

The Whale contributed by Shirley Price

An article about the rescued whale was first published in the SF Chronicle in December 2005. Shirley gave me a copy she reproduced with pictures and I thought it was very touching. I don't remember this, but maybe you do.

If you read the front page of the SF Chronicle, you would have read about a female humpback whale that had become entangled in a spider web of crab traps and lines. She was weighted down by hundreds of pounds of traps that caused her to struggle to stay afloat. She also had hundreds of yards of line rope wrapped around her body, her tail, her torso, and a line tugging in her mouth.

A fisherman spotted her just east of the Farallon Islands (outside the Golden Gate) and radioed an environmental group for help. Within a few hours, the rescue team arrived and determined that she was so bad off, the only way to save her was to dive in and untangle her.

They worked for hours with curved knives and eventually freed her. When she was free, the divers say she swam in what seemed like joyous circles. She then came back to each and every diver, one at a time, and nudged them, pushed gently and thanked them.

Some said it was the most incredible and beautiful experience of their life. The guy who cut the rope out of her mouth said her eye followed him the whole time, and he will never be the same.

May you, and all those you love, be so blessed and fortunate to be surrounded by people who will help you get untangled from the things that are binding you.

And, may you always know the joy of giving and receiving gratitude.

**Important Telephone Numbers**

Office Hours – Monday-Friday 8:30am-5:30pm
 Saturday & Sunday 9:00am-5:00pm
 Office 929-3966 Fax 929-3627
 Barbara/Activities Office 929-6003
 Van/Transportation 468-3091
 Dining Room 921-5998
 Comfort Keepers 560-9100
 Police Non-Emergency 264-5471
 Emergency & Fire 911
 Comcast Cable 1-800-266-2278
 AT&T 1-800-310-2355
 Para Transit 429-2744
 Yellow Cab 444-2222

Beauty Salon Jane Ma 223-9658
 Tuesday-Saturday
 Clean Touch Dry Cleaning 366-6666
 Pick-up & Drop-off Monday & Thursday

Marketing Minutes

It's bittersweet saying goodbye to my Campus Commons family. I have worked here for over 4 ½ years and have met the most wonderful people. I've had great times with all of you at our Wine and Art shows, Casino Nights, Halloween Carnivals, Bingo Bonanza and so much more. As you know, this is a fabulous opportunity and a new adventure for me. I plan to stop in and say hello whenever possible.

Much love and hugs to you all!!!
 -Deanna



Campus Commons

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Christine's Comments

We have so much to be thankful for this season. I'm thankful for a rewarding job where I get to come to work and have fun with all of you. Never in my wildest dreams did I think a job like this existed – so thank you for making my job a great one.

Deanna's last week with us will be the week of November 6th. I will be on vacation this week, but she will be here to help train our new Marketing Director, Bernadette, who joins us on November 7th. I want to thank Deanna for all her hard work as our Marketing Director the past 4+ years. I know she's going to make an incredible Community Administrator at our sister community.

We are winding up for the holidays, so be sure and look at your November calendar closely. We have staff taking additional time off over the holiday and we have adjusted some of the transportation times the week of Thanksgiving.

Our Annual Home for the Holidays Pie and Dessert Social is Wednesday, November 15th, at 7pm. Dinner will be served early on this day from 4:00pm to 5:45pm. Your family will be getting a special invite in the mail and the last day for them to R.S.V.P. is Friday, November 10th.

We have such a great location here right off the American River, but with that comes some "nightly" critters. We have had some skunk sightings on the property. Please, I can't stress this enough, please be very careful when going out after dark. If you do, make some noise, or use a flashlight, as they will usually scurry away. Those of you that have dogs, be sure you keep them on their leash to avoid them from getting away from you.

~ I wish you and your loved ones a very special Thanksgiving~

Campus Staff

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Tonya Gutierrez-Ridolfi
 Transportation/
 Activity Director Assistant

Chris Cook, Maintenance
 Donnie Terry, PT Maintenance

Charlene Wickizer, Marcy Solis &
 Rick Comer, Housekeeping

Shawn Asberry, Karen Schaefer &
 Thealise Wager, Evening Porters

Richard Beyerl
 Chef/General Manager, Sodexo

Activity Corner by Barbara Higley

The holidays are quickly approaching, and residents will have the opportunity to visit and shop for those specialty holiday cookies for those on your list. We will visit Span's Cookie Factory in Galt and have lunch at the well-known Brewster's Grill where the wine cellar is showcased from the spectacular glass floor. Join us on **Wednesday, November 1st**. A must see and great food!

A reminder to residents that Atlas Hearing Aid Services makes house calls! They are available **the first Tuesday of each month at 2:00 pm**. They will check your batteries, answer questions you may have and it's **free!** If you would like to schedule an appointment for a free in-home hearing test, you can reach them at 916-725-0222. Otherwise, look for the monthly sign-up sheet on the table by the Activity Center.

As you may be aware, the Medicare Annual Enrollment period is here! If you want to increase your benefits, or change your plan for 2018, this would be the time to make a change. For your convenience, Michelle Hylton, a representative with Medicare, will be here again on **Saturday, November 4th** to provide a full range of options available to you. Residents attending will receive a **FREE** pie at the presentation when you sign up in advance and you may do so in the office.

