



# Our Spare-Time Passions

## Let the Hunt Begin

By Patty West

Fellow Yard Salers, the season is upon us. The thrill of the hunt, the find, and the “SCORE!!” is here again.

Yard-saling is almost an art form. I spend time going through Craigslist and jotting down the local sales, and then putting them in order to drive to them. I usually stick to McKinleyville, but sometimes stray to Trinidad, Fieldbrook and Arcata. Gotta plot that course, though. I am usually the navigator if I go with friends.

We don't pay attention to signs unless they are obviously new. My pet peeve is people who don't take their old yard sale signs down. It is so irritating to follow signs to find nothing there, so I very seldom go by the signs. Wasting time is not good when you want to hit the yard sales early.

When a sale starts at 9 a.m., and they say “no early birds,” you need to respect that. Give the people a chance to have some coffee and set up. The professional buyers who show up at 7 are downright rude.

One of my biggest scores is a 2-foot crystal obelisk — beautiful and only \$20. These kids were moving to Hawaii and had to drastically downsize. Those sales are the bomb.

Another very cool find was a pair of my favorite walking shoes — brand new Keens — for \$2.

Mostly, it's the thrill of the hunt, and of the unexpected find. Most of us always have a little list

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## My Hikshari' Hobby

By Wanda Naylor

For me, the best hobby is one that challenges my brain, keeps my aging body in shape, and allows me to spend time in a beautiful place. Being the coordinator for Eureka's Hikshari' Volunteer Trail Stewards satisfies all of my requirements.

When the City of Eureka developed this accessible 1.5-mile coastal trail along the waterfront into the Elk River slough about six years ago, they partnered with the Humboldt Trails Council to form the trail stewards

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**NEITHER RAIN NOR SNOW NOR SLEET . . .** For the Hikshari' Trail Stewards, care of the 1.5-mile trail along the south Eureka waterfront is a labor of love. Bundled up to plant native grasses on a recent stormy Saturday, from left, are volunteers Keith McCloghrie, Trey Polesky, Jessica Heiden, and Steward coordinator Wanda Naylor. Ted Pease photo.

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# Tedtalks: Stare Like a Cow

By Ted Pease

“**B**ut what will you *do* all day?” a friend and work colleague asked when we started talking about retirement a few years ago.

I can honestly say that this has never been a problem for me. Sure, some people go through difficult transitions when they stop working — withdrawal, really, and a loss of identity. It's not easy to learn how to spend free time once you have it.

Many others have the opposite problem. When my parents “retired” many years ago, they often complained that they are busier than they'd been when they were working. That's a problem of personal priorities, and the inability to quit being so driven.

For Americans, who thrive on busyness and industriousness, idleness is a character flaw. But, as Welsh poet William Henry Davies suggested, we should take a deep breath:

*What is this life if, full of care,  
We have no time to stand and stare.  
No time to stand beneath the boughs  
And stare as long as sheep or cows?*

One classic remedy for the curse of free time is taking up a hobby. But to call what many of us spend time doing now that we can a “hobby” is to trivialize or minimize it.

A morning walk on an empty beach with a joyful dog is far from trivial. Playing with grandchildren is not wasting time — yours or theirs. Watching cackling geese wheel above the marsh is a spiritual experience that can't be dismissed as mere “birdwatching.”

So it is with the folks who have taken time out of their busy schedules to tell us about their “hobbies.” It's an impressive spectrum of how people like to spend their spare time: music, yard sales, building trails, quilting, communing with bees and birds, painting maple syrup bottles, books (writing, reading and as art), knitting, animals, and more.

For Wanda Naylor, who says she is “trying to retire” from her landscaping business, spending time on the Hikshari' Trail along the south Eureka waterfront is a labor of love. “For me,” she says, “the best hobby is one that challenges my brain, keeps my aging body in shape, and allows me to spend time in a beautiful place.”

At 73, beekeeper Dick LaForge says he seems to spend his time these days doing things he liked as a child. “Just not as fast,” he said.

Now that we have choices about how to spend our spare time, we should choose with care. A wistful “When I have time . . .” is always an excuse for not doing the things we would like to do, and then time can get away from us.

English author Virginia Woolf offered this warning: “If you are losing your leisure, look out! It may be you are losing your soul.”

—

*Ted Pease, editor of Senior News, could make something of himself if he weren't goofing off all the time.*

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# Mrs. Butterworth, Our Lady of Guadalupe and Me

By Patti Stammer

A “hobby” (I looked it up) is defined as a regular activity that is done for enjoyment, typically during leisure time. So, here’s my favorite hobby story.

Thirty-five years ago, a dear friend who was living in Mexico called. “There’s no one else I know who will understand this,” she said. “I’m in the syrup aisle of a grocery store, and I think Mrs. Butterworth looks like the Virgin of Guadalupe.”

Well, OK. That’s something you don’t hear every day, so I went over to Safeway to have a look. After I stopped laughing, I brought Mrs. Butterworth home.

Our Lady of Guadalupe is the patron saint of Mexico. Her visitation to Juan Diego, a poor farmer, in 1531 is credited with giving the indigenous people hope and the courage to resist Spanish occupation. Like all good stories, it changes with the telling.

Like Mother Mary, the icons that represent her are usually depicted in the same way. Our Lady of Guadalupe always wears a red dress and a green cape, glittering with stars and light. You can’t miss her in Mexico; her image is everywhere.

So I painted Guadalupe Butterworth in her red dress and green cape, sparkling with sequins and glitter, and sent her to my friend. Then I painted one for myself and three more for friends. Sometimes she wears a bejeweled crown. Lucky me — I know a few Crown Royal whiskey fans, and the bottle top is a perfect fit.

Is this a hobby or just crazy? I don’t know or care, but I’ve painted quite a few over the years and loved every one of them: three more Guadalupes, a Pilgrim and Pocahontas for Thanksgiving, Mrs. Claus and Santa.

I did a Bridal Butterworth for a wedding present, holding a fishing rod with a tiny groom attached, and there was Mammy from “Gone with the Wind,” with her red petticoat, and many more that I’ve forgotten. Glass bottles of sweet Mrs. B in all sizes live in a box in my garage . . . she’s not the same in plastic.

A Statue of Liberty Butterworth is in progress, Madonna in her flamboyant years is on the drawing board, but when I found a tiny bunch of plastic fruit, I



**THE MANY FACES OF MRS. BUTTERWORTH** — Patti Stammer and a few of her closest friends — Pochahantas Butterworth, a Pilgrim, Bride Butterworth (with fishing pole for the groom) and the original, Our Lady of Guadalupe Butterworth. Ted Pease photo.

knew Carmen Miranda in her tutti-frutti hat was next.

Others have discovered this “hobby” and they are all over Pinterest. Old Mrs. B is looking good.

*Patti Stammer, 75, of McKinleyville is a location scout for film companies, a teacher of legacy writing, and a pursuer of “silly” but engaging hobbies.*

## Yard Saling . . . From Page 1

of stuff we’re looking for — like a new desk lamp or black belt — but you will never find these things if you are looking for them. It’s a fluke if you find something that you actually need.

Then there is the social aspect of yard-saling. We’ll often find very talkative people who love to share stories about their items and their history.

It’s always fun to be at a yard sale and spy an

item that piques your interest, and someone else is lingering nearby. You have to quickly and spryly make your way across the jungle of stuff and claim your prize before some other fool snags the goods. It’s not as bad as Black Friday sales, but there can certainly be some competition.

So enjoy the upcoming yard-sale season. Enjoy the thrill of new discoveries and trying to figure out

where to put stuff you bring home. Remember: get rid of old stuff before bringing in the new. Good luck with that.

*Patty West, 69, of McKinleyville, rarely misses a Saturday on the hunt during yard sale season. Don’t get in her way.*



# A Sweet, Bzzzzzy Life with 250,000 Stinging Insects

By Dick LaForge

My grandfather was an orchardist near Red Bluff. I liked visiting there. He would say, "Every second generation turns out OK." But I digress.

Anyway, I had planted quite a few fruit trees at my place, and back around 1994, friends would tell me, "You should have bees." So I enrolled in a Bee Class at Humboldt State.

What fascinating creatures! Honeybees live in cooperative societies similar to our own, yet they are so different. There are few insects we can keep as domestic animals, but bees are one of them. We can take their homes apart, observe their behavior, give assistance if they need it, and they don't really mind (except for a few guard bees that might want to sting you).

Because of bees' huge agricultural importance in crop pollination and honey, we know a lot about them. Beekeeping is a door into knowledge and appreciation of insects and plants, and into the natural world in general.

