Invitation to Submit

The deadline for the Winter issue is January 6.
Please send your article, photograph, comment, question, etc., as an e-mail attachment to
Marlene Dunwoodie
(marlenedunwoodie@gmail.com),
or place hard copy in cubby #423F

Christmas with Max Mara

By Don Hayler, deceased
Submitted by Laurel Hayler

As I walked through the mall looking in windows at
Christmastime, I saw a simple three-line sign that
unsettled me.

Max Mara
Wishes you Joy, Peace and Love
For 50% off

Did you know Max sold Joy, Peace and Love?
Do they have a low-cost source?
Perhaps Joy, Peace and Love are being closed out.
Are they planning to introduce
New and improved versions?
What would the improvements be?
Should we wait for the new version?
Or get the old version now at reduced price?
Maybe both, since you can never have
Too much Joy, Peace and Love.
So, I offer this wish, my gift to you,
May you find Joy, Peace and Love
At a price you can afford,
But don't pay full price if you can get it for less.

The Window Washers



Not quite death-defying
Photo by Barbra Wood

The 11th month of the year
Is still time for pretzels and beer.
With football for you
And basketball, too,
At Vi for a win we will cheer!

BY STAN GROSS

The C'est la Vi Board Wishes you the Happiest of Holidays!



Front Row: Guila, Jeff, Marlene, Joanne, Nat
Back Row: Shirley, Amber, Myra, Kathryn, C.J.

AUTUMN 2025
Issue 81

C'est la Vi

A MAGAZINE BY THE RESIDENTS OF VI AT PALO ALTO



Photo by Joyce Hanna

Letters to the Editor

Dear Editor,
Is there an online version? I'm in Idaho and hate to miss this magazine. I'll ask my neighbor to pick up my copy from my cubby but it would be fun to check it out now. Thanks for all you do to make C'est La Vi a terrific magazine! **Ed note:** PDF version sent on request

Carol Bulkeley

Dear Editor,
Thank you for featuring my ceramics in the C'est la Vi. It's such a nice treat to see one's work in print. It was a nice issue with all the resident dogs! It is really a treat to see the magazines when they arrive in our cubbies. Well done!

Laura Waste

Dear Editor,
Thanks for all the unseen work and skill it takes to produce C'est la Vi. You always capture the warmth and the lively culture that is so special here, and the variety of gifts that people continue to share. (And featuring Vi dogs and the joy they bring their "families" was a great idea.) Just saying…

Gay Hoagland

Dear Editor,
I loved the information about the Vi employees Mathangi, Alex and Emeline. It was enormously helpful! Thank you,

Lois Tilles

Thanksgiving

In 1863 President Lincoln issued a proclamation that Thanksgiving should be the last Thursday in November. This continued until 1939 when the last Thursday turned out to be November 30. Retailers complained to President Roosevelt that this left only 25 shopping days between Thanksgiving and Christmas. So, Roosevelt declared the date to be November 23, the second-to-last Thursday of the month. This caused a lot of confusion. Calendars were incorrect. Schools had to reschedule vacations and tests. Football games had to be rescheduled. Twenty-three states followed FDR's change but 23 other states disagreed and kept Thanksgiving as the last Thursday. Two states, Colorado and Texas, honored both dates. Finally, in 1941 Congress passed a law declaring that Thanksgiving would occur every year on the fourth Thursday of November. This was the first time the Federal Government established a holiday.

In Memoriam:

Miles Berg	7/28
David Elliott	8/6
George Janetos	9/18
Janice Anderson	9/22
Pat Engasser	10/12

People pass on, but memories linger.

Cover Story: We asked on Vi620 for photos or art with fall color for our cover. Nine residents replied, some with multiple choices. We chose a photo sent by **Joyce Hanna** taken at her home in Atherton before she moved here. The two men are her husband, who passed away in 2023, and her son-in-law. After voting for our favorite for the cover, we chose one from each contributor to share with you – **see pages 8 and 9**.

C'est la Vi
Editorial Board

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Autumn Contributors

Ehrlich, Tom
Gould, Dick and Ann
Gross, Stan
Hanna, Joyce
Hayler, Laurel
Horsley, Gloria
Howard, Chris
Jakab, Susan
Long, Diana and Jim
Mix, Ann-Marie
Olson and Beebe
Porter, Ann
Powers, Frank
Roth, "Timmy"
Schofield, Glen
Stauffer, Peggy
Tarr, Deanna
Tuffli, Barbara
Walker, Gail
Williams, Grace
Wood, Bill and Barbra

Our Newest Neighbors

(photos by Marlene Dunwoodie)


Martha Lee 403F


Kate and Marvin Feinstein 204E


Sandra Brown 400E


Mike Helft 414F

The 18th Annual Vi Resident Art Show

By Gail Walker



There was a total of 34 artists and 51 artworks. This included 4 sculptures, 5 ceramics, 14 acrylic or oil paintings, 2 digital artworks, 1 graphite drawing, 2 pastel drawings, 6 photographs and 17 watercolors/ink.

