



PRESBYTERIAN
VILLAGE NORTH

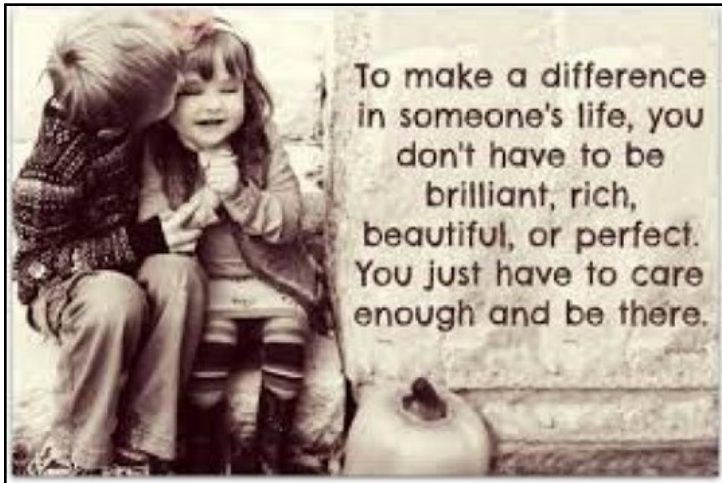
THE VILLAGE BUGLE

A NEWSLETTER BY & FOR THE RESIDENTS OF PRESBYTERIAN VILLAGE NORTH

March 2019

Number 447

MAKE A DIFFERENCE



"The time that you have touched the life of others is the time that you have really lived".

VILLAGE COUNCIL OFFICERS



L to R: Bob Markell, Treasurer, Telva Gale Wallace, Secretary, Sammie Wester, Vice President, David Lodwick, President



STAFF OF THE VILLAGE BUGLE

1st Row: Joyce Forney, Betty Muse, Mary Jo Bourque, Shirley Scott, Kathy Rotto **2nd Row:** Nancy Miller, Frank LaCava, Jean Cheney, Pat Pittman, Noel Pittman, Loretta Dunbar, Gary Carson **3rd Row:** David Lodwick, Mary Langford, Judy Morris, Tom Wilbanks, Robert Droke, Bill Schilling, Letty Valdez **Not Pictured:** Pam Altizer, Barbara Baker, Chester Bentley, John Luckadoo, Ken Rogers, Jim Spell, Sue Standlee, Tom Standlee (and Joe Brockette who was manning the camera)

COUNCIL CORNER:

SPRING FORWARD, PLAY BALL

The upcoming arrival of a new season, spring, has led to some thoughts about our seasons of life.

We have many seasons of life, you know. From Ecclesiastes: "For everything there is a season."

Did you love being a child? Sure. Did you enjoy the thrills, discoveries, and adventures of a young adult? Probably so. How about your middle years, when some of your dreams bore fruit? And now, in the "autumn" of our years, who will join me in thinking that life's "autumn" is pretty good, too? Nature's autumn is such a beautiful season. Life's "autumn" can be beautiful too. Perhaps you'll agree, in spite of the truth of "growing old is not for sissies," life still has some grand, magical, moments. Check that out among the folks you know. I'll bet you can easily name folks here at PVN whose positive attitude and love of life in these "autumn years" absolutely inspires you. So be it for all of us.

Let's all revel in the joy of a peaceful life in this beautiful community; of ample time for communion with God, with family, and with ourselves; of fun and games with friends; and, oh yeah, of not having to fix dinner or the plumbing.

Spring and the baseball season are in the offing! Let's put some spring into our autumn. As the spring equinox and the crack of a bat approach, let's *Spring forward!...and Play ball!*

Batter up!

David Lodwick

THE VILLAGE BUGLE

Presbyterian Village North

8600 Skyline Drive, Dallas, Texas 75243

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David Lodwick, Village Council President

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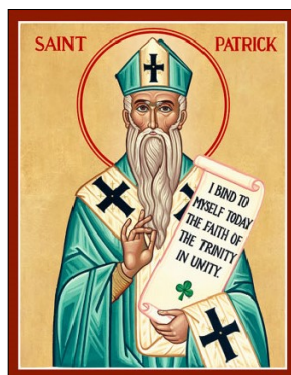
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ST. PATRICK'S DAY



On March 17, everyone is Irish. We wear our green outfits, tam-o'-shanters, shillelaghs, and drink green beer or ale. This famous Saint's celebration is well-deserved. He was a bishop, missionary, and "Apostle to Ireland" who died on March 17, 461.

Born to Christian parents in Roman Britain, he was captured by barbarians at age 16 and sold as a slave in Ireland. After six years as a swine herder, he escaped and returned to Britain. He soon began intensive training in France in order to return to Ireland, which he did as a missionary bishop. His effective teaching and conversion of the Irish are reflected in a hymn, "I Bind Myself Today."

Although his headquarters were in Armagh, he died in Ulster. (Many thanks to the Reverend Canon David Veal and his book, *Saints Galore*.)

