

Living It



OktoberFest 2021



Waiting for Beyond VanGogh



Building a filter with Thys



Booster shots



Drumming Exercises



ACACIA CREEK JOURNAL

WRITTEN BY RESIDENTS, FOR RESIDENTS

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Meet Your Resident Council...

With this issue we bring you a snapshot of the members of our community that have stepped up to serve each and one here at Acacia Creek during 2022.

Laurel Quirk, President: Laurel grew up in a small city in Western Massachusetts, left to attend Barnard College, the woman's college of Columbia University, and there met and married Bill. They celebrated their 50th wedding anniversary in March 2021. Their 2 adult children and 2 grandchildren (with a 3rd on the way) live in the Bay Area.

Although Bill and Laurel began their life together in NYC, they have moved cross-country from NYC to Pasadena, CA, Pasadena back to NYC, then finally to the SF Bay Area. In 1976 Laurel joined the giant insurance company AIG as a trainee underwriter in their NY home office, and 2 years later was promoted and transferred to their SF office. They settled in Hayward in 1978 because it was midway between Laurel's job in SF and Bill's job at LLNL in Livermore. Laurel stayed with AIG her entire career, ultimately retiring in 2014 after 38 years as a corporate VP in charge of underwriting the insurance for a number of very large West Coast multinational companies.

In retirement, Laurel worked on her "bucket list" projects and she even got her first ever dog to keep her company while Bill was in Sacramento serving in the California Assembly 4 nights a week. She joined the Hayward Rotary Club in 2017 and has served as their Treasurer for the last 4 years.

On a whim Laurel and Bill took an informational tour of nearby Acacia Creek, liked everything about it, and moved into AC in June 2018. Free of all the routine tasks of daily living, Laurel became involved in various AC activities – joining the bell choir, starting a Latin class, serving on the Welcome Committee, bartending, and eventually running for Resident Council. She was elected to the council in 2019 and is starting her 3rd year as President.

Jon Humphries, Vice President: John and Sylvia have lived at Acacia Creek for 6 years -- since August 15, 2015. They moved from Galt, California. They were both born in Riverside, California, and have lived in San Bernardino,

Riverside, San Diego, Elk Grove, and, Galt.

Jon, in his "former life" worked for the California Department of Transportation (Caltrans) for 40 years. His employment was primarily in Human Resources and Labor Relations Management (with brief "stints" in the public affairs office, facilities management and budget preparation and management.

At Acacia Creek, he spent 4 years involved in the affairs of Siminoff Daylight Lodge, serving as Master in 2019, and is now in his second year of a 2-year term as Vice-President of the Acacia Creek Resident Council.

For this little introduction, Jon stated that he could not think of anything "scandalous." (Probably would not tell us anyway, However, a couple of significant events in his life were that he and Sylvia were married on his birthday (57 years ago), and in the third grade he was selected as "Third Grade Milk Monitor."

Shirley Moore, Treasurer: Shirley arrived at Acacia Creek in September 2013 and has enjoyed participating in many activities. As chairman of the Welcoming Committee for 3 years she was able to learn names of the new residents while getting acquainted with those already living here.

She has also served on several other committees, as well as being a resident bartender. Presently she is half way through her 3rd 2-year term on the Resident Council, having served as Treasurer for 2 years and Secretary one year. She has been elected Treasurer for the coming year.

Shirley is a native of Santa Cruz County, having grown up in Capitola. As a young Navy wife, she lived in most home ports in California, returning to Santa Cruz County in retirement. She is the mother of 3 sons and a daughter. They have given her 13 grandchildren and 18 great grandchildren.

Shirley's parents were very active in the Masonic Community, and as soon as she was eligible, she became a Rainbow Girl. At age 18, she was initiated into Santa Cruz Chapter, Order of the Eastern Star, where she is a Past Matron, former Deputy Grand Matron and was Grand Organist in 2001. Most of her long-time friends are people she met in Eastern Star. That's also where she met her 2nd husband, Don Moore. When Shirley moved from Paradise Park to

(continued from page 1)

Acacia Creek, Don was placed in Traditions, the Alzheimer's care unit at the Masonic Home. He passed away early in 2017.

When Shirley's children were grown, she began working at a small-town bank which was eventually bought by Comerica Bank. Beginning as a teller, then moving to the new accounts desk, she retired after 15 years.

If you ask her about Acacia Creek, she'll tell you "I love it here! There is no place else in the world I would rather be".

Rodger Page, Secretary: Rodger and Jorene moved into Acacia Creek on April 1, 2020, right at the beginning of the pandemic. They moved from Sun City Roseville where they had lived for 20 years and before that, 38 years in Livermore where Rodger worked for Sandia

National Laboratories in research and development of nuclear weapons, and originally from upstate New York.

