer, on the other hand is very much in charge of the sporting activity here at PVE. He is one of the original founders of the golf group, dictates the rules in the billiard/pool tournaments, has installed our horseshoe pit, and if he asks you to play a round of golf, get strokes or bring plenty of money. They tell me that John also plays a mean hand of gin rummy and cribbage.



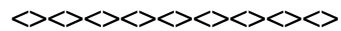
# VA-REP ENLIGHTENS VISUALLY IMPAIRED

By John Wash

Last month's meeting of PVE Visually Impaired Group Support (V.I.G.S.) featured the leader of the Department of Veteran's Affairs Low Vision Clinic in Palo Alto, Marge Donovan. Marge's program furnished help to veterans with low vision afflictions so they can cope more easily with some of the barriers posed by their inability to read ordinary type, distinguish between articles of similar color, as well as constant and elementary introduction into computer usage.

Blind since birth, Marge was accompanied by her driver and her seeing eye dog. The VA Low Vision Clinic is open to both in- and out-patients. The in-patients live at the Clinic for six to eight weeks going through exercises and using special equipment to enable them to use their peripheral vision more efficiently for reading. All costs are borne by the Clinic, but Marge cautioned, the programs are not open to dependents of veterans. A special bonus was the fact that all equipment needed by the vet was free even though the cost ran into several thousands of dollars.

The V.I.G.S. will look into making an exploratory trip to Palo Alto in the near future to inspect the Low Vision facility.



# PAWS AT PARADISE

By Freddi Miller

## At the End of the Lead

Just after I reported seven poodles living at PVE I had dinner with another poodle owner, Bea Munter. She wrote *"About My Poodle"* for this issue:

"We found **ROCKIE** a year and a half ago. He was either lost or abandoned at the Fairground stables in Rocky Ford, Colorado. We advertised, but no one claimed him...the vet said he was about 8 years old.



He has been a gift from heaven ... a wonderful dog ... obedient, seldom barks and very friendly. While my late husband, Alden, was in the Health Center, **Rockie** was so good to him and lots of company sitting on his lap or on his bed. *Thanks to all the nurses for being so nice to Rocky!*

**Rocky** only weighs 5 pounds and has a black body with a silver face and head. He is so cute! He is my friend! I love taking him for walks and enjoy having people stop to talk to us...and he

loves it!"

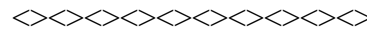
## DOG SCAN:

### Canine Cancer Detection

There is an almost unbelievable task that dogs can be trained for...detecting melanoma!! In 1989 a medical journal reported that a Border Collie/Doberman mix kept sniffing the same spot on his owner's leg. The woman insisted her doctor examine the spot – it was melanoma and her life was saved.

Dr. Armand Cagnetta, a dermatologist who specialized in skin cancer had been bothered by the fact that one in five melanomas are not discovered in time to successfully treat the patient, read the above report and wondered if a dog could be trained to detect skin cancer. Dr. Cagnetta contacted Duane Pickel, an expert dog trainer to ask if the task might be possible. His reply was that a dog can be trained to find anything you need ..and volunteered to train his Standard Schnauzer, George. According to Pickel, dogs can smell 220 million times better than humans.

George, already a certified bomb-detecting dog, was successfully trained to detect melanomas. Over a ten month period George was able to identify melanoma on six of seven patients. While dogs may never be used in physicians' offices, understanding how the dogs are able to detect cancer may allow scientists to develop new medical equipment. Currently Pickel is working with researchers and two other dogs trying to create a medical system that emulates how dogs smell cancer. For more information about this remarkable achievement go to: [www.imaginis.com](http://www.imaginis.com).



Meow!



Woof



# COMPUTER USER GROUPS (CUGS)

By Dominic Battistella

In addition to the regular 3 Computer User Group meetings for April, a Special meeting for paid up CUG members only, will be held on Thursday, 19 April between 4:00 and 5:00 PM in the small MPR. Light refreshments will be served to celebrate savings made by your planning committee since our first meeting almost a year ago.

The afternoon Special Computer Program held on Friday 2 March with guest speaker Mr. Eric Johnston, Microsoft Marketing Manager for Northern California, treated almost seventy PVE residents to a look at the present and future of how Digital Media can work with pictures, music

and movies on our home computers. We were shown how this new technology is making significant changes in the way we live, learn and play. Microsoft's new Windows ME was designed with new features such as,

Windows Image Acquisition, making it easy to get pictures from scanners or digital cameras - also Windows Media Player 7 where we can find, organize, and play digital music and finally Windows Movie Maker, giving us tools to digitally edit, save and share home videos with family and friends.

At the end of the program, a drawing was held to give away 3 Microsoft software programs. 1st prize, Windows ME went to an unidentified resident, 2nd prize, Picture It - Publishing Platinum went to Howard and Mary Peterson and 3rd prize, Pandora's Box went to Ancil Baker who donated it to our Computer Group.

