

ELYSIAN FIELDS

February, 2002

The Official Paradise Valley Estates Residents' Newspaper

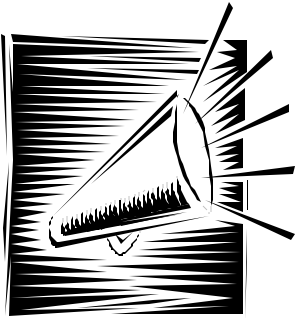
Volume IV, Issue 2

SOUND OFF

By Your Managing Editor

Topic du jour: *Elysian Fields* staff.

Between now and the end of June 2002 your Council will be searching for these replacements:



LAYOUT AND PUBLISHER: Fortunately Marjory Parker is qualified for and willing to undertake this important position.

EDITOR: This position receives suggested articles for publication and makes content decisions. Requires ability to use MS Word, place data on floppy disks for forwarding to the Layout Publisher.

COPY EDITOR: This slot requires familiarity with proof reading and the use of proper grammar as well as spelling.

BIO EDITOR: This person should like to converse with any resident, to interview them and use MS Word to commit the article to format. This requires the ability to put the person being interviewed at ease and obtain interesting facets of their history. I might add that you would meet (and make friends with) many residents that you might not otherwise know.

WORD PROCESSOR: Although not a position on the current roster, we have found that it would be most useful. This person would do simple word processing using MS Word, and transfer the article to a floppy disk for forwarding to the Layout/Publisher. This would significantly help spread the workload.

The Resident Council requests that any resident interested in filling any of the *Elysian Fields* staff positions call Jackie Peterson or speak to any Council member.

Here is a tip for those of you using computers and the e-mail function. Should you receive mail

that is suspect, check to see if it a hoax or a rumor. On your search engine bring up "Urban Legends and Hoaxes." If it is a hoax it will be listed there. I just checked on the Outback Steakhouse giveaway. A hoax.

Semper Fi and Peace in the valley!

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COUNCIL UPDATE

By Jackie Peterson

Not having had a meeting since November, the Council Meeting on January 16 was long but productive. Highlights:

- A cooperative plan for the Council and its standing committees to participate in updating the **Residents Handbook** is in place. Bill Johnson will lead this task.
- Mission Statements for committees are coming along – some exist while others are being developed or revised. When completed, all statements will be available to residents.
- A meeting of all residents to discuss matters of concern with the Council will be scheduled sometime in April.
- A subcommittee (Bill Johnson, Ernie Haas and Joe Peterson) will work with management on identifying areas of responsibility that need clarification, i.e., what is a Council/Resident responsibility, what is Management's responsibility,

Continued on page 4

ELECTRONIC PIONEER AND THE MUSICIAN

By Betty St George

The interview started by Fred Norman telling me that he was the luckiest man in the world. He counted his early history where his parents were married in Estonia. They picked up stakes and came to San Francisco. How they arrived there is not known. Fred's father was killed when they had only been here four years. His mother was left with three children and no way to support them, as she did not speak any English. The children were all born in San Francisco and were made wards of the city upon his father's death. Fred never knew his



parents but feels so fortunate to be an American.

Dorothy was born in Urbana, IL. At the age of 6 weeks she made the trek to California aboard a train with her family. Her father had accepted a professorship at Stanford. Their home was on the campus. Dorothy says it was like a fairyland in those days. It was beautiful, no crime and no campus upheavals. Dorothy grew up in Palo Alto and attended Stanford, as did Fred. Dorothy graduated a year earlier than Fred.

Dorothy's interest in music started at the age of six with violin lessons. She continued the lessons all through school but never felt she could play anything worth listening too. When her children were grown she began taking lessons on the viola, which she really enjoyed. She practices almost everyday and plays with a string quartet every Friday. Fred calls them the `fivetet,` considering himself one of

them, as he is present to take care of their needs.

When Fred graduated from Stanford with his degree in Electrical Engineering, WWII was looming on the horizon. The draft was also pending. He gave all the services some thought and chose the Navy because he thought he would like to sleep in a clean bed and eat hot food. His first Navy assignment was to the 3rd Marine Division on its way to Guadalcanal, Bougainville and New Caledonia. It took one and a half years to get back to the Navy. During that time he found out he was right about not choosing the Marines.... they didn't sleep in clean beds or eat hot food. He called New Caledonia a civilized place compared to the Solomon Islands.

After WWII was over he joined the Reserves for the next 22 years. Fred was attached to a Navy Research Company stationed at Moffit Field and at Stanford University. He felt he had the best of both worlds, keeping track of the Navy and working in civilian electronics, plus it was all on the San Francisco peninsula. They purchased a home in Los Altos just after they were married. They are probably the only Navy people who have lived in the same house for 57 years and only making one move which was to PVE.

