

Activities Corner by Barbara Higley

I would like to thank each one of you for your kindness and warm wishes upon my return to Winding Commons. I sincerely appreciate all the well wishes and I look forward to sharing the next five months with you! Thank you for being YOU!

I would like to highlight an outing to visit this month, the Douglas Van Howd Sculpting Art Studio located in Auburn, **Tuesday, August 1st**. Mr. Van Howd is a local yet world-renowned artist who produces both painting and sculptures. His beautiful gallery is filled with oil paintings, lithographs, bronze sculptures, and monuments. He focuses primarily on wildlife (particularly North American & African animals) and people. Mr. Van Howd has been commissioned to do work for heads of countries.

His oil painting of Yellowstone Falls was presented to the Queen of the Netherlands during the Netherlands-American Bicentennial celebrations in Washington DC. He has twice been received as a guest of the government of Taiwan to present his works to the President. His bald eagle "Masters of the Wind," has been displayed in the office of the Secretary of the Interior, Washington DC since 1988. He has commissioned more than 100 monumental sculptures to date in museums, corporate grounds, city sites and private estates.

After visiting the gallery, we will have lunch at Auburn Airport where you will be able to dine in, or out on the patio, while watching planes coming into the airport.

I would also like to mention a fun calendar of events coming up. Our last ice cream social (banana splits) will be on August 22nd at 2:00pm.

Have a happy summer and stay cool!!



August Birthdays

August is the month of Leo's and Virgo's. Flower of the month is Gladiolus & Poppy. And the birthstone of the month is Peridot. This month is considered the last summer month even though we continue to have warm hot temperatures.

Margaret Cotton, August 1st
JoAnn Rodgers, August 3rd
Phyllis Johnson, August 3rd
Knudt Knudten, August 5th
Bobbie Tabako, August 7th
Willard Weekly, August 8th
Dwight Davis, August 9th
Gussie Magner, August 10th
Gerald Marenich, August 12th
Connie Marshall, August 16th
Jeri Tonar, August 23rd

August Anniversaries

Claire Massingill – 15 years
Karin Gunner – 10 years
Naida Jensen – 9 years
Darrell Rieschick – 7 years
Mary Brookshire – 2 years
JoAnn Rogers – 2 years
Bob Schultz – 2 years
John Cuttle – 1 year
Dorothy Heimbichner – 1 year
Phyllis Rahn – 1 year

New Residents

K. Knudten #112

**Your pet is counting
on YOU to clean up
after them. Don't let
them down.**

August 2023

Winding Commons

Winding Commons Senior Community | 6017 Winding Way-Carmichael | 916-485-0100



Team Winding Commons

Christine Pesola
Community Administrator
winding-mgr@raystoneinc.com

Hilary Hardin
Marketing Director
winding-md@raystoneinc.com

Deborah Murphy
Resident Relations
winding-rr@raystoneinc.com

Barbara Higley
Interim Activities Director
winding-ad@raystoneinc.com

Lyndy May
Resident Relations
winding-rec@raystoneinc.com

Doug Stevens
Transportation

Robert Rosker
Maintenance

Angie Carr, Aura Guerra &
Diane Pittman, Housekeeping

Clay McAmis
Sunday-Thursday
Evening Porter

James Forehand &
Juan Zamora
Friday-Saturday Evening Porter

Jennifer Padilla
Executive Chef – Morrison
jenniferpadilla@morrisonliving.com

Christine's Comments

If you look at the activities calendar inside, you'll see that we have six outings this month. This is due to five Tuesdays in August and then the additional Thursday each month. Barbara has some great outings planned and we hope you attend. Please sign up as we need at least five or more residents for us to take the bus out. If residents keep cancelling at the last minute, then we have to cancel the driver. It's unfair to those that have signed up and want to attend. Please be conscientious of this.

Congratulations to Zhanna and Michael. They welcomed baby Valentin (pronounced Valenteen) on Thursday, July 21st at 3:50am weighing in at 8 lbs. 3 oz.

Savemart next door is now Food Maxx. Many of you have already been over there and say the store is big with lots of good things to choose from. A couple of you have mentioned that you went to use your Savemart gift cards and were informed Food Maxx would not honor them. Doug made a call to the Food Maxx corporate office, and he was informed that Food Maxx will honor the cards, so please try again.

Please view the literature inside this newsletter about California Senate Bill 1383. This law requires residents in Sacramento County to separate organics – food scraps, food-soiled paper, and green waste/yard trimmings from garbage.

By August 1st, you will find a small organic pail in the waste rooms on the first floor by apartments 116 and 140, and on the second floor by apartments 216 and 242. You are required to place any food scraps you have in your apartment into these pails. They will be dumped by our evening porter nightly! We will keep an eye on this and if we find we need larger pails/containers, we will provide them. But for now, let's see if we even need them. If you are already composting in your apartment, thank you!