The INTERNET Computer Group met on Friday 9 March. It took three men (hmm) to take Jackie's place since she is out of town till 1 April. Because of her many commitments, Jackie asked to be relieved as Leader for this group; however she said she will be available to participate in future meetings as time permits. Jack Albrecht covered the pros and cons of Anti-virus programs McAfee and Norton as well as security with Firewalls and ZoneAlarm. ZoneAlarm is a FREE

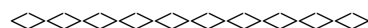
download at [www.zonelabs.com](http://www.zonelabs.com). Tom Martin who volunteered to help with our Computer group covered a couple Frustrations and Victories and then I closed the meeting where Jackie left off with our Professor Teaches CD - How to work offline with previously downloaded Web pages and how to update these pages using the Synchronize menu. I also covered how to review and delete Temporary Files and History Files.

The MACINTOSH Computer User Group meeting on Friday 16 March was attended by 10 members. The session principally covered problems involving backup procedures, the need for anti-virus programs while on the Internet and the procedure for downloading email attachments. Work still needs to be done to find a good format for PC to MAC email communication. Also reviewed were - sound controls - use of headers and footers and accessing shortcuts while using a Word Processor program and replacement of computer batteries that die while under warranty.

REMINDERS - 1) Residents wishing to include their email address in the next PVE Phone Directory should submit the address to our Executive Secretary Kris Mack as soon as possible. 2) Unpaid residents who have signed up for our Groups need to do so or they will be dropped from our roster next month. 3) Current Computer magazines are available in our Library. 4) For new residents info- we have one computer online in the Library and two computers in the Rec Hall, one of these is online and all three are available for use by residents. Finally those wishing to join one of our groups may call me at 421- 8676.

EYE ON THE INTERNET - The Disabled American Veterans (DAV) now has their own website at [www.dav.org](http://www.dav.org). They also have added their own Internet Service at [www.dav.net](http://www.dav.net) at a reasonable price with no commercial advertising. Part of the \$13.25 monthly service for DAV members will go to benefit disabled veterans and their families.

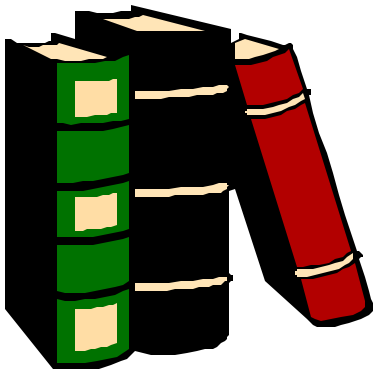
For a variety of interesting topics try [www.usaweekend.com](http://www.usaweekend.com). Stay Tuned.



## FROM YOUR LIBRARY

By Bev Clemson, Head Bookie

This month we are concentrating on the magazines that abound in the Library. We have a round table that has most of our donated magazines on it. What is not there is what we do not receive. Get it? *You* are the donors. We are looking for donors of **BOTTOM LINE** and **CONSUMERS REPORT**. Anyone who takes those and would like to donate the old copies, would be greatly appreciated. Nothing from last year, please. We do accept



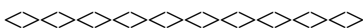
National Geographic, but only the current issue.

Atop the right-hand stack is another section which is devoted to sports magazines. Under the clock we have "Money" magazines and ones of special interest,

like veterans. Against the front wall on the left as you come in, there are collections of magazines in open-ended file boxes. These are mostly *Architectural Digest*, *Colonial Homes*, *Readers Digest* – the magazines that never grow old. They are mainly for reference.

We subscribe to several newspapers: *Wall Street Journal*, *Daily Republic*, *Sacramento Bee*, *San Francisco Chronicle*, and *Reporter*. Read them and fold them back up for the next person, if you will, please. We try to be tidy.

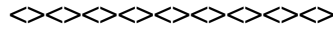
Oh, yes, and the old magazines go into the green box under the clock area, designated "for hospitals." Take any of these you want to read or take with you to those poorly equipped hospital waiting rooms or dentist offices with our thanks. The sign "Fairfield Library" on the green box is for *Friends of Fairfield Library*. We take these every week to them and they sell them in their book sale. They give us large print books and magazines.



## FROM YOUR PROOF READERS

By Joan Teague

The Copy Editor is terribly sorry  
That errors sometimes slip through  
With names misspelled that make it seem  
That you are not even you.  
So if your name has an extra "i"  
Or totally omits "udime,"  
Be assured that we will try even harder  
To get it correct the next time.



*(The Editor also apologizes for errors!!)*

## AFTERNOON DANCE SERIES PLANNED

By Steven Mattingly

Community Services and Dining Services have put together an afternoon dance series for Spring 2001. The first in the series of three dances will be held on Friday, April 13 from 3:30pm until 5:30pm in the Lounge adjoining the Main Dining Room. The theme for this first dance is "Dancing in the Tropics".

Locations for dances planned for May 11th, and June 8<sup>th</sup> will be influenced by the weather. We hope to have these future dances outside at the Pavilion or on the patio next to the pool. A no host bar will be available along with light hors d'oeuvres. There is no charge to attend these events.



Bring out your dancing shoes, your best dancing clothes, and your best sense of rhythm and join the fun.