The Vi Resident Art Show is made possible thanks to a dedicated group of volunteers, the amazing talent of Vi resident artists, and excellent support from Vi Lifestyles, Engineering and Dining. Thank you to all.

RAC Holiday Gift Fund

A Great Opportunity to Thank Our Staff!!

By Anne Gould

Each fall, the RAC organizes a Gift Fund drive which provides the only tangible way during the year for residents to give a big coordinated thanks to the many Vi IL and CC hourly employees and contractors based solely on the number of hours they have worked during the year. Think of staff who work in the kitchen, dining rooms, engineering, front desk, housekeeping, security, transportation, lifestyle, valet, the Wellness Center and the Care Center. Management is **not** included in this program. Last year we were able to distribute $1.1 million to 294 well-deserving employees!

Who Is the WHO?

(see page 11)

(1) **Frank Slater** (Jamestown, VA est. 1607, Frank is 105)

(2) **Rose Tseng**.

(3) **Cathie Perga**, young and single, was enjoying a post-show breakfast at the Desert Inn in Vegas. Close by was Jimmy Durante. Her friends dared her to give him a kiss. She walked to his table and asked him if she could. He grinned and said, "Any place you'd like, honey!" She chose his famously prominent nose.

New Residents
through October

Walker, William & Kathryn	411F
Kelly, John	102D
Stamm, Shelley	105G
Gaddis, Marilyn	113G
Sally Randel & Paul Fearer	422F to 123F*
Susan Heller	124D to 402B*
Tom and Helen Hubbs	209E to 320E*

* internal move

So glad you chose to make your new home with us.

"The older I get, the earlier it gets dark."

Ask John (Koselak)

Join John's coffee chats at 9:00 in the Bistro on the 4th Wednesdays of the month.

Dear John,
We like to think of Vi as our home. Two of us were having a meeting in the Great Room; there was considerable noise, so we contemplated where we could meet together in some peace and quiet, without going long distances to one of our rooms. **What are "public" areas for residents to meet and what areas are not?**
Answer: *One of the many amazing features of our community is the thought that was put into creating common areas and meeting spaces for residents. Some are large and vibrant, such as the Great Room, while others are more intimate, such as the Billiards Room. In addition, there are spaces created outdoors such as the Great Room Patio. There are several spaces throughout the community for large and small gatherings, including card rooms and conference rooms when not in use. Dining areas were designed for gatherings during meal periods and the service team want to ensure that these areas are prepared and ready when needed. Therefore, we request that residents not utilize these spaces for gatherings outside hours of service.*

Dear John,
Folks needing walkers cannot carry heavy, large packages to their rooms. Nor are they able to use the large carriers. **Does Vi have any suggestions or solutions for this?**
Answer: *When placing orders with various companies, many residents will choose the option of having heavier items delivered directly to their apartments. It is a service that many companies offer when placing your order.*

Dear John,
When I order a soft drink in the dining room there is no charge but when I order a soft drink in the bar, I am charged for it. Why is that?
Answer: *When residents are enjoying meals in the dining room, non-alcoholic beverages are included with their meal, which is covered with their monthly fees. The lounge is available for residents and guests to enjoy drinks of any kind, which are not part of the meal plan. All items in the lounge are priced a la carte.*

Dear John,
There is someone on my floor who puts everything in one bag for the **trash room**. I, myself am confused as to what goes where but I do try to sort it. Maybe a refresh is in order. Also, perhaps N2N could include the instructions in the New Resident package.
Answer: *Like many cities in the Bay Area, the City of Palo Alto instituted a mandatory three receptacle trash stream (trash, recycling, compost) a couple of years ago. The green bins represent items which can be composted or are biodegradable. The blue bins represent items that are recyclable. The original trash chutes are for all other trash. We have communicated this through newsletters and community updates from time to time. In addition, we have displayed posters in each trash room to assist residents and private duty aides on "what goes where." The system is no different from the ones you had at your homes prior to moving into Vi. Although the city mandates the availability of the receptacles, we cannot force residents and aides to follow this mandate. We will continue to educate and inform as best we can.*

Dear John,
Before Covid, I enjoyed gathering a table of 8 for a nice dinner in the **Wine Room,** which is connected to the Club Room. Now the cost is so prohibitive that it is seldom used. Compared to neighboring senior residences, it is out of line.
Answer: *Vi at Palo Alto currently offers three dining venues for residents (Bistro, Club and Colonnade). The Private Dining Room and Wine Room are separate areas that are occasionally utilized by residents as private event space. These spaces are not part of the common area for dining and do require additional staff if they are reserved. The cost for these areas is simply to cover the cost of the additional staff needed to serve these private events.*



Squirrels Squirrels Everywhere!

