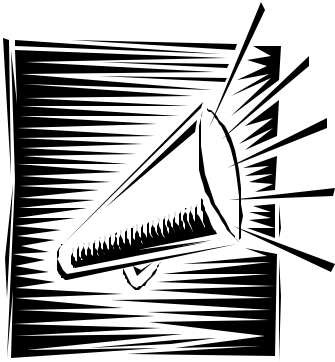


ELYSIAN FIELDS

October, 2001

The Official Paradise Valley Estates Residents' Newspaper

Volume III, Issue 10



SOUND OFF

By Bob Steinkraus

This may very well be old news by the time we go to press but it bears repeating. I brought this to Gaylon Rude's attention on September 5th after finding out about the procedure over the dinner table

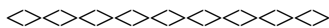
the prior evening. He spoke to Ron Ridley and it was to be addressed, he tells me, at the Town Hall Meeting. I've been here since November 1997 and had never known about it....this applies to a person living alone in an independent-living residence.

When that person dies, Security changes the locks in the residence at the earliest opportunity, could be within twenty-four hours. Thereafter access will be granted only to persons designated in writing and on record with the PVE Front Office, as a part of your personal file there.

Hopefully this subject will be clarified in writing and issued to all Residents. It is not covered in the Resident's Handbook.

Here is another little gem I found out when having dinner with Earl Graham. You know the numerous return address stickers we get in the mail? Don't throw them out. Get a pad of meal chits and stick one on each where the name and residence number goes. Presto, all you need fill in is the date the other required information.

I also want to express the gratitude of all of us to John Vernon for the great work he has and is doing to get everyone up to speed on TRICARE FOR LIFE and TRICARE PLUS. Good on you John. Until next month – Semper Fi and Peace in the Valley.



FROM YOUR COUNCIL PRESIDENT ~ ~

Three years ago Millie Healy, Otto Vasak and I were elected to serve the first three year terms on PVE's Residents Council. We were a much different community then – we stood at 54% occupancy, and parking was no problem. What changes time have brought!

The three of us will complete our tenure on the Council this month and, as outgoing President, the *Elysian Fields* has invited me to address our Residents and to thank the many who have made our terms of service pleasant and I think successful.

First, I marvel at the wonderful life-style we enjoy at PVE and will forever feel indebted to the Officers on the NOCROC Board for their envisioning the need for such a community, and as well, their dedication and hard work to see it through to completion...all of this without personal financial compensation.

Special thanks to MajGen Thomas Aldrich who saw the need and got the "ball rolling" – To MajGen John Collens, former Chairman and the "hands-on" man during the development. Also to Col Paul Bergerot, present Chairman and to other members of the Board – all of whom are dedicated to the goal that PVE is, and will remain, the premier Continuing Care Retirement Community in the Nation! Believe me, the Board listens to all suggestions and comments from The Council and in all cases act in the best interest of the Residents.

The Council's relationship with PVE Management staff is close and cordial and all our meetings have been conducted professionally and in a constructive environment. I thank Ron Ridley and his staff for affording us security, good health

Continued on page 4

THE GREAT OUT OF DOORS BECKONED THEM

By Betty St George

Joan Teague claims South Bend, Indiana as her original home. Her growing up years and schooling took place there. Off to Oxford, Ohio to attend Miami University. Joan recalls her college years with happy memories. After graduation with three of her friends she headed for New York where again fond memories remain. Joan and John were married in New York but that was not where they met. They met when John was at Notre Dame in the Midshipman Program. Joan's



sister had a date with a midshipman who was John's roommate and he asked her to get John a date. After her sister exhausted her whole list of friends unsuccessfully, in desperation she turned to little sister Joan. As Joan tells the story... literally she scraped the bottom of the barrel and asked me. The rest is history!

John was born in Alabama, one of 8 boys and one sister. John was in the middle of his siblings. He and his three younger brothers served in WWII and they all came home safely. While Joan was in New York, she worked for the publishing company, Julian Messner. If you know Joan, you know she loved her job. They published wonderful children's stories with titles such as *Mister Pink and the House on the Roof*, *Melindie's Medal*, which won a Newberry Award; another

was *Francie and Geesy*. Joan says she owned their entire children's book collection and read them over and over to her seven children. But alas those books were lost somewhere in time. One of their sons who now is a book store manager would have loved to have them in his collection. Joan lights up when she talks about books. Her enthusiasm and talent in story telling is most intriguing. I can visualize a group of children sitting on the edge of their seats, wide eyed and hanging on every word.