The trick for any new interest is to get up the learning curve as quickly as possible — the better you are at it, the more successful you are, and the more fun it is. So I became secretary of the Humboldt County Beekeepers' Association ([humboldtbeekeepers.org](http://humboldtbeekeepers.org)) and wrote a newsletter. You've gotta know something

if you are going to write about it.

A few years later I took over teaching the HSU Bee Class.

So what do beekeepers do? We make a deal with our bees: we give them nice places to live, protect them from bears, parasites and other problems, and they make honey. When they make more honey than they need to get through the winter, we take the extra.

I keep between five and 10 hives, which produce up to 100+ pounds of honey each, so each year at end of summer, I harvest between 150 and 600 pounds, depending on how the bee season went.

Most of the honey gets sold — yes, it's a hobby that can actually produce a little income — and it makes nice Christmas presents for family and friends. It's fun in the autumn when I'm dropping off quarts of honey here and there and pocketing \$20s.

After 25 years, I've got it down so it runs smoothly, and doesn't take a lot of time. There's always more to learn. I'll keep doing it as long as I can lift the boxes.

**Dick LaForge**, 73, of Eureka, teaches the HSU Practical Beekeeping class through the end of April. For information, go to [extended.humboldt.edu](http://extended.humboldt.edu) and search for bees.



**WHEN YOU OPEN A BEE HIVE**, the residents really *are* as busy as bees. About a quarter-million of them in the case of Eureka beekeeper Dick LaForge's eight current hives. As the days warm up, his honeybees are busier than ever. Ted Pease photo.



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## ASK THE DOCTOR

# Common Ground

By Jennifer Heidmann, M.D.



I recently participated in a community forum on gun violence. The purpose was to remember those lost on Valentine's Day last year in the Parkland high school shooting, and to discuss how we might find common ground as a community that wants less death and injury from gun violence in our country, regardless of our stance on guns themselves.

On Feb. 14, 2018, 17 people were killed by a gunman at Marjory Stoneman Douglas High School in Parkland, Florida. The victims were mostly children who were just going about their school day, as well as a couple of staff members who put themselves between children and bullets.

At the community forum commemorating the anniversary of this event, several students from North-coast Preparatory Academy in Arca-ta stood in front and read the names of those killed, and told a little bit about each person. They were band members, they liked hip-hop, they were college-bound, they coached the cross-country team, they were ROTC members, and they were probably wondering who might notice them on Valentine's Day.

At the community forum, there were many grey hairs along with the students. There were people of different faiths. There were hunters, and a lifelong NRA member. What we could all agree upon is that more than 300 mass-shooting deaths in 2018 in the United States of America is just not right.

Fortunately, things can improve, if communities like ours continue to demand it. Imagine anything else that we would tolerate that kills over 40,000 Americans a year.

We are frequently told how divided we are as a nation and a people. Although there is some truth to this, I suspect things are not as dire as portrayed in the sound bites and Twitter feeds. What if we actually found common ground about things that affect our health and well-being, and the very future of our planet where we hope our grandchildren and great grandchildren and beyond will continue to dwell?

I would like to see the day where the idea of "active shooter drills" at elementary schools and senior centers is considered ridiculous.

As a doctor, I can prescribe medication for people's diseases, and even sometimes to prevent diseases. As anyone who has had me as a physician knows, I love to prescribe exercise. My surgical colleagues can do great things to fix broken bodies. We have technologies to help individuals heal that are frankly awesome.

But although this is wonderful in many ways, we also must consider how we approach the larger health of our community and society,

Public health requires accountability and participation. When we identify a dangerous issue, we need to study it and demand that our government representatives fund these studies, and push forward legislation that reduces risk of harm.

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## Go Outside and Play!

There was a time when parents routinely sent the kids outdoors whatever the weather. "Go get some fresh air!" was part of a sound body and mind.

It turns out that, like a lot of folk wisdom, there's something to it. Besides getting the kids out from underfoot, playing outside let them engage their imaginations and work their bodies. That prescription lasts a lifetime.

The most obvious benefits to the "Go outside!" advice, of course, are physical. "Being outside does more than just lift your spirits; it also provides a boost for your physical and mental well-being," researchers said.

Any exercise is good, but studies find that people of any age who do their walking, running, biking or just sitting outside experience less depression and anxiety, and have fewer

mental health problems, than people who do their exercise indoors.

One Dutch study found that simply living near green space — trees, fields, gardens — reduced the impact of stress on the lives of seniors. People living within sight of greenery had fewer physical complaints and better mental health than those who did not, researchers found.

"Participating in nature walks with others is linked to more positive feelings and better mental health," said another report. "Seniors who are unable to exercise can benefit from getting outdoors by enjoying the change of scenery, smelling freshly cut grass and seeing beautiful, natural vistas."

It's not too late to heed your parents' advice: go outside and play!

—Ted Pease

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## HEAVENS TO BETSY—BY BETSY GOODSPEED



### A Lifetime Hobby

I've never had a hobby. My first love was music, which became a discipline after discovering that an art can be a science.

Ping-pong was fun. After becoming a champion in junior high, challenging the unbeatable boy to a playoff made my popularity fade with the girls as well as the boys.

Singing was relaxing until a glee club teacher declared her loudest soprano Concert Mistress, explaining that those who excel at their jobs will surely advance.

Since I was something of a misfit in high school, my parents agreed that being tutored three times a week would be a better use of my time. Getting invited to parties because I played the piano prepared me to be an entertainer. A friend who said I'd make a great producer added that it was because I made a production out of everything.

I chose ice skating to earn my Phys Ed credits. That led to auditioning for a show called "Hollywood on Ice." The portable ice rink fit on dance floors in supper clubs, and I found brass musicians more interesting than guys who skated.

Laughter became more essential to my happiness than applause. Playing the slide whistle for a 1948 Spike Jones recording called "All I Want for Christmas (Is My Two Front Teeth)" is my fondest memory, and my most precious "fan letter" in the days of early television

came from fellow whistler Harpo Marx.

Writing was a natural for me because my elderly tutor, Miss Grey, was a zealous advocate of creative writing. Homework was crucial, and songwriting made history come to life.

Circulating chapters of a my comic mystery while I was recovering from TB was balanced by reading the Bible from beginning to end, and then moving on.

I turned a dozen short stories into novels when my husband was designing TV stations throughout the Rocky Mountain states. The stark reality of the Sixties and Seventies seemed less sane than my alternative world . . .

If I stop to think seriously about a hobby, Geppetto's clock shop in "Pinocchio" comes to mind. I like clocks, and have a clock with bird calls and a miniature Black Forest cuckoo clock, but I would never try to build anything that complicated. Changing batteries or winding clocks is my speed.

On second thought, observing life could be my No. 1 hobby, considering that the definition of "hobby" is how we use our spare or leisure time. It won't produce anything that can be perfected, unless I get creative. Now there's a challenge.

**Betsy Goodspeed, 93, pursues her hobbies in writing, music and observation from her home in Eureka.**

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# Book Arts: There's More To the Book Than the Cover

By Nan Roberts

A crafter in media such as polymer clay, needleworking and card art, Bobbie Hayes of Eureka was introduced to book arts 19 years ago by a friend.

"It was an accident," Hayes said. The friend invited her to something called a "NORBAG" meeting. Mystified by the acronym, she was surprised and delighted to meet the members of the North Redwoods Book Arts Guild. Hayes's extensive crafting background served her well in this eclectic art.

The guild was founded in 1995 by Sherreen LaPlantz and friends as a local group. Today, well over half of NORBAG's 172 members live outside Humboldt County, including six international members.

Artist's books, or book arts, are works of art using the form of a book. This definition makes room for many possible structures, from traditional bookbinding, to folded paper, scrolls, pages in a box, pamphlets and many other variations. Materials can be any kind of paper, book board, polymer clay, wood or cloth, decorated with paint, shoe polish, stamps or computer graphics. What makes a "book" depends on the artist.

Hayes uses many of these materials, working on her art about eight hours a week. Her favorite structure at present, she said, is sewn books using handmade as well as machine-made papers. Hayes makes her own paper and also uses commercial papers.

One of the joys of book arts, Hayes says, is its accessibility. "We're often put off and think we can't do something, because 'I'm not an artist,'" she said. "It isn't just about putting books together—it's the working with the content and materials, the joy of considering all these things that make a book."

A good way to learn about this is by visiting NORBAG's website ([norbag.net](http://norbag.net)), or searching YouTube for "book arts" to see the many variations of artist's books. "You'll see the range of styles and techniques," Hayes said. "It isn't just a one-dimensional vehicle for content."

A favorite quote from Ann Patchett sums up Hayes's experience with book arts: "Never be so focused on what you're looking for that you overlook what you actually find."