History of Stanford Stadium

By Shirley Armitano

In the early 20th century, interest in field sports was increasing in the United States and stadiums were needed to accommodate the large crowds that were drawn to watch them. At the newly founded Leland Stanford Jr. University, there was a growing need for a stadium.

The plan was to use it for football as well as track and field events with a track around the stadium. On June 1, 1921, at the start of stadium construction, university president Ray Lyman Wilbur shoveled the first traditional ceremonial scoop of dirt. This ceremony included a six-gun salute from the school's ROTC field artillery unit. Excavation for fill left a large pit. In 1931, this pit became the "Sunken Diamond" baseball field which came to be known as the most beautiful college baseball field in the country.

The first Big Game played at the new stadium was in November 1921, after just 4 months of construction. The football stadium was used for numerous events, such as commencement exercises and other sports. It was the largest stadium on the Pacific coast and its horse-shoe shape was novel and could seat 65,000.

In 1935, a significant renovation was undertaken. Necessary changes included replacing the wooden seats and upgrading the concourse and restrooms.

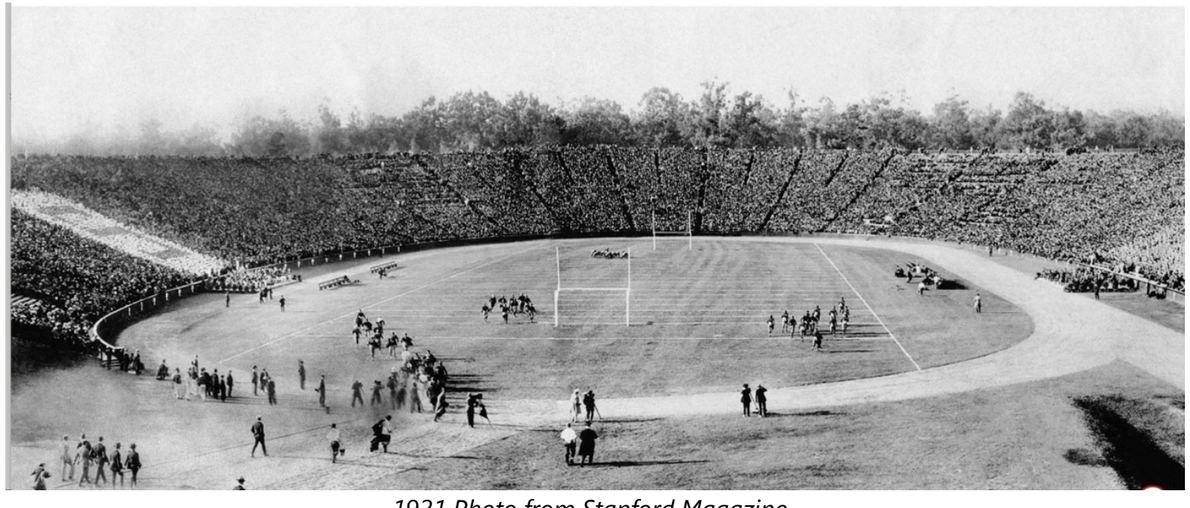
An important event that year was a record-breaking attendance of 94,000 for a game against rival California.

What happened when the former stadium was demolished in 2005? Fans rushed the field after the last home game as demolition began. The new stadium was undertaken following numerous complaints about lack of sanitary facilities, comfortable seats and other amenities. It was rebuilt as a dual-deck concrete structure, without a track.

In January 1985, Super Bowl XIX was held in Stanford Stadium, with the San Francisco 49ers defeating the Miami Dolphins, 38 – 16. The stadium has hosted soccer matches for the 1984 Summer Olympics as one of three venues outside southern California for those games.

The 20th century brought in a new use for the Stadium, reflecting the changes occurring in the new century. Musical concerts were drawing crowds and the arena was now used for that purpose.

Stanford Stadium adapted to this trend at a concert given by Coldplay on May 31, 2025, consisting of two sold-out nights with an attendance of 43,000 at each show. Our beloved stadium was providing entertainment as well as sports for the first time. What a change!



1921 Photo from Stanford Magazine

1928 Acceptance Speech at Stanford Stadium: On August 11, 1928, Herbert Hoover delivered his Republican presidential nomination acceptance speech at Stanford Stadium to a crowd of over 70,000.

Tailgaiting

By Ann Porter

Reprint: September 2013, C'est la Vi #13



Thousands, including the Porters, indulge in tailgate picnic lunches each autumn, and few know how and when tailgating all began.

Actually, the custom originated during the University of Washington's 1906 season. The picnickers deemed it wise, because of voracious ants and soggy ground, to line up the buggy-pulling horses and place the food to be served on the broad rumps of the animals. The horses, unaccustomed to being used as tables, started a very slow walk in an attempt to get away from what was annoying them. It took only a minor effort to keep up with them and continue eating. It is to that slow walk behind the horses that the word 'tailgate' can trace its roots: originally two words and spelled "tail gait," Only with the advent of the modern suburban wagon did the word receive its current spelling.

