



The Greening of Humboldt

SINGING TREE

The Rhodies 'Start to Pop'

By Don S. Wallace

Singing Tree Gardens on Dow's Prairie Road in McKinleyville is not your average nursery. With gardens sculpted across 10 acres of trees and fields, Singing Tree is more an arboretum than a plant store, with extensive display gardens designed to show gardeners what different plants will do over time.

First-time visitors are often surprised. They expect a regular nursery — plants in pots on pavement with price tags — but Singing Tree is more than that. Walking among the plants will offer tranquility and feed your soul.

An arboretum is defined as "a place where trees and plants are grown in order to be studied or seen by the public," and that's Singing Tree's plan — to offer gardens that demonstrate how different plants will look growing next to each other. You may discover that an overlooked plant in a 1-gallon pot might be perfect for that spot in the yard when you see it as a more mature plant.

We started in 1992 on two acres near Beau Pre Golf Course and moved to Dow's Prairie when we outgrew that location. Here, we can spread out and teach people to be successful at growing these woody ornamental plants.

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Prepping for Spring — Humboldt Botanical Garden staff members Chris Johnston (left) and Candice Pager tend plants in the HBG greenhouse. Ted Pease photo

Botanical Gardens in Bloom

By Jan Ostrom

The long North Coast winter rains are coming to an end, or so we hope. As the skies clear, what could be better than a beautiful spring day in the garden, enjoying a hopeful new season of flowers and plants?

One of the most beautiful and peaceful green places in Humboldt County — which certainly is fortunate to have more than its share — is Humboldt Botanical Gardens (HBG).

Featuring some 35 distinctly designed gardens, pathways, greenhouses and other green and growing attractions on seven acres, the HBG property lies draped across 45 acres of rolling wooded hills and fields designed for both the gardener and the reflective wanderer.

"This is a marvelous time to visit the Garden,"

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SINCE 1981

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HSRC NEWS

STILL GOING

Published by
HUMBOLDT SENIOR RESOURCE CENTER

Climate and Health
Page 5

Activities & Firewood
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No Nukes Cruise
Page 20

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Tedtalks: A Little Spring Madness

by Ted Pease

Comedian Robin Williams once said, “Spring is nature’s way of saying, ‘Let’s party!’” After the rainy winter we’ve had, that sounds like a good idea.

This issue of Senior News celebrates “The Greening of Humboldt” with stories about gardens, plants, new growth and people who love digging in the dirt. From Crescent City to SoHum, grass is greening, trees have budded, and flowers are blooming. Farmers are cheering up as their fields dry out and greenhouses fill with new sprouts destined for the markets.

My mother was a crazy gardener. Since Mother’s Day falls on May 14, it’s doubly appropriate to celebrate Spring with memories of her digging in her garden and singing at the top of her lungs. A garden — as she liked to misquote poet John Keats — is a thing of beauty and a job forever.

Gardeners and farmers are by definition “down to earth” people, but they’re also a little bit crazy. One circuit around Arcata’s Farmers’ Market on a spring-y Saturday confirms that these people love their work. And we do, too.

After waiting through soggy, dark weeks of Humboldt winter, the rhododendrons have popped, reports Singing Tree Gardens’ Don Wallace. The crew at Humboldt Botanical Gardens prepares for the huge annual plant sale, and Fortuna landscaper Don Jewett explains his love affair with heaths and heathers. “The heck with grass,” he says.

This month’s Senior News also continues

April’s theme with articles on volunteerism and activism that didn’t fit in the last issue: dog-lovers at the Humboldt County Animal Shelter, and Humboldt’s Veterans for Peace, preparing the “peace boat” Golden Rule for another season lobbying for a nuclear-free planet.

The enthusiasms of local volunteers and activists featured in the April issue of Senior News prompted some different passions among some readers. Check the letters to the editor on page 22, and let us know what you think.

Mostly, though, we join everyone in happily greeting the longer, (slightly) warmer and drier days.