NORBAG's monthly meeting offers practice with structures and materials. The monthly book exchange has a theme—perhaps cats, or fold books, or the four seasons (March's book exchange features designs by artist Hedi Kyle).

The guild meets the second Saturday of the month at the Eureka Methodist Church at Del Norte and F streets. For information call 707-445-2176, and check out [norbag.net](http://norbag.net) and [norbag.blogspot.com](http://norbag.blogspot.com).

**Nan Roberts** is a book artist living in Eureka.

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**"Time you enjoy wasting was not wasted."**

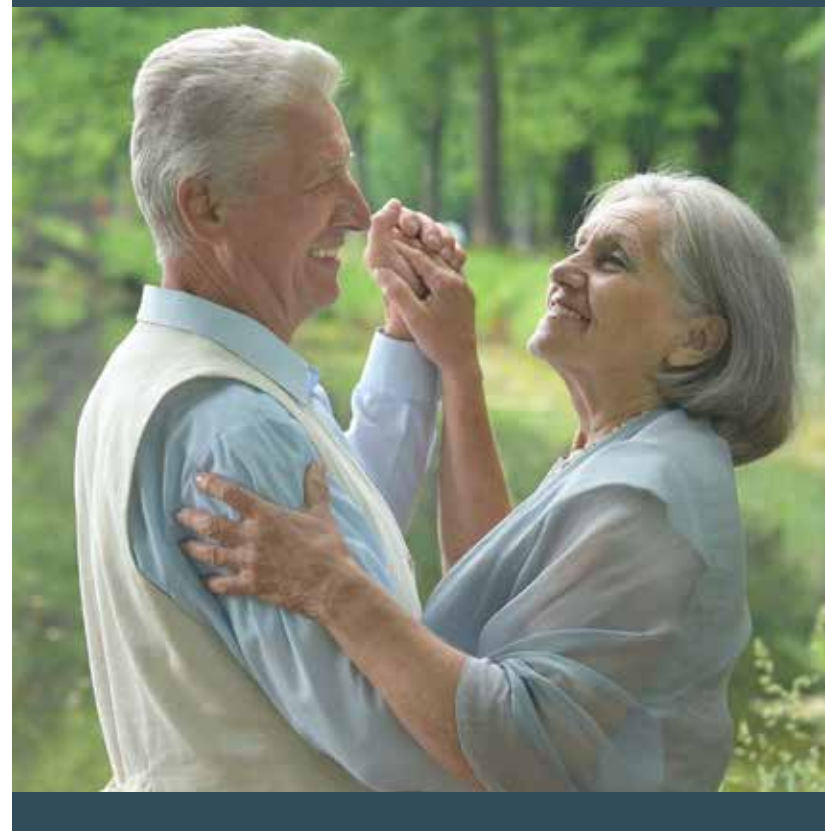
—John Lennon (1940-1980), *Beatle*.

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## PAINTING THE OCEAN

BY MARGARET KELLERMANN

# A Curious Hobby

Somewhere outside Chicago, my friend Mark works at an important day job: something to do with energy research and development. He also has a curious hobby: tracking animal world domination.

Since our friendship began 20-some years ago, he has emailed me almost daily news headlines of animals taking over the planet, and of those that die trying.

Just the headlines. Not the stories.

Mark's hobby began rather harmlessly. At first, he sent witty, isolated headlines reporting, say, "Wild turkey outside Midwestern town chases mail carrier down country road."

Soon the bytes he sent grew into megabytes. Once email allowed photo attachments, the animal news headlines have often arrived with images exposing Mark's version of humor. Along with a headline warning that keeping backyard chickens may be bad for one's health, for example, he might attach a photo of a box of yellow Peeps perched in his own backyard.

As the internet has extended globally, animal news has done the same, taking on an ominous tone. Mark frequently sends vintage movie poster images of screaming people fleeing hitherto-tame creatures.

Often in the news, a little squirrel is found "to blame" for "invading" a power substation, causing a massive power outage. Thousands go without power, reportedly, because one rogue squirrel decides to electrocute itself. The squirrel-centric black-

out condition — my search engine comes up with 7,800,000 hits for "squirrel blame power outage" — repeats itself across continents, any day of the week.

That's just the squirrel. Other headlines report that troops of iguanas "swarm" or "infest" people's living rooms; "hordes" of flying foxes or red-winged blackbirds "terrorize" entire cities by nesting downtown and attacking passersby.

My job, when I choose to accept it, is to comment briefly on his emails. "Excuse me," I might reply, "but doesn't this blackbird infestation happen every spring during mating season?" Or, "Do we need to say the five-foot iguanas invaded the house in the Everglades? Can we say they reclaimed their territory?"

Often his joking reply comes in the tone of a tired news editor: "We can accept the term reclaimed," he might say. "Also, we can designate iguana guano as organic reconditioning of carpet."

What is the reason for Mark's unusual hobby of sending me mostly terrible animal news? He's never told me. I've never asked. Each day, upon opening my laptop, I prepare myself, with grace, for the next animal planetary domination story.

**Margaret Kellermann**, a lifelong animal lover, includes a hamster, a dog, a cat and various benevolent farm creatures in her new novel, *Annie California*. Find out more at [bluelakestudio.net](http://bluelakestudio.net).

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## MY HIKSHARI' HOBBY . . . From Page 1

group. We try to keep the trail clean and the bay views unobstructed. We're also gradually eradicating the once head-high stands of fennel and pampas grass that blocked views of the water.

The northern end of the trail is more urban — there's a mobile-home park on one side and salty water on the other. The southern part of the Hikshari' winds through unexpectedly beautiful willow thickets and, farther along, past nearly pristine sand dunes.

From picking up litter to digging out invasive pampas grass, most of our activities require some physical effort. It may be light, equivalent to a walk in the park, or more like a sweat-drenched gym workout. Some days the wind howls and the rain pours down. Other days are sun-drenched and beautiful on the waterfront. I always feel tired but exhilarated afterward.

I love watching the tide come in or go out, accompanied by shifting flocks of shore birds. (What is that brown one?) In the spring, I watch eagerly to see which wildflowers start to bloom. In the fall, after the rains start, we plant hundreds of native grasses and shrubs and observe them carefully to determine which ones thrive and

which do not.

Planning each improvement project uses my intellectual capabilities: remembering botanical names, calculating how many cubic yards of wood chips are needed for a particular area, or writing public service announcements.

Socializing with agreeable and like-minded people to maintain this beautiful place brings me joy

and makes my hobby even better. The Stewards are a great group of committed and hardworking volunteers who believe in community and in making Eureka an even better place to live.

As I walk along the Hikshari' Trail, named for a Wiyot village that once thrived here, I often envision what it will look like in 20 or 30 years. I imagine it will be even more beautiful, home to

well-established native plants. Winding through a variety of ecosystems, the trail will protect and showcase the many faces of coastal vegetation, and give residents and visitors a place to drink in the beauty of Humboldt Bay and the Elk River.

Future visitors may wonder about the people who nurtured this shore of our bay, as we wonder about the lives of Wiyots who once lived here. But mostly they will simply use it and cherish it — as I have.

—  
**Wanda Naylor, 69,**  
*of Eureka is a retired teacher and park ranger who works part-time as a gardener/landscaper. If you would like to join her and the other Hikshari Stewards, email [wnaylor@humboldt1.com](mailto:wnaylor@humboldt1.com) or go to [humtrails.org](http://humtrails.org).*



**IF YOU GO:** The Hikshari' Trail is a fully accessible paved walkway covering a little more than 1.5 miles of Humboldt Bay and Elk River Slough shoreline from Pound Road near the Elk River Park & Ride on Highway 101/Herrick Avenue north to the west end of Truesdale Avenue. The trail is part of a 6.3-mile Eureka Waterfront Trail from Elk River Parkway north to the Eureka Slough, ending at Tydd Street. Map courtesy of Humboldt County.

### Goutsuwelhik Village, Where the Wiyots 'Put the Boat in the Water'

The Wiyot village of Goutsuwelhik lay along the shore of Hiksha'ri (Elk River) across from the entrance to Wigi (Humboldt Bay) on land now traversed by the Hikshari' Trail. The Wiyots welcomed the Gregg party when they arrived in 1849, but the natives were soon crowded out by white settlers in booming Bucksport. On Feb. 26, 1860, white vigilantes stormed into five Wiyot villages (including on "Indian Island"), killing hundreds of women and children, and erasing Goutsuwelhik from the map.