Jumping twenty years, we reach the next momentous step in tailgating's fascinating history. Tailgate lunches had been of simple fare until the otherwise little-remembered Alfred University vs. Bates College encounter of 1926. Get to the game early, have a slab of ham on some nice kosher rye bread – that's lunch. On that same date, however, Mrs. Hedy Hitchcock of Lewiston, Maine had prepared beautiful hors d'oeuvres for that Saturday's D.A.R. meeting at her house. When no one had arrived by half an hour after the meeting was slated to begin, she found that she had lost a week somewhere and the meeting was to have been the following week.

Abashed at her error, the nonetheless cool Hedy was too sharp to let her delicate pate' spoil in the Indian summer heat. Hotfooting it to Bates' world-renowned Garcelon Field with all the goodies, she dispensed them with love to the throng of 15 pre-game picnickers. Next to all the egg salad sandwiches on white bread, Hedy's gourmet grub made quite an impression. So well were her laboriously prepared viands accepted that pre-game habits were drastically altered.

Her action had the effect of changing the story of pre-game lunches from one of simplicity and sanity into a story of such ridiculousness that tailgate parties now match the madness of the times. Almost anything the mind can conjure has been expressed at recent tailgate gatherings. Pigs have been roasted, couples married and parties extended through the weekend on the stadium parking lots. Out West, a canopy was spread between trees to protect against the rain while chefs with white hats whipped up Eggs Benedict for fifty people. Dick and I once hosted a pre-game feast for 80 of our favorite Stanford fans. The next tailgate was in New York for the Army-Stanford football match-up. May the food and the fun never end.

Remembering Little League

By Frank Powers

Here I am sitting with a couple of male friends at lunch in the Bistro and one of them mentioned that it is little league world series time. My thoughts wander back to my little league time and the moment I found myself sitting on the end of the bench. I was 10 years old and the coach, who was the first woman to coach a little league team, had just benched me because of an errant throw of mine from center field to home plate. It cost us a run and I was so embarrassed sitting there with my cap pulled down and small tears running down my cheeks.

I was feeling bad for myself and also for the coach who, as a woman, seemed to be trying to make a point that a woman could coach as well as a man. I heard that she did not get a lot of support for her coaching attempt even from her husband and family. I did not know at that time how hard it might have been for her in 1953 but I did know from the other guys that it was a big deal to have a woman coach. It was also known that she had been a softball star in the Texas Women's league in the 1930s, a real "league of their own" personality wanting to help us be better ballplayers.

I felt then that my errant throw was just not a bad moment for me but maybe a bad moment for the coach. I did not know what to do, but I remember pulling my cap down lower and saying to myself, "Sorry, Mom."

1892 Big Game Organization: The inspiration for the first Big Game — held in 1892 — came from Herbert Hoover (then student manager of the Stanford football team.) He printed 10,000 tickets for the 15,000-seat venue but was forced to collect coins at the gate when an overflow crowd of 20,000 showed up.

A Visit to the Japanese Garden in San Mateo

By Stan Gross



A Japanese garden is a sacred place. You feel the triangle element of Japanese culture — heaven, man and earth. You become aware of the life in the plants, the trees, the rocks and the pond. You hear the tinkle of children laughing as they peer down from the bridge at the koi in the pond at feeding time.

You can hear, but don't see, a waterfall nearby. You learn that Japanese love to hear the waterfall, but not to see it. Together with active help from San Mateo's Japanese sister city, Toyonaka, the garden includes only authentic features, such as turtles, a pagoda, a Buddha, and a shrine. These features, and many more Japanese traditions are woven into the Japanese Garden in San Mateo's Central Park.

In mid-August, 15 residents from Vi were treated to a visit to the Japanese Garden and guided through the San Mateo Arboretum Society's garden shop and greenhouses. One greenhouse is devoted to all varieties of orchids. We were told of the history of the park, its extensive rose garden, the butterfly garden and more. We also had the opportunity to purchase plants (at bargain prices). They accept donations of tea cups into which they will plant small gardens. They also accept plants or trees that have become too large for your apartment or deck.

This fun tour ended with lunch at the B Street and Vine Restaurant nearby.



Matin, making daily dinner bag delivery

How to Join vi620residents

Join vi620residents@googlegroups.com to connect with other residents of Vi at Palo Alto. Members use vi620residents to inform others about events, ask for help or recommendations, share info, alert others to scams, offer to give away/sell an item, or share humor. Please no political or religious material.

How to join?
A. New residents:
1. If you have a Gmail address, you will be added to the membership by the group administrators and will receive an e-mail letting you know when you have successfully joined.
2. If you do not have a Gmail address, the administrators will try to add you, but this oftentimes does not work. In this case, you will receive an e-mail invitation to join.
Unfortunately, these e-mails often go to your SPAM folder, so be certain to check.
Once retrieved, click the "Accept This Invitation" button. Once clicked, you will receive a notice that you have successfully joined the group.