After the war they lived in Alabama for a short time; then John went to Michigan State to finish his interrupted schooling and get his degree. They spent 6 years in Michigan before coming to the San Diego area, where they spent the next 46 years. John stayed in the Naval Reserves and retired with the rank of Lt. Cmdr; He owned his own business in San Diego as an Independent Insurance Agent.

When John and Joan and the children arrived in San Diego, John was still in the Navy, and spent all of their free time exploring the area; Joan loved the beach and all it had to offer. While John was out at sea on the LST he skippered, Joan and the youngsters swam and took sailing lessons.

Volunteering in a wide variety of activities kept them both busy for years. Some of them such as Room Mother, PTA, Indian Guides and chauffeuring to sporting events will be recognized by the readers as the norm of the day. But one of their true loves was camping. Places like Mt. Palomar and Mt. Laguna were favorite spots to go apitch a tent and do their hiking. Once Joan was instrumental in getting a group together that borrowed canoes from the Boy Scouts for a trip down the Colorado River. They all enjoyed it so much they repeated the excursion several times. Somewhere in all this John pursued his hobby of gardening. The yard must have been big and very lovely for one small visitor was heard to say, he was going to the park to play....this was on his way to the backyard.

Joan and John delight in traveling. They have been in 49 of the United States, missing only North Dakota. Their favorite spot in the US is Yosemite. Memories of climbing to the top of the Yosemite Falls brings back wonderful feelings.

“SACRED COW”

By Ancil Baker

A Douglas DC-4 was the first airplane assigned to Presidential duty. Trouble was, President Roosevelt was a Navy man and didn't like flying. The only time he ever used his aircraft was to fly from Malta to Yalta, having been carried to Malta by the Navy's heavy cruiser Quincy.



A unique feature of the aircraft was an elevator to lift the President in his wheelchair. Then he had a private room with a comfortable chair at a desk next to a big window on his left. There was also a bed and, of course, a big seascape picture on the wall facing him.

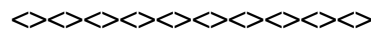
President Truman inherited the airplane and while aboard he signed the National Security Act that established an independent Air Force. When he was given a Douglas DC-6 he named it “Columbine.” It, too, is on display at the Air Museum.

The “Sacred Cow” was relegated to the Fleet of Administrative Aircraft based at Bolling AFB, across the river from Washington National Airport. Here it remained until about 1963 when it was junked in the nearby Camp Springs Bone Yard, along with “Enola Gay” and other historical memorabilia..... At Bolling there were only a couple of us qualified to fly her, so I logged many an hour flying to all four corners of the US, as well as to Mexico City, Ottawa, Labrador, Iceland, Wiesbaden, Kaiserslautern, Copenhagen, Paris, Madrid, Lages, Bermuda, Puerto Rico, “etcetera.” ... The only use ever made of the elevator was to hide overseas bargain whiskey from customs inspectors.

In 1988 I made my one and only visit to our Air Museum at Wright Field, Dayton, OH where I met the Director and asked if I might help him in locating airplanes lost in Alaska. Come to find

out, he knew more about it than I because he had really researched it. He even had the restored O-38 that I had flown in Alaska and which had been salvaged from its crash scene. Then he asked me if I was aware that he had just received the remains of the “Sacred Cow.” When I told him of my familiarity with the bird he asked if I would like to see it – of course I was elated! Then I saw it, spread out on the floor of the hanger where I once had an office. What a miserable sight! It was just pieces sprawled flat. No landing gear. I took several pictures of it – the man in charge of restoration gave me the Douglas Emblem from the center of the pilot's control column as a souvenir and I still have it – he was replacing everything he could with something new.

I am told that “Sacred Cow” is now completely restored, looking better than ever and on public display.....Ahhh, Sweet Memories!”



GOURMET CORNER

By Mike Michael

The members of the Committee had a difficult task picking three new members from the eleven applications from fellow residents – each one an outstanding candidate. By secret ballot Bettyann Fritz, Jack Lindeman and Ed Millson were elected. They are replacing outgoing members Doris Armentrout, Ernie Haas and Nancy Stoneberg. Each of the latter has served the committee well. Thanks!