Residents continue to enjoy the educational seminars the Renaissance Society delivers to our community every other week. Be sure and mark your calendar for **Thursday, November 9th**. Your Presenter, Peter Kosar, will explore the "new" San Francisco Museum of Modern Art and talk about Snohetta, the exciting architects who built it. On **Thursday, November 30th**, Presenter Cathy Minicucci will provide a seminar on Gaining the Right to Vote in America. A topic that will present the obstacles to voting over time and how they were overcome.

Thanksgiving is just around the corner! A time for us to reflect, be thankful, appreciative and be grateful for all we have been given. Also, a time

November Birthdays

Frank Messenger, November 2nd
Judy Thompson, November 5th
Mary Lou Owen, November 6th
Barbara Long, November 7th
Ruth Magaziner, November 7th
Emy Bisch, November 16th
Russ Ellis, November 16th
Annelise Nugent, November 19th
Susanne Coleman, November 21st
Catherine Cieply, November 22nd
John Bost, November 24th
Shirley Price, November 24th
Diane Pitter, November 30th

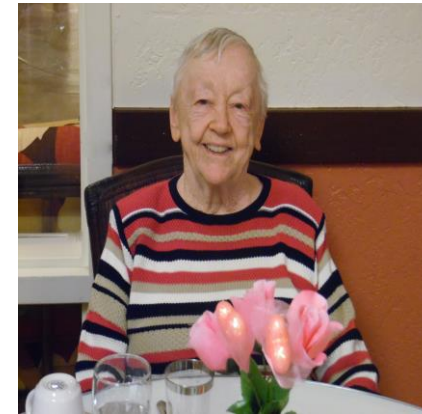
to recognize our volunteers who continue to support the Activity Program within our community. Join us as we honor our volunteers on **Wednesday, November 15th** during our "Home for the Holiday" pie and dessert social. All residents (and family) are invited to attend this event with music and seasonal desserts. A special invite will be sent out to your family the first of this month.

All residents are encouraged to bring a photo of yourself in your earlier years to the office. We have room and would like very much to add your photo to "The Way We Were" wall outside the Activity Center. Many of you have brought in your photos lately, but we still have room.

Due to the Thanksgiving holiday, our transportation service will be available for banks and shopping the day before on **Wednesday, November 22nd** and will take the place of an outing. Be sure and sign-up in advance, otherwise you will need to sign-up for the following week.

Remember when we give to others a smile, a hug, a listening ear of support, a simple thank you, these small things can make a big difference. Although YOU are one person in this world, to one person, YOU may be the world. Happy Thanksgiving to all!

November's Featured Resident by Shirley Reimer



Unsurprisingly, Campus Commons resident Claire Quinlan's story ties neatly into the script of twentieth-century American history that we have come to know so well.

Hers is a typical American family story: Both sets of her grandparents arrived from Ireland, intent on making new lives in America, then worked hard to support themselves and their new families – resulting in so many of the positive endings that have contributed to America's growth.

Such common stories of nineteenth century immigration in America were never easy. Stories about the accomplishments of these immigrants to America are legion.

Yet, even with the struggles of survival that so many have learned of their immigrant backgrounds, Claire's family can record one early blessing in her early family background.

One of the first children born to her Irish maternal grandparents was a female child whose birth-weight was measured at an "impossible" one and one-half pounds!

At that time, well before the time of incubators, this infant girl was kept snuggled beside the kitchen stove to keep her warm – week after week – and she survived! That miracle infant grew up to become Claire's mother, who, not so incidentally, went on to live to age 93!

In the following century, the twentieth, Claire, the second of five children, became part of the energy growing ever stronger in these immigrant-based families – setting ambitions and goals that early, new-American families could hardly have imagined.

Born in Westerley, Rhode Island, the second of five children, Claire set off on a career that expanded year after year.

It was in high school, in Westerley, that she won her first award. Those of our readers who attended high school during World War II, may be surprised to learn that Claire's high school offered three years of the Italian language during those war years, even at the time when Italy was part of the Tripartite Axis (Germany, Italy, Japan). An explanation for including Italian in the curriculum during those war years may have been that her community included a strong Italian population. After studying Italian for three years, Claire won her high school's "Dante Prize."

Following graduation from college in Rhode Island, she began her post-college career beginning in 1952 as a teacher of English in Jeffersonville, Vermont, where she continued her teaching, of English and French.

It was at the University of Colorado at Greeley, that she earned her Master's degree and Ph.D. degree in college student personnel administration.

Next came her role as Vice-President of Student Affairs at the University of Jamestown, in North Dakota, where she taught statistics for five years.

In 1972, Claire came to Sacramento where she worked for twenty years until her retirement for the California Department of Education's Special Studies unit, evaluating school programs supported by state and federal funds. During that time, she also received her Master's degree in Computer Science.

Upon her retirement, Claire received formal recognition from the California State Senate for 42 years of service to the education community.

In Sacramento, Claire made her home with a friend of more than 50 years, who died in 2015. During those years they traveled extensively around the world.

Surely Claire's nineteenth century immigrant Irish ancestors could never have imagined such progress that their descendants, like Claire, would so quickly achieve in America.