



ACACIA CREEK JOURNAL

WRITTEN BY RESIDENTS, FOR RESIDENTS

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The Button Will Do It...

Happy Mother's and Father's Day! If you have or know parents please give them a 6-foot hug for the incredible job they did raising our generation. During WWII, they had to be separated while mother juggled work, cooking, caring for children, and praying that her soldier husband would come home to a good family atmosphere. Times have changed.

Our parents of today must deal with —ah, the button! We all realize that children have changed over the last 100 years, but the question is how have they changed? At first, parents raised their children to be farmers, and all of the communities were based on farming. Families needed each child to help run the farm. It was a physically hard life, but full of love.

When manufacturing became strong, many families moved to the cities and fewer children were needed in families. Yes, parents raised the young children to work in factories at first, until child-labor laws were created. Examples of what we called the industrial revolution: cars on the assembly line, washing machines easing the laundry, and phones for talking without going to the neighbors. Not quite as hard physically as farm work, but more stressful. Fathers had to leave the home each day to find work and many families became separated and seldom saw father as he arrived home late, possibly just in time to say 'good night'.

During the 20th Century, we have been a very creative country and have invented all kinds of items to ease stress. We eased our left foot in cars – no clutch. We now have dishwashers: put 'em in – press a button. Go up or down in an elevator – just press a button, and forget stairs. We have automatic vacuum cleaners. The invention of the phone has improved to the point where we can take photos, get information, watch a movie, send

messages, and protect our home, all with a button or icon.

Well, now here we are in the 21st Century, sheltered at home and having the opportunity to stop and appreciate all the ease the button appliances have given us. We have more time for doing things together as a family and creating fun activities plus school. Now parents are trying to do home schooling and asking if they could get this kid transferred to another class. On the other hand, kids are asking if they have to have the same teacher next year. Parents are beginning to realize and respect the job that teachers do. When this ban is lifted, the parents plan to go to meetings, but they must decide whether it will be AA or Weight Watchers. The other day father dug out an iron from a storage box in the garage. The kids were amazed at that new gadget! They

had never seen any thing like it before, because the laundries are now closed and he must iron his own shirts. Starch, anyone?

We are all looking to go outside and play with our children. Lately, scientists have encouraged TV to advertise spending more time with young ones. We certainly are doing that now – what a gift to have the time to spend together. The little ones love it when parents set aside the button-icon gadgets and sing, read, and play with their children at least until they begin school. More creative parents are encouraged to enjoy the back yard with their children and running around outside since housekeeping is much lighter. Kneel down and see all the little activities in the grass – what a science lesson! Kudos to parents and families being together!

Quotation:

"Children need models more than they need critics"

By Carole Silva





MESSAGE FROM MARTIN

Dear Residents,

It looks like we have another month of stay at home without gathering in our dining room for meals on the fifth floor or having a drink with friends in the Turkey Roost Bar. We do appreciate your cooperation, understanding and following the guidelines. We are very fortunate not to have had any cases of the Covid-19 virus on the campus. I just read today (May 19, 2020) that there is a deadly outbreak in a senior community in Vallejo. We all feel for those residents, their families and management there and wish them the best.

Summer is a great time to get outside to enjoy the sun and reap the benefits that good weather can bring. Even with the restriction due to the Covid-19 virus here are a few examples of how to get the most out of the warm days that lay ahead and the benefits that go along with them: Enjoy the sun on your patio or balcony. In moderate amounts and with the proper protection against sunburn, the benefits of the sun are significant. The warmth of the sun increases our body temperature which in turn gives us more energy during the day and promotes a better, deeper sleep at night. Vitamin D received from the sun helps our immune system and provides many other health benefits, such as pain relief. Many seniors are deficient in vitamin D, so this is a natural way to increase the level of vitamin D over and above any supplements.

On a personal note, I would like to wish all of the men a wonderful Father's Day!

Here are a few more words about Dads:
 "It is easier for a father to have children than for children to have a real father." -**Pope John XXIII**

"Some people don't believe in heroes, but they haven't met my dad." -**Jill Zwarensteyn**

"Son, brother, father, lover, friend. There is room in the heart for all the affections, as there is room in heaven for all the stars." - **Victor Hugo**

Cheers,
 Martin Herter

Betty Chiang is expecting...



Yes, Betty is eagerly waiting for two of her orchid plants to bloom. She has nurtured many faded plants that residents and staff have given her. Betty babied many orchids to try for new blossoms. Most did not make it. But now she is patiently waiting for the two of the babied plants that have formed buds to break out new colorful flowers.