During his electronic career he worked for 7 different companies. Lytton Industries, Memorex for Fairchild, Coherent Radiation and Tab Products (punch cards and computers) to name a few. Fred says he was able to take electronics all the way from the old crystal sets clear up to lasers, computers and vacuum tubes. While at Lytton he was on the team that developed the microwave oven. Dorothy was probably the first person in the world to bake apples and biscuits in a microwave oven. Fred took the oven home one weekend to test it to see if it would work. Dorothy spent the weekend repeating experiments with the apples.... some came out as hard as stone, same for the biscuits. It was difficult to realize at that time how hot and how rapidly the oven cooked. Lytton had a contract with Canteen Services who had vending machines to come up with an electronic tube that would defrost a frozen dinner in 30 to 60 seconds. Voila! The microwave! At Coherent, he worked on lasers. Fred had a fascinating and rewarding career. He participated and watched Silicon Valley as it came into existence.

WORK OUT ? --- DIET + *#^@ !!

By Ancil Baker

I joined a health club last year...spent about four hundred bucks and haven't lost a pound!! Apparently I'm supposed to show up. It is supposed to develop skill; avoiding it is what really takes real skill.

Now 'tis a month or two past Christmas and all through my house nothing fits me, not even my blouse.

The cookies I'd nibble, the eggnog I'd taste at Holiday parties has now gone to my waist.

When I get on the scales there arises such a number! When I walk to the dining room it's more like a lumber.

I remember the marvelous meals prepared; the gravies and sauces and beef medium rare; the wine and the rum balls, the bread and the cheese and the way I'd never say, "No thank you, please."

Neighbor's candy by the ton -- Executive Chef David Kalbaugh's Chicken Wellington. As I dress myself in an old shirt and prepare to do battle with dirt I say to myself, as only I can "You can't spend a winter as this kind of a man!"

So, away with the last of the sour cream dip, get rid of all fruit cake, every cracker and chip. Every last bit of snacks must be banished 'til all the additional ounces have vanished.

I won't have a cookie, not even a lick. I will chew only on a long celery stick. I won't have hot biscuits, or corn bread or pie. I'll munch on a carrot and quietly cry, "I'm hungry, I'm lonesome and life is a bore." But isn't that what February is for?

Unable to giggle--no longer a riot. Happy New Year to all and to all a good *diet*!

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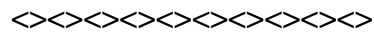
It is well documented that for every mile you jog, you add one minute to your life. This will enable me, at eighty-nine, to spend an additional five months in our nursing home with the added cost of two more meals per day, plus diapers. Anyway, jogging makes the ice jump right out of your glass. Maybe, if I exercise early enough in the morning my brain won't figure out what I'm doing.

. My cousin started walking five miles a day when she was sixty; she's now eighty nine, the same age as I -- and we don't know where the hell she is!

. To be honest, the only way I really like long walks is when they are taken by people who annoy me.

. At my age, I'm always thinking of the hereafter. In the kitchen, in the bedroom, in my computer room, what am I here after??? Maybe I'm not aging---maybe I just need repotting. When I wake up breathing I know I have another chance!

(Ed. Note: Ancil, *please* -- never loose your wonderful sense of humor!)

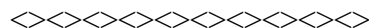


ELECTRONIC PIONEER (con't)

Dorothy's mother was one of the few women who had a MA in Math. Dorothy thought she wanted to follow in her mother's footsteps, but soon decided math was not for her. She changed to Psychology. The Normans have two sons. They took part in all the activities such as camping and scouting with the boys. Dorothy was a first class volunteer. She was the business manager of the Peninsula Symphony Association for 23 years. Her job covered every facet of the organization and she kept the musicians together. They have been playing together for over 50 years. She also volunteered as a chaperone for her church teenage group trips; the Grand Canyon was a memorable one, with 25 kids in the bus, Dorothy up front and Fred at the back of the bus. On that trip Dorothy was the chief cook.

Their marriage has lasted 62 years. Fred tells the story that he had been told before he took his marriage vows that the first person to speak after the kiss would be the boss. In the excitement of the day he forgot. As they were going down the aisle in the Stanford Chapel, which seemed to Fred to be 8 miles long, Dorothy said, "Slow down, Fred."

Dorothy was thrilled when she played in a concert in Davies Hall in San Francisco with the Gay Men's Chorus. At PVE the Normans are active on the worship committee and enjoy the water aerobic classes. Dorothy sings in the PVE chorus and Fred is a volunteer driver.



MY RESIDENT FLY

By Betty Rosen

It was round-and-round my head and I swatted at it, as we humans are apt to do at creatures less than we. The fly alighted on the place-mat opposite from mine and watched me eat my breakfast of cantaloupe and oatmeal. It did not try to share. When I got up, it flew away. This was the week before New Year's.

The next day it was back, and again flew round-and-round my head—obviously trying to attract my attention. I swatted at it again, and again it landed on the place-mat opposite mine, fluttered its wings and watched me eat. When I was through, it flew away.

The next day it was back, and since it already had my attention, it went directly to the place-mat. The fourth day it did the same - and also on the fifth day. But on the fifth day it followed me out of the house and alighted on a window pane next to my front door. It sat there 'til I said, "Goodbye, fly." Then it flew away.