—From a plaque at Fort Humboldt





AGING IS AN ART — BY JOHN HECKEL

## A Good, Long Life

**M**y mother-in-law, Lois Alma (Churchman) Patterson, died on Jan. 3. She lived a long, good life

A celebration of that life took place on what would have been her 100<sup>th</sup> birthday, Jan. 26, at Spring Lake Village in Santa Rosa.

The first part of the day's celebration was a memorial service led by the minister of the First Congregational Church of Sonoma. An integral part of the service was the minister's testimony honoring Lois.

That testimony was overflowing with superlatives: Lois was unsurpassed, unequaled, unparalleled, unrivaled, unbeatable, peerless, matchless, unique, and transcendent. (I take a certain poetic license here, but you get my drift.) My personal favorite was "singular in her love of nature."

Can we all just stop with the superlatives?

We have all lived lives of great significance; no one person's life is worth more than another. There may be some of us who interact with more people and whose actions receive more acclaim and publicity, but to say or suggest that one life is more significant than another, or to suggest so at a memorial service, is simplistic at best and demeaning to others at worst.

The effects that our lives have on others are sometimes obvious, sometimes lauded and written about. Often, however, how we have touched others, through simple but meaningful interactions, is not

so obvious. To suggest that one is more meaningful than the other is to value some lives more than others. All lives matter.

Recognizing that someone was a good person, a kind person, that she was loved, and that she had great empathy for others, is one thing, but to inject superlatives into that discussion is another.

A wonderful mystery of life is that we do not know how our interactions with others will affect their lives. When we sincerely communicate gratitude and kindness to the checkout person at the Co-Op, we have no way of knowing what effect that could have. Simple acts of kindness are not written about, but who is to say that they are any less meaningful than ones more published?

No one life is more meaningful than another.

How about, instead of "Lois stood out from . . ." we try, "she was one of many who . . .?"

I think Lois Alma (Churchman) Patterson, a good and kind person who lived a long and full life, would like that.

—

**John Heckel, Ph.D.**, a regular *Senior News* columnist and chair of the *Senior News Community Advisory Council*, is a retired *HSU* theater and film professor with a doctorate in psychology.

## HISTORICAL POSTERS

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Resource Center**707-443-9747****[www.humsenior.org](http://www.humsenior.org)****Health & Care****Management Programs****Adult Day Health Center****Alzheimer's Services****Multipurpose Senior  
Services Program  
(MSSP)****Redwood Coast PACE***a Program of All-inclusive Care for the Elderly***Nutrition Programs****Dining Centers in****Arcata, Eureka, & Fortuna****Home Delivered Meals****Activities Programs****Information & educational  
resources****Exercise classes &****recreational groups****Dial-A-Ride tickets****Senior Firewood Program****Are You OK?®****telephone reassurance service****Senior Home Repair****Senior News****Volunteer Opportunities****Help ensure the future  
of quality senior programs****with a bequest to  
Humboldt Senior  
Resource Center's****Planned Giving  
Call****707-443-9747****to discuss your gift**

## Conference Focuses on Dementia Care

*By Andrea Bruhnke*

"Dementia: Caring for the Person, Not the Diagnosis" will be the focus of a one-day workshop on May 9 at the Sequoia Conference Center in Eureka.

The conference is an opportunity for local care providers to network, earn CEUs, and learn more about local resources for dementia care. Professional as well as family caregivers are welcome.

The workshop is hosted by the Humboldt Senior Resource Center in partnership with the Dementia Care Coalition.

Workshop speakers will focus on how to provide care that allows individuals to maintain self-determination while examining the course of demen-

tia from early diagnosis through end of life.

Keynote speaker Dr. Allen Power, author of "Dementia Beyond Drugs: Changing the Culture of Care" and "Dementia Beyond Disease: Enhancing Well-Being," will discuss alternatives to a biomedical approach in dementia care.

Gerontologist Elizabeth Morris will present ways to maximize quality of life during early-stage dementia. Karen Ayres, NP, of the Humboldt Advance Care Planning Coalition, will provide how-to's for advance-care planning. Scott Mateu, RN, and Dr. Michael Willet from Hospice of Humboldt will provide information about compassionate end-of-life care in the

context of dementia.

Scholarships for 10 family caregivers to attend the conference free have been made available by the Dementia Care Coalition in partnership with the Redwood Caregiver Resource Center.

For more information or to register, visit [humboltdcc.org](http://humboltdcc.org) or call 707-443-9747, ext. 3203.

Partnership opportunities are also available for local businesses and agencies.

**Andrea Bruhnke** is manager of HSRC's Adult Day Health & Alzheimer's Services Center.

## Art Show Features 'Bird Lady of Humboldt'



Louise Bacon-Ogden, a life-long bird lover, is the featured artist at Humboldt Senior Resource Center through the end of June.

The former owner of Old Town Eureka's Strictly for the Birds, Bacon-Ogden has long been known as "The Bird Lady of Humboldt County." When she retired in 2004, she increasingly turned her focus to art.

Her work has been shown widely at local businesses and galleries, and her HSRC exhibit reflects her passion for birds and nature, particularly in pencil and pen-and-ink.

Though her medium of choice is black-and-white images, the 18 offerings in Bacon-Ogden's show in the HSRC lobby also include birds and landscapes in color, and one piece in glitter.

All the pieces are original and for sale at a special HSRC senior discount.

Come see the Bird Lady's artwork Monday-Friday from 8:30 a.m. to 3 p.m. at HSRC, 1910 California St., Eureka. For more information, contact Tasha Romo, HSRC Nutrition & Activities program manager, at 443-9747 x1228.

**'GOLDEN SLIPPERS'** is Louise Ogden-Bacon's title for this stately wader, one of 18 in her current exhibition.



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# MARCH SENIOR CENTER ACTIVITIES

## Humboldt Senior Resource Center in Eureka

**An HSRC Senior Dining Center**  
**1910 California Street**

For more information call Tasha at 443-9747 x1228, [tromo@humsenior.org](mailto:tromo@humsenior.org)

**Lunch: Tuesday-Friday at 11:30 a.m.**

## Fortuna Senior Dining Center

**An HSRC Senior Dining Center at  
Mountain View Village**

**2130 Smith Lane • Call Launa at 725-6245**

**Lunch: Tuesday-Friday at 12:00 p.m.**

## Arcata Community Center

**An HSRC Senior Dining Center**  
**321 Dr. Martin Luther King Jr. Parkway**

Call Vanessa at 825-2027

**Lunch: Tuesday-Friday at 11:30 a.m.**

### Every Weekday

9-1	Library (Not Thursdays for AARP Tax Assistance.)
9-3	Senior Service Office
12-3	Billiards

### Mondays

9:30-10:30	Karate with Jerry Bunch
10-12:30	Mah Jongg
1:15-2	S.A.I.L. w/Muriel
2:10-3:10	FABS/S.A.I.L. w/Beth & Lois
2:30-4	Memoir Writing Class

### Tuesdays

10-11	Harry's Bingo (not March 5)
11:30-12:15	Lunch
12:15-2:15	Pinochle
2:10-3:10	FABS/S.A.I.L. with Beth & Lois
March 5 10:30-11:30	Dine & Dance w/Ray, Dave & Lois
March 5 11:30-12:15	Mardi Gras Celebration
March 19 11:30-2:00	Foster Grandparents Program
March 26 11:30-1	CalFresh Info & Signups
March 26 6-9 pm	Stamp Club

### Wednesdays

11:30-12:15	Lunch
1:15-2	S.A.I.L. w/Muriel
1:30-3:30	Intermediate Line Dancing
2:10-3:10	FABS/S.A.I.L. w/Beth & Lois
March 6 & 20 1-2	Caregiver Support Group
	Adult Day Health & Alzheimer's Services Library, 2nd floor, Bldg. B
	1901 California St., Eureka
March 13 11:30-12:15	Emblem Club serves lunch
March 20 10-11:30	Commodities Distribution

### Thursdays

9-3:30	AARP Tax Assistance
10-11	Grocery Bingo: Bring 1 grocery item
10-11:30	Intermediate French
11:30-12:15	Lunch
1:15-2	S.A.I.L. w/ Muriel
2:10-3:10	FABS/S.A.I.L. w/ Beth & Lois
3:30-4:30	Laughter Yoga
March 7 & 21 10-12	Genealogy group

### Fridays

9-10	Falun Dafa
10-11	Beginning Tai Chi Movements
11-12	Beginning Yoga
11:30-12:15	Lunch
1-4	Bridge Games
March 1 & 15 1:30-2:30	Conscious Living Book Club
March 29 11:30-12:15	Birthday Celebration

### Saturdays

March 2 Noon	Sassy Seniors
	Babe's Pizza & Pasta
	4015 Walnut Dr., Cutten
March 16 Noon	Nooners
	Gill's by the Bay
	77 Halibut Ave., King Salmon