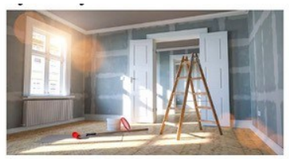
B. A resident can be added to the list by sending an e-mail:
To: vi620resdents+subscribe@googlegroups.com
Subject: SubscribeVi620
In the body of the message, enter name, e-mail address, unit number.
This request has to be approved so it may take a few days.
For problems contact either:
Anne Gould - tennisgould@gmail.com
Jerry Elkind - jerry@elkind.org.



Halloween Ladies in our Vi Salon
Stephanie, Diane, Helen and Jonna
Photo by Marlene Dunwoodie

Renovation

By "Timmy" Roth



As a 10-year-old unassuming beagle with low mileage, I am usually eager to greet my surroundings each morning, rain or shine. But when loud noises disrupt my early morning snooze, I bark. The Boss checks out the commotion. On his return, he reports that a renovation is taking place several doors down. I bark some more. The Boss is not happy. Actually, the Boss is never happy when I bark.

Enter tools. Tools make it happen! Tools also make noise, loud noise, but some noise is expected. The Boss says a renovation without noise is a dress rehearsal! The Boss retreated to his bedroom leaving reassurance that a beagle visit to the work effort would not be popular. I provide an unpopular final bark.

Then there's the Vi hallway. (I can still remember when we moved in.) The hallway becomes a semi-public walk-in closet of photos, clothing, books, file cabinets, personals, plants that need water, groceries, maps to places never visited and, of course, a tired lawn flamingo. (I thought I noticed some stuff that used to belong to us.)

Vibration. I'm not sure which device is responsible for the vibration assault that we are privileged to endure, but I assume the "pause" button requires additional training. Boss says this device reminds him of a friend who comes for lunch and stays for dinner.

The Boss, in knee-jerk fashion, seeks an escape from the din by threatening to move several zip codes away. I'm lucky, though. As a small dog, I can hide behind large furniture. The Boss could crawl under his desk, but his dignity is not double jointed. My biggest concern is that the renovation doesn't slow the timing of my dinner! Delivery after 6 p.m. would normally be considered canine abuse.

Ultimately the sounds vanish and the grimace etched on faces over the past several weeks gives way to expressions of relief. The apartment has been transformed into a beautiful and restful domain ready to honor new residents!

Nagging question: What are the first signs that renovation noise can affect mental clarity? Would it be when the Boss wears Mrs. Boss's name tag?

Home Is Where the Heart Is

By Myra Friedland

It was the end of a whirlwind theater trip to New York City, and I was simultaneously feeling both exhilarated and exhausted. I was thrilled to have seen five amazing shows that truly stirred my soul:
Buena Vista Social Club – fabulous music, serious history,
Death Becomes Her – unexpected acrobatics and fantasy,
Just in Time – Bobby Darin story in a four-sided theater,
Maybe Happy Ending – a robot love story, and
Gypsy – stunning performance by Audra McDonald.

I also loved re-visiting the incredible Metropolitan Museum of Art, as well as New York City's magnificent MOMA. Traversing NYC was made infinitely simpler by using credit cards for buses and subways. And where better to shop than New York, New York?!?

Unfortunately, the hotel room my friend and I shared was located on the fourth floor close to Broadway. As a result, we could hear considerable street noise which contributed to several sleepless nights. When we asked for a room change to a higher, and hopefully quieter floor, we were informed that we would have to use the following procedure: pack our suitcases and leave them in front of our door all day. If a room should become available, our luggage would be transported to the new room. Clearly, we did not risk following that advice!

I also found it time-consuming and sometimes difficult to execute the additional self-care that seems to multiply as one grows older. For me, that involved numerous eye drops and warm compresses. These were a necessity, but also an inconvenience while on the go in Manhattan!

Suddenly, I could not wait to return home! I was amazed to realize how much I missed about life at Vi Palo Alto – my wonderful friends, the lobster in the Colonnade and the fun dinners outside the Club Room or on the Bar terrace, the amazing lectures, fabulous music performances, art and pottery studios, the exercise classes, gym, pool, the Lifestyle trips and activities. These revelations brought me to the obvious conclusion: Vi at Palo Alto is home and I could not wait to get back!

Janice Anderson



Bernie Arfin

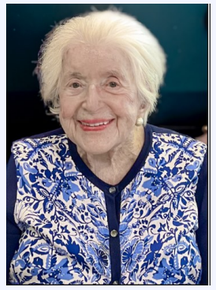


Anadel Law



Trudy Niehans











We Celebrate Our Centenarians

Mike Paioni





Frank Slater





Lee Swent





Why Not Write a Novel?