This month's comments include:

Request for “Rocky Road” ice cream and “Very Berry” yogurt.

No dark meat with “whole” roasted turkey, and it was carved in slabs rather than slices.

Need for further training of dining room staff – items such as clearing bread and butter plates with main course plates, not clattering dishes, and improved forms of speech.

We don't need “you guys,” “yeah,” etc.)

The charge for take-out meals is under review. The belief is that the charge should be per household rather than per meal.

The problem with enforcing our Dining Room Dress Code is a serious one. We, at least most of us, recognize the importance of not allowing what

COMPUTER “KORNER”

By Jack Albrecht and Kurt Gearhart

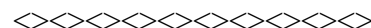
DIGITAL CAMERAS: More and more of us are converting from film to digital cameras. Digital cameras have several advantages over film type cameras, namely you can review the photo you just took on the LCD (Liquid Crystal Display) and see the immediate results. If you do not like it, delete it and take another. I feel this is the most important aspect of digital cameras. Gone are the days of waiting for your film to be developed in order to see that great picture you took of the grandkids and finding out the picture was too dark, out of focus, or that you cut off someone's head. The digital camera lets you correct your mistake before

the moment is gone. Oh, and don't forget, you don't have to pay to print the ones that come out bad! In addition, you can take multiple exposures of a subject with different camera settings just like



the professional photographers do. However, there is a definite learning curve when converting from a film camera to a digital. You have to experiment with various settings and see what results. The higher priced digital cameras are now approaching the quality of the prints that you can obtain from a film type camera. The nice thing about a digital camera is you now have your own “dark room.” You no longer have to send your film out to be processed. You can now do it all on your computer, e.g., cropping, sizing, improving the color, etc. of a picture you captured with your digital camera. Most digital cameras provide the output of the photos that were taken in a JPEG (Joint Photographic Experts Group) format. JPEG format is a “lossy” form of image compression which means it sacrifices image quality for picture size. Its compression algorithms take advantage of the human eye's inability to perceive small color changes. By reducing the complexity of the colors as well as combining pixels together, a high quality JPEG picture can be one tenth the file size yet still present an excellent picture to the human eye. JPEG

compression levels can be selected to make even smaller picture files, with a corresponding lower picture quality. A good digital camera will let you select the level of JPEG compression in order to save precious space on your memory card. JPEG images are usually compressed so that a picture file from a mega pixel camera takes up only a third of a megabyte. The higher the JPEG compression, the smaller the picture file size and the more picture information is lost hence the quality (resolution) of the picture is reduced. Resolution refers to the number of pixels in an image. Compression reduces the file size by carefully encoding the data in your picture and deleting pixels. For E-mail purposes we normally want to send a relatively small photo file size, so we send it in JPEG with a resolution of 72 pixels per inch. Many picture editing programs have a menu selection labeled ‘email’ which will compress your current photo to the ideal size (72 pixels per inch) for sending as E-mail. However, if we want to print a 5 x 7 or larger prize winning photo on our computer printer, we will want to select the least compression setting on our camera to obtain the highest resolution and quality of print. The drawback is that the higher the file size the less the number of pictures your camera can take because they are stored on some form of removable memory card/disk/stick. JPEG file compression is great for natural or real scenes, but does very poorly when compressing files with line art, lettering or simple cartoons. The TIFF format, which is an acronym for Tagged Image File Format, is best suited for these situations. Most TIFF files are raw and uncompressed, therefore, they will have very large files, which will yield high quality prints (with appropriate printing equipment). The camera operator usually chooses what picture quality setting he wants based on the subject, and also the intended use of the picture. We can E-mail a large file size photo such as used in the TIFF format if we “ZIP” it (loss less compression) prior to transmission. When it reaches its destination, the person that receives it will then “UNZIP” it and it is available in its original quality; however, that's a subject for a future column.



DINING ROOM DRESS CODE

By Steven Mattingly

During its regular monthly meeting the Dining Services Resident Advisory Committee reviewed the existing dress code policies, specifically looking at the appropriate attire for lunch and Sunday Brunch. In order to clarify the dress code requirement for the Main Dining Room for all residents, both those who have been here from the beginning as well as some of our newest residents the dress code is as follows:

Lunch – Monday thru Saturday

Casual attire including walking shorts is acceptable.