### Tuesdays

12	Lunch
March 5 12	Mardi Gras Lunch

### Wednesdays

5-8	Bingo
March 6 10:30	Music with Bill, Corena & John

### Thursdays

March 14 & 28 12-2	Caregiver Support Group
	United Methodist Church, Fireplace Room
	922 N Street
	For info call 443-9747
March 21 12-1:30	Caregiver Support Group
	United Methodist Church, Fireplace Room
	922 N Street
	For info call 443-9747

### Fridays

12	Lunch
March 15 12	St. Patrick's Day Lunch
March 29 12	Birthday Lunch

## March 2019

### Senior Dining Center Menu

#### FIRST WEEK

March 1 **Lemon Herb Fish**

#### SECOND WEEK

March 4 *Dining Centers closed*  
March 5 **Jambalaya for Mardi Gras!**  
March 6 **Crustless Quiche**  
March 7 **Stuffed Bell Peppers**  
March 8 **Chicken & Fire-Roasted Tomato**

#### THIRD WEEK

March 11 *Dining Centers closed*  
March 12 **Baked Cod Dijonnaise**  
March 13 **BBQ Pork Rib**  
March 14 **Taco Salad**  
March 15 **Corned Beef & Cabbage**  
for St. Patrick's Day

LOW-FAT OR NONFAT MILK SERVED WITH EACH MEAL

#### FOURTH WEEK

March 18 *All Sites Closed for Presidents Day*  
March 19 **Meatloaf w/Gravy**  
March 20 **Chicken Parmesan**  
March 21 **Green Chili Egg Bake**  
March 22 **Apple-Braised Pork Chop**

#### FIFTH WEEK

March 25 *Dining Centers closed*  
March 26 **Hot Roast Beef Sandwich**  
March 27 **Spinach & Roasted Garlic Ravioli w/tomato cream sauce**  
March 28 **Cod w/Sun-Dried Tomato Pesto**  
March 29 **Chinese Chicken Salad**

**People 60+ are invited**

**\$3.50 suggested donation**

No senior 60 or older will be denied a meal if unable to donate. \$6 for those under 60.

..... **Call for Reservations** .....

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\* For times see the Activities at Senior Centers calendar for Eureka, Arcata & McKinleyville.

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Crossword Puzzle  
on page 22

O	D	I	N		A	B	U		A	G	E	N	T	S
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MARCH SENIOR CENTER ACTIVITIES

McKinleyville Senior Center

Fortuna Senior Center

Azalea Hall • 1620 Pickett Road

Open Monday-Friday 9 a.m. - 4 p.m.

mckinleyvillecsd.com

azaleahall@att.net • 839-0191

<b>Mondays</b>		
	8:30-9:30	Tai Chi
	9-12	Computers* <i>(*Call for availability)</i>
	10:30	Walking Group at Hiller Park
	1-4	Party Bridge
	1-4	Cribbage
March 4	10-11:30	Genealogy
March 25	11	Low Vision Workshop
<b>Tuesdays</b>		
	9-11	TOPS
	9:30-10:30	S.A.I.L. Class
	10:40-11:40	Stretching
	12:30-3:30	BINGO
	1:00-2:00	Exercise
<b>Wednesdays</b>		
	8:30-9:30	Tai Chi
	9-12	Computers <i>(call for availability)</i>
	9:45-12	Writing Workshop - <b>New</b>
	10-12	Needlework
	10:30	Walking Group at Hiller Park
	1-4	Pinochle
March 6 & 20	3-5	Caregiver Support Group Timber Ridge at McKinleyville Private Dining Room, 1400 Nursery Way. <i>For info call 443-9747</i>
March 27	12:00	\$5-Monthly Luncheon Spaghetti w/garlic bread, green salad, & dessert
March 20	11:00	Executive Board Meeting
<b>Thursdays</b>		
	9:30-10:30	S.A.I.L. Class
	10:30-12	Pinochle Lessons
	10:40-11:40	Stretching
	12:30-3:30	BINGO
March 7	11-11:30	Chicken & Sausage Gumbo w green salad, \$3
March 14	11-11:30	Chili beans & cornbread \$3
March 21	11-11:30	Kale Soup w/Fresh Fruit \$3
March 28	11-11:30	Indian Tacos on Indian Fry bread & Jello Salad \$3
<b>Fridays</b>		
	8:30-9:30	Tai Chi
	10:30	Walking Group at Hiller Park
	1-4	Pinochle

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<b>Mondays</b>		Fortuna-River Walk		
		8:30	Walking	
		9:00	Tai Chi	
		11:00	Line Dancing	
		1:45	Book Club	
		3:30	Ukulele Group	
		5:00	SAIL Class	
		United Methodist Church		
		9:00	PE for Seniors	
		10:30	PE for Seniors-Beginners	
<b>Tuesdays</b>		Rohner Park		
		8:30	Walking	
		1:30	Senior Stitchers	
		2:00	Seated Tai Chi	
		3:00	Recorder Group	
		Wednesdays		
		Fortuna-River Walk		
		8:30	Walking	
		12:00	Senior Lunch Bunch	
		Call Chris 725-2020 or Carol 725-2931		
		1:00	Tai Chi	
		5:00	S.A.I.L. Exercise	
		United Methodist Church		
		9:00	PE for Seniors	
		10:30	PE for Seniors-Beginners	
		Thursdays		
		Rohner Park		
		8:30	Walking	
		3:00	Bocce Ball	
		9:00	Cards	
		9:30	Yoga for Seniors	
		1:00	Mah Jongg	
		2:00	Seated Tai Chi	
		United Methodist Church		
		Feb. 14 & 28	1-2	Caregiver Support Group For info call 443-9747
		Feb. 21	12-1:30	Caregiver Support Group
		Fridays		
		MGC		
		9:30	Cards & Games	
		2:00	Scrabble Group	
		United Methodist Church		
		March 29	7:30	Fortuna Camera Club
		Fortuna		
		9:00	Hiking (Call 725-7953)	
		9:00	Biking (Call 725-1229)	
		Saturday		
		MGC		
		March 16	11:00	Volunteer Luncheon
		Sunday		
		MGC		
		3:00	Qigong Class	
		March 17	4:00	Doors open, Bingo

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# St. Paddies Day @HSRC

Break out your shamrocks, tam o' shanter and Irish pipes on Friday, March 15, when Humboldt Senior Resource Center celebrates St. Patrick's Day's at its three Senior Dining Centers in Arcata, Eureka and Fortuna.

The dining rooms will be decorated for the Old Country, and festive music will accompany the traditional Irish feast of corned beef and cabbage, red potatoes, baby carrots, dinner roll, fresh grapes and shamrock pudding. Don't forget to wear green!

Lunch service begins at 11:30 a.m. in Arcata and Eureka and at noon in Fortuna. As always, an alternative vegetarian meal will be available.

St. Patrick was the fifth-century patron saint of Ireland, credited with bringing



Christianity to the Emerald Island. It is not true that he drove the snakes out of Ireland, but St. Patrick is said to have used the three-leafed shamrock to explain the Holy Trinity to converts.

Contact your local dining site to reserve a spot at the St. Paddie's Feast. In Arcata, call Vanessa at 825-2027; Eureka, call Cathy at 443-9747; Fortuna, call Launa at 725-6245.

For those over 60, there is a \$3.50 suggested donation for HSRC dining center meals, but no senior 60+ will be denied a meal if unable to donate. \$6 for those under 60.

For more information, contact Tasha Romo, HSRC Nutrition & Activities program manager, at 707-443-9747, x1228.



**MONEY FOR MEALS** — Barbara Walser, director of Nutrition & Activities at Humboldt Senior Resource Center, receives a check for \$20,000 from David Wells of the St. Joseph Health — Humboldt County Board of Trustees. The 2019 Care for the Poor Community Grant from St. Joseph and Redwood Memorial Hospitals will help fund HSRC's Home Delivered Meals program, which provides food to homebound elders to help them continue to live independently in their own homes. Paul Swenson photo.

## UPCOMING PROMOTIONS AND EVENTS

### st. patrick's day

SUNDAY, MARCH 17<sup>TH</sup> • 4PM-9PM

#### Corned Beef & Cabbage Platter

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## LIVE VIGOROUSLY

BY JOAN RAINWATER-GISH

**M**et Jim Peaker, area director of Rehab Services for St. Joseph and Redwood Memorial hospitals. Jim oversees all the physical, occupational and speech therapists, the acute inpatient rehab program and several outpatient clinics, as well as the S.A.I.L. (Stay Active & Independent for Life) exercise program (Yes, I'm interviewing my boss) and a new Parkinson's exercise program.

