

## Mounting a Challenge



Everest. K2. Kilimanjaro. Why are humans so driven to climb to the highest places on Earth? When mountain climber George Mallory was asked why he dared to climb Mount Everest, he replied, "Because it's there." His answer seemed both childish and heroic, a mixture of folly and fearlessness. Have you ever climbed a mountain? Consider why you did it on August 1, Mountain Climbing Day.

Mallory was one of the first to climb Mount Everest, the highest mountain peak on Earth. Today, more than 600 people every year complete that feat. Similarly, over 50,000 people climb yearly to the top of Mount Kilimanjaro in Kenya to see its famous snows. Obviously, these climbers are not trying to win any accolades for being the first to reach the summit. So if the challenge has been done so many times before, why do people still want to climb? The answer is that the challenge is not necessarily the mountain; climbers climb to challenge themselves. In this sense, the mountain is an innocent bystander.

Serious mountain climbing provides many life lessons. In order to succeed, climbers must have careful planning, teamwork, discipline, athleticism, risk management, and the ability to improvise in a split second. Survival is paramount when you are moving in some of the world's harshest conditions. Many times, people who climb together forge lifelong bonds born out of the cooperation necessary in order to survive.

And then there is the outdoor aspect of a climb. Climbs may be physically and mentally demanding, but they occur in some of the most beautiful natural places on our planet. For many climbers, an ascent is akin to meditation. Climbers are alone on a mountain, intensely aware of their environment in a manner that is transcendent. Mountain climbing allows one to escape civilization and focus only on the essentials of survival. This, for many, is reason alone to climb.

## Important Telephone Numbers

Office Hours – Monday-Friday 8:30am-5:30pm  
 Saturday & Sunday 9:00am-5:00pm  
 Office 916-485-0100 Fax 916-485-0611  
 Van/Transportation 916-870-0738  
 Dining Room 916-485-0361  
 Police Non-Emergency 916-264-5471  
 Emergency & Fire 911  
 Comcast Cable 1-800-266-2278  
 AT&T 1-800-310-2355  
 Paratransit 916-429-2744  
 Yellow Cab 916-444-2222

Beauty Salon - Debbie Sledge 916-532-5775  
 Manicurist – Angie Tran 916-267-5486

## Marketing Minutes

**Hilary Pimental**  
**Marketing Director**

We have some great events coming up this month that would be fun to share with your friends. On Friday, August 10<sup>th</sup>, we are having a Farmers Market and a wonderful food demonstration by our new Chef Manager, David Whitman.

On the 16<sup>th</sup>, please join us for the Fire & Ice Ice Cream Social. We'll enjoy delicious ice cream while watching a glass blowing video featuring the famous glass artist, Dale Chihuly.

On the 24<sup>th</sup>, Jocelyn from American River Companion Care, will teach us simple and safe yoga techniques and last, but not least, you're in for a treat with the band, Lincoln Highway, on August 29<sup>th</sup>.

# Winding Commons

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## Winding Staff

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 Maintenance

Diane Pittman, Angie Carr,  
 Aura Guerra, Pam Keil,  
 Housekeeping

Clay McAmis, James Forehand  
 Evening Porters

David Whitman  
 Chef/General Manager, Sodexo

## Deanna's Download

**Deanna Brewer**  
**Community Administrator**

Hopefully all of you have met David Whitman, our new Chef Manager. He has a strong culinary background and is teaming up with us to provide exciting new menu options and dining experiences. I thought it would be nice to share some information about his background.

He was born and raised in Omaha, Nebraska and graduated with a Culinary Arts degree in 2005 at the Metropolitan Community College in Omaha. For over 8 years, he worked for a local catering company where he was promoted to Executive Chef after only 3 years. He was later offered a position with Sodexo as an Executive Chef at a local hospital where he worked for almost 2 years. They served over 2,000 people daily!

Later, his wife was offered a position at Kaiser Permanente in Roseville, so off they went to sunny California. David took a position with Westmont Living where he gained experience in the senior living industry. He always enjoyed working for Sodexo, so when the position at Winding Commons became available, he decided to make the move to join our team.

I look forward to working with David and his team.

This would also be a good time to remind you that if you have guests joining you for dinner, please sign them up at the menu table outside of the dining room.



Out and About at  
Winding Commons  
by Mary Singewald

We end the month of July on a happy note as we are getting ready for August! There are some sizzling hot days and many fun events.