By Tom Ehrlich

For most of my careers in higher education, I wrote non-fiction books, first about international law, and later about moral and civic responsibility in college and other topics. But when Covid hit in 2020, libraries were closed, and I could not do the research I needed to continue that path.

I decided to write a novel. I had not written fiction since high school but thought it would be fun to try. "Write what you know" is the writer's mantra, so I wrote about a public university president struggling to maintain the primacy of academics over athletics, a hot topic these days. The result was *The Search: An Insider's Novel about a University President*. It is in the Vi Library, along with a memoir that I wrote soon after, *Learn, Lead, Serve: A Civic Life*. Both were published by Indiana University Press and are available on Amazon.

I had so much fun writing that novel, that I wrote a second, *Murder at Seascape*. It's a murder mystery about an independent living facility in Boston (where I grew up) that looks remarkably like Vi at Palo Alto. Again, I found great pleasure in writing fiction. To my good fortune, Pegasus Publishing, a large London based firm, agreed to publish the novel, which will be available in November.

My pleasure in writing fiction led me to write a third novel, *JEWELS: A Novel of Moral Dilemmas and Miracles*. I just signed a contract for Pegasus Publishing to publish this work next year.

In writing these books I was helped by three creative writing courses I took through Stanford Continuing Studies. For *JEWELS* I also hired a writer who just graduated from the Stanford Stegner Writing Program to suggest improvements.

Throughout this joyous journey, I found after a while that my characters were talking to me, and my job was to write down what they said. I tried to write at least 500 to 1000 words a day. Before I started each novel, I had the seed of an idea where it was going, but no idea where it would end. And I learned not to try to revise my prose until I finished a draft. Then I would do another draft. And another, and another, until I was satisfied.

I had such a good time writing fiction — you might try it as well.

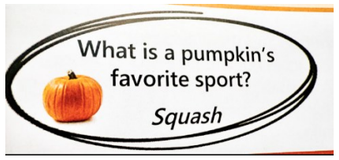
Highest Honors in Tennis

By Anne Gould



Dick and the twins

Dick and **Anne Gould** attended the International Tennis Hall of Fame in Newport, RI at the end of August for the induction festivities and ceremony of the Class of 2025. Two of Dick's former Stanford players, twins Bob and Mike Bryan, were inducted along with Maria Sharapova, former No. 1 player in the world and winner of 5 Grand Slam singles titles. Bob and Mike were on Dick's teams that won the NCAA Team title both years they were at Stanford (1997, 1998) and they went on to win 16 Grand Slam doubles titles and an Olympic gold medal. They jointly held the world No. 1 doubles ranking for a record 438 weeks. It was a special weekend for Dick to watch two of his former players attain the highest honor in tennis!



A Young Musician

By Peggy Stauffer



A cello concert by Daniel Wang, accompanied by his mother Xi Zhang, was performed in September to a delighted and responsive audience in our auditorium. Daniel is a 13-year-old musician, yet has the composure and presence of a more mature artist. He performed Schumann's Romance, Cassado's Solo Suite with Spanish Dances, Romance by Beach, and the Shostakovich Sonata. He focused on younger composers with romance as a central theme and the applause showed the audience's appreciation of his talent and technique.

Wonders of Walkers!

By Nat Friedland

Approaching age 90, I found myself suddenly needing to use a walker for the first time. (Probably it's temporary, but there are no guarantees at this age.)

The first thing I noticed about the walker was how maneuverable it is – much more agile than the personal shopping cart I had been using to carry multiple different-sized items between rooms. (Previously I was doing that with one hand while also handling a cane.)

After only a few outings around Vi, I was also struck by how much faster and easier it was to just roll along with the walker instead of lifting a cane ahead of every step. If I felt pain or weakness in either leg, I could shift more of the load up to my shoulders and simply swing the weak leg rapidly along without much weight on it.

I should explain why I needed a walker in the first place. I had a double-feature of symptoms – sciatica, which many people here know about, and dyspnea, which nobody has ever heard of. Dyspnea is the medical term for shortness of breath that could be caused by any number of things – heart, lungs, esophagus, or respiratory infection (the current theory about my case).

I needed a walker in a hurry and I didn't know where to try some out. I once saw the Front Desk loan an unclaimed lost-and-found cane to a resident recovering from a fall, so I asked them if they had a walker I could borrow. They said they just received one after a resident died suddenly.

Since I had nobody to explain the finer points of setting up my loaner Drive Nitro (a popular red model hereabouts) I needed to figure out things for myself. I unjammed the controls that were making the handles crooked. I saw a folded-up walker in the Colonnade and eventually realized I could accomplish that by simply pulling up the seat. I was also surprised to discover you could lock the handbrakes just by pushing them down.

No wonder so many at Vi choose walkers. I only wish more residents would set their arm handles higher so they didn't need to walk all bent forward. If I ever had to use a walker long-term, I would get an upright model that supports your forearms near shoulder height so you cannot walk bent-over. I tried one at a Vi Health Fair a few years ago and thought it was great.