In keeping with the gorgeous Irish countryside, which remains emerald green to this day as it did in St. Patrick's time, we honor his memory and the Irish people by wearing green, listening to Irish music, drinking with friends in pubs across the land, turning our rivers green - as they do in Chicago, or having a parade down the Main Street of the City - as they do in New York City.

Our celebration of St. Patrick's Day here in the Village will be at Happy Hour on March 15, 4 PM. A vocalist will sing Irish songs, and Irish appetizers will be served. Don't forget to wear green.

May the Irish hills caress you;

May her lakes and rivers bless you;

May the luck of the Irish enfold you;

May the blessings of St. Patrick behold you.

(Many thanks to Anne Gilliland and her article from *The Village Bugle*, March 2016.)

Submitted by Judy Morris

How much have you loved? Have you loved even when it hurts, when you can't, when you shouldn't, when you wouldn't, when you didn't? If so, you're richer than you feel.

SPOTLIGHT ON LINDA COX



Linda Cox is Chairman of our Spiritual Life Committee. She earned an MTS Pastoral Care from Perkins School of Theology. Linda was the Oncology Chaplain at Methodist Hospital for years, working with cancer patients and their families in dealing with the emotional and spiritual aspects of their

disease. She helped them cope and to redefine hope, and to spend each day wisely. She was featured in the Dallas Morning News Spotlight and also the Methodist Hospitals of Dallas Innovations publication in 1983 for her Chaplaincy Program. Teaching children and Pastoral Care are her two passions in life.

Linda earned her BS and MED in Elementary Education at the University of North Texas. She taught sixth grade in an "open classroom" concept for eight years at Skyview Elementary and 14 years at Lakewood Elementary. Bill and Linda (who met on a blind date) lived in Lake Highlands for 50 years before moving to PVN in 2017. They are members of Ascension Episcopal Church, where she was able to get Ascension's Stults Road ministry to ensure that every child would go home with a book every summer. Ascension has delivered over 500 books in support of this ministry program.

Clarice Tinsley highlighted Linda on her TV "Hometown Heroes" in 2012. Linda and Bill have devoted many hours to these children; it is very dear to their hearts.

Linda was born in Tulsa. During WWII her family moved to Portland, OR, and she has loved the ocean ever since. It is part of her; she returns to enjoy it in the summer. The Coxes have two children living in Houston and one grandchild. At this time in her life, Linda is concentrating on Bill's health issues, and with Linda by his side, he is in good company.

Kathy Rotto

ASH WEDNESDAY AND LENT

The Christian traditions of Ash Wednesday and Lent are not observed in scripture; however, they are a wonderful, ancient tradition that helps us mark the beginning of a season of repentance and a return to God as we reflect on the sacrifice of Jesus Christ.

Ash Wednesday will be March 6 this year, and it marks the beginning of the 40 days before Easter (not counting Sundays). This 40-day period is the time of Lent, reflective of the time Jesus was in the wilderness where he fasted before being tempted by the devil (Matthew 4:1-2). At PVN, we will have two Ash Wednesday services: 1:00 PM in the Monie Chapel and 2:00 PM in the Joyce Hall Library.

During Ash Wednesday services, a minister lightly rubs the shape of a cross with ashes onto the foreheads of worshipers. The tradition of tracing a cross on the forehead is meant to identify the faithful with Jesus Christ. Using ashes/dust reminds us that it is God who formed us and to God that we return when we die. (Genesis 2:7 and 3:19) In many scriptures, the practice of repentance is also associated with ashes (Samuel 13:19; Esther 4:1; Job 2:8 and 42:6; Daniel 9:3; and Matthew 11:21). Marking ourselves with them reminds us to repent from our sin and that Jesus Christ's death has freed us from sin and death. During Lent, we continue to study scripture, pray, and reflect on Jesus' journey to the cross for the salvation of the world.

For many, Lent is a time when Christians separate from the world; when we find out our faith answers the deepest questions of life and eternity. Journeying through Lent helps us enter the Easter season with an increased appreciation for who God is and what He has done for us.

Rev. Denise Odom

HELP WANTED

Sketch Artist for The Village Bugle

This position will have high popularity and promising career potential (or not). Work is expected to be sporadic. You will be allowed to work from home (no long commute to the office) and provide your own paper and materials. Pay will be on the normal Bugle scale. If interested, contact the Editor or any member of the Bugle Staff (pictured elsewhere in this issue.)

If you had to add something to humanity, what would your contribution be? List at least one thing. The world doesn't owe you. You owe the world. The good news is that whatever the answer to this question, you'll enjoy doing it.

A LIFE



It is early spring 2014. My best friend and I are having a meal at the Canton Express. At the end of the meal, I crack open a fortune cookie taken from a small tray and look up to thank Michelle, our sweet-faced waitress. My Chinese fortune reads, "Life to you

is a dashing and bold adventure." And so it is.