Dinner Formal Side – Monday thru Saturday

Ladies: An appropriate dress or pants outfit is required.

Gentlemen: Sport coat or suit and a shirt with a collar are required.

Ties are optional, but are encouraged for Saturday evening.

For ALL: No Jeans, T-shirts, Gym clothes such as sweat outfits and Jogging outfits, shirts with large advertising logos or designs, and NO SHORTS

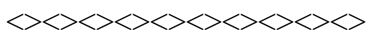
Dinner Casual – Monday thru Saturday

For ALL: Appropriate attire for Dining, jackets not required for gentlemen.

Sunday Brunch

The dress code for Sunday Brunch to be the same as for Casual Dining.

A reminder also that it is the responsibility of all residents to inform your family and guests of what is considered appropriate attire in the Dining Room. We ask that you not bring your guests with inappropriate attire and ask the host or hostess to “let them in this once.” This places our young staff in an awkward and most likely embarrassing position of saying no. Your cooperation and consideration are appreciated.

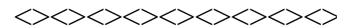


CALLING ALL ARTISTS:

Painters, Sculptures, Craftsmen ...

An Exhibition will be held on Friday, November 16th throughout the Community Center Building. All types of artwork by our PVE Residents and Staff will be on display and the Community will have the opportunity to view the professionalism of this talented group...all work displayed will be up for sale...with a small commission benefiting the “Resident Fund,” sponsored by the Ways & Means Committee.

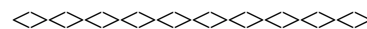
The Selection Committee of three will include June Hamilton, Margaret Gruber and Helen Millson and these ladies will select the items to be included in the exhibit. So – all artists are invited to get your wares out and call Helen Millson (434-1907) if interested in this show !!!!



THE GREAT OUT OF DOORS BECKONED THEM (con't)

Their favorite place outside the US was Switzerland. They went with Untours... who made arrangements for a three week stay in a chalet on Lake Thon, provided Euro-rail passes and all sorts of information and then you were left on your own. Joan says it was great to have a home base. The 4th week they joined friends in the Italian part of Switzerland for a grand finale to a wonderful experience. Then Joan back-tracked a bit.... hmmm... “I think England has a special place too, being an English Lit. major.”

As early arrivals at PVE they have actively participated in so many ways. John is always the southern gentleman and Joan has a smile that carries enough energy to light up Times Square!



THE VALIANT

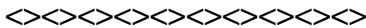
Yearbook/Directory II

By Liz Wildberger

A supplement including profiles and pictures of Residents who have moved to PVE since May, 2000 is scheduled for publication in mid-October. All Residents will receive this addition, and the new pages may be inserted in the original binder. For those Residents who have not received *THE VALIANT*, reprints of the original yearbook will be provided.

The Editorial Board of *THE VALIANT* hopes that all new Residents, or those who were not included in the original yearbook, will contact Marty Wildberger (426-9465 or 422-6223) to schedule a photo appointment, and will submit a brief profile/biography to Liz Wildberger (Box 5406) or Joan Teague (Box 4005) by October 10th. The publication will go to the printer on that date.

THE VALIANT is a joint effort by the Residents' Council and the Activities Committee, and has been a useful and informative means of acquainting members of the Community with each other.



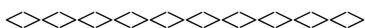
GARDEN NEWS

By Jan Holderness

QUESTION: What is a garden without Gardeners?

ANSWER: A mess!!

Have you visited the Community Garden recently? It has been reconfigured since the new Employee Parking Lot was built, and is once more a place of beauty and tranquility. On Thursday, October 11th at 2:00 p.m., we will celebrate our "Green Thumber's" and have a special blessing for our memorial bricks. Everyone is invited.



DRAMA AT PVE

By Joan Teague

Scene 1: Sights from the breakfast nook.

A neighbor up the street comes out to get his morning paper. He is wearing his plaid robe. Will it be undergirded with the bright red or the bright green pajama pants? It's red this morning. Both red and green blend equally well with the bright plaid robe.