Betty is so happy! She says, "Keep trying until you succeed!"

By Clarice Hill



Tunes of 50s & 60s at Lorber

Acacia Creek resident Rosie Bentley has found that music of the past will trigger long forgotten memories. Each month, Rosie presents a music session of popular songs from



the 40s, 50s and 60s in the Lorber dining room. She watches the residents start tapping their feet and moving rhythmically to the music. With a microphone in hand she asks them what fond

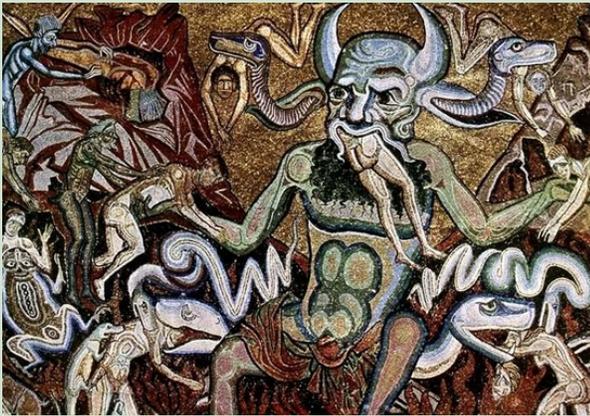
memories come to mind, and sometimes, she'll get them to start singing along.

Although the Lorber programs are on hold during the pandemic, if you're interested in participating in this activity when it resumes, contact Rosie at ext. 3828.

By Sophie Hudnut

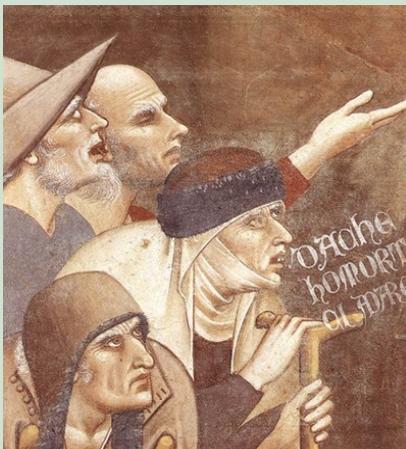
The surreal reality of our life during the time of Covid-19 creates a through-the-looking-glass dreamtime says Deirdre Barrett, a psychologist at Harvard Medical School. The dangers erupting in the outside world are a rich source for anxiety in concerned dreamers including Covid-like symptoms, tidal waves, monsters on the loose, and bugs, bugs, bugs. At the root of an epidemic of fear there can be far worse complications when joined with issues of race, privilege, and language. We are the People.

A textbook example of this situation began in the warm Medieval period in Europe. The success of the agricultural sector created an excess population from the 8th to the 11th centuries. In Scandinavia redundant males were encouraged to go “a viking” in summertime. A mega-drought brought it all down. A Malthusian tipping point was reached in 1301. Famine and starvation



provoked an extravagant state of the dreaming as depicted by Coppo Di Marcovaldo. The Catholic Church declared such nightmares to be the work of the Devil.

The presence of the Devil was well established by the arrival of ice-age conditions along with a strain of bacteria that lives on fleas, that live on rats, that live on humans. To survive the forests were burned off for heat. People then turned to coal for heat. The Black Death pandemic was no respecter of gender, race, or economic status. It caused a 33% mortality rate across Europe. The People were paranoid, frightened, or mad as hell as seen in *The Triumph of Death* painted by Orcagna in 1348. As the starvation incurred by overpopulation began to be paid by serfs, it was they who would gain an advantage negotiating with land owners. Their wages went up. The death of monks isolated in their scriptoria provoked the invention and use of the Gutenberg



Press. This empowered Martin Luther and the Protestant Reformation. Fear and innovation went hand-in-hand.

By the middle of the 18th century the Age of Fossil-Fuel was pumping carbon dioxide into the atmosphere. *The Fighting Temeraire* painted by J. M. W. Turner commemorated the end of the Age of Sail in 1838. A steam tug drags the ship to the knackers under the smoggy skies of Old London Town. The impressionistic style of Turner reflected a jaundiced view of what the Enlightenment had promised to do. This was the time of Mary Shelly's



Frankenstein who played out some unexpected consequences of an unsustainable culture.