Poet Emily Dickinson celebrated the happy madness brought on by Spring this way:

A little Madness in the Spring
Is wholesome even for the King,
But God be with the Clown —
Who ponders this tremendous scene —
This whole Experiment of Green —
As if it were his own!

We hope you enjoy this issue of Senior News, and that this whole experiment of green brings you a little happy madness this Spring.

—

Ted Pease, is editor of Senior News.

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Hot for Horticulture? Join a Garden Club

By Chuck Goodwin

Gardening is one of the top five leisure activities in America, and you're never too old or too young to take it up. Gardening can be as diverse as growing your own vegetables or tending beautiful shrubs and flowers. It can take up a large area in your yard or just a few containers on the patio or in your home.

There are many reasons to join a garden club — meet people, learn new things, have fun, and give back to your community. Connect with people in your own area and throughout the state to share ideas and knowledge about gardening, landscape design, floral design, environmental safety, conservation, improving our communities, helping our youth, and so much more.

More than 300 people in Humboldt County are members of eight garden clubs, including local groups in Trinidad, Eureka, Fortuna, Ferndale and Weott, all part of California Garden Clubs, Inc. The statewide organization was created in 1931, and is the largest nonprofit, volunteer gardening organization in California, with some 350 clubs, plant societies, affiliates and youth groups representing more than 21,000 members in 28 districts.

Some of the clubs concentrate on certain plants, so if your interest is in heaths and heathers, African violets or succulents, there is a club for you.



Members of various Humboldt garden clubs help to preserve native Western azaleas at Stagecoach Hill Reserve near Big Lagoon. Mary Lou Goodwin photo.

Garden clubs offer a wide range of educational programs and speakers on the latest gardening techniques, floral design, conservation, environmental issues, and the study of pollinators. In addition, garden clubs develop and participate in a variety of local, state, regional and national projects.

So, are you hot on horticulture? A floral design fanatic? Environmental enthusiast? There's something for everyone.

As one garden club member said, "Join

a garden club. Come for the knowledge, stay for the friendships."

—
Chuck Goodwin, 77, of Eureka is Humboldt District director of California Garden Clubs, Inc. For information, contact him at goodwin-cgci@outlook.com or 442-1387.

Grow Your Own

By Debbie Perticara

Finally. Spring is here. What could be fresher or more dependable than produce you pick in your own garden? Fresh fruits and vegetables are good and good for you.

Gardening also can provide a good stretch — regular exercise to keep fit and reduce stress. And gardeners are good company — working with friends in the garden is therapeutic.

And a \$3 packet of seeds can save you a bundle at the grocery store.

So think about starting your own small garden. If you don't have the space, how about joining a local community garden?

We can help. Go to www.northcoastgardens.org, call 269-2071 or email gardens@nrscaa.org.

—
Debbie Perticara coordinates North Coast Community Garden Collaborative and the Redwood Community Action Agency.

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The Rhodies . . . from Page 1

Out here on the prairie above Clam Beach, we specialize in rhododendrons, azaleas, heaths and heathers, and also grow dwarf conifers, flowering trees and shrubs of all kinds, plus unusual perennials. We recommend planting rhododendrons with companion plants that flower at the same time for a stunning combination.

After a cold, wet winter, the gardens are starting to pop. Early flowering bulbs such as crocus and daffodils started in February and March, and now at the end of April, many larger plants are in full bloom, including the

Mt. Fuji cherry trees alongside red “Grace Seabrook” rhododendrons. The gardens shift into high gear in April and May as all the rhododendrons, some daphne, azaleas and other flowering trees come into bloom.

For me, spring is the most colorful and exciting time of the year, when my new rhododendron hybrids open for the first time. It takes five years to see the results of crosses you have made, so that is exciting and rewarding.

When spring really starts, and the wind and rain stop, it feels like a rebirth. There

is celebration in the air — by the plants, the birds, the insects and, of course, the gardeners.

Come see for yourself, Wednesday through Saturday, 9 a.m.-5 p.m. Thursday is senior discount day.