I did not see it again until the evening of Thursday, January 3rd. I turned the porch light on, because I was waiting for the bus to take me to dinner. There it was again, exactly where it had alighted on the window pane the first time. When I returned from dinner it was still there, in that very same spot. I kept looking out at it and it never moved. I began to think it was dead, and that it was in my imagination that I saw it fly away the first time. I went to bed. The next morning I got out of bed thinking that I would brush the dead fly off the window pane, but it had moved. Then it moved again. So I said "Goodbye" to it and it flew away again, I haven't seen it since.

Flies generally don't live for more than a week, but this fly did. And furthermore, it had a *message* for me....I was certain that it was telling me that my husband, Irwin, who had recently come to Laurel Creek, after 13 ½ weeks of struggling to survive, was going to be all right. And he is!



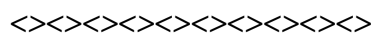
GOURMET CORNER

By E.M. (Mike) Michael

My error - our Sous Chef, Robin's new baby is a girl, not otherwise, as advertised. We are glad to report that Robin is already back to work.

The new 18 January menu has been well received. We have some old favorites back, most with a new twist. By my computation the last menu served us well for 77 days. Note that you have a great deal of flexibility in varying your choice of starch and vegetable, with/without sauces, and with alternative cooking methods for some entrees.

Last month Jeanne and I took our two sons, daughter-in-laws, and five grandkids, ages 7, 6, 5, and two 4's on a seven day Disney Cruise in the Caribbean. This was in early celebration of our 50th. Everything was great including the service and food, but it did not match what we have here at PVE. Lucky we live in Paradise.



COUNCIL UPDATE (con't)

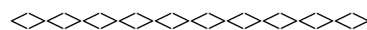
where do joint responsibilities lie?

Council minutes will be out soon to expand on the above and to cover other items.

Two days after the Council meeting, apparently all residents received a petition concerning the By-Laws. It would have been simpler - and certainly cheaper - to write, sign and send a request for change of By-Laws to the Council. Under both current and past By-Laws, a written and signed resident request for by-laws revision requires the Council to take action toward consideration of the requested change.

Nevertheless, with concurrence of all Council members and with the stipulation that the date and time be one where all members can be present, I have called a special Council meeting to discuss the by-laws. The requirement to find a day and time when all can be present is all that stands in the way as *Elysian Fields* goes to press. Stay tuned!

Last but not least, please see Bob Steinkraus' column describing positions needed to keep *Elysian Fields* going - and let me or any Council member know if you are interested.



4TH ANNUAL ~ CRAB FEED ..

Norma Pung & Connie Gaydosh

Crab Feed Co-Chairs (W&MC)

FRIDAY, FEBRUARY 22ND is the evening event of **PVE's -- 4TH ANNUAL CRAB FEED**, sponsored by the Ways & Means Committee. The Crab Feed is the main fund raising event of the year, with all proceeds going to the **Resident Council Operating Fund (RCOF)**.... It is our hope that all Residents will participate—and bring your Families and Friends for this great evening of food.

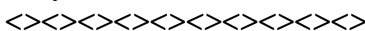
As per usual, the evening is casual and bibs will be provided. Dinner will be served from 5:00 to 7:30 p.m., Main Dining Room--Buffet Style with all you can eat of Cold -Fresh Cracked Crab, green salad w/choice of dressing, pasta w/garlic and herbs, corn on the cob, roasted potatoes and a buffet desert table. For those of you who do not care for Crab, we will also serve grilled steak w/ mushrooms and chicken w/tomato cilantro relish.

RESERVATIONS may be made starting the evening of **MONDAY, FEBRUARY 11TH** through **THURSDAY, FEBRUARY 14TH** - at a table provided outside the dining room. Committee Members will be present to take your cash or check (made out to **RCOF** - Memo: Crab Feed) ****Payment is due at time of Reservation--and may not be charged to your PVE Account****

CHARGE for Resident: \$14.00 each = \$10.00/Donation + \$4.00/Crab + One Meal Credit. **CHARGE for Guest: \$29.00 each** = \$14.00/Reg.Guest Meal Charge + \$11.00/Donation + \$4.00/Crab.

Steven Mattingly has informed us that the regular evening meal will not be served in the Dining Room. However, *The Café* will be open for those residents who do not wish to join in the Crab Feed and lunch will also be served in the Dining Room as usual.

So, mark this date on your calendar today and come join your friends and neighbors for a great meal and pleasant evening. We know you will enjoy the evening and you will be helping your Community at the same time.

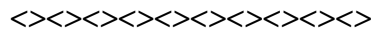


“THE STORE”

By Fred-a Jurian

As many of you may have noticed, “*The Store*” is quite low on “inventory” – particularly since the Holidays. So if you’ve caught your breath and feel like clearing our that closet or the boxes in the garage...please consider a donation, no matter how large or small, to “*The Store.*” Tell your New Resident friends about our project.

Also, “*The Store*” will be carrying a fresh and limited supply of See’s Candy for your favorite Valentine Sweetheart!



WORSHIP SERVICE

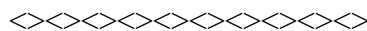
By Lucille Thyrring

The Holiday came and went all too fast. In the wake of the tragedy of 9/11, if we look to scriptures “*healing and comfort*” was taking place all over our nation and also for many of us here at PVE with our “*Remembrance Service,*” and the evening service with ‘our’ Chaplain Arthur Homer from Travis AFB on September 13th.