In 2002 after having spent many summers in retirement at their cottage on Lake Shehawken, Pennsylvania, he was awarded the "World's Greatest Paper Boy" at the end of his career of going to the store near their cottage to get the morning paper for his neighbor, and himself.

Rodger has been active in the Masonic Fraternity for over 50 years and has served as Master of his lodge, Mosaic #218, and Venerable Master of the Oakland Scottish Rite in Oakland, CA.

Since moving to Acacia Creek, Rodger has been a member of the Finance Committee and Environmental Services Committee serving as Secretary, and "getting his feet wet".

Marty Crowningshield: Marty left upstate New York in 1956 courtesy of the United States Air Force. After 5½ years in service, he went back to New York, to start on a great journey across these United States, ending up in Salt Lake City, Utah. Then with some more education, he went to work at Lawrence Livermore Laboratory in Livermore, in 1968, There he met Hilary, and they were married October 10, 1994. He retired in 1998.

He also joined Mosaic Lodge #218 and was active in various activities such as Widows Nights' Valentine's Day, and ID for Kids, anytime he was asked. Forty-five years after joining the Masonic Fraternity, they found the home they had been looking for here at Acacia Creek. They visited several times for about 2 years before finally making the decision and moved in Nov 3, 2017.

Here at Acacia Creek, Marty has been active in all the major committees from Culinary and Environment to Resident Council. He is a driver for the Golf Cart and readily available any time a resident wants to take a ride,

just ask, and maybe, just maybe, if the stars align just right, that will be on our schedule.

Harvey McAninch: The McAninch couple and Madison become residents of Acacia Creek on June 27, 2013. They moved here from Santa Clara, after 20 years living there. Harvey enjoys the retirement freedom at AC – free from cooking, house work, mowing the lawn & yard work. The McAninch's love living at AC. Not knowing any of the residents, Harvey started volunteering as a bartender and getting involved in the Welcoming Committee, starting the poker group (he needs players), Cribbage night, and AC Bowling team. Later on, the Culinary Committee (term out in 2022) and was the Chair 2018-2020. In 2020 he was elected to the Resident Council. Karon served 5 years on the Resident Council as Secretary, which made it impossible for Harvey to serve on the council until now.

Harvey's work history is: Fuller Brush man, bindery man, Air Force mechanic, electric technician for Ampex, Field Service Manager for Motorola, Programmer with Ford Aerospace, Senior Staff System Engineer for Lockheed Martin space systems (26 ½ years). Harvey has been Master of his lodge, Director of Asiya Clowns, Temple Director for Asiya Shriners, Sirs Chapter President 3 times. Now, Harvey has decided to slow down and grow veggies on his patio.

Victor Wong: Victor began life in San Francisco Chinatown, the youngest of eight siblings (all born at home). Victor lived in a two-bedroom apartment, all "scrunched" together with no hot water, no bathroom—community toilet down the hall.

Working at a grocery store and summer jobs, he was able to pay for all his college expenses while commuting to U.C. Berkeley from SF. He went on to earn a BS in Engineering Physics, with an honorable mention for the University Medal, and a PhD in Physics.

After a 2-year post-doc at Ohio State University, Victor began his 44-year tenure at the University of Michigan as a lecturer in Physics (Ann Arbor). He received a steady flow of promotions at the Dearborn and Flint campuses -- Professor of Physics; Chair of Natural Sciences; Dean of the College of Arts, Sciences, and Letters; Provost and Vice-Chancellor of Academic Affairs -- before returning to Ann Arbor. Victor is probably one of the few people who told a President of the United States "NO". And he got away with this!

Victor and Nancy returned to California to be close to two of their three daughters and found their place at Acacia Creek. He continues to share his welcoming spirit and talents by giving talks on the Transcontinental Railroad, Black Holes, Chinatown, etc., and serving on the Finance Committee.

Compiled by Rodger Page



Acacia Creek Off-Campus Outings

Acacia Creek Lifestyles Department along with a group of resident advisors plan off-campus travels. There are usually three trips a month except for November and December with only two outings planned for the holiday season. Transportation is provided by the Lifestyles bus drivers, Ed Bosch or Luis Lacayo.

Outings resumed after the pandemic restrictions eased and all residents had received their second COVID-19 vaccines. June 29, 2021, saw our first trip back to Nicks Cove in Tomales Bay. Since then, we have traveled to The Devil's Slide walk and geological tour with Tau Alpha as our guide and lunch in Half moon Bay. We returned to Harleys Goat Farm in Pescadero. The Roaring Camp Railroad to Mt Baker was a successful repeat. A drive and visit to the Steinbeck Museum in Salinas for the first time was worthwhile. Just to mention a few. We found that due to the Pandemic some previous sites had changed and were not as desirable. Our planned trip to the Oakland Zoo had to be postponed due to our first real rain.