I feel particularly blessed to have experienced life in the era of the good old days: the 1930s—1960s. The Empire State Building opened in New York City the same year I was born. Franklin Delano Roosevelt was sworn in as President when I was two years old and proceeded to establish the New Deal in the face of the Great Depression. That same year, Prohibition came to an end.

I grew up in one of the Great Plains states, South Dakota. The devastating weather phenomenon, dubbed the Dust Bowl, was in full swing and creating severe drought and heat waves that prompted farmers to migrate to the West Coast; to California. My sister, Bonnie, was born in 1933. In 1935, in the wake of Prohibition fallout, Alcoholics Anonymous was founded.

Most of the historical events of the 1930s and 1940s affected my life. My brother, Terry, was born in 1937. Shortly after that, my family headed west, just in time to celebrate the completion of the Golden Gate Bridge in San Francisco. The year 1939 was stellar: President Roosevelt appeared at the opening of the New York World's Fair. Bonnie and I participated in a grade school function at the Fair site in San Francisco; she was six and a half years old; I was eight. World Affairs continued to impact our lives. NBC inaugurated regular commercial television broadcasting in 1941.

More importantly, Japan's attack on Pearl Harbor on December 7, 1941, forced the United States to enter World War II. A knee-jerk reaction caused President Roosevelt, then in his record third term, to institute the internment camps. Japanese-American families living on the West Coast had their properties seized by the government, and they were sent to various inland states to internment camps for the duration of World War II. It so happens that my family managed to rent one of the Japanese-owned homes in Alameda, CA. We lived in that house on Pacific Avenue until the war ended.

TO BE CONTINUED.

Loretta Dunbar

RACHEL WATSON DINING SERVICES MANAGER



Rachel moved from Arkansas in December 2016. By January she had become a teammate at PVN. From then until now, she has worked in the Corrigan Dining Room, the Wellness Café, Joyce Hall, the Terrace, and T. Boone Pickens Hospice. She was promoted to Dining Services Supervisor in

December 2018. "I've always worked in service. It just comes naturally," she said.

Rachel has a boy, thirteen, and two girls, eleven and five. With her boyfriend's two boys, ages five and six, who are with them part-time, the couple definitely have a very busy life.

Her eleven-year-old daughter plays basketball on two school teams. Her son is on a school robotics and technology team. His team won third place with its working robot and now will compete with other schools. "This is really a challenge," said Rachel. "We live in Royce City, an hour away, and have to transport the children to two different daycares and two different schools every day. But I get to PVN on time at 9:30 AM."

Rachel now manages the wait-staff in the Independent Living dining room and helps coordinate and plan events such as Chautauqua. Most days, teammates start work at 10:30 AM and "they stay until the job is done," she said.

In her free time, Rachel enjoys fishing. "Since I've lived in Texas, I like to go to Lake Tawakoni and fish off the dock," she said. Another favorite outing is shopping with her eldest daughter. Rachel also likes to cook and bake. "I have a ton of favorite recipes, but mostly I like to find something new and recreate it." But even though she was born in Louisiana, she doesn't cook Cajun food. "I leave that to the experts like my mom, dad and maw maw."

"The best part of being at PVN is the relationships I've formed. This is a community. The residents never need to leave, because they have everything on campus except a clothing store," she said with a smile. "I like my job."

Nancy Miller

Gray hair is a crown of glory;
It is gained in a righteous life.
(Prov. 16:31)

CHAUTAUQUA KEEM TRIO

Aging can introduce loss of functionality and interfere with goals such as attending a symphony at the Meyerson. But thanks to the PVN Foundation, Chautauqua brings to PVN the same quality of music when we can't get downtown!



THE EUNICE KEEM TRIO will perform Tuesday, March 19, with violinist **Eunice Keem**, Associate Concertmaster, Dallas Symphony Orchestra (DSO), along with DSO Cellist **Theodore Harvey** and chamber musician/collaborative pianist/chamber musician, **Johnathan Tsay**. Their program will include the works described below.

Paul Schofield's "CAFÉ MUSIC" (1985) has become a standard. "The idea came to me after sitting one night as pianist at Murray's Restaurant in Minneapolis, where a house trio plays dinner music in a wide variety of styles." This work draws rhythms and melodies from the early 20th century onward: Viennese, Gypsy, Broadway, Burlesque, a musical goulash of musical jokes, burlesque, Gershwin and more.

Schubert's "NOCTURNE", written one year before his death, was published posthumously 18 years later. It is a lyrical Adagio known for its sweet melodic strains alternating with a more impetuous theme.

A young **Brahms** wrote his "**PIANO TRIO No.1**" two years after meeting the love of his life, Clara Schumann, and one month after Robert Schumann, her husband, attempted suicide and entered a mental asylum. As Clara's constant companion during this trying time, Brahms often played this piece to comfort her. He revised it years later saying, "It's not so wild as it was before."