We were so pleased to see the notice by the “Employee Relations Committee” for the food drive from Staff and Residents alike, including gift certificates to be given with the baskets to the needy at Holiday time. What could be more appropriate, especially at that time of year and the need here in Solono County so great.

Thanks to our attendee’s at Worship Service, our “**Sunday-Donation-Basket**” filled a great need—through our Worship Service donations, we were able to contribute \$500 to the Employee Relations Committee to assist with the Basket Project!! **AND** - another \$500 was donated to Mission Solono to help them feed the hungry all through the year!! We are truly blessed.

Attendance at our Sunday Worship Services has been averaging about 85 – and a maximum of 112. The wonderful messages from our Inter Denominational Clergy have been uplifting and of much comfort. So, if you have not attended our Sunday Services, as yet, why not try? You may like it!



SPORTS AND RECREATION

By John Kroyer and Millie Healy

Billiards

The PVE community is introducing another variety of athletic competition. Four of our ladies agreed to join with four of our men in a contest of mixed doubles billiards. The women drew the



men's names out of a hat to form the teams. The format is called double elimination meaning each team can lose two sets before being eliminated. One set is winning two games of 8-ball out of three games played. The

teams are lined up vertically on a chart. Teams winning a set move to the right of the line-up and losing teams move to the left. Pairings for the first match were drawn out of a hat. Finally the one team remaining on the right will have lost and no match and one team remaining on the left will have lost only one match. They will play each other to determine the mixed doubles billiards champion.

A chart showing the progress of the tournament has been placed on an easel outside the hallway entrance to the dining area. Hopefully this will stimulate more residents to join future tournaments. We are not very good but we have fun. All residents are welcome to play. The pool tables are located in the Recreation Center and rules for playing 8-ball are posted on the wall.

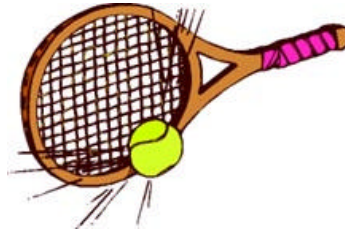
There was no golf tournament in January. Too much rain!

Why spoil a nice walk in the rain by playing golf?

Tennis

Weather wise there has not been very much tennis. The tennis net was removed in order to make repairs to the tape which had separated from the net and was letting the balls go through. However, the net should be repaired and up by the time you read this article. It is probably a very good idea to check the net height each time you

go out to play. People lean on the net and sometimes hang their racket on the tape which might make it sag or loosen the center tape or cord so the net is too high. The



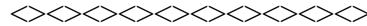
center cord or tape should measure 36 inches from the ground. Near the posts the net should be 50 inches. Therefore the lowest point of the net is in the

center (of course you all knew that) and the highest is near the posts and over the alleys. Hopefully Spring is on the way----dry court, warmer weather!!

Have a good game and be happy!!

Bingo

Bingo jackpot winners reported since last month: Eselle Bowcock and John Clemson.



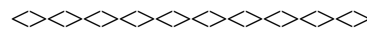
PVE MARKETING NEWS

By Patti Luccioni

Move-Ins for the month of January , 2002

Brandt, George, Capt., USN(Ret) and Aileen
3209 Estates Drive
San Rafael, CA
Referred by Mrs. Worden

Frazer, Cloyce, Maj., USAF(Ret)
1204 Estates Drive
Belmont, CA



HOW DO I LOVE THEE?

A PVE Valentine ...

By Joan Teague

Going gently, they push their spouse's wheel chair.

Gallantly they hold a heavy door open.

They walk together, the faster adjusting the pace to the slower one's.

A spouse gives up an anticipated meeting in order to get the non-driving mate to a doctor's appointment.

They cruise together either in far-away seas or across the Bay to San Francisco.

A spouse offers a firm arm to the tottering mate.

They play golf together.

A spouse moves the heavy dining room chair in order to get the mate's wheel chair in the most comfortable position in the dining room.

They garden together, sowing, hoeing, weeding, reaping the harvest and sharing their produce with friends and neighbors.

A spouse cuts the mate's meat into bite-sized pieces.

They volley tennis balls back and forth to each other across the net.

A spouse tugs to get the mate's elastic stocking over the calves of the legs in spite of the pain it causes the hands.

They dance together no matter how out of date the steps and the music.

A spouse reads the menu out loud to the visually impaired mate.

They ride bikes together.

A spouse gives a back rub in the middle of the night after being assured that is the only thing that will bring relief.

They huff and puff in the aerobics class together.

A spouse misses dinner in the dining room because the mate in the Health Center expresses a desire to talk just then.

They splash each other in the water aerobics class.

A man takes over all kitchen duties, a woman tries to learn automobile maintenance.

They laugh at each other's jokes no matter how many times they have heard them.

A spouse is vigilant about blowing out the candle

on the dining room table lest it endanger the oxygen-dependent mate.

They worship together on Sunday morning, both of them singing in the choir.