—
Don S. Wallace, 69, is owner/operator of Singing Tree Gardens (839-8777, www.singtree.com), 5225 Dow's Prairie Road in McKinleyville, and former president of the Humboldt chapter of the American Rhododendron Society.



Kathryn Johnson, 70, a member of the Patrick's Point Garden Club, spends a sunny afternoon at Singing Tree selecting azaleas and other flowering plants for her McKinleyville yard. Ted Pease photo.

Botanical Gardens . . . from Page 1

says HBG Board President Evelyn Giddings. “Visitors can have fun in the outdoors, relax on a bench and listen to the birds sing.”

Or come for the annual HBG plant sale on Saturday and Sunday, May 6-7, she suggests.

May 7 is 2017 National Public Gardens Day, which Botanical Garden supporters will celebrate with “A Free Day in the Garden” and Humboldt County’s biggest spring plant sale from 9 a.m. to 3 p.m. HBG’s members-only plant sale and reception will be Friday, May 5.

The HBG Green Team has developed plenty of ideas for your garden. Looking for a blue beauty? How about the Himalayan blue poppy (*Meconopsis* ‘Lingholm’)? Or any of the hundreds of

1-gallon perennials, which are attractive to butterflies, pollinators, songbirds (and humans).

If you need low-maintenance and drought-tolerant plants, the Garden’s native plant section offers ideas and solutions. And check out the succulent gardens, which feature 12 new sempervivums. Marketed as “Chick Charms” by succulent breeder Chris Hansen, these collectible hens and chickens include “Bing Cherry,” “Cinnamon Starburst,” “Chocolate Kiss” and “Fringed Frosting,” among others.

For those looking for gardening made easy, think about a container garden. The Gardens offer hardy starts for pots, cans, old shoes, or any vessel you want to decorate. Or maybe you’d like some

fresh-picked chive or parsley — try starting a kitchen herb gardens in 12-inch pots to add freshness to your meals from your own garden on the backyard stoop or deck.

Carnivorous plants will be available this year, including the rare Mexican butterwort (*Pinguicula morensis*), the Venus Flytrap and prey-trapping “pitcher plant.”

Senior gardeners are especially invited. Knowledgeable HBG members will answer questions, help you find just the right plants, and help carry them to the parking lot.

And come back Sunday, May 14, for Mother’s Day, when all moms will be admitted to the Garden free.

The Humboldt Botanical Garden is at the north entrance to College of the Redwoods on Tompkins Hill

Road, Exit 698 off Highway 101; take the College of the Redwoods North Entrance. Open Wednesday-Sunday, 10 a.m.-4 p.m. Admission fees apply.

For information, call 442-5139 or visit hbgf.org.

—
Jan Ostrom, 72, of Eureka is a Humboldt Botanical Gardens member and volunteer.

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Climate and Health



By Jennifer Heidmann, M.D.

If I told you there is a new disease emerging that will impact every aspect of our health, affecting everyone in the world, potentially leading to personal, community and global demise, I suspect you would want to know right away how to avoid this plague. It is the kind of scenario that would make a great thriller, but not something we want to contemplate in real life.

Fortunately, there is not any single disease like this. But there is something truly threatening our overall health, security, planet and the future of humanity: climate change.

Weather and climate are not the same thing. Weather is moment-to-moment, day-to-day — something we experience when we look out the window, walk outside, or check the app on the cellphone. Climate, on the other hand, refers the average weather conditions over several decades or even centuries.

In the last century, Earth's average temperature has risen by 1.5 degrees Fahrenheit, and if things keep on as they are, temperatures will rise another 0.5 to 8.6 degrees in the next 100 years. This may sound small, but it is unprecedented, and very small changes in temperature can have huge effects on climate and weather patterns over time. These effects lead to extreme events — droughts, heat waves, massive storms and flooding — and pollution increases with elevation in ozone and carbon dioxide levels.