A deaf **Beethoven** wrote his **PIANO TRIO No. 5 "The Ghost"** late in life. While he rehearsed it, his violinist observed, "The piano was completely

JOSEPH EASTIN HONORED



Pictured are our PVN neighbor, **Loretta Medling**, and her son Joseph Eastin. Joseph was recently named to the Oklahoma State University Hall of Fame, which is the highest honor bestowed by OSU. It recognizes alumni with outstanding lifetime achievements in society and professional life. Eastin's induction took place at the ConocoPhillips OSU Alumni Center on February 8 and Loretta was there.

Eastin graduated from OSU in 1992 with a degree in Business Administration. He went on to earn a Masters Degree from the M.I.T. Sloan School of Management in 2015. He continues to serve on various boards at both alma maters. His software and service company, ISN, is headquartered in Dallas. As CEO since its formation in 2001, Eastin has overseen rapid growth to 600 employees and 70,000 subscribed companies in more than 80 countries.

Over the past few years, Eastin has been recognized and honored by OSU and the Dallas community. In 2012, he was inducted into the OSU Spears School of Business Hall of Fame. He has been instrumental in establishing OSU's Eastin/ISN Center for Career Readiness, providing students a professional, development framework to enhance their competencies and career readiness. In 2018, he was invited to join the prestigious Salesmanship Club in Dallas, a service organization dedicated to transforming kid's lives.

Joyce Forney

out of tune, a fact which troubled Beethoven not at all. The poor deaf man hammered away, smudging whole groups of notes and all melody lost!"

Only the first movements of the Brahms and Beethoven will be performed.

Tickets are required (free), so pick them up at the front desk to assure yourself a seat. Something to look forward to!

Frank LaCava and Tom Standlee

CALORIE RESTRICTION AND FASTING DIETS

There has been a lot of attention to calorie restriction and fasting to maintain health and longevity. Calorie restriction is a pattern of reducing average daily caloric intake. There is a variety of fasting diets that focus on the frequency of eating, and may or may not involve caloric restriction during the periods of non-fasting.

There are decades of research involving animals but very little human studies. Animal studies do not necessarily apply to humans. Many animal studies (animals were given 10-40% fewer calories and provided with all necessary nutrients) resulted in increased longevity and reduced rates of some diseases, such as cancer. In some, lifespan was shortened, not lengthened.

Some studies suggest calorie restriction may have health benefits for humans, but more research is needed to understand long-term effects.

Studies done on people who voluntarily had extreme degrees of calorie restriction over many years found low levels of risk factors for cardiovascular disease and diabetes. They also saw reductions in sexual interest, the ability to maintain body temperature in a cold environment and other physiological effects. Many of these people also consumed a variety of nutritional supplements which limits the ability to determine which result is actually related to calorie restriction. These studies did not include older adults.

Only a few small clinical trials have been conducted with fasting. These were observational studies of people who practice fasting, usually for religious reasons. More work is needed to determine if this has any long-term benefits.

There are different forms of intermittent fasting.

1. Time restricted eating. Meals are consumed within a limited number of hours a day with nothing consumed during the other hours.

2. Alternate day fasting. Eating was unrestricted every other day with no or minimal calories the other day.

3. 5:2 pattern. Eating free for five days followed by two days of fasting/restricted eating.

4. Periodic fasting. Caloric intake is restricted for multiple consecutive days, such as five days once a month, and free all other days.

During fasting, the body uses up glucose and glycogen. It then turns to energy reserves stored in fat. This stored energy is released in the form of ketones. Ketones help keep cells working at full capacity during fasting. Some think that ketones

may protect against age-related decline in the central nervous system. They also inhibit the development of cancer because cancer cells cannot use ketones for energy. Ketones may help protect against inflammatory diseases and reduce insulin levels which could protect against type 2 diabetes. Too many ketones in the blood can have harmful health effects. This is one reason more research needs to be done before this can be thoroughly recommended.

There is insufficient evidence to support calorie restriction or fasting in older adults.

There is evidence supporting the following data to stay healthy as you age.

1. Eat a balanced diet with a variety of foods in moderate amounts.
2. Regular physical activity.
3. Alcohol in moderation and no smoking.
4. Active social lifestyle.
5. Adequate sleep.

Jean C Cheney

LANDSCAPE COMMITTEE PLANS

One of the active committees at PVN is the Landscape Committee, chaired by **Molly Stewart**. The committee meets monthly with Jose Trejos, our PVN contact for landscape concerns, and Jeremy Dungan, Maintenance Manager for our landscape contractor, Complete Landsculpture.

One of the most immediate projects is a new Memorial Garden to be located on Bugle Lane. This garden was designed by Michael Kendall, the Landscape Architect for PVN, as part of the master plan for our campus. At the Landscape Committee meeting on January 15, Molly said the project is ready to go, and the flower selection has been made by Complete Landsculpture.