Trips are planned three to four months ahead. Some require advance reservations, ticket purchases and other contingencies. We are not able to do "spur of the moment" trips. Nancy in Lifestyles posts the upcoming outings in the binder located on the mail room table. The next month's outings are posted approximately a month ahead. Even if the trip you are interested in is "sold out" always add your name to the waitlist. Nancy can usually open up space due to cancellations.

Our popular repeat of the Golden Gate Bridge walk and tour in September attracted nineteen residents. We drove to the South end of the bridge and off-loaded. After a group photo opportunity nine of the members started their walk across the bridge. The remaining ten toured the history plaques of the bridge's construction and the gift shop, then rode across the bridge to the North end and waited for the walkers. The total distance for the walkers was 2 miles give or take an inch. The span itself is one mile but the on and off ramps add the other mile. After the nine completed the walk all nineteen went for lunch at "The Spinnaker" in Sausalito. The Bridge has been a popular tradition for Acacia Creek residents for about eight years, only missed in 2020 due to the pandemic.

Upcoming trips in November include "Beyond Van Gogh" exhibit in San Jose, and the Jelly Belly Tour with lunch in Vacaville. In December we are offering the Christmas program by the "Grace Cathedral Choir of Men and Boys".

If you have a particular destination or tour in mind, let Nancy in Lifestyles know and she and the resident advisory group will check the feasibility. Stay tuned to future reports of Acacia Creek off-campus Travels.

By Sally Ward





Event Date: Saturday, October 16

The weather cooperated perfectly, it was a beautiful day, in the fall of the year. October is great here in Union City. So, it was a great day. A lot of planning went into the Street Faire. I am going to try to thank everybody because you all worked, and it showed. You know I must wonder about how efficient our staff is because they handle everything that comes along. Acacia Creek is the best place to live and work in the area.

The separation and location for the outside vendors, was outside the Lobby of Acacia Creek. It was great placement, and support. Shirley, thank you. The transportation experts did their job with three golf carts, modified to handle 6 riders each. I believe that our guests were pleasantly surprised at our home. Our vendors, residents and outsiders, shared a terrific experience with us.

And our efficiency at handling things that happen was great. Each one of the vendors had a ride and waiting cart to take them down to the parking lot, and to the ride back to their individual location. The Golf Carts ran until every person was accommodated. No one was saddled with the long walk from the parking lot.

Starting at 1:00pm (1300hrs) we were all ready. And the residents showed up to buy. From jewelry, to boxes, to plants, and whatever was needed --- all were at the Acacia Creek Faire. The event lasted until 4:00pm (1600hrs) with a raffle at the end with 60 items waiting patiently to be given away. The raffle was conducted as a "must be here to win" with ample time given between each item, for the



winners to come forward. Right in the middle of the raffle, we lost the mike and speaker system, but we went on and continued. I believe that everyone heard the announcers, so there was no confusion about the winners. And we all had a very successful

conclusion of a good day. You know this is just a small step, in beating the Covid-19 virus. Yes, we wore masks. Yes, we were outside!

Last word, our Team Appreciation Fund benefited, so everyone won. The Street Faire was very successful, just like before the Covid-19, and we accomplished all of our goals.

By Marty Crowningshield



The Masonic Inuksut

A Masonic Inuksut is located at the entrance to the Masonic campus. Beside the examples of hands-on masonry we see etchings that reflect the speculative philosophy of Masonry. On the right side of the photo is the 47th problem of Euclid known as the Pythagorean theorem. It is a right triangle having sides in a 3-4-5 proportion. This was anciently used to lay out a compass for orienting and squaring up temples to the Divine Geometer. Stonehenge and the Great Pyramid in Egypt are examples. The Freemasons freely point out that the geometry for a well measured life was widely accepted before they made it their own. The Chinese philosopher Mencius observed, "The Master Mason, in teaching his apprentices, makes use of the Square and the Compass. Ye who are engaged in the pursuit of wisdom must also make use of the Square and the Compass."



triangle to the north/south line the rope stretchers made the east/west line for a compass. The pole erected where the two lines crossed marked a Maypole. Four balls represented the squaring of the circle. That was the foundation for an earthly temple.