These things, in turn, affect health. Flooding and run-off from increased rainfall, as well as rising water temperatures, can affect water quality, with increased risk of water-borne illnesses and contaminants affecting the fish or shellfish. Rising CO₂ increases pollen counts, exacerbating asthma and allergies. Poor air quality worsens lung disease. Climate change also affects vectors that carry infections, like ticks, mosquitoes, fleas and rodents. Experts have seen emergence of new diseases, re-emergence of old diseases, and change in geographical distribution of diseases.

The World Health Organization predicts 250,000 additional deaths annually between 2030-2050 due to

Continued on Page 18

Managing Pain & Chronic Disease

Humboldt Independent Practice Association is offering two free six-week "Pathways to Health" workshops on managing pain and chronic disease, starting at the end of the April and running through the beginning of June.

The workshops, conducted by experts from Stanford University, address individuals who have chronic pain, high blood pressure, heart disease or other conditions that affect their quality of life.

Workshop sessions are Saturdays, April 29-June 10, at Humboldt IPA, 2662 Harris St. in Eureka.

The chronic pain workshop meets from

10 a.m.-12:30 p.m., and will help participants understand acute vs. chronic pain, and how to work with health care providers to manage these conditions with and without medications.

The chronic disease workshop runs from 1:30-4 p.m., covering issues such as managing emotional responses to chronic disease, managing medications and symptoms, working with your healthcare providers, and living a fuller life.

For more information, contact Humboldt IPA at 267-9606, or register online at eventbrite.com.

Get Healthy in the Garden

By Jan Ostrom

Many research studies have shown that gardening can lower blood pressure, reduce stress and alleviate depression. The physical concentration and movements involved in gardening promote greater physical mobility and fine-motor coordination, which are important for all of us as we grow older.

Not everyone has or wants a large plot of land to deal with, but gardening doesn't have to be difficult or labor-intensive. In fact, in the past few years, gardening in containers of various shapes and sizes has become increasingly popular. Shrubs, flowers, herbs, vegetables and even small trees can be grown in containers rather than in the ground.

Container gardens are more manageable for those who love getting their hands into the dirt, but have limited time and space. And it's perfect for seniors, as container gardening is less strenuous, while offering the health benefits of spending time outside and the satisfaction of having beautiful plants and flowers.

Containers are just that — containers. They don't need to be fancy, expensive planter

boxes or big, heavy pots. Many herbs and flowers can be grown in almost any type of vessel, as long as the soil, water and lighting — sun or shade — are right for the plant.

Humboldt Botanical Garden (www.hbgf.org/) will provide experts at its Spring Plant Sale, May 6-7, who can advise you on the right plant for the right container, and supply you with creative ideas from succulents to daisies to herbs. Get growing!

Jan Ostrom, is a Humboldt Botanical Garden volunteer

An advertisement for Visiting Angels Home Care Aides. The top section features the company logo "Visiting Angels" with the tagline "America's Choice in Homecare" and "LIVING ASSISTANCE SERVICES". Below the logo, it says "Accepting applications for Home Care Aides" and lists "Full-Time & Part-Time • Mornings & Evening" and "Training Provided • Benefits". A large green button contains the text "Call Today or Apply Online (707) 442-8001" and the website "www.VisitingAngels.com/Eureka/Employment". A QR code is also present. At the bottom, a small disclaimer states: "All Visiting Angels Home Care Aides must be registered with the State of California, pass a background check and TB Test. HCO License #12470002". On the right side of the ad, there is a photograph of a smiling woman in a blue uniform standing next to an elderly man in a wheelchair.



POINT OF DEPARTURE— BY BOB MORSE

Just a Speck in Infinity

Most of the time, I live as if I am the center of the universe. It's an illusion, but a very powerful one. Things and events are important only as far as they affect me. Time moves according to my inner sense of it. Space is limited to what I can see and feel. Of course, I can imagine the world that exists outside of my sphere, but, then, it's the world I imagine, not necessarily a world of objective reality.

Still, it's useful to try to put my existence and ultimate demise in perspective by stretching my imagination to reach back to the distant past and forward into a distant future. This perspective removes me as the center of the universe and places me, more properly, as a tiny, insignificant speck in an instant of time — flaring to life and then extinguished in the vastness of space.