Residents are out walking their dogs. Some dogs appear to be pulling their owners behind them as they trot ahead of the motorized scooters. One man has his cat on a harness. Another resident is out to get the morning paper, facing more of a challenge than "plaid bathrobe." He leans on his walker, cane balanced across the top. He shuffles to the newspaper, takes hold of his cane with one hand while hanging on to the walker with the other, then spears the paper with the cane and skillfully raises it to the top of the walker, reverses his path and returns to the house, paper in hand.

Scene 2: On the way to the Recreation Center.

A stop at the bridge to see if the creek is rising. A giant blue heron is wading in the shallow water. He is startled, stretches his long legs behind him and flies off into the sheltering oaks.

Scene 3: The Recreation Center.

In the equipment room Residents are treading on the treadmill, riding on bicycles to nowhere and lifting weights. Groans and sounds of glee emit from the billiards room where men, and a few women, take the game very seriously. A water aerobics class is in progress in the pool. "Step-touch, jog, rocking horse, run."

Scene 4: On the way back from the Recreation Center.

A pre-teen girl is doing tricks on her small wheeled scooter. Who is that on the scooter behind her? She appears to have white hair sticking out beneath her helmet. Beneath her skirt knee pads are visible. The young girl waits for grandma to catch up then takes off with another display of gymnastics in motion. Grandma scoots along behind.

Scene 5: From the window next to the computer desk.

“WHAT GOES AROUND - COMES AROUND”

.....OR --- How We Make Money in “The Store”

By Helen Millson

The Ways & Means Committee (W&MC) is our only means of raising money for the items that are wanted and needed by the Residents....i. e., baby grand piano, EKG machine, two defibrillators, horseshoe pits, upgrading the sound system....the list goes on to smaller requests --- support for our Historian’s out-of-pocket expense; photographer’s out-of-pocket expense; Library shelves and Council’s expenses ... So, you see how it goes.

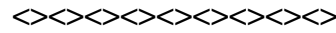
All items donated to “**The Store**” (Sub-Division of W&MC) are sold and the monies go back to the Residents (on many occasions items are donated to Laurel Creek Health Center). We, the Members of the Committee, have NO say in how this money is to be spent...*THAT DECISION IS MADE BY YOUR RESIDENT COUNCIL* – we as a Committee, can only make suggestions! Many “old,” as well as new Residents ask us what do we do with this money, so now you know!

It is important for us to have you shop in **The Store** whenever possible. All you regular shoppers know what treasures are to be found. The PVE-Staff continues to be our biggest buyers, but word is getting around and Residents are trickling in. But, *please* - no clothes donations unless you check with **The Store**. Smaller items are accepted on all days **The Store** is open. Also, we would appreciate clean glasses (they sparkle from the dishwasher) and they sell faster! -- otherwise we take them home to wash.

On another note, we don’t stop there – beneficiaries of estates should be informed of our endeavors. We render last minute disposal service. We, **The Store**, have three days to clear out a home after the key is returned to PVE. It usually means canceling personal plans during those three days to get large items sold while still in the home and smaller items packed up to be sold later - oth-

erwise the Committee must pay moving costs for Maintenance and this reduces our profit line.

So, you see - *what goes around, comes around*, and many thanks to all of you who are participating. If you have any questions - please call me, Helen Millson, or Fred-a Jurian.



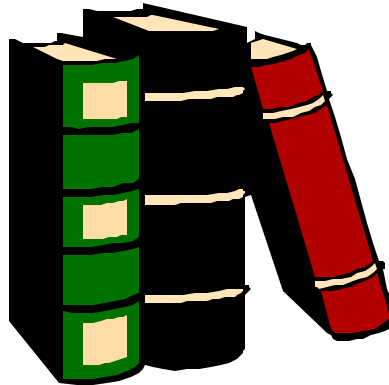
FROM YOUR LIBRARY

By Bev Clemson, Head Bookie

Helen Morin has joined our merry band of Bookies on Saturday mornings to service the Library. “Skippie” Ken Jones has taken some of our duplicates over to David Grant Medical Center.

We can think of no better use for them. Thanks, Ken!

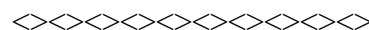
We now have Preservation and *Living* magazines to present to you. We also have *Century* magazine, but it never seems to be “in.” Is someone snitching it? Don’t



keep magazines more than a couple of days please. Others want to read them! The same goes for newspapers. These are such ephemeral items that they should not go out of the Library and that goes for separate sections of them also.