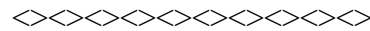
A spouse composes the memoirs for the mate who likes talking better than writing.

Couples go together to serve as *Angels of Laurel Creek*, pushing carts filled with snacks, calling numbers for Bingo.

One can't lean over quite far enough to tie shoe strings. The spouse bends down and takes care of it.

In sickness and in health they are together a way that, in many cases, they have been for a half century or more.

This is love Paradise Valley Estates style.



THE POWER OF A GENERAL

By Irwin Rosen

In 1950, while stationed at Walter Reed Army Hospital, I was summoned to the Chief's office. "We just got a call from General Bradley's aide. The general is attending a meeting of newspaper editors at the Mayflower Hotel in downtown Washington and someone has been injured. I want you to take an ambulance down there and handle the situation."

It seems that the editor of the Buffalo newspaper was coming down off the stage after a panel seminar and fell – breaking his hip. General Bradley had gotten to his feet and told everybody to relax – "The Army will take care of the situation."

When I arrived and quickly made the diagnosis, the General's aide instructed me to handle the situation expeditiously – "Take him to Walter Reed!" The man was admitted and his hip was pinned the next day. He remained in the hospital for two weeks, receiving early rehab and PT, then discharged. No one dared to ask "Why was this civilian admitted to Walter Reed in the first place?" He was not an acute emergency who

FOOD AND GIFT BASKETS

By Steven Mattingly

The generous contributions of the PVE Community allowed the Employee Relations Committee (ERC) to assemble 10 holiday food and gift baskets on December 13. Thanks to the outpouring of our community, ten families received gift baskets filled with non perishable food items as well as a \$50 Gift Certificate at Raley's for perishable food and a \$50 Gift Certificate at Target. The final basket tally was double what the ERC had hoped to gather. In addition several grocery bags of food items were donated to the Solano County Food Bank.

This is a very concrete example of our community's desire and ability to support our less fortunate neighbors within the Fairfield community. Many, many thanks to all who were so generous.



A RANDOM THOUGHT OR TWO

By Betty Rosen

"Kudo's" to Chef David Kalbaugh for what I felt was an extraordinary dinner on Saturday evening, January 12th!

Many of us have eaten at some of the finest restaurants, perhaps even in the world, and I must say that our meal, that evening, ranked right up there with the very best. In general, our meals are quite wonderful and I would defy anyone to find better dining at any other retirement community.

And .. did you ever stop to think of what incredible people we have here in Paradise? We don't have anyone particularly famous (thank goodness), but so many of our Residents have done truly extraordinary things!

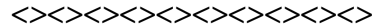


DAYS TO DISPLAY THE FLAG

Suggested by Rodney Jueneman

- . The flag should be displayed on all days, but especially:
- . New Year's Day, January 1
- . Martin Luther Kings B-Day, 3rd Monday in Jan.
- . Inauguration Day, January 20
- . Abe Lincoln's B-Day, February 12
- . Presidents' Day, 3rd Mon., February
- . Geo. Washington's B-Day, 3rd Monday in Feb.
- . Easter Sunday
- . Mother's Day, 2nd Sunday in May
- . Memorial Day (1/2 staff 'til noon)
- . Flag Day, June 14
- . Independence Day, July 4
- . Labor Day, 1st Monday in September
- . Constitution Day, September 17
- . Columbus Day, October 12
- . Veterans' Day, November 11
- . Election Day, 1st Tues., November
- . Thanksgiving Day, 4th Thurs., November
- . Christmas Day, December 25.

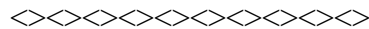
(Ref: *DAR Magazine*, "American Spirit," Nov-Dec., 2001 Issue.)



THE POWER OF A GENERAL (con't)

could not be transferred to a civilian hospital. He had surgery and extensive PT at virtually no cost – all of which he was not entitled to.

My Chief was afraid to do otherwise, since General Bradley had stated – "Everyone relax – the Army will take care of the situation."



General of the Army

LAST NIGHT I HAD A DREAM!

By Russ Bowen

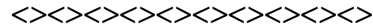
I was Supreme Chieftain of the USA—a dictator. My decisions and commands were final. There could be no recourse. And, *WOW*, did I make some changes! In my dream I accomplished all of these wonderful acts:

- 1) Establish a tax system based on income only thereby essentially eliminating the IRS. Social Security benefits are now free of income tax. As an incentive to increase personal savings \$4000 of interest and dividends now tax free.
- 2) Rescinded the recent sneaky wage increase that Congress had given themselves and required an open honest forum for future wage adjustments.
- 3) Cancelled all existing foreign aid and directed that future monetary aid be granted only to those nations deserving and in need and in so giving would serve the interest of the US. Directed the State Department be even-handed in dealing with Palestine and Israel and support the establishment of a Palestinian State provided they behave themselves.
- 4) Line-vetoed all “pork” in bills before me for passage and required that bills passed by Congress be free of these additives.
- 5) Made an immediate cut of 50% in all farm subsidies now paid on unnecessary farm output a complete elimination of subsidies on down the line. The law of supply and demand will now apply. This cost me support in the farm belt. But hey! I don’t care—I’m a dictator!
- 6) To decrease our dependence on foreign oil, imposed an additional tax on gasoline; required that automobiles in year ’04 meet a performance of at least 25 mpg with a scale up for years beyond; opened a miniscule 2000 acre parcel on the north slope of Alaska for horizontal drilling; opened an additional acreage in the Gulf to off-shore drilling; increased the tax incentive in support of substitute energy programs. I lost some support of the environmentalist but don’t care for reasons given above.