**Joan: St. Joseph has been providing exercise programs such as S.A.I.L. to older adults, free of charge, for almost 20 years. Why?**

**Jim:** The St. Joseph mission is to identify needs in the community and then find ways to meet them. Keeping seniors healthy and independent is one of these needs. Studies have shown that strength and balance training exercises are effective in preventing falls. And falls account for a significant number of the patients we treat in our rehabilitation services.

The S.A.I.L. program is designed to reduce

fall potential by developing muscle memory and maintaining movement. It prepares you for when you do get into an unforeseen circumstance, when you're pushed to the limits of your safety, your body has the ability to counter balance, thus reducing the chance of falling.

**Joan: St. Joseph just started a new Parkinson's exercise program. How did this come about?**

**Jim:** Again, it was a response to a community need. In July, a community forum strongly identified the need for local treatment for patients with neurological issues such as Parkinson's. So we began getting our therapists trained in exercise programs to help with both the physical and neurological needs.

This initiative started because one of our therapists was providing rehabilitation services to a patient named Harry Hardin for his broken arm. She learned he had Parkinson's, requiring him to travel to Santa Rosa for treatment, and decided

to get certified so she could provide this specialty treatment locally for Harry.

He was so grateful that he made a large donation to St. Joseph to establish a Parkinson's Program here so other Parkinson's patients would not have to endure the hardship of traveling for treatment. St. Joseph's is the only such program between Santa Rosa and Medford.

Developing this program to serve the needs of individuals with neurological issues has become a passion of mine. Harry Hardin has been the fuel to start the engine that is driving our rehabilitation services to do our best to meet this community need.

*Joan Rainwater-Gish, 76, of Eureka is a certified personal trainer and group fitness instructor who leads senior S.A.I.L. exercise classes. She is also a member of the Senior News Community Advisory Council. Contact: [jrainwater-gish@suddenlink.net](mailto:jrainwater-gish@suddenlink.net).*

## Managing Pain, Diabetes

The Humboldt Independent Practice Association will offer free workshops in March for Humboldters with diabetes or chronic pain, or their caregivers.

The six-week, peer-led programs were developed at Stanford University, and provide participants with information, tools and resources to help them manage their condition, and work with their caregivers and healthcare providers.

Two chronic pain self-management workshops are available:

- **Bayside:** Mondays, March 18 through April 22, 1-3:30 p.m., at Humboldt Unitarian Universalist Fellowship, 24 Fellowship Way, Bayside.

- **Fortuna:** Fridays, March 22 through April 26, 1-3:30 p.m., at the Eel River Multigenerational Center, 2280 Newburg Road, Fortuna.

The diabetes self-management workshop meets Saturdays, March 23 through April 27, from 10 a.m.-12:30 p.m., at Humboldt IPA, 2662 Harris St., Eureka

To register, call Humboldt IPA at 707-267-9606.

## The U.S. Is Counting on You

The U.S. Census Bureau needs a few good women and men — a few thousand, actually.

In preparation for the 2020 Census, census takers are being recruited to start training in August to start the massive task of counting everyone living in the United States (and Puerto Rico).

Completed every 10 years since 1790, when President George Washington ordered the first national headcount, the census is essential to congressional apportionment, federal funding levels for communities, and planning for growth and business.

In 2010, the last time the census was done, the U.S. population was 308.8 million.

Census workers are paid at least \$16.50/hour, full- or part-time. Work hours are flexible, and employees are paid for training time and reimbursed for authorized expenses.

Applicants must be U.S. citizens 18 or older, with a valid driver's license, email access and use of a car.

To apply, go online to [2020census.gov/jobs](https://2020census.gov/jobs) and click on "apply," or call 855-562-2020.

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**"The job of feets is walking, but their hobby is dancing."**

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**—Amit Kalantri, author.**

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# March

## Community Calendar

### Going to the Dogs

HumDOG's 32nd annual Dog Expo hits the Redwood Acres Fairgrounds Sunday, March 3, from 10 a.m. to 4 p.m. Free. Attractions include dog agility trials, obedience demonstrations, the doggy drill team, service dogs and police K9s, the "Parade of Breeds" (1 p.m.) vendors, dog breeders and more. Raffle to benefit the spay/neuter fund. Visit the Humboldt Dog Obedience Group at [humdog.org](http://humdog.org) for details.



### 18th Perilous Plunge

Come out Saturday, March 9, to watch teams of costumed "Plungers" fling themselves into a chilly Humboldt Bay at the F Street dock in Old Town Eureka to benefit the Redwood Discovery Museum (612 G St., Eureka). The Parade of Plungers starts at 11 a.m. from 4th and F streets to the Bay, followed by plunging and shrieking. To be a Plunger or a sponsor, visit [discovery-museum.org](http://discovery-museum.org) or call 707-443-9694.

### Music & Dance @MGMA

The Morris Graves Museum of Art at 636 F St. in Eureka offers several events in March. The Academy of Irish Dance performs Sunday, March 10, 2 p.m.; pianist Dr. Jennifer Heidmann performs Saturday, March 9, at 6 p.m.; and Jenni & David and the Sweet Soul Band perform at Wine & Jazz, Sunday, March 17, 3-5 p.m. Adults \$5, seniors/students/military \$2; free for families with a CalFresh EBT card. Full info at [humboldtarts.org](http://humboldtarts.org) or 707-442-0278.

### NAACP Book Discussion

The Eureka chapter of the NAACP will sponsor a discussion group of the book "White Fragility: Why it's so hard for white people to talk about racism" by Robin Diangelo, Sundays in March from 2-4 p.m. at Temple Beth El, 3233 T St., Eureka. Facilitated by Humboldt State University Professor Janet Winston. For info, email [Sharroneb@yahoo.com](mailto:Sharroneb@yahoo.com).

### Seabird Monitors Wanted

The Trinidad Coastal Land Trust is offering training for volunteers to help monitor seabird populations. Training in two sessions: Tuesday, March 12, 6:30-7:30 p.m. at Trinidad Town Hall, 409 Trinity St.; and a field session, Saturday, March 16, 8 a.m.-noon. Space is limited, RSVP by email to [carol@trinidadcoastallandtrust.org](mailto:carol@trinidadcoastallandtrust.org), or call 707-677-2501.

### Council of the Blind

Michelle Radcliff-Garcia from the California Telephone Access Program will present a free technology demonstration of telephone equipment for people with disabilities, Friday, March 15, at 1:30 p.m. at the Humboldt Bay Municipal Water District office, 828 7th St., Eureka. Sponsored by the Humboldt Council of the Blind. For information, contact Doug at 707-839-0588 or [dougdrose@suddenlink.net](mailto:dougdrose@suddenlink.net).

### Redwood Coast Music Fest

Seniors are eligible for a special \$25 discounted ticket to attend all Redwood Coast Music Festival events on Saturday, May 11. The tickets are available through the Humboldt Senior Resource Center Activities Office (707-443-9747, x1240) and the Fortuna Senior Center (707-726-9203).





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# Cherishing Interior Silence

*By Albert B. Miller*

I was born in Glen Ridge, New Jersey, in 1923. It was a different world. Street lamps were gas lighted. Morning milk was delivered by horse-drawn wagon. It was quiet then. I particularly remember the silence that hung in the air.

My compulsion to act began early in life. When asked to do something, I usually went into action. Then I would return to the silence.

When a job was finished I may have heard, "Well done," or "Fine." Or criticism from my father: "Stop cutting those square edges and just shovel the sidewalk." At 7, I was a perfectionist who tried to make a snow-shoveled sidewalk look orderly. It relaxed me to do it that way. My father thought I wasted time.

Later, I looked to psychologist Abraham Maslow, and tried to apply his principle of self-actualization to my work ethic. But I have always remembered the silence from where I came. I am drawn to it naturally, even in the midst of activity.

In his classic work, Professor Maslow holds that human beings can be loving, noble and truly creative, and that they are capable of pursuing the highest value of aspiration.

On a retreat once, I had an unforgettable experience: Following med-

itation one morning, I walked across the common area of the retreat house with internal silence in tow. It was pervasive. Fully aware of what I was doing, I acted without attachment. I was a witness to and independent of my own actions.

That retreat was the beginning of a new perspective. From the unfettered vantage point of interior silence, a keen awareness unfolds that permeates consciousness and influences everything one does. For in that stillness, one acquires clarity, independence, self-reliance and high-minded purpose.

I try to hold to that stillness every day. It slips away when I get too involved or fail to sustain it with quiet reflection and regular meditation.