I am aided in making this switch of perspective by a few tools. Meditation helps, at least when I can quiet my chattering monkey mind and feel the expanse of just being. Reading also helps. Fiction enables me to explore the travails of others so I am not so consumed with my own.

But better still are books that deal with vast stretches of time and space. "Sapiens" by Yuval Noah Harari traverses millennia where var-

ious species of homo evolved from common mammal ancestors, and all but our own species survived and spread like a plague upon the Earth. His next book projects our species into the future, where he surmises we will be wiped out by what comes next. Can't wait to read it.

"A Universe from Nothing" by Lawrence Krauss provides a cosmological perspective on how stars were born and died, sending their particles billions of miles, some

settling on this planet to form the stuff you and I are made of. Peering into the far reaches of time, where will I be and who will be around to care when the world is gone and the universe is spread out into a cold emptiness?

Does all of this give me existential angst? No. It actually gives me comfort not to have to carry the burden of eternal life. I can realize each moment as it is, and know I will subside into infinity and eternity unperturbed, as I was before I came in to being.

—
Bob Morse is owner of Morse Media, a web development company. He has had a longtime interest in cultural attitudes toward death. His articles and more information on the subject can be found at speakingofdeath.com.

"Does all of this give me existential angst? No. It actually gives me comfort not to have to carry the burden of eternal life."

At the Animal Shelter . . .

By Brenda Cooper

I fell in love with Gracie the first time she looked at me. It didn't matter that she was an old girl, that she'd clearly been neglected and had health problems. What mattered was that although she'd been abandoned, her eyes conveyed such hope, such love, such trust.

That's a danger for volunteers at the Humboldt County Animal Shelter in McKinleyville. When my husband and I started volunteering nearly three years ago, we vowed NOT to bring our work home with us. Our two Labradors, both rescues, are plenty.

We haven't taken any new dogs home — yet — but it's often a struggle. Somewhere between eight and 15 of us volunteer regularly to walk homeless shelter dogs. For all of us, it's a labor of love.

"There are few things more humbling than a dog's unconditional acceptance when you unlock their kennel for a walk," says Pete Pedersen, 67, of Fieldbrook, a former assistant school superintendent. "You realize that you are probably more joyful for the experience than the dog."

Retired physician Jane Williams, 59, loves dogs. "But I never realized how hard I would fall for ALL of them," she said.

It's true. I want to save all these homeless hounds. Gracie and Casper and Jazzy and Bubba and big Jumbo. . . and all those puppies! But volunteers can't save them all.

Continued on Page 7

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Who's walking whom? Volunteers (from left) Brenda Cooper, Gail Kenny and Gretchen Sudlow, three regular dog-walkers at the Humboldt County Animal Shelter, take three chocolate Lab-mix puppies down the road. Ted Pease photo.

What we can do is give them 15 or 30 minutes a day of undivided attention, playing fetch, running circles in the play-yard, rubbing their bellies, taking them for walks, and telling them they are such good boys, such good girls. On most days, that's all the time they get out of their kennels, when they can act like dogs.

Gretchen Sudlow, 63, of Arcata had been dogless for about 40 years when she started volunteering seven years ago.

"With retirement looming, I could see a great opening to have a dog again," she said. "But soon it grew into much more than that. My heart opened to the dogs and what may have brought them to be at the shelter. Their various stories and plights became important to me."

Volunteer Gail Kenny, 57, of Trinidad adopted a shelter dog, but she still comes to walk the remaining orphans. "Even though I would love to own lots more dogs, I get to enjoy

these sweeties until they find their permanent homes," she said.

It's necessary work supporting busy shelter staff who handle hundreds of stray, lost and homeless animals every year. Both the human caregivers and the dogs are grateful.

"Walking and working with the animals at the shelter leaves me with a tangible feeling of having helped," says Pedersen.