- 7) Required all activities of the Federal Government to reduce personnel and expenditures by at least 10% in year ’03 and at least 2% per annum thereafter until a total of 20% reduction achieved. The DOD excepted.
- 8) Required the Justice Department to conduct a thorough investigation into the ENRON Corp. disaster. Also a complete investigation into pardons granted by Clinton in his last acts of office.

Things were going very well in other satisfying decisions when I heard a strident voice that even a dictator must heed. It was Gay calling, “Rise and shine....come peel an orange for breakfast!”

P.S. I am not a candidate for office as dictator!



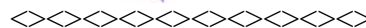
COMMUNITY GARDEN

By Jan Holderness

We met in January (you were missed!) and celebrated the winter solstice by sharing hot spiced cider and a lesson in French vocabulary in “le jardinage:” clippers are secateurs, a trowel is truelle. Candles from France were lit, surrounding the potted bulbs that Jan had planted in November as a demonstration of layering bulbs. Narcissus were in full bloom, and the more deeply planted tulips were just emerging. We are thinking Spring! We are ordering more decomposed granite for the paths. It is important to clean up your plots, so get out your secateurs and truelles!

John Ousley reminded us of the dangers of using systemic pest controls, so that we can protect the soil with nearby edible crops. Try using organic products – caution: check the labels!

We will meet again in March – check the schedule. We will share planting ideas.



RESIDENT ARTIST

... *Jean Myers* ...

By Betty Rosen (Activities Committee)

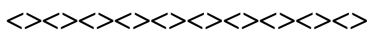
Living in our mist is a woman of small stature but with a gigantic talent....Jean Myers is a woman who has Parkinson's (like a number of us) and walks with a cane, but who continues to design incredibly beautiful and complex stained glass windows for churches and other edifices across the country. The following are excerpts from a reprint, *The Art of Glass*, by Stephen Knapp – "featuring the world's best glass artists." Rockport Publishers 1998:

"Jean Myers has chosen to work in stained glass for two very personal reasons. First of all, the medium allows her to create art that enhances and enriches the experiences of human life. Myers designs work that becomes part of settings where people live out the most important moments of their lives – in homes, places of worship, places where people recover physically and spiritually. Her objective is to bring the warmth and beauty she sees in the world to these everyday settings.

Secondly, Myers works in stained glass because, as an artist, she finds the medium offers her the most direct link between personal vision and completed creation. Those elements that fascinate her as an artist—color, light, shape, form, and the gifts of the natural world—come to life most vividly, most passionately, in stained glass.

Myers's work in architectural glass contributes a voice that soars and sings in color and light."

[The Activities Committee will soon sponsor a PVE day tour of Jean's work in our area.]



COMPUTER USER GROUP (i.e., "CUG")

By Marjory Parker

As the new Coordinator for CUG, I have a lot to learn – and I hope that you computer folk out there will lend me a hand.

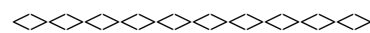
Over the years that I have used computers I've belonged to three Macintosh User Groups, and they have been immensely helpful to me. I have found that computer people are eager to answer questions and that there is no such thing as a "dumb" question.



"Mac" users – and I assume, PC users as well – enjoy giving others' a helping hand and it is up to the PVE-CUG's to create the framework in which that can take place. I hope I can help them do that.

With the assistance of the CUG Leaders I have prepared a questionnaire which will be sent in the next few days to all Members that I could identify to find out what their interests and preferences are. If there are any Residents who have computers, or who are thinking about getting a computer, that have not received a computer questionnaire, call me at **428-1969** or put a note in my **Box #5836**, and I will see that you get one. Your input is very important.

Immense credit belongs to those who have created and spurred the growth of the PVE-CUG'S: Jack Albrecht, Tom Martin, Jack Lindeman, Fred Schaffer, Jackie Peterson, the Gearhart Family and Dominic Battistella, that I am aware of so far. All of us computer 'geeks' owe them a real debt of gratitude!



READ ONLY-‘IF’

You are a dog/cat lover!

Submitted by Freddi Miller

When you bring a pet into your life, you begin a *journey* - a journey that will bring you more love and devotion than you have ever known, yet also test your strength and courage. If you allow, the journey will teach you many things, about life, about yourself, and most of all, about love. You will come away changed forever, for one soul cannot touch another without leaving its mark.

Along the way, you will learn much about savoring life’s simple pleasures - jumping in leaves, snoozing in the sun, the joys of puddles, and even the satisfaction of a good scratch behind the ears. If you spend much time outside, you will be taught how to truly experience every element, for no rock, leaf, or log will go unexamined, no rustling bush will be overlooked, and even the very air will be inhaled, pondered and noted as being full of valuable information. Your pace may be slower, except when heading home to the food dish, but you will become a better naturalist, having been taught by an expert in the field.