The Landscape Committee has representatives from each area of PVN. If you have suggestions, feel free to share them with the following:

Areas:

1000: Joyce Forney, Maxine Trager, Tom Wilbanks

1100: (Gazebo Circle) Sherry Creighton, Pat Prusha

1200: Margaret Bell, Joan Bovard, Bill Maina

2000 Building: Maureen Moore

4000 Building: Nell Baker

Martins Landing: Don Burleson, Jo Ann Norton

The Villas: Linda Drake, Pat Markell

We are grateful to all who help make PVN the lovely, beautiful village it is.

Tom Wilbanks

MARVIN FISHER, HR DIRECTOR



Imagine being in a position to choose 456 full-time employees to meet the needs and pleasure of PVN residents. That's roughly the spot **Marvin Fisher** occupies. At a time when unemployment in the Dallas area is 3.6%, he attracts enough applicants to winnow out those who

wouldn't fit and orients those who will. That calls for seeing potential as well as present ability.

Marvin's association with PVN began a year ago last December. It was his first Senior Living setting, but HR work has been his beat ever since he started with Toys R Us almost 30 years ago. He seeks employees who will listen, act and work as they belong in this setting. You won't see an employee with a cigarette dangling from his/her lips. You will not hear an employee cursing. Marvin's motto is "If you're here only for a paycheck, you're not in the right place."

Marvin conducts the orientation of all new employees following their selection from an online application. He asks the employee's purpose in life and how it squares with PVN's values and purpose, policies and procedures. He listens to their life stories and, especially, to their compassion and interest in PVN residents. Frequently the position a prospect is hired for is different from the one he sees them filling eventually. In other words, he sees the potential a person brings to the job.

We residents come in direct contact with servers, drivers, housekeepers, engineering staff and office personnel and I, for one, am amazed at the compatibility of staff with residents. Now that I've met Marvin Fisher and understand his process, it's clear that our competent HR Director deserves a great deal of credit.

Joyce Forney

PICTURE FROM THE PAST



Heading to college soon.

Don't let the hair fool you!

Taken in Kent, OH around 1957.

ARCHIVE OFFICE PROJECT



If you ever wondered what PVN looked like nineteen years ago, there's a Tenth Anniversary Celebration folder in a newly remodeled archivist office on the second floor of the Corrigan Activity Center. There is also a 25th Anniversary folder.

Right now, nearly 40 years of documentation pertaining to PVN is archived in this spacious room which was the old Wood Shop. This material had been stored in various places on campus during the recent construction. One gets the impression these papers are happy to get out of the closet in Classroom 2 and **Dee Forrest's** bedroom.

PVN Director **Bryan Cooper** has appointed **Christi Thompson** as the new Archivist, replacing Dee Forrest, a longtime resident, who knew the history of PVN from day one. Assisting Christi will be Photo Editor **Joe Brockett** "focusing and developing" his attention on the pictures of PVN, and *Bugle* Archivist **Pat Pittman** corralling every copy of the *Bugle* she can find.

A **PVN Foundation** grant funded the room renovation and new office furniture and a new computer and printer. Also included in the grant are five storage units for the Sew and Sews storage room and increased lighting for the Arts and Crafts Room.

Copies of the *Bugle* since its inception in 1982 can be found there. The first publication was in January 1982 and was called "Newsletter of PVN Resident Council. A New Voice for the New Year." The name was changed the very next month to "The Village Bugle," and it has stuck now for 37 years.

Betty Muse

VERGELEGEN WINE ESTATE

In retirement, my husband and I emigrated to Somerset West, South Africa (35 miles east of Cape Town) in 1991. It was just following Nelson Mandela's release from prison. One morning, I noticed a volunteer opportunity in the local paper. I replied to the ad and received an invitation by mail to interview for temporary volunteer work at Vergelegen Wine Estate. They were preparing to open a winery on the Estate in November. They would open the entire 300-year-old Estate grounds some months later. After volunteering for two weeks with the Director of Public Relations, I was offered a temporary, paid position for a few weeks—leading up to the formal opening of the new winery that sits high on the top of a hill overlooking the Estate. The entire property would open to the public about six months following the winery opening.

During the months of my temporary volunteer work, I was able to demonstrate my skills to advantage. Management offered me part-time employment. They were in the very early planning stages.

I was invited to attend the first planning committee meeting. Two ancient empty brick barns were slated to be a gift shop/entrance portal and a museum. Thus, another job offer came my way. "Would you be interested in the full-time management of the gift shop and entrance?" To this, I answered, *"Yes, if I may personally design and supervise the building project from the ground up."*

By then I could see that South Africans had no idea of how to prepare to receive the general public on this very grand estate. I said I wanted a free hand to design the interior of the gift shop. I also wanted to do the screening, hiring, and training of 20 volunteer staff who were to operate the shop and conduct tours of the estate. I was granted permission for everything.

During the year that followed, I had the most challenging, exhausting, exhilarating, demanding, and exciting job of my working career. I drew detailed plans to scale on simple graph paper and then personally supervised the construction. At the same time, I was screening applicants for the corps of volunteer staff. I advised management that it was unrealistic to expect volunteers to appear promptly day after day without compensation and that it would not be a satisfactory way to staff the shop. They finally agreed to offer a minimum hourly wage.