Sue Morse, 69, of Arcata agrees. "The exercise alone is as great for me as it is for the dogs," she said. "But even more beneficial is the joy I get from seeing how much the dogs love getting outside. It's wonderful to be a part of that happiness."

Brenda Cooper, 69, of Trinidad has dog treats in the pockets of all her jackets. For information on adoption or volunteering, call the shelter at 640-9132.

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SONGS WE TELL EACH OTHER

BY MARGARET KELLERMANN

A Tune for Luke in Springtime

In this very breaking of a May morning, I awake, hearing Luke pace. Judging from his near-frantic steps, I imagine I haven't been conscious of his earlier pace, stretching and sedate. He needs to go outside, it's clear.

Forced to get up fast, find footwear, flip on the coffee machine and fumble with Luke's collar, as he hastens me by being underfoot 'til I comply — this is not my favorite way to wake. I would rather wait for the sun, But Luke is on the clock. Sun or no sun, dark as night or bright as white light, he will wake

me at 6. I never tell dogsitters this.

We pad downstairs. I let him out into the "gulag," as one neighbor calls it. But Luke refuses to dampen his own fenced yard. Today I let him out the gate after lecturing him eye to eye: "Now when I say, 'Come,' come!"

He looks winsome, obedient, so I let him go. He sprints into the woods past the field. I wait on the porch, watching light bloom in the sky, defining features of redwoods. I look out at the made world and remember lines from my favorite e e cummings poem:

*i thank You God for most
this amazing day; for the
leaping greenly spirits
of trees and a blue true
dream of sky; and for
everything which is
natural which is infinite
which is yes*

Trees are good listeners. They don't talk over live music as people do in coffee shops. The creek plays soft percussion. It's been days since the big rains. The runoff is slacking.

Without my bidding, Luke runs back, bowing in a let's-play pose. I consider the coffee upstairs. But I've

let him go free, and he's returned before the callback. I owe him some playtime. I toss a ball from the porch to the field. It bounces high. He leaps so fast like a deer, he's waiting to catch it expertly on the first bounce.

After 10 tosses and 10 retrievals, he's fading. We go upstairs for breakfast. He has his crunchy cereal, and I have mine, accompanied by coffee with chocolate chips stirred in. Dark chocolate is, I have read in a health article, good for everything.

After reading the news, I step back outside with Luke,

second cup in hand. Despite my earlier protests, I'm grateful for this one "leaping greenly" morning.

—
Margaret Kellermann, a regular Senior News columnist, works with groups and individuals in therapeutic arts, including journal-keeping workshops. She plays Celtic folk guitar for events, home visits, and other occasions. Contact her at seniornewseditor@humsenior.org.



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Be an Enthusiast — The Heathers Are H.E.R.E.

By Don Jewett

Well, the drought is over and we can finally get back to watering our lawns. Or is that really the best idea?

As a landscape professional and member of the Heather Enthusiasts of the Redwood Empire (H.E.R.E.), I decided to go a different direction in my yard, and I'm glad I did.

Instead of making my yard a static cover of green by planting grass, I have an ever-changing tapestry of color with heaths and heathers.

These little plants are ideally suited to our North Coast soils and climate, and offer an array of both practical and aesthetic advantages.

Everyone thinks grass is the obvious solution for their yards, but the truth is that a simple turf lawn is actually

a lot of work. Turf is water-thirsty, fertilizer-greedy, and constantly needs to be mowed. And if it's going to be done right, your lawn requires herbicides, too.

In contrast, my heather garden needs only one-third as much water as turf uses, it never needs fertilizers or herbicides, and has to be trimmed only once a year.

And the color! My heather garden is a joy to me every morning because its colors are constantly changing, whether because of flowers or foliage. Heaths and heathers are unique in the plant world because both blooms and foliage come in a variety of colors. Besides the many variations of green, there are gray and silver foliage plants,



Don Jewett's small front yard features some 25 different heathers. Ted Pease photo.

plus yellows, golds, oranges and reds.

Opportunities for eye-catching designs are endless. In addition to coming in different colors, the foliage of many plants changes color

throughout the year.