New Zealand author Janet Frame wrote a appropriate metaphor in that regard: "I spread my mountain scenery, my rivers, my chosen canvas about me and close my eyes, but I do not sleep. Hush-hush-hush; the grass, and the wind and the fir and the sea are saying, hush-hush-hush."

*Albert B. Miller, 95, of Fortuna is a technical writer and retired magazine publisher.*

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## FINDING COMMON GROUND . . . From Page 5

We need to respond not just to things that affect us directly, but consider the health and well-being of others as well.

A good example of this is the recent measles outbreak north of us, caused in large part by people opposed to vaccinations. Humboldt County, which has one of the worst immunization records in the state, is at high risk of a similar outbreak. Measles is highly contagious; if an unimmunized person gets the measles, others in their community who are very young, senior, or who have chronic illnesses or compromised immune systems are in real danger.

There is no such thing as being 100 percent safe and free from harm in this life. Indeed, life would be very boring if we never took any risks. But when it comes to issues of public and community health, we

should try to be responsible in our decisions and policies so that all of us can have the best chance for a healthy and full life.

On a rainy night in Arcata, a small group of concerned citizens gathered to talk and problem solve. This is where real change and progress starts. I have hope that we can work together to make our community healthier and our future brighter.

—  
**Dr. Jennifer Heidmann** is medical director and primary care provider at Humboldt Senior Resource Center's Redwood Coast PACE (443-9747). This column should not be taken as medical advice. Ask your medical provider if you have health questions. Send comments to [seniornewseditor@humsenior.org](mailto:seniornewseditor@humsenior.org).



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### Calling All Seniors for 2019 Energy Assistance!

Redwood Community Action Agency (RCAA) will be helping income-qualified seniors sign up for its Home Energy Assistance Program (HEAP) and **FREE** Weatherization services from the Senior and Homebound/Disabled List. The HEAP program helps qualified households on a once per year basis with a credit on their PG&E bill or assistance with firewood or propane. RCAA's weatherization program improves health and safety conditions and installs energy saving measures in the home.



To qualify for RCAA's Senior and Homebound/Disabled List for the 2019 program, you must be at least 70 years old or a homebound/disabled person and meet the federal income guidelines below.

People in your Household	Maximum, Gross Monthly Income Allowed
1	\$2,170.74
2	\$2,838.66
3	\$3,506.58

**You may call beginning December 15th through April 30, 2018 to be placed on the list. Please call 707-444-3831, extension 201 or 204 to speak to an RCAA's Energy Specialist to be put on the list.**



# Letters to the Editor

## One Woman's Yarn

To the Editor:

In the mid-1950s, little Judy taught herself to knit using the small green, dime-store booklet, "Learn to Knit." She sat in her child's rocking chair and slid her glasses down on her nose, pretending she was a grandma knitter.

Using a 29-cent skein of variegated yarn from the Cornet dime store, she knitted a rectangle for a doll quilt. Not having learned to bind off her stitches, she laid her creation on her doll in its cradle and delighted in the designs of the variegated colors. Every so often, the piece would be undone and made into a new creation.

Ten years later, still trying her best, she gave her mother a pair of slippers made from Aunt Lydia's Rug Yarn, using that company's pattern book. Not knowing the importance of "gauge" in knitting, to make items the proper size for a good fit, the slippers were a bit large. Opening the gift, her mother asked, "Judy, just how big do you think my feet are?"

Now an accomplished and successful knitter in my early 70s, I have knitted for family, friends, myself and for charities for decades. I still use variegated yarn. When one of my boys was small, I made him an orange and brown pullover, and called it his "coat of many colors."

I enjoy making tiny booties for gifts and charity, mostly for the Pregnancy Care Center in Eureka. You can find many free patterns on the internet, my favorite being "Bev's stay-on booties" at Ravelry.com. Using straight needles, sport or worsted weight yarn, this pattern yields two sizes of bitty booties using a tiny bit of yarn.

Thank you for the opportunity to share my story. I hope this encourages a reader to pick up yarn and needles.

**Judy DeGraff, Fortuna**

## Quilt a New Beginning

To the Editor:

After the dissolution of his 24-year marriage, my brother, Tim O'Leary, began sewing quilts. In the past four years, he has sewn 250 quilts, giving them away or displaying them at Arts Alive Arcata.

His quilts are sewn on a 1952 Singer sewing machine that was given to him. "I love stitching the ditch," Tim said. "That is what quilters call sewing the seams together. Sewing is very meditative for me."

My brother's new beginning as a quilter has brought joy to him and to hundreds of people who cuddle up with a Tim quilt.

**Sheila M. Donnelly, McKinleyville**

## Huggable Teddy

To the Editor:

My hobby is making Teddy bears. I use a Simplicity pattern that is very huggable, so kids and their parents say. By now, I must have made a couple of hundred bears, at least.



I love doing it! I love sewing. The bears are quick to make, easy to sew, and bring pleasure to others. There is the fun of keeping busy during long hours in my house in rural Honeydew. Then there's the fun of giving them to pregnant moms, little kids and fundraisers.

Finally, there are the stories. One recent story involved a bear given by a local man to his grandson. The boy lived in the fire zone in Paradise. The little boy and his parents safely escaped the fire, the boy clinging to his bear. Now, apparently, the bear is his best friend.

**Jeanne Mattole, Honeydew**

## A Betsy Goodspeed Fan

To the Editor:

I am a regular reader of Senior News and I am happy that one of your contributors is Betsy Goodspeed.

Betsy and I shared a number of "experiences" while we were both temporarily living at the Alder Bay Assisted Living Facility. She has led a fascinating life in show business and has many tales to tell about the famous people that she met and worked with during her career.

She has written about a lot of this in a work titled "Watching from the Wings" but, unfortunately, this work was never published. Betsy and I are in fairly regular correspondence and she recently shared one of the chapters in this work with me about her time with Spike Jones and the City Slickers.

I was born and raised in England, but the Spike Jones records were always a favorite on the radio music shows there, so I was fascinated to read this. A lot of us old-timers will certainly remember Spike Jones and most of the personalities with whom Betsy worked, and would probably welcome the opportunity to read her entire memoirs.

I realize that the work is book-size and the chapters are too long for a regular column, but perhaps you could help her to get it on line at your website or get it published in some way.

**James Berry, McKinleyville**

# Flying with John Hewston, the Birdman of Fickle Hill

By Ted Pease

Calling birding John Hewston's "hobby" probably minimizes both the man and the birds he has loved since he was "grass-high to a kneehopper."

After all, he's been a birder for most of his 95 years, and — if truth be told — he probably likes birds a bit more than he does most people.

A couple of aunts got Hewston interested in birds back in the late 1920s when he was a kid in rural Washington state, "before birding became popular." All these years later, the retired ornithology professor is still keeping track of birds that find their way to his heavily thicketed yard on Fickle Hill in Arcata.

With binoculars close at hand beside his living room chair, Hewston checks off daily sightings on a typed list of 28 species that make their way to the feeders around his house — California quail, Band-tailed pigeons, Stellar jays, hummingbirds, six kinds of sparrows, finches and more. Hewston estimates that he's seen more than 120 different species in his yard.

"Birds are all around us," he said, without taking his eyes off a front-yard feeder. "They are the most visible of all wildlife. They fascinate me."

From chickadees to penguins to the cackling geese that he has chased from Humboldt's coastal fields to the Aleutian Islands, the behaviors and abilities of birds never cease to amaze him.

A question about his favorite species prompts a dismissive sniff. "Everybody asks me that," Hewston said with a laugh.

But he has a ready answer: "Ravens may be my favorite bird. They are highly intelligent, and they make a variety of interesting sounds," he said. Then his eyes light up as he talks about the amazing feats of geese and cranes that migrate thousands of miles.

Born in 1924, Hewston served in World War II, training bomber crews in Savannah, Georgia. After the war, he went to Pacific Lutheran University on the GI Bill, and went to work with the North Dakota Fish and Game Department.

An avid sport fisherman, Hewston worked as a fisheries biologist for years,



**LIFE-LONG BIRDER** John Hewston has been enchanted with birds since childhood. The retired Humboldt State University professor and former Redwood Region Audubon president still keeps a sharp eye out for species passing through his Fickle Hill yard. Mark Larson photo.

and then changed to birds, specializing in pheasants. As part of his work, he developed public outreach programs to teach the public about wildlife issues, work that continued throughout his career as a researcher and teacher.

"Everyone in the wildlife field had the same problem — communicating with humans," he said.

After earning a master's degree at Oregon State and a PhD at Utah State, Hewston came to HSU in 1967.

In 1969, Hewston and other local birders established the Redwood Regional Audubon Society. Hewston served as president and in other officer roles, as well as society historian.