George Yeoman is to be thanked for his help recently with the new bookcases and later with drilling the holes for the shelves on other bookcases. What a handy fellow he is!

Have you browsed in the Art section? There are books there on music, Mexican art, Frank Lloyd Wright and more. We have it all, just like Bogie and Bacall. We are still asking for biographies because lots of us love them, so bring them in. We welcome them.



TO ALL MY FRIENDS AT PVE

Some say that when you are faced with a great tragedy you find out who your friends are. I say, now that I have faced my greatest tragedy, that my friends have taught me the truest meaning of friendship.

To lose Doug when I thought we still had so much life together brings me great heartache. But so far, few hours, let alone days have passed with my grieving alone. You have been there for me. To recount the many acts of kindness that have come through beautiful cards, notes and visits that have so sustained me, would take an incredible amount of time.

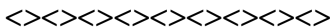
As was quoted at the Memorial for Doug at Stanford:

*This world
is not a conclusion
A sequel stands
beyond
Invisible as music
but positive
as sound.*

(Emily Dickinson)

I believe this. And when Doug and I see each other at this great "sequel," my first order of business will be to tell him all about you...how you made a difference...how you helped me through. Please accept my deepest thank you.

Norma Pung



VISIT OUR FRIENDS AND NEIGHBORS...

(As of September 20, 2001)

VA NURSING HOME—MARTINEZ

Ed Albrick

NORTH BAY MEDICAL CENTER

Bev Hummell

Mary Kay Smith

DAVID GRANT MEDICAL CENTER

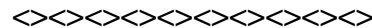
Bill Ekern

Clark Ensley

LAUREL CREEK HEALTH CENTER

Ella Appleton
Caroline Battistella
Allen Clinton
Johnita Clinton
Betty Fisher
Rubye Hall
Leland Hamilton
Bill Harris
Charles Jenkins
Muriel Jenkins
Fred Jueneman
Bill Kruge
Virginia Lafforge
Bill Moulden
Harry Noble
Ruthe O'Toole
Ray Price

Jack Reding
Douglas Riach
Robert Rodden
Donald Rodewald
Andy Rogers
Dennis Rose
Arlene Royce
Jim Royce
Ken Smith
Rosa Suits
Arnette Taylor
John Wester
Mary Jane Wettle
Elisabeth Whited
Gerald Wiley
Preston Workman
Janet Yeoman



REMEMBERING

Mrs. Barbara Koller

Widow of the late
Rudolph C. Koller, Col., USAF (Ret)
 Devoted Mother of two daughters

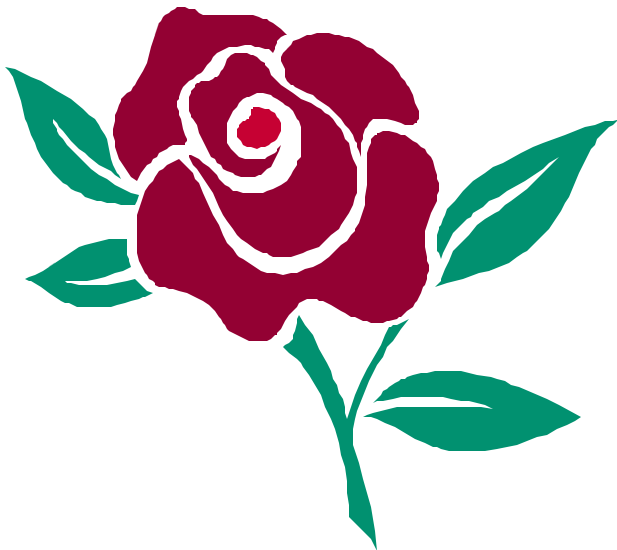
Arrived PVE: November 21, 1997
 Died: August 27, 2001



Mr. Gordon C. Appleton

Beloved Husband of Ella
 and devoted father

Arrived PVE: June 6, 2000
 Died: September 12, 2001



Elysian Fields

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Patti Luccioni	Joan Teague
Lucille Thyrring	Kurt Gearhart
Irwin Rosen	Betty St George
Marian Card	Helen Millson
Liz Wildberger	Bud De Long
John Vernon	John Kroyer

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 typewritten where possible. Submissions must be in **not later than** the 20th of the month.