Eastern Europe and Beyond Photographic Albums Revealed

By Amber Henninger



There is a new exhibition in the Lou Henry Hoover Gallery in Hoover Tower which may be of interest to many of our residents. A look into the past through photographic albums of Eastern Europe, which are housed in the archives. It includes information on history, culture, peoples and landscapes from Russia, Eastern Europe, the Balkans, the Baltics and the Caucasus, all areas that are part of our daily news. This exhibit will end February 8 and is open to the public 7 days a week from 10-4. There is no charge for admission. Should you wish to go to the Observation Deck in Hoover Tower, there will be a fee of $8.

Hanukkah

By Joanne Arfin

The eight-day Jewish holiday of Hanukkah begins this year on Sunday, December 14 when the first candle of the eight-branch menorah (Hanukkiah) is lit. An additional candle is added each night. The holiday, also known as the Festival of Lights, celebrates the fight for religious freedom by the Jewish Maccabees over Syrian despots in 157 B.C.E. A traditional food served for Hanukkah is potato pancakes (latkes) and in Israel they serve jelly doughnuts.

The HaShirim Chorus will be performing that Sunday afternoon in the Auditorium. The entire Vi community is invited to attend.

Who Is the WHO?

(1) **WHO** has amazingly lived for one-quarter of the 419-year-history of our Republic, our Nation?

(2) **WHO** lived in Hawaii for 15 years but learned how to Hula after moving to Vi?

(3) **WHO** kissed Jimmy Durante??

If you know an interesting and surprising fact about a fellow resident to share in this column, please e-mail it to jsarfin31@aol.com or put it in cubby #415D.

In London with Berkeley Rep

By Jeff Breslow



Last June, **Karen** and I had the opportunity to join 30 board members of the Berkeley Repertory Theatre on a tour of London. Below are a couple of the myriad activities in which we participated, plus the dramatic, humorous and musical plays we enjoyed.

The Garrick Club, founded in 1831, is a private dining and social club that hosts an important theatrical library with the most comprehensive collection of theatrical paintings and drawings in existence. As one of the Club's 1,300 members, British actor Hugh Bonneville helped arrange this tour. (Women were forbidden to become members until 2024!)

The National Theatre was founded in 1963 with Lawrence Olivier as its first director. The company is home to three theatres, spacious foyers, two learning spaces and a private events venue. The Artistic Director, Emma Rice, discussed her groundbreaking work with the Wise Children's Theatre Company…enlightening!

The plays we enjoyed most included: The Curious Case of Benjamin Button, a musical adaptation of F. Scott Fitzgerald's short story which recently won 3 Olivier Awards including best musical. Reimagined in a Cornish fishing village, the story is set to music, performed by 14 actor-musicians playing 30 different instruments.

Giant, featuring John Lithgow, reprises his role as world-famous children's author Roald Dahl in this landmark production by the Royal Court. The winner of 3 Olivier Awards, including best new play, this gripping drama explores a pivotal and trying period of Dahl's life. The antisemitic theme was powerful and disturbing.

Ewan McGregor, who returned to the London stage after 17 years is featured in a startling new play inspired by Ibsen's The Master Builder which lays bare the vulnerabilities we expose, when we leave ourselves open to love. The wife, the husband and the former lover find themselves face to face with an unimagined reckoning.

Other plays seen were The Brightening Air, North by Northwest, London Road and MJ, the Musical.

Our Last Chance

By Shirley Armitano and Amber Henninger



We have had the great pleasure of knowing Joel Pena while he worked at the front desk on the weekends. This is our last chance to recognize him and his father, Wilber, as Joel has now graduated from San Jose State with his degree in Mechanical Engineering. He has also earned a commission as a Second Lieutenant in the Air Force. Through participation in the ROTC program at San Jose State, Joel prepared for active duty and he is now stationed at Wright Patterson AFB in Dayton, Ohio where he is part of the GAD (Next Generation Air Dominance) program, applying his skills and education to help develop critical Air Force programs.

Many residents know Wilber, who has been an Engineering Technician at Vi for 13 years. His story is one of dedication to bettering himself. Though he began with advanced studies at a college in Peru, family issues caused him to try many different options. Eventually he arrived in Mexico in 1991 and then came to the United States, where he received his green card in 1994. Determined to succeed, he pursued his HVAC certification, more electrical training and other skills which led to steady employment. Around that time, he met his wife and they have two sons who are carrying on their father's example of perseverance and hard work.

Wilber is deeply grateful to the residents of Vi Palo Alto for the scholarship support provided to Joel. We are lucky to have such a fund which allows us to help these young people pursue their dreams.