Americans, still in their preternatural state of entitlement, didn't get it. 'Go West young man' was our answer. After the frontier vanished into the Pacific Ocean, Americans were forced to see beyond our own borders. We joined the slaughter in Europe during the first half of the 20th century in the quest for new markets. Europeans were questing for oil. Another mega-drought seems to have gotten underway at the beginning of the 21st century further exacerbating global warming. Depression, anger, substance, and spousal abuse as well as suicide became commonplace. The Covid-19 pandemic is now layering over all that has passed as well as the economic collapse in 2008.

Rather than letting our dreams make sense of our limited knowledge, Dr. Barrett suggests that we back away from our runaway subconscious. She suggests wresting control over our nightmares by seeding dreams with positive images and calming music before going to bed. "There are certainly biological things that R.E.M. (rapid eye movement) sleep is doing, certain neurotransmitters are shut down and being restored... There's some theory that simply activating the brain every 90 minutes may be good for it in some way."

At the very least it is good to know that even in the worst of times there will be the best of people; people above the panic, living positive lives. The Plague saints that arose during the Black Death such as Saint Roch devoted his quality of life to healing the suffering. Roche Bioscience continues this approach during our Covid -19 pandemic even while an epidemic of fear spurs the horsemen of the apocalypse into endless nights, and wasted days. Truly, this is a time for every purpose dreamt of under heaven.

Resident Spotlight



Laurel Quirk
Resident
Leader

We here at Acacia Creek know Laurel Quirk--the always engaged and busy resident. Before she became the president of our Resident Council and took on the many responsibilities of this office, she joined the AC/MH Bell Choir and became its conductor. She also led a class in Latin through The Great Courses, and is one of the bartenders at the Turkey Roost. Outside of Acacia Creek, Laurel serves as the treasurer of the local Rotary Club chapter. It seems unbelievable that she was once thought of as Bill's seldom seen and possibly even non-existent wife. More on that later in Laurel's story.

Life began for Laurel in a small, beautiful city in the Berkshire Mountains of Western Massachusetts, a well-known resort area of mountains and lakes. Her family lived there because of her father's job transfer, and most of her extended family had scattered all over the U.S. in pursuit of education or jobs. Laurel followed their example, and after high school left for New York City where she attended Barnard College, the women's college of Columbia University. You will never guess her college major, which was Chinese Studies. She found everything about China fascinating

and also managed to learn Chinese. But the timing was off - she was a generation too early to make this her career. Access to China remained extremely limited for many years after Laurel's graduation.

She met Bill when she was a freshman and he was in graduate studies. The relationship flourished and they were married in the Columbia University chapel soon after Laurel finished her undergraduate degree and Bill completed his Ph.D. Then onto a Master's Degree in International Affairs from Columbia and being hired by AIG as an underwriting trainee. This was a major accomplishment as she was part of the first wave of women who were hired into a career-track position. Many times, Laurel found herself as the only woman in the room. Over the next 38 years she worked her way from underwriting trainee to senior vice president in charge of a large commercial casualty underwriting group. Her first assignment was insuring rich people against the possibility that someone in their family would be kidnapped for ransom! Then next to Political Risk Insurance - insuring companies against expropriation by a foreign government, then foreign casualty underwriting - insuring foreign operations of large, US-based multinational companies. She also had to learn how these businesses actually operated including the geography and foreign politics of where they were located. Her career was all consuming!!

They made several cross-country moves but finally landed in the Bay Area with challenging jobs for both of them. Then onto another major adventure with the births of two children. After very brief maternity leaves for each birth, Laurel continued to work for AIG and spent the next twenty-five years juggling family life and her career. Bill was ALWAYS there to share the responsibilities of their family and home. We now understand why Laurel was rarely seen out and about! Then the next phase—a very, large, empty home, and Bill doing politics in Sacramento. After looking around, they selected Acacia Creek as their new home and have been residents here for two years.

Laurel loves traveling—she and Bill have been to Egypt, Scandinavia, and Rome to name a few. Once a year she and her sister travel together to Europe for three weeks. She also travels all over the country for rock concerts.

Laurel and Bill feel fortunate that both of their children are married and live in the Bay Area. The icing on the cake is that Laurel has had the joy of being able to spend one day a week with her grandson. It doesn't get much better than that! Thanks to Laurel for all she does for us!

By Martha Crowe

Staff Spotlight

Congratulations to nine Acacia Creek employees graduating this month! They have studied at California State University East Bay (CSUEB), Chabot College, Logan (JLHS) and Conley Caraballo (CCHS) High Schools.