Flowers come in white, pink, mauve, violet, and purple. Most species bloom in the late summer, but there are winter and spring bloomers as well, so with a little attention, you could have something in bloom all year long.

That's my vote. The heck with grass. I'll stick with heathers.

—
Don Jewett, 60, owns Don's Lawns and Gardens in Fortuna. Visit HealthersHERE.org.

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AGING IS AN ART — BY JOHN HECKEL

Help Wanted As Friends Pass Away

I need your help.

On April 11, Abbie Maloch Smith “went home to be with The Lord,” just 11 days after her husband Paul. She and Paul had been married for 73 years . . .

On Feb. 21, Berenice Florence Thurmond “passed away peacefully” a few days short of her 99th birthday . . .

A celebration of the life of Jacqueline Mae Swanlund will be held May 6. She had 16 great-grandchildren and two great-great-grandchildren . . .

How do I know about these local life stories? I read them in the Eureka Times-Standard’s “Deaths and Funeral Notices” pages.

Like it or not, most life stories are told after the fact. Like it or not, your Senior News does not tell these stories.

I understand that the Senior News does not have the space of the Times-Standard to run full-fledged obituaries/life stories, but does that mean we, while celebrating the lives of North Coast seniors, must ignore their deaths? Do we at the Senior News — as Bob Morse has so often pointed out in his column on death and dying — turn a blind eye toward the inevitability of our own deaths? Is there no way we can find a way to honor the lives of those of us who have passed?

Suggestions, please. Write to us.

Maybe Bob is right, and we do not want to be reminded of our own mortality, that we are all in the process of dying, or that dying is an essential part of living. Maybe, as elders, so close to

our own “passing,” we don’t want Senior News to remind us of friends and relatives who have died.

It may also be just as likely that we do want to read some account of the life stories of those who have gone before us. If so, there

must be some kind of recognition possible, something that honors their lives without taking up vast amounts of page space we do not have.

The sad truth is that our histories are too often communicated only in the life stories told by our obituaries.

Perhaps, as a newspaper that honors the lives of the elders of Northern California, we might also find some way to recognize and honor their deaths?

Let us know how you feel. Write to us. Send us your suggestions.

As I said, I need your help.

John Heckel, Ph.D., is a former HSU theater and film professor with a doctorate in psychology. If you have suggestions in response to his plea, write him at Senior News, 1910 California St., Eureka, CA 95510.

“Is there no way we can find a way to honor the lives of those of us who have passed?”

Just What the Doctor Ordered — Fresh Veggies

By Tanya Fechner

It’s a double celebration at Mad River Community Hospital’s brand new, 450-square-foot hydroponic greenhouse: The facility’s first harvest, and garden volunteer Lia Sullivan’s 67th birthday.

The Arcata hospital has “doctored” its patients’ and visitors’ diets with fresh-from-the-garden fruits and produce since opening its on-site garden in 2006. This spring, the new hydroponic greenhouse produces even more healthy food — strawberries, lettuce mixes, cucumber, basil, tomatoes and spinach.

Lia Sullivan started working on the farm in 2012, and has been involved with the hospital since the 1980s as an Arcata city employee, while the hospital was getting its permits and through construction of the Shaw Pavilion. Sullivan has seen a lot of changes at the hospital, and is excited about the new hydroponics greenhouse.

“I really like working on the farm and helping maintain its value

as agricultural land,” she said. “It’s a unique opportunity to provide fresh food for patients, staff and visitors, and it keeps the soil alive, too.

Todd Heustis, the hospital’s food and nutrition services manager, and hospital CEO Doug Shaw first came up with the garden and greenhouse concept five years ago. They wanted to grow more fresh food for the hospital, especially during the colder months.

“Hydroponics” means growing without soil, with plants rooting and growing in a shallow stream of water containing dissolved nutrients.

The hospital’s full-time farmer, Graham Gagne, tends both the greenhouse and farm, coordinating crops with the kitchen staff to provide produce for the hospital café.