Too many times we hike on automatic pilot, our goal being to complete the trail rather than enjoy the journey. We miss the details - the colorful mushrooms on the rotting log, the honeycomb in the old maple snag, the hawk feather caught on a twig. Once we walk as a dog does, we discover a whole new world. We stop; we browse the landscape, we kick over leaves, peek in tree holes, look up, down, all around. And we learn what any dog knows: that nature has created a marvelously complex world that is full of surprises, that each cycle of the seasons bring ever changing wonders, each day an essence all its own.

Even from indoors you will find yourself more attuned to the world around you. You will find yourself watching summer insects collecting on a screen (how bizarre they are—how many kinds there are!!), or noting the flick and flash of fireflies through the dark. You will stop to observe the swirling dance of windblown leaves, or sniff the air after a rain. It does not matter that there is no objective in this; the point is in the doing, in not letting life’s most important details slip by.

You will find yourself doing silly things that

your pet-less friends might not understand: spending thirty minutes in the grocery aisle looking for the cat food brand your feline must have, buying dog birthday treats, or driving around the block an extra time because your pet enjoys the ride. You will roll in the snow, wrestle with chewy toys, bounce little rubber balls till your eyes cross, and even run around the house trailing your bathrobe tie - with a cat in hot pursuit - all in the name of love.

Your house will become muddier and hairier. You will wear less dark clothing and buy more lint rollers. You may find dog biscuits in your pocket or purse, and feel the need to explain that an old plastic shopping bag adorns your living room rug because your cat loves the crinkle sound. You will learn the true measure of love - the steadfast, undying kind that says, “It doesn’t matter where we are or what we do, or how life treats us as long as we are together.” Respect this always. It is the most precious gift any living soul can give another. You will not find it often among the human race.

And you will learn humility. The look in my dog’s eyes often made me feel ashamed. Such joy and love at my presence. She saw not some flawed human who could be cross and stubborn, moody or rude, but only her wonderful companion. Or maybe she saw those things and dismissed them as mere human foibles, not worth considering, and so chose to love me anyway. If you pay attention and learn well, when the journey is done, you will be not just a better person, but the person your pet always knew you to be - the one they were proud to call beloved friend.

I must caution you that this journey is not without pain. Like all paths of true love, the pain is part of loving. For as surely as the sun sets, one day your dear animal companion will follow a trail you cannot yet go down. And you will have to find the strength and love to let them go. A pet’s time on earth is far too short - especially for those who love them. We borrow them, really, just for awhile, and during these brief years they are generous enough to give us all their love, every inch of their spirit and heart, until one day there is nothing left.

The cat that only yesterday was a kitten is all

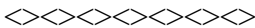
STEM CELL BRIEFING

By Bill Anderson

As the result of the recent Stem Cell briefing by Doctor Ann Kiessling, many of you expressed interest in writing to your Congressman/Congresswoman in an effort to prevent the “Therapeutic Cloning” research from being stopped by Congress. Having it Federally funded would be even better.

Attached is a draft of a letter that you might send to your representatives. Just address and sign, or use it as a draft to write your own letter. Such “grass roots” measure have been known to move mountains and even educate some of our elected officials.

Every little bit helps. Ask Christopher Reeves or Michael J. Fox or Ronald Reagan.



Dear Congressman _____:

There has been a great deal of information in the news media recently concerning the Stem Cell controversy, and there will be much more to come.

Perhaps a clarification of what is involved is in order. Many people are alienated against the stem cell program because they consider only the “reproductive cloning” part of the stem cell project. Reproductive cloning conjures visions of a Frankensteinian operation, in which people may be cloned as in a sci-fi movie. Nothing could be more abhorrent to our stem cell researchers than spending our resources in cloning another human being.

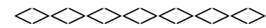
According to Dr. Ann Kiessling, Associate Professor at Harvard Medical School, it is the “Therapeutic” cloning, which our scientists want and need to develop. Therapeutic Cloning is the reproduction of healthy stem cells to replace diseased or damaged organs of the human body. For instant, Parkinson’s disease has now been cured in mice by therapeutic “cloning” techniques. Further research could provide benefits for people, or a host of other debilitating and expensive maladies.

By using eggs to generate stem cells in place

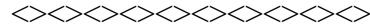
of fetuses, this invaluable research should not be held up by religious extremists, uninformed congressmen, or those with a different agenda.

In sum, stem cell research must not be stopped and should be Federally funded. It promises to be the best hope for our sufferers from maladies for which there is no other cure. As our representative who has done your homework, I’m sure you understand the research program the true scientists want to advance, and will give it your full-hearted support.

Yours sincerely,



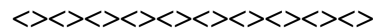
Editor’s note: For those of us who attended Dr. Ann Kiessling’s Seminar on Stem Cell Research, we are most grateful to her for making this remarkable research so understandable...we thank her for taking time from her busy schedule to address us in “layman’s language.” And for those of you who do not know Dr. Kiessling, she is the daughter of our own distinguished residents Bill and Dortha Anderson.