Redwood Audubon member Leslie Scopes Anderson says she got into North Coast birding through a class Hewston taught. "His enthusiasm was contagious, and his knowledge astounding," said Anderson, who credits Hewston with inspiring her to become a bird photographer and author. "John is the best!"

For 25 years, Hewston coordinated the annual Western States Thanksgiving Bird Count, tallying observations by hundreds of birders calling in from west of the Mississippi. He gave it up in 2016 — "I was 93 years old," he said. "It was time for someone else to do it." Sadly, no one stepped up, and the bird count has been on hiatus ever since.

A fall around Christmastime resulted in a hospitalization, and Hewston has been pretty much confined to his home since January. But it takes more than "a bump on the head" to keep an old birder down.

He's looking forward to "getting rid of this thing," he said, kicking his walker, and to returning to the Arcata Marsh for "Dawn Bird Patrol" and spring migration, just to see what the birds are up to.

—  
Ted Pease is editor of Senior News.



“Hydration” by Mike Buckley Edited by David Steinberg

ACROSS

1 Wise Norse god

5 \_\_\_ Dhabi

8 Secret Service operatives

14 Moon goddess

15 Nobelist Hammar skjold

16 Mixer

17 Chicago pizza style

19 First pope to broadcast on radio

20 Strongly desires

21 Wetland

22 (Not my error)

23 Dog’s archenemy

24 NFL’s Marshawn Lynch, for one

27 Nursery beds

29 Opposite of ‘neath

30 End-of-term test

31 Scorch on the grill

32 Late guest’s guess, briefly

33 Skip over

34 Being harshly criticized

37 Rock concert venues

40 Prefix for “eminent”

41 Jet set?

45 Woman in the Starbucks logo

46 \_\_\_ chi

47 Mall map listing

48 Respite before graduation, perhaps

51 Pathetic

52 Beach Boys’ “Surfin’ \_\_\_”

53 Birthday candles, symbolically: Abbr.

54 Nephews’ siblings

56 Activist Lewinsky

58 Kool-Aid instruction that can apply to either part of 17-, 24-, 34- or 48-Across

60 Continues until

61 “What a surprise!”

62 Claudius’ adopted son

63 Big Bird’s street

64 Like every prime but one

65 Straightforward

DOWN

1 For \_\_\_ times’ sake

2 Reasonable effort, at law

3 Resistance to change

4 California wine valley

5 Goodbye, in Grenoble

6 Bottom of a chord

7 “Blech!”

8 Colorado skiing mecca

9 Making it big

10 Former French coin

11 Altimas and Sentras

12 Metered vehicle

13 In a smooth manner

18 TiVo products

21 Christmas tree choice

23 Adds to an email

25 Pretty good, in golf

26 Split down the middle

28 Country on Borneo

32 Asner and Sheeran

33 Blackberry dessert

35 Nursery monitor

36 Sent a Facebook request to

37 Presupposes

38 Hits a line drive

39 Gofers run them

42 Floral brew

43 Pink Pearl products

44 Marry, or married

46 “Angie Tribeca” aier

47 Throw off kilter

49 Prepare parmesan

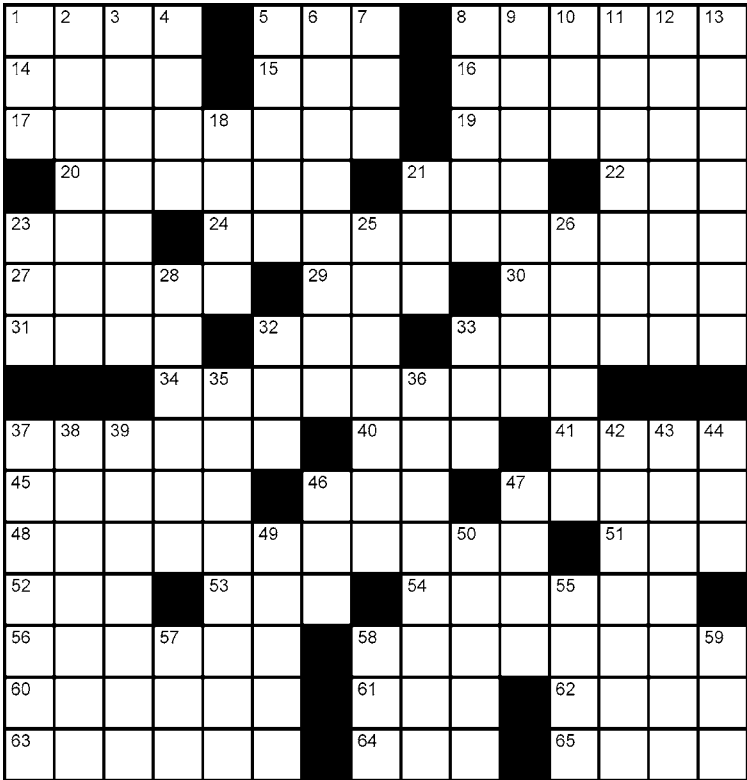
50 Helped

55 Prop for Yoda

57 “This \_\_\_ test”

58 Previously

59 \_\_\_ G. Biv (rainbow mnemonic)



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# Johnny Calkins: 'I Do What Needs to Be Done'

By Tami Trump

Who is my hero? My immediate response is, "My uncle, Johnny Calkins."

Johnny's objective in life is to "be a productive member of my community, contributing where my experience and skillset is useful." I have seen firsthand how Johnny has followed through with those ideals.

He has spent so much of his life giving back; he worked for the California Conservation Corps from 1997-2003, helping many at-risk youth learn trail-building skills, and so much more.

At 71, Johnny is a former board member of the Trinidad Coastal Land Trust, and still helps with workdays by leading work crews to build and repair trails. He showed up to one such workday a few years back all bruised up because he had just thwarted a bank robbery in McKinleyville. He is a natural leader, and you should have seen how hard that crew worked that day. We got a lot done.

He is a veteran of the Vietnam War, but he shrugs at that. "We were just people that made a choice," he said. "It does not define me."

What does define Johnny Calkins is his desire to do what needs to be done. He is currently working on connecting with the "un-housed," a term he prefers to "homeless." Johnny believes that it's important to connect

personally with un-housed people, to learn their names, and have meaningful, constructive conversations.

"Once someone feels listened to, they can open up about what they need," he said.

He volunteers at the Church of the Joyful Healer in McKinleyville to host the un-housed on Saturdays from 11 a.m. to 1 p.m., providing a place to eat, rest and visit.

When my husband and I recently met an un-housed person while walking in the woods, my immediate feeling was uneasiness, which I am sure many of us feel in such situations.

But I thought of my uncle, and we introduced ourselves. We ended up having a great, connecting conversation. The next day, my husband and I put together a care package and left it in the woods at the man's camp.

My uncle Johnny never fails to enrich my life, and I am so grateful for the many lessons he has passed along. Johnny makes me want to be a better person; he inspires so many to give a little more and work a little harder.

**Tami Trump** of Trinidad is a board member of the Trinidad Coastal Land Trust, and teaches science at Mistwood Montessori in Eureka.



**HEAVY LIFTING** — In his spare time, Johnny Calkins of McKinleyville (left) likes to lift rocks. Here, with another Trinidad Coastal Land Trust volunteer, Calkins helps shore up the stair on the trail leading down to Baker Beach off Scenic Drive in Trinidad. Photo courtesy of Tami Trump.

## About the Trinidad Coastal Land Trust

The Trinidad Coastal Land Trust was founded in 1978 by a group of landowners to preserve the natural beauty and character of the coast between Little River and Big Lagoon. Forty years later, the Land Trust manages 20 coastal properties to ensure public access and protect open spaces. To get involved and learn more, visit [trinidadcoastallandtrust.org](http://trinidadcoastallandtrust.org).

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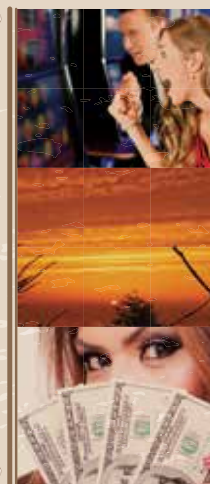
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## Coming in Senior News

• **April is a funny month.** Help us prove it. Send us funny things that happened to you, your best jokes, funny photos, your definition of what's funny (and what's not). Say, *did you hear the one about . . . ?* Make SN editor Ted Pease laugh: tpease@hum senior.org. or 443-9747, x1226.

• **May** is a time for spring chickens. In our **Childhood** edition, we look at how childhood experiences stay with us throughout life. How do you celebrate your inner child?

## Senior News

HSRC

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