At weekly staff meetings, I became renowned for raising controversial issues. I insisted that there should be water fountains and public restrooms

placed around the 300-acre grounds; that there should be handicap-access paths and adequate signage throughout the estate.

I should add that I was the only American staff. All others were Afrikaner South Africans. The women who applied for positions were, by and large, attractive, young, intelligent housewives of both English and Dutch heritage. We drew a pool of excellent applicants. It became a prestigious position to be a member of staff. (On my return visits in 2000 and again in 2002, the majority of the initial hires remained in the shop. The woman I trained as my successor was still the manager.)

I prepared and conducted a training program for my recruits. I decided on a uniform - another controversial issue - because I felt that guests should be able to identify a staff member from whom to seek assistance. There was some upper-level management who were not willing to fund what, to them, seemed to be an unnecessary expenditure. Their interest lay solely in the winery. I had to fight for every penny allotted to my division.

One of my great pleasures was seeking out items to stock the gift shop. All of this was new to me and in a foreign land - a stimulating challenge. I loved it. I wanted to market as many top-quality gift items from local crafters as I could find. There was a wealth of talent, and customers often remarked on the things they found in the shop. All but a tiny percentage of the items were hand-crafted by local artisans. Perhaps I picked up a few marketing pointers from my years with Neiman-Marcus. The shop was a huge success; we had word-of-mouth advertising in Europe and the U.K. Management never conducted an ad campaign - we built our reputation one visitor at a time.

When we opened our doors, I worked seven days a week, ten hours a day through November and well into December before I would take a little time off from the shop. I was utterly exhausted but happy.

These many years later, Vergelegen Estate is a prime destination. May I suggest that you have a look at their website and see photos of one of the most beautiful private estates in South Africa? <http://www.vergelegen.co.za>

Loretta Dunbar

All the ways of a man are pure in his own eyes,
But the LORD weighs the spirit.
(Prov. 16:2)

THE WILD IS STILL HERE

Sam Kieschnick, an urban wildlife biologist, runs the Metroplex area for Texas Parks and Wildlife. Sam spoke at the **Men's Kaffee Klatch** on February 14; he dispelled some fears and informed us a lot on the nature of wildlife in Dallas. Emphasizing the coyote's ubiquitous, omnivorous nature that has allowed them to spread them from Canada to Central America, he gave us lots of do's and don'ts concerning wild life on our campus. Coyotes are grassland animals. In Dallas, their main food is black rats, along with other small animals, and the occasional accessible pet that is running free. I'm sure they love these little cottontails that run around in the flowerbeds of Dallas. They will eat about anything and food left out for pets will attract them, as will any and all available garbage. Trash management is important to keeping coyotes out of our housing areas.

Sam said that coyote attacks on humans and pets on leashes is extremely rare. There have been three attacks on unaware, small, women joggers wearing earbuds in Frisco in recent months. He indicated these attacks are probably occurring because there are folks out there who love wild animals and feed them, which changes the way coyotes view humans from objects of fear to food providers. He said feeding wild animals damages their ability to live their wild life effectively in an urban environment. It is never in the best interest of wild animals for humans to feed them.

Urban coyotes are primarily nocturnal but you may see them occasionally during the day, most likely at dusk and dawn. Sam showed a video of one resting comfortably in the seat of a city bus in Chicago. Rabies is very rare in coyotes, but much more common in raccoons and skunks (the worst offender).

Mike, our head-counting security guy, said we have a coyote family, mother, father, and offspring, who are here at PVN often. So Sam's talk was very relevant. If you see one of these furry friends, and they don't run, and you feel threatened, the best thing to do is to raise your hands high, clap loudly, and yell. If that doesn't work, you may want to pick up your pet and go inside.

Ken Rogers



MARTINS LANDING

When the decision was made to call PVN's planned apartment building Martins Landing, the area was just a parking lot. One could see only two old martin houses - and so the name. Unfortunately, when the building went up, the martin houses were blocked.

The 1980s metal houses, found all over this campus, were purchased by residents and installed in their backyards. Last year, they were removed because many were too near trees and had bent, sharp edges. They were a hazard to those of us caring for the martins. The PVN Foundation graciously provided four poles, each with 12 gourds. They were installed around our lake, away from trees.

Again, Martins Landing was without martins. But now, if you look out the front door of the apartment building, you'll see a pole with 12 gourds in the grassy area in the parking lot. Martins will be landing at Martins Landing.