READ ONLY— ‘IF’ (con’t)

too soon old and frail and sleeping in the sun. The young pup of boundless energy wakes up stiff and lame, the muzzle now gray. Deep down we somehow always knew that this journey would end. We knew that if we gave our hearts they would be broken. But give them we must for it is all they ask in return. When the time comes, and the road curves ahead to a place we cannot see, we give one final gift and let them run on ahead - young and whole once more.

“Godspeed, good friend,” we whisper, until our journey comes full circle and our paths cross again.....*The Journey*, by Crystal Ward Kent.



Meow

Woof



HEALTH, BENEFITS, AND TID BITS

By John Vernon

TRICARE FOR LIFE (TFL) WORKING WELL. Very positive feedback has been received from several residents who have utilized TFL with civilian health providers. As an example, North Bay Medical Center expeditiously bills Medicare and simultaneously bills TFL after a visit to a health provider. A few weeks later, the benefit's form is received by the resident from Health Net Federal Services documenting full payment of the entire bill.

TRICARE PLUS. Previously empanelled residents, who transferred into TRICARE PLUS at David Grant USAF Medical Center, are also experiencing a smooth transition, whereby they retain their primary care physicians. Primary Care at David Grant continues to be outstanding. The entire retirement community owes Lt.Col. Bruce Allen, TRICARE Flight Commander, a big vote of thanks for the well-organized and expeditious manner in which he and the dedicated members of his section administered the transition.

FUTURE ENROLLMENT. We have approximately fifty residents who were not previously empanelled and desire to enroll in TRICARE PLUS. The latest estimate, whereby the program may become open, would be in the April/May timeframe. What happened at the World Trade Center on Sep 11, 2001 has stretched commitments of military health providers to the limit. Presently, there are too many "ifs" to give an accurate assessment as to when the program may be available for this group. However, as soon as enrollment becomes available, these residents will be notified.

GUEST SPEAKER. We can look forward to May when Lt.Col. Bruce Allen and key members of his staff will visit PVE. Exact date will be announced. He plans to address us on how well the TFL and TRICARE PLUS programs are working with feedback from health providers and the retired community.

PHONE NUMBERS. TRICARE PLUS and TFL questions? Here are numbers you may call:

TFL Information and Registration: 1-888-363-5433.

TFL Benefits (Local) administered by Health Net Federal Services: 1-800-977-6753.

TRICARE PLUS (David Grant): (707) 423-2326.

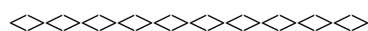
Please remember that our proximity to David Grant is a great convenience in obtaining information. You may visit the TRICARE Service Center at the north end of the building on the first floor and obtain information first hand.

VA BURIAL BENEFITS. For planning purpose, several residents inquired about burial benefits. As extracted from the current 2001 edition of VA Pamphlet 80-01-1, the following may be provided upon request:

Headstone and Marker	- \$300 burial and funeral expense
Presidential Memorial Certificate	- \$1500 if death is service-connected
Burial Flag	- \$ 150 plot allowance (non-govt cemetery)
Military Funeral Honors	- Burial in VA National Cemetery
Burial in State Veterans Cemetery	- Burial in Interior Department Cemetery (Ga & Tn)*

* Explanations for the above are extensive. For details you may contact the Solano County Veterans Office at 421-6590 or the National Cemetery Administration at 1-800-827-1000. For those with computers, the National website is <http://www.cem.va.gov>.

PERKS FOR WIDOWS AND VA RATED 100% DISABLED VETS. Recently I learned that the Delta Breeze Officers/Enlisted Club at Travis Air Force Base is extending free membership to military widows and military retirees rated 100% disabled by the VA. The Officers' section of the club is separate from the Enlisted section. For details, you may call the club at 437-3711, Tuesday thru Friday during normal work hours.

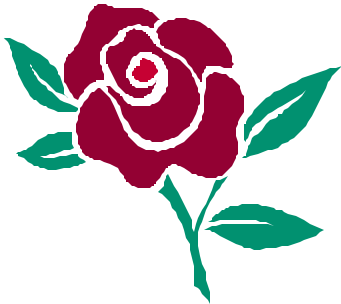


REMEMBERING

MARY JANE SELLERS

Loving wife of Cole Sellers
and
Devoted Mother of two Daughters

Arrived PVE: December 17, 1998
Died: December 26, 2001



PRECIPITATION

By Peter Palmos

Following are the totals for the year:

Month	Total
Sept-Dec	21.13 in.
Jan	3.50 in. (thru 1.20)

The total for last year through Jan 20 was **10** Inches. Fairfield's official rainfall recorded at Travis AFB is 13.99 inches.

Capacity and storage of reservoirs:

	Capacity	Storage	(acre ft.)
Shasta	4,552,000	3,423,000	75%
Oroville	3,538,000	1,852,000	52%
Trinity	2,448,000	1,622,000	66%
Berryessa	1,600,000	1,471,000	91%

Last year Berryessa was 86% full as of Jan 20th.

The City of Fairfield receives a portion of their water supply from Lake Berryessa.



Elysian Fields

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