Resident Spotlight by Judith Cadagan

Bob Schultz was the youngest of four children born in Chicago with three older sisters. His sister, Betty, from a young age was a talented opera singer, and at age 16 was offered a contract with MGM. It was then his single mom moved her four children to Southern California to raise them to enable Betty to pursue her dreams. It went well and Betty was in the movies with the likes of Mickey Rooney and Judy Garland.



Bob married his high school sweetheart; he began his career when he took a position working for his father-in-law as an estimator. This was a turning point in his life as he very quickly realized how much he enjoyed his work. He used every opportunity to learn all he could about sales as a profession. While calling on customers, he met the lady who would become his second wife and lifetime partner of 46 years.

Bob loved his work and thrived on new and complicated challenges. As a result, he had an extremely successful career in sales and business development, which in turn led to opportunities for him to build companies from the ground up until he retired in 2004 in Henderson, Nevada after 23 years.

Bob has four sons, three grandchildren and three great grandchildren. He moved to Winding Commons two years ago to be near his son, Eric. Bob was especially attracted to the grounds and landscaping at Winding Commons where he is often seen walking his two best buddies, Chico, and Andy. He likes meeting people and making new friends. He also enjoys Bingo.

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 Cell 916-891-7827
After Hours Cell 916-827-7649
Kitchen/Dining Room 916-485-0361

Sheriff Non-Emergency 916-874-5115
Adult Protective Services 916-874-9377
Emergency & Fire 911
Comcast/Xfinity Cable 1-800-266-2278
AT&T 1-800-310-2355
Paratransit 916-321-2877
Yellow Cab 916-444-2222

Beauty Salon – Natasha Oberg 805-617-6367
Manicurist – Lisa 916-598-6466

Please see this cute article below. This came from Ray Stone’s 55+ community in Atwater, Castle Vista. Let’s do the same thing here! If you would like to feature your pet in the monthly newsletter, please submit a picture and bio on him/her.

Dog Days of Summer
Resident Pet of the Month

Meet Harley. He is a twelve year old rescue. He is the fur son to Frances and Neil Camp.

Harley enjoys walks with mom and dad, and playing at the dog park with fellow Castle Vista residents.

If you would like your pet featured in the Castle Vista newsletter, please submit a picture and a bio about your pet.



Veteran Spotlight

Our Veteran this month is Willard Weekly. When Willard turned eighteen years old, he and a buddy enlisted in the Navy so they wouldn’t be drafted. From his hometown in Visalia in the central California valley, they were sent to San Diego to be inducted.

Willard remembers lining up to receive personal supplies as well as the very special uniform. Next stop was the barber shop where many of the new recruits dodged the chair and walked right on through. However, the company drill inspector met and directed them back for the haircut that would help that new sailor hat fit properly. When interviewed for possible experiences or preferences, Willard expressed interest in Naval Air. After eight weeks at boot camp, he was sent to Memphis, Tennessee, and assigned as a Control Tower Operator. Twelve sailors flew from Memphis to Olathe, Kansas to begin their studies for aerial control. From Olathe, his tour duty station was in Seattle, Washington.

Willard’s job, as a tower operator, was to receive incoming and outgoing traffic radio calls, then give necessary instructions. When shore duty was up in Seattle, he was given the choice of extending his tour and going to Hawaii for eight months. Preferring not to spend eight extra months in the Navy, Willard’s next duty landed him on Kodiak Island, Alaska. After three months, he was put on a waiting list for a seat back to his discharge point in Seattle. Then home to San Jose, CA in 1950. Thank you, Willard, for your services.



Culinary Corner by Chef Jen

Wow! The end of June was a blast with the Luau celebration. How fun was that with the dancers and the music? It was so great to see Nathan, Caroline, Jyllian, and Mila participate. It was also enjoyable to cook traditional Hawaiian Luau food for you including the pig.

Then we rolled right into our July 4th BBQ with the classics. I hope your evening was topped off with some spectacular fireworks.

August is fast approaching - too fast for me, but time keeps marching on, doesn’t it? For the August Teaching Kitchen, we are heating things up with the superfood, chili peppers. I will try to tamper down the heat and keep things cool in my cooking demo for you. The avocado demo seemed to go over really well, and the avocado toast was tasty topped off with an heirloom tomato and Cypress Grove goat cheese.

August will be a good month to have another taco party. I will plan an evening to have a taco buffet and highlight avocados and chili peppers! I do love a good taco! So, keep an eye out for that event and get your sombreros ready.

We had to skip June’s Chef Chat, so I enjoyed catching up with all of you at the July chat. Remember the comment cards are there for you as well; feel free to use them for any positive comments or suggestions and of course constructive feedback. I like to post the compliments on our employee board for the team to see.

I hope this finds you well and smiling! Stay hydrated!