Sue Standlee

COUNCIL STANDING COMMITTEE CHAIRPERSONS



1st Row: Alice Jester* (Memorials); Linda Cox (Spiritual Life); Lanette Sullivan (Volunteers); Carol Cress* (Newcomers & Orientations) **2nd Row:** Paul Wilson (Safety & Security); Dorothy Vaughan* (Memorials); Robert Droke (Communications); Jim Cress* (Newcomers & Orientations) **Not Pictured:** Bill Brown (Buildings & Grounds); Rich Hohman (Dining Services); Molly Stewart (Landscaping); Jude Hammett (Social Activities) *Co-Chair

The wise of heart will receive commandments,
but a babbling fool will come to ruin. (Prov. 10:8)

TIME GETS BETTER: WITH AGE

I've learned that I like my teacher because she cries when we sing "Silent Night." Age 5

I've learned that our dog doesn't want to eat my broccoli either. Age 7

I've learned that when I wave to people in the country, they stop what they are doing and wave back. Age 9

I've learned that just when I get my room the way I like it, Mom makes me clean it up again. Age 12

I've learned that if you want to cheer yourself up, you should try cheering someone else up. Age 14

I've learned that although it's hard to admit it, I'm secretly glad my parents are strict with me. Age 15

I've learned that silent company is often more healing than words of advice. Age 24

I've learned that brushing my child's hair is one of life's great pleasures. Age 26

I've learned that wherever I go, the world's worst drivers have followed me there. Age 29

I've learned that if someone says something unkind about me, I must live so that no one will believe it. Age 30

I've learned that there are people who love you dearly but just don't know how to show it. Age 42

I've learned that you can make someone's day by simply sending them a little note. Age 44

I've learned that the greater a person's sense of guilt, the greater his or her need to cast blame on others. Age 46

I've learned that children and grandparents are natural allies. Age 47

I've learned that no matter what happens, or how bad it seems today, life does go on and it will be better tomorrow. Age 48

I've learned that singing "Amazing Grace" can lift my spirits for hours. Age 49

I've learned that motel mattresses are better on the side away from the phone. Age 50

I've learned that you can tell a lot about a man by the way he handles these three things: a rainy day, lost luggage, and tangled Christmas tree lights. Age 51

I've learned that keeping a vegetable garden is worth a medicine cabinet full of pills. Age 52

I've learned that regardless of your relationship with your parents, you miss them terribly after they die. Age 53

I've learned that making a living is not the same thing as making a life. Age 58

I've learned that life sometimes gives you a second chance. Age 62

I've learned that you shouldn't go through life with a catcher's mitt on both hands. You need to be able to throw something back. Age 64

I've learned that if you pursue happiness, it will elude you. But if you focus on your family, the needs of others, your work, meeting new people, and doing the very best you can, happiness will find you. Age 65

I've learned that whenever I decide something with kindness, I usually make the right decision. Age 66

I've learned that everyone can use a prayer. Age 72

I've learned that even when I have pains, I don't have to be one. Age 74

I've learned that every day you should reach out and touch someone. People love that human touch - holding hands, a warm hug, or just a friendly pat on the back. Age 76

I've learned that I still have a lot to learn. Age 78

I've learned that life is what you make it, and your life is much better when you make someone happy. Age 80+

Submitted by Tom Standlee

RESPIRE CARE

One thing that keeps life interesting at Presbyterian Village North is the discoveries one makes about what is offered for the residents here. I made such a discovery lately, and I want to share it with any of you who might benefit by knowing about it. A number of our residents are helping to care for a spouse whose health is not as good as their own. This kind of care is done with great commitment and dedication, but it can and does take a toll on the caregiver. Even the most loving mate might wish for relief from the responsibility from time to time. The good news is that respite care is available right here on our own campus!

According to Joyce Thompson, Healthcare Admissions Services Coordinator, Arbor Place, Forest Glen and Special Care offer respite care based on the level of need. Arbor Place is the setting for individuals who enjoy interaction with others, entertainment, enrichment activities, and special outings, but who need some amount of assistance. Forest Glen offers more comprehensive nursing care, but still provides social activities. Placement is based on assessment of physical and social needs, after which the staff strives to meet the individual needs of each resident.

Respite care requires a doctor's order stating that the resident cannot live on his/her own. Private rooms are provided at \$340 a day, with services including 24/7 nursing care, three meals daily, along with housekeeping, laundry, and linen provisions. Recreation, activities and worship programs are included, as well as some transportation. Other services are available for additional fees. Respite care can be offered for varying periods of time, according to availability of beds.

In addition, respite care is offered in Assisted Living at rates in the \$175 to \$250 range, depending on the room accommodations and level of services needed.

Interestingly, the new medical director of Arbor Place and Forest Glen is Dr. Joyce Thompson. If you call 214-355-9017 for more information about respite care, be sure to specify that you want to speak with the Admissions Coordinator. For Assisted Living service contact Tireatha Moore at 214-355-9201.

If you are a caregiver, take care of yourself too.

Mary Langford

TAXES & DEATH, IN THAT ORDER DISCUSSION AT PICKENS HOSPICE

Here they come. Boy Scout Motto: Be Prepared! Let us help, and as I am Italian, food and vino always make the medicine go down. Lunch & Learn.