Tanya Fechner is marketing coordinator at Mad River Community Hospital.

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HSRC News707 443-9747 • www.humsenior.org

HDM Driver Is ‘Community Champion’

By Jim Wood

As one way to highlight the good deeds and hard work of our neighbors, my office features a “Community Champion” every month — an individual, a group, an organization or a business that makes us proud to be a part of the community we live in.

April’s Community Champion was Russell Johnson, a retired radiology technician who volunteers his time delivering meals to seniors in Humboldt County.

The Nutrition Program at the Humboldt Senior Resource Center is very fortunate to have someone like Russell on its volunteer team. He joined the organization more than five years ago, delivering meals to home-bound seniors rain or shine.

Russell brings both food and happiness to the



Assemblymember Jim Wood (right) honors volunteer Russell Johnson, 75. René Arché photo.

lives of these seniors. As important as the meals are, Russell’s weekly check-ins are also critical, as often he is the only person his seniors may see all day. His visits are the highlight of the day or week for many of these participants, and Russell treats them all with the respect, care and compassion they deserve.

Russell and his wife, Patti, moved to Eureka in 1978. Patti is also an active volunteer in the community, serving as an ombudsman.

If you have a “Community Champion” recommendation, please send their name, along with information about their good work, to ruth.valenzuela@asm.ca.gov or call 463-5770.

Jim Wood, (D-Healdsburg), is a state assemblymember representing California’s 2nd District.

Firewood Vouchers Available May 2

By Tasha Romo

Low-cost firewood vouchers for seniors go on sale Tuesday, May 2, at the Humboldt Senior Resource Center (HSRC).

Households with individuals 55 or older, with annual income of no more than \$58,850 are eligible for vouchers good for up to two cords, 4x4x8 feet, stacked. Additional cords may be available later in the year, supply permitting.

Vouchers are priced on a sliding scale costing between \$78-121 based upon the purchaser’s household size and household income. Proof of age and income are required.

The wood will be available at the Humboldt County Sheriff’s lot behind the General Hospital campus in Eureka starting May 13, with pick-up days assigned when the vouchers are purchased. Workers will load the firewood into vehicles, or you may hire a delivery driver.

Firewood is cut to between 16 and 18 inches, and is of mixed varieties — pine, oak, madrone or redwood. Not all available firewood is fully aged; there is no guarantee of type of wood or quality.

To qualify to purchase vouchers, please bring ID documents such as a driver’s

license, and documentation of total household income such as a 2016 tax return, a Social Security award letter, two current pay check stubs, or a bank statement showing direct deposits of income. Cash or local check only will be accepted for payment.

The vouchers are available at HSRC, 1910 California St., Eureka, beginning Tuesday, May 2, Tuesday through Friday from 9 a.m.-2:30 p.m. until vouchers are sold out.

For information, contact Tasha Romo, Nutrition and Activities Program manager, at 443-9747 ext. 1228 or 1240.



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

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Humboldt Senior Resource Center in Eureka

| | | | |
|--|---|--------------------------------|---|
| 1910 California St. • www.humsenior.org For more information call Tasha at 443-9747 x1228. Lunch: Tuesday-Friday at 11:30 a.m. - 12:15 p.m. | | | |
| Every Weekday | | Every Wednesday (cont.) | |
| 8:30-4 | Computer Lab-CLOSED | May 10 | 11:30-12:15 Emblem Club serves lunch — <i>Menu page 15</i> |
| 8:30-4 | Library | | |
| 9-3 | Senior Service Office | May 17 | 9:15-11:15 Foster Grandparent Program |
| 12-2 | Billiards | May 17 | 10-11:30 Commodities distribution |
| | | May 31 | 11-11:30 Rick Park performs |
| Every Monday | | Every Thursday | |
| 9:30-10:30 | Karate w/Jerry Bunch | | 10-11 Grocery Bingo: Bring 1 grocery item |
| 10-12:30 | Mah Jongg | | 10-11:30 Intermediate French |
| 