On Wednesday, August 1<sup>st</sup>, the Good Time Jazz Band was scheduled to play for our Birthday Celebration Happy Hour. Jim Ralston was called out of town, so instead we will be having Linda Herring, back by popular demand, at 3:30pm in the Media Room. Come join in on the fun as we celebrate all of our residents who have birthdays during the month of August. Our first outing is to Red Hawk Casino on Tuesday, August 7<sup>th</sup>. We will be leaving at 10:00am for lunch and a day of good luck. After visiting the other casinos over the past couple of months, the consensus is that Red Hawk is our favorite! There are several fun outings in August, so make sure to check your calendars. We will be going to Leatherby's, The Lazy Dog Restaurant and a movie in Folsom where we hope Mama Mia will be playing. We will end the month with lunch and a tour of the High Hand Nursery. Remember that September is on its way and so is Apple Hill! Make sure and sign up for the outings in the mailroom. Make sure not to miss our Farmers Market and food demonstration on Friday, August 10<sup>th</sup>, at 10:00am. We are excited and getting ready for the most beautiful time of year at Winding Commons. The leaves on our trees will start changing shades and are quite the sight to see.

Hats off to you Jim and Joan Warren for replanting our seasonal plants in the planter box. If any residents would like to assist in watering and maintaining the flowers, please see Mary or Jim. Thank you to all the volunteers, residents and staff for making this the number one senior community in the area.

August Birthdays

In astrology, those born between August 1–22 are Lions of Leo. Leos are natural-born leaders: confident, charismatic, creative, and warmhearted. Leos also use their humor and loyalty to bring people together to work for a common cause. Those born between August 23–31 are Virgo Virgins. Virgos are one of the most careful signs of the zodiac. They pay attention to detail, analyze problems, and plan also to leave nothing to chance. These amazing listeners give excellent advice.

Please join us for the Birthday celebration on August 1<sup>st</sup>.

- Joan O' Rourke – August 1<sup>st</sup>
- Ed Contos – August 7<sup>th</sup>
- Willard Weekly – August 8<sup>th</sup>
- Dwight Davis – August 9<sup>th</sup>
- Doris Jackson – August 11<sup>th</sup>
- Gerald Marenich – August 12<sup>th</sup>
- Evelyn Carlson – August 16<sup>th</sup>
- Fred Madigan – August 18<sup>th</sup>
- Tom Wentworth – August 19<sup>th</sup>
- Lois Parrish – August 19<sup>th</sup>
- Mary Singewald – August 20<sup>th</sup>
- Doris Donoho – August 21<sup>st</sup>
- Joan Gillis – August 23<sup>rd</sup>
- Pat Larsen – August 24<sup>th</sup>

Resident Profile-Verna Fairchild

I was born in Portland, Oregon, but my parents immediately moved to and settled in Richmond, CA. I attended the University of California and worked my way through college by working as a Recreation Director in playground direction for the city of Richmond.

I married my husband Roy Fairchild and we had a wonderful life together raising three daughters and two ponies. My husband attended UC Berkeley and earned advanced degrees from the University of Chicago. When in California he worked as a student pastor at the Westminster House at UCSC; also called as assistant pastor at Swarthmore, Pennsylvania.

My mother took a class on marionettes, learned to make them and taught me. I became a PUPPETEER! My father built a portable stage and during the depression I took the marionettes and put on shows for children at birthday parties. I had a clown, dancers, and a marionette that could play the piano. My mother was a piano teacher and she added to the cast when we performed. I made extra money doing this and brought a lot of happiness to all in the times of the depression.

My husband and I traveled the world- Switzerland, England, Scotland, Marshall Islands. We were both teachers and taught family life all over the world. This was one of the best times of my life. I was my husband's assistant: we discussed family life as things were changing in the South Pacific after the war. We both also taught at Occidental College near Pasadena, CA.

We eventually bought a house in San Anselmo, California and settled down, living there most of our married life. I enjoyed swimming and loved playing with my girls.

Life has been really good to me: I have had fun. Normal family life problems (like anyone else) raising a family but all turned out just fine. I have two grandsons.

If I had it all to do over again I wouldn't change a thing. FUN TIMES! I moved to Winding Commons three years ago so I could be near my daughter. I enjoy living at Winding Commons and enjoy all the people.

I had such a fun time with Verna doing this interview! She is such a creative positive lady with a beautiful outlook on life. I have always been fascinated with marionettes and puppeteers. Such a fun amazing talent. Verna is definitely the Master of Puppets and has the solution for living a happy life. LIVE, LAUGH, and LOVE

By: Mary Singewald