Please join us Thursday, March 21, for Chicken Parmigiano, pasta, and a cannoli or two. With us will be some experts in end of life issues, DNRs, wills, obits, Q & A, etc. My Bucket List is fun! Sounds like the Four Horsemen of the Apocalypse, however, it is really focused on how to live well, abundantly, and joyfully, leaving behind those twin thieves: Regret and Fear.

The PVN Bus will depart Corrigan at 10:45 AM going to The Pickens Center. Please sign up at the PVN Front Desk.

Ciao, Dr. John Gremmels

2019 NOMINATING COMMITTEE

Members are elected by the residents of their respective areas for two-year terms (which are staggered), who then elect their own chairperson.

Area 1000	Tom Wilbanks
Area 1100	Molly Stewart*
Area 1200	Mark Schweinfurth
Building 2	Ellen Shambaugh*
	Chairperson
Building 4	Carol Zoller
Martins Landing	Priscilla Schmitz
The Villas	Ed Edgren*

*Continuing two-year term from 2018

WOMEN'S CHORUS OF DALLAS

To Perform with Texas Woman's University
Concert Choir, University of North Texas
Women's Chorus, and high school singers from
DISD

Thursday, March 7, 7:30 PM

Moody Performance Hall

PVN's Jo Blackburn will be one of the singers

Bus will go from PVN if at least 12 attend

Sign up on the Corrigan black book

PAINTING CLASSES BEGIN MARCH 25

Come join the group on Monday afternoons from 12:30 to 2:30 starting March 25th for 6 weeks under the instructions of Elliot Fallas, who will show you how to paint using a palette knife, allow you to relax, be creative and play with colors and shapes on canvas. NO former experience is required, just a desire to be creative and have some fun with oil paint.

THANK YOU TO THE BUGLE STAFF

The March issue of *The Village Bugle* is number 24 that includes my name as Editor. Hey, if I have not lost all my technical skills, that is pretty close to two years. I extend my immeasurable thanks to my associates shown in the picture on page one. They make the Bugle the outstanding publication it is, and they make my job a joy. They readily take assignments, send me additional articles I am not expecting, do excellent work even on mundane jobs of production and delivery, and never, never let me down.

Special thanks are in order for Letty Valdez who does the desktop publishing. The one time Elena Jeffus stepped in, she was perfect, also. And, thank you to PVN for picking up the printing cost.

When Noel Pittman was showing me a lot of the basics on the March 2017 issue, and checking me out to see if I was worthy of the position (along with Joyce Forney and Frank LaCava), he said my number one task was to identify my replacement. I have thought about that a lot, and there are a few good candidates; but no, I am not ready to quit. Believe I will stay for now.

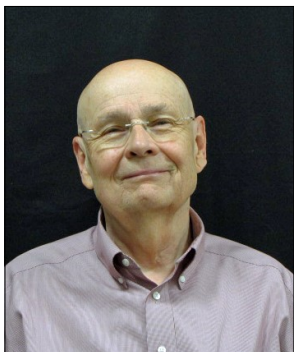
I am often asked how an engineer came to want the position of Editor, and what made me think I could do the job. Writing had always come easily for me (nothing creative, but technical reports and business letters, that sort of thing.) During several years as a training manager for Exxon, part of our activities was publishing over 200 training manuals for use in our local offices around the nation and world by engineers, geologists and field operating personnel. So, I had seen the publication process at work, and at times I got involved in the text preparation and proof reading on parts where I had expertise. The Bugles that came over the 15 months while Marlene and I were waiting for The Villas to open contained columns begging for someone to volunteer for Editor. I thought then that I could do that job. When in February 2017 Joyce came to the Council meeting with 80 (she said optimistically) blank applications for Editor; I asked for one and the rest is history. It's been fun.

Gary Carson

Happy Birthday!

`Joe Williams	03/01
`Mary Margaret Williams	03/01
~Elizabeth Ploger	03/02
~James E. Scott	03/02
`Bob Steves	03/04
~Buddy O'Toole	03/06
~David Ackerman	03/09
`Emily Erdmann	03/10
`Kay Williams	03/11
`Sharon Hohman	03/12
`Allan Kvasnicka	03/12
`James Cress	03/12
~Allie Goodson	03/15
`John Luckadoo	03/16
`Earl Turns	03/18
`Ralph Blackburn	03/20
~Olivia Huguley	03/21
~Barbara Gruendemann	03/22
`Mary Jo Bourque	03/23
`Robert Timberlake	03/23
`Jo Blackburn	03/23
~Charles Daboub	03/25
`John Drake	03/27
`Judy Morris	03/28
`Barbara Coleman	03/29
~Barbara Cleaveland	03/29
~Winifred Brieden	03/31
~Joan Hansen	03/31
`Erik Vohtz	03/31
`Rich Hohman	03/31
~Assisted Living	
`Independent Living	

ANSWER TO PICTURE FROM THE PAST



**John
Birkner**

In Memoriam

Dr. James McDonald	01/08/2019
Craig Millis	01/27/2019
Grace Scott	02/09/2019
Geraldine "Gerry" Farnsworth	02/18/2019