

XXIII Winter Olympics

From February 9–25, the world's greatest athletes will compete for gold medals and glory at the XXIII Winter Olympics. South Korea will host the winter games in Pyeongchang, a city in Gangwon Province, high in the Taebaek Mountains of the north.

Chief among the battles to play out on snow and ice will be the contest for men's hockey gold. For the past five Winter Olympics, players from the National Hockey League have participated in the Olympics. This year, the NHL is not building a break into its schedule to allow players to compete in the Olympics, a matter that is not sitting well with the athletes. The USA hopes to compete with Russia, Canada, Sweden, and Finland for the coveted medal.

Elsewhere on the ice, Russia's 17-year-old, Evgenia Medvedeva, is favored for gold in women's figure skating, but 17-year-old American, Karen Chen, is an up-and-coming phenom who might surprise the world. On the men's side, American Nathan Chen could take gold if he continues to impress with innovative new jumps.

On the slopes, Americans Lindsey Vonn and Mikaela Shiffrin are poised to make a run for gold in downhill skiing. Shaun White, red-haired maestro of the snowboard half-pipe, has been a fan favorite since he took gold in 2006.

Canada took gold in men's and women's curling in 2014. Will they repeat? While Germany swept all luge events in the Sochi Olympics, the Austrians will provide stiff competition this time. In bobsleigh, Nigeria will attempt to field its first-ever team as three former women's track stars introduce the cool sport to the African continent. And beyond sports, South Korea is introducing innovative technological advances to the Olympics—virtual reality will change the way we watch the games. These winter games are sure to offer both sport and spectacle.

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
 Paratransit 429-2744
 Yellow Cab 444-2222

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

Marketing Minutes by Bernadette Gonzales

As we go into the second month of 2018, there are many choices to make with activities, happy hours and presentations.

Our marketing Happy Hour is with Your Musical Memories on February 2nd. The Renaissance Society returns on February 8th with a presentation on ancient Pompeii. They will be back on the 22nd where they will take us back in time discussing women who dared. Ed Outland's VA Presentation will be on February 15th, and Comfort Keepers will return and discuss life with diabetes on the 20th.

Please remember the above events are open to family and friends, so don't forget to invite them and Natasha can put them on the RSVP list.

Please welcome the following new residents: Nina L., Edith B., Marilyn & Oliver P., Shirley P., and Connie L. Stop and say hello to an unfamiliar face and introduce yourself.

February is going to be a great month. Chocolates and roses to all of you!

Campus Commons

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 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

Christine's Comments

I'm sure all of you have read in the paper, or heard on the news, but the Sacramento Sam's Club and Walmart are closing. Sam's Club closed January 25th and Walmart will close February 9th. Tonya will need to adjust the transportation schedule starting February 16th and will provide Arden Fair Mall runs in place of Walmart for the last two Fridays in February.

I must remind everyone again that you should not save seats for friends that have not joined you at the time of being seated. If there are open seats, they are up for anyone to take. Please wait for your ENTIRE party before going into the dining room.

Richard has a delicious menu planned for our Valentine's Dinner and Barbara has scheduled a lovely cellist to perform during dinner. Dinner will be served from 5:00pm – 6:30pm and you will have your choice of two entrees (see the Culinary Corner section of the newsletter). Please sign up at the buffet table and make a note of the time change.

We have one more holiday this month – President's Day. I know this has been a trying time for some of you, as we have had to adjust your housekeeping schedules. We have had five holidays since Thanksgiving. That's a lot in a short amount of time, but the good news is that we won't have another one until Memorial Day. If you've misplaced your 2018 holiday housekeeping schedule, please stop by the office and pick one up. This will let you know how the holidays fall and when your day will be altered or skipped.

Remember that it's flu and cold season. Wash your hands often and frequently, or use the many antibacterial stations we have throughout the community. Cover your mouth when you cough, drink plenty of fluids. Let try and keep everyone healthy. If you are not feeling well, **please** stay home and have your meals delivered until you are feeling better.

Activities Corner by Barbara Higley

Super Bowl 52, also known as Super Bowl LII, is scheduled for **Sunday, February 4th**. The game will be played this year in Minneapolis at the US Bank Stadium which will have just finished hosting its second season after being built in time for the 2016 NFL season. All you football fans are invited to join us for the Super Bowl party (and a party it will be) with lots of yummy foods which will take place on the large screen in the Cabaret Lounge.

We will celebrate Valentine's Day **Wednesday, February 14th** with an elegant dinner and entertainment. Music will fill the dining room during dinner, adding a special ambiance to the evening. Please feel free to dress for the occasion.

Our watercolor class with Marie Crockett was well attended last month and I appreciate your promptness, as well as commitment, to attending. Marie will return **Wednesday, February 21st** and a sign-up sheet is now in place outside the Activity Center for the class. Also, the Craft Class scheduled for **Saturday, February 10th** will be of interest to residents, as you will start making "stylish" Easter hats for the upcoming Easter Parade in March. Please be sure and sign-up in advance for the class, as materials are limited to the number of individuals signed up.