Most graduates completed the last classes online and some schools have intricate plans to achieve a virtual ceremony. The CSUEB May commencement was cancelled but is searching to honor their graduates at this important rite at a future date. In this unusual time, two schools plan virtual ceremonies. So, what is that like?

The Virtual Graduation Ceremony started before the actual graduation date, in late May. The school provided the student a cap and gown. By appointment, the family car arrives at the door at the end of the stage and only the graduate gets out, clad in the traditional finery. Videos and photographs are taken while the student is walking across the stage to receive the diploma. The family in the car then picks up the student at the door at the other end of the stage, where celebration is encouraged. The photos and videos will be emailed to each student and will also be available on Facebook or the school website. Student speeches, photos and dedications are also included in the video. All schools plan to have in-person gatherings when it is safe to do so.

Kolbe Chapman, a server here for about 4 months, graduated from James Logan High School (JLHS) on June 1. He studied math and now will attend Cal State University, Long Beach (CSULB) majoring in music and teaching music.

Deborah Deleon, a server for 2 months, graduated from JLHS where she took general classes and law

enforcement. CSUEB is her next step to work in law enforcement.

Trinity Kelly, a server at AC for 2 months, took general classes at JLHS. She studied online for several weeks. She's off to Chabot College to learn about kinesiology.

Licett Lascarez, a server for 2 months, went to Conley Caraballo High School (CCHS) and finished the general curriculum without studying online. She is headed for community college and university to pursue a future veterinarian career.

Michael Lascarez, graduated from CCHS, specializing in history. Right now, he will take a year off to plan his next moves. He has worked as a server for about 3 months.

Cinthya Martinez, concierge, graduated with an AA degree May 23 from Chabot College in a virtual ceremony. She majored in business and now plans a second AA. degree in Business, Admin. Assistant. Then Cinthya will go to CSUEB for further studies.

Xena Resurreccion, a server here since last October, now holds a BS Degree in Psychology, from CSUEB. She will be taking a licensing exam and pursuing a master's degree. Her goal is to become a therapist for parents and children.

Yerania Romero, while enrolled at JLHS became a server 2 months ago. She took general courses and is heading to a community college and university to pursue a social services career.

Dulce Valencia, after taking general courses, graduated from JLHS on June 1. She works as a server in the dining room. Next, she'll attend Chabot College, university and then medical school.

By Clarice Hill



Acacia Creek Staff Graduating Class - June 2020

Resident Leaders

ROCKS AND STONES



Bob Baird—our Techie

Bob Baird seems to really enjoy offering his tech skills for our various programs here at Acacia Creek. He greatly appreciates how Larry and Donna Sadler instructed him in setting up the tech materials for our various programs at Acacia Creek, such as the monthly Forum, the monthly Chat with Chuck or Martin, which now presented weekly during the time of the Covid-19 virus. Bob has now been doing the video work here for about five years.

How did he become interested in this field? In 1981 he began to produce home videos for his family. His first camera and video equipment came in two pieces and weighed about 25 pounds! This led to his forming a post-production video production company: Globehiker Productions, and also making video productions for companies where he was employed. Bob later worked with video at a computer chip company. This was followed with a position at the Lawrence Berkeley National Laboratory as well as for the Department of Energy in which he made training videos.

Bob has done voice-over instructions as well as voice-overs for weddings. One which appears on YouTube is a voice-over promotional for a wedding held at the Scottish Rite in Oakland.

As you can see, being a techie has been a very productive part of Bob's life, as both a career and for serving others, and as something he really enjoys. Bob suggested that if anyone is interested in video work, to let Nancy Nguyen know. Thank you, Bob, for serving us here at Acacia Creek!

By Sharon Pickering

When walking on the pathway behind Acacia Creek, you can find many rock displays that have been constructed recently! These are called cairns, a Scottish Gaelic word, and are placed on trails to indicate you are on the right track and that you are going in the correct direction when there are converging pathways. Our ancestors used such displays to give bearing and direction during their travels. Cairns are usually about a foot tall although today some are taller, so that they can be seen from a distance. Such tall stacks of stones would not be for finding a correct direction. Ancestors also used cairns to indicate a burial spot of a fallen comrade. Cairns can indicate a symbol of wellness, balance, peace, patience, simplicity, spirituality and prayer. Such stacked rocks are also used in Zen gardens or in individual home gardens.

One day while walking my dogs on the pathway, I saw Tau Alpha picking up a rock that had fallen over. So, now we know at least one individual who is constructing these interesting rock displays.

By Sharon Pickering





*Keeping us
fed and
happy during
COVID-19*



Living it