Early Vista of the Care Center



Grace Williams admiring the new plantings behind building D from her deck

The Complexities of Lying About Age

By Gloria Horsley

I recently read an article in the New York Times Magazine titled "Lie About Your Age. It's Fun." This made me ponder: is it truly enjoyable to lie about your age? People lie for different reasons, and the consequences can be both varied and intriguing.

Frank's Childhood Experience: When my partner, **Frank Powers**, was five years old, he wondered why he couldn't go to school with the other kids who lived in their trailer park and walked together in the neighborhood. His mother, a hardworking woman who owned a truck stop diner, considered his request and — through a bit of ingenuity — managed to get him into First Grade.

The Unexpected Consequence: Seven years passed, and Frank was a member of his little league baseball team. He confided to his mother, the team's coach, that he was sad he wouldn't be able to play the following year since he would turn thirteen. To his surprise, she assured him he could play another year. Confused, Frank asked how this was possible. His mother explained that when he was four, she changed his birth certificate so he could start kindergarten early, making him officially eleven years old rather than twelve.

The Different Ways We Experience Age: There's a difference between lying about your age and simply forgetting how old you are. Throughout my 86 years, I've encountered various milestones that have marked the passage of time. Most recently, when I turned 85, I noticed a shift in my conversations while playing golf with younger players. I began to mention my age, almost as if it hadn't already occurred to them. I found myself lamenting that I couldn't hit drives as far, attributing it to lost muscle mass, and that my putting had become less accurate, blaming a shrinking cerebellum. But in truth, it's important to accept aging, to grow up and grow old, and to appreciate the opportunity to keep fighting the good fight.

One of the things I most enjoy about living at Vi is that it is the only place where I am middle-aged, surrounded by others with similar experiences. Ultimately, age is just a number, and what matters most in life is that we continue to love, laugh and live together.

What I'm Watching (#1 of a new series)

By Susan Jakab

So, on my screen is this charming old guy, Rick Stein, former fish restaurant chef, who grew up in Cornwall and is offering sixty (!) half-hour episodes about the inhabitants and their work. *Cornwall* turns out to be a big peninsula! Plenty to see: oyster scrapers, museums honoring otherwise forgotten local nineteenth-century artists, mysterious gigantic Neolithic stones, contemporary potters, and more, much more. Each episode includes a cooking vignette, in which Rick prepares a dish with local produce. Here's Rick cooking Cullen Skink, which is not, as I assumed, a rodent that ravages gardens, but a soup that comes from the north of Scotland. He's accompanying it with home-made Irish soda bread. So calming to watch him mix the flour, add the baking soda — but wait, what does this dish have to do with Cornwall? Oh, no matter, my blood pressure is dropping, my eyes are closing, it's all so soothing…. Rick Stein's *Cornwall*, 3 seasons, streaming on Amazon Prime Video.

Residents: Please share what YOU are watching. marlenedunwoodie@gmail.com

In the Kitchen

Chef Jose, with his shipment of Wagyu beef

Alexander with Brian the Pastry Chef, making Pear Crisps



More Fall Colors



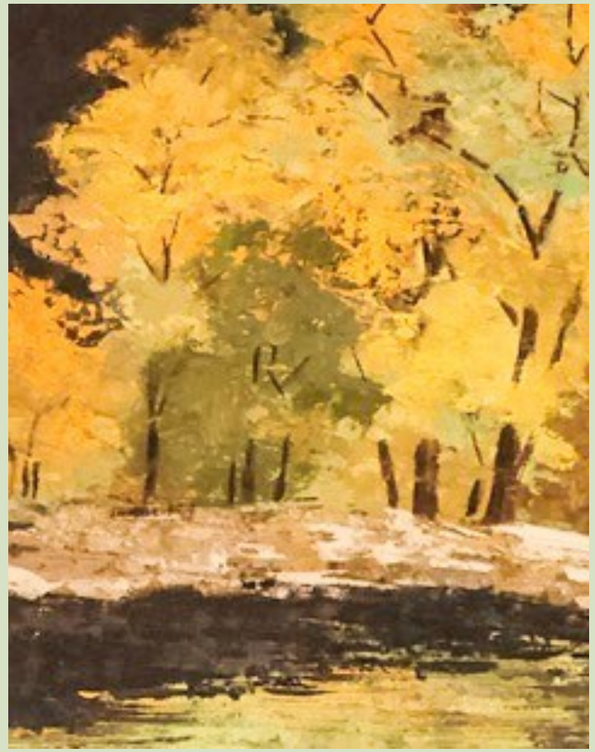
Camilla Olson and Sue Beebe



Bill and Barbra Wood, Chapel, Concord, MA



Barbara Tuffli, Pyrus Aristocrat



Deanna Tarr, Trees in Fall

Autumn Through Our Eyes



Glenn Schofield, Eastern Sierra, Walker Creek



Diana and Jim Long, Tahoe



Christine Howard, Black Mountain, NC



Ann-Marie Mix, Autumn Bouquet