A reminder that when you bring a new resident to an activity, you and the new resident will be given a raffle ticket which will go into a box and we will have a drawing at the beginning of each month during Happy Hour. You could be the winner of a great prize!

Something New in the Library by Pat Edmonds

The small book shelf next to the counter is now going to be for "NEW ARRIVALS". Books are always being donated to us. I have been shelving them as quickly as possible to make them available, but you may not have been aware that a new book was added. This bookcase will feature these books for a time, before they will be added to the library.

February Birthdays

In astrology, those born between February 1–18 are Water Bearers of Aquarius. They are creative and intellectual philosophers at heart, getting to the root of problems and using their energy and passion for the benefit of others. Those born between February 19–28 are born under Pisces. Friendly and selfless, they are always willing to help others with their hearts on their sleeves. Thanks to an intuitive understanding of life, Pisces make deep connections with other living beings.

Billie Brock, February 1st
Violet Dillion, February 5th
Leon Hagopian, February 11th
Doris Edwards, February 14th
Barbara Gaither, February 20th
Gloria Soto, February 23rd
Ellen Bromberg, February 25th
Mary Kay Paonessa, February 25th

Library continued...

Again, since our library is always open, I want to encourage that only one book be taken out at a time and returned quickly when you have finished it. That way, more of us can read it, or at least note it, so we can look for it later.

The "Last Chance" shelf that was located on that book shelf will be moved to the left side of the countertop beneath the TV. As before, there is a date when these books will be removed from our library to make room for the new arrivals. Keep reading, it is good for your mind.

Culinary Corner by Richard Beyerl

We want to THANK EVERYONE for all the WONDERFUL comments and feedback that everyone has given us over the past year. We look forward to serving you in the future.

We hope that you will enjoy the Special Valentine's Dinner we have planned; your choice is either beef wellington, or salmon with mango chutney. We ask that you sign up and view the menu on the buffet table.

February's Featured Resident by Shirley Riemer



Frank Palmer arrived at Campus Commons with his wife, Genelle, in November last year. Hailing from Carmel, California, he earned his B.A. at UC Berkeley, his M.S. in Public Health and Microbiology from UCLA, as well as a

Doctorate in Environmental Science and Engineering.

Just out of college, Frank joined the Peace Corps in Panama, then trained for fourteen weeks in Puerto Rico, when he went to the mountains of Panama to work with the Ngobe Indians. Later, he worked in Athabaskan and Aleut villages with Vista. He even became a commercial salmon fisherman, working with an all-Aleut crew.

Frank, as a senior scientist for the state of California, monitoring ocean water quality, was involved in setting standards for the state. For the 23 years before his retirement, he headed the Ocean Standards unit, which developed California's specific regulations, which are now part of state law.

Even with such beginnings in an all-absorbing career, Frank never hesitated when he saw an opportunity for robust outdoor adventures, notably in the Sierra.

It was common for him to set out on backpacking ventures, two or three weeks at a time, hiking and climbing in the Sierra – often engaged in adventures with bears.

He soon found that those black bears of the Sierra, generation after generation, became wiser in the art of stealing backpackers' food, with the mother bears teaching their cubs any new tricks that they themselves had learned. Thus, it became more and more difficult for hikers to protect their food from hungry, and wiser, bears.

One attempt of campers who tried to blind an encroaching bear with the beam from a flashlight, turned out to be ineffective. Frank tells of another tactic that seldom worked – pounding together two smashed metal cups, which, when clanged, made such an abrasive sound that the bear certainly heard – but resulted in no retreat.

In the winter, Frank maintained his devotion to the outdoors, especially in the Sierra, through snowshoeing and back-country skiing. In other seasons, he was an avid participant in marathons.

Frank's best friend in college often invited him to his home in Berkeley. On one of those visits, Frank's father went along with him and met his friend's mother. The two got along so well that they eventually became engaged! Thus, the mother of Frank's friend would become Frank's step-mother!

As the wedding day was approaching, Frank and his friend were driving through a small town in Nebraska, in a car showing California license plates – and, incidentally, carrying a snake tied up in a pillowcase. The Nebraska police officer questioned the two young fellows as to where they were heading. Frank's friend replied, "I'm going to my mother's wedding." Frank replied, "I'm going to my father's wedding." With those satisfactory responses, the officer let them pass on – thankfully without having spotted the snake in the pillowcase.

Frank to this day maintains a close friendship with his step-mother, whom he knows as "Petie." Frank and Genelle visit Petie and her two sons every summer in Vermont. They have all been good friends for years.

Incidentally, Frank had hardly become settled at Campus Commons before he went on a search for fellow bridge players, starting by posting a notice in the elevator to inquire about possible bridge devotees. His inquiries paid off. He is now content in his search, enjoying every week the bridge games that he has long found so stimulating.