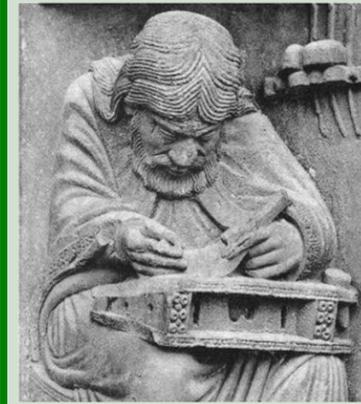
My family tradition goes back to the Bronze Age. Deus on my family crest was the weather god manifested by the Common Oak. That was Zeus who gave us courage in this life. This god was supported by the bear paws of the Great Bear Mother with whom we lived in caves, in Ice-Age Europe, 30,000 years passed. We follow this tradition when we use the constellation Ursa Major to guide us to the Pole Star

that is otherwise hard to see. The inverted tetrad references the Cosmos. The Mystic Tetrad joined as a six-pointed star, inverted overlapping erect, means that which is above is below.

'Twas after the long night of the year when all through the cave not a creature was stirring not even a mouse. The children were all nestled by their parents by the fire, snug in their fur-about, while sweet visions of utopia danced in their heads. They hoped St. Nick would soon appear. St. Nick dressed all in fur was a peddler with a bundle of goods flung on his back. The images that gave him meaning came from ancient ice-bound caves. Decoded by Alexander Marshack in *The Roots of Civilization*, he showed how they constituted a calendar. There was a season and a time for every purpose under heaven in the cold Northern Hemisphere. Carrying the good news of civilization to Eastern Europe, Central Asia, Siberia, and down into the Americas, St. Nick hop-stepped out-of-sight saying to all a good night!

By CJ Becker

Robert Lomas states that the Freemasons were properly founded at Rosslyn Chapel in Scotland by William St Clair. Rosslyn resonates with the Harmony of the Spheres. Jolly old Pythagoras can be seen earnestly playing his tintinnabulum evoking harmony with the celestial spheres in the right portal of Chartres Cathedral.



Laying a finger aside his nose he would offer up a prayer to the Mystic Tetrad, an equilateral triangle composed of 10 silver balls. These are a mnemonic for the laying out an earthly temple. The single ball at the top represents the Pole, or the North Star, or the Divine Geometer defined by the formula, E Pluribus Unum.

With an arm extended up to Polaris a rope-stretching architect would trace a line down to his feet where he pounded a stake into the ground. Keeping the stake under the Pole Star as he walked backward an appropriate distance, the architect pounded another stake into the ground. A rope tied between the two stakes made the north/south line of the compass. Two silver balls represent the Yin-Yang tension of opposites. Three balls recall a rope fashioned into a triangle with the 3-4-5 proportions of a Pythagorean triangle. Aligning this



Meet with Martin



Henry David Thoreau tells us “I am grateful for what I am and have. My thanksgiving is perpetual. It is surprising how contented one can be with nothing definite - only a sense of existence. Well, anything for variety! I am ready to try this for the next ten thousand years, and exhaust it. How sweet to think of my extremities well charred, and my intellectual part too, so that there is no danger of worm or rot for a long while. My breath is sweet to me. O how I laugh when I think of my vague indefinite riches. No run on my bank can drain it, for my wealth is not possession but enjoyment.”

Dear Residents,

Happy Thanksgiving! There are so many things I am thankful for this year; being healthy and having lost no one here at AC and in my family and circle of friends to Covid-19; working at a beautiful place called Acacia Creek where I have made so many new friends; and working with a wonderful group of co-workers. I know this year the Holiday Season might still be different from years past, but we will still have a magical time with loved ones. If you are celebrating Thanksgiving here reach out to your neighbors and share a nice Thanksgiving Dinner with them. Our world class Dining Services Department will work hard to provide a lovely meal. I do hope to break some bread and/or have a toast with many of you during the next few weeks.

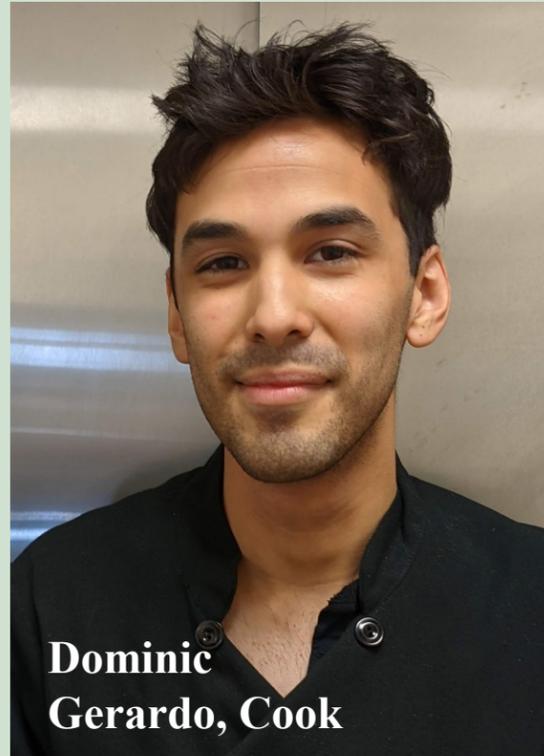
And as always, I do appreciate all your support and kindness you have shown me. Cheers and best regards, Martin Herter



Team gets Booster Shots



Team Member of the Quarter



Dominic Gerardo, Cook

Dominic is an overall class act. He works well with others and collaborates. More importantly he’s a hard-working, extremely reliable, effective employee that doesn’t settle for mediocrity. He’s looking out for the company’s best interests and constantly surprising me with his ability. He takes direction well and has a positive outlook on his approach with all things related to the kitchen. I’m extremely overjoyed with his progress and potential here at Acacia Creek. He has a great future ahead of him.

By Fernando Gaeta

You Can Nominate a Team Member of the Quarter

The process starts with you the resident. If you appreciate a certain team member’s effort, grab a nomination form from the Team Member alcove in the lobby and express your appreciation. The applicants are reviewed by the 12 members of the Leadership Team who choose the top 2 candidates and forward them to the Resident Council for final selection. The selected Team Member earns a \$100 gift card, a parking space in the garage for the quarter, and bragging rights!

Resident Spotlight



DON GOHRANSON - An Active Guy!

Don Gohranson has always been a fitness buff. After playing on the teams of baseball, soccer, track, and basketball at San Francisco’s Commerce High School, he joined the US Navy within 2 weeks of graduation.

After training in Class A Electrical, he became a student instructor. Then he was tapped for the Navy Sports Program to play baseball and basketball in their respective seasons. He was not football player sized but he did become a football manager. In 1949, the team won the Pacific Fleet Championship DESPAC (Destroyer Force US Pacific Fleet)!

So, he was a privileged athlete full-time year-round for two years, eating steaks for breakfast. Then the team requested to be sent overseas to “see the world” and were posted to Manila. In 1950, The Korean War exploded on the Inchon Peninsula in South Korea and the team engaged the enemy. In 2015, The South Korean government invited Don and other veterans to be feted as heroes. They were honored by a week of trips, dinners, and a medal. He is still greatly touched by South Korea’s gratefulness.

Don worked as a PG&E Electrical Technician for 35 years until he was 57 years old at retirement. Then he continued basketball until 59, softball until 63, and golfed. Bowling was cut short by the pandemic. That has not stopped Don. He walks the halls and stairs 3 miles daily, one mile after each meal and works out with weights in the gym for one-half hour each day Monday to Saturday. Sunday is his pjs day. He visits with his family several times weekly

Don was married 68 years to Catherine. The family had 4 children, and four grandchildren. Sadly, a son died in childhood. Catherine died October 2020 after suffering with Alzheimer’s disease for about 15 years. The couple had visited 17 different countries and every

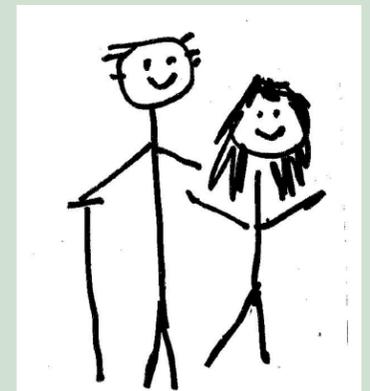
US state, National Monument, and Park. Don is scheduled to visit the Baltic countries next in 2022 if travel is permitted at that time.

Don’s philosophy is to experience everything in moderation and to keep exercising. He taught himself the computer and reads up on all types of knowledge. He loves history, especially Roman history and American history. Enjoys trivia. He is frugal and has self-educated himself on financial matters. He does not worry if he has no control over the outcomes.

Don often places flyers in residents’ mailboxes and the daily schedules at the elevators, on his walks inside the building. He assists Carol Hough with the 90s Society. At AC special events, he drives folks around with the mini cart. He employs positive thinking and keeps his body and his brain and ties to family and community very active.

By Clarice Hill

New Residents



STEVEN DAVID & KATHLEEN HOFFMAN - Apt. 1105

Moved from San Francisco, CA. Having both grown up on the East Coast, Stephen and Kathleen now call the Bay Area their home. Stephen has an affinity for heights, being he has his pilot’s license and enjoys flying. Kathleen keeps herself grounded by going on walks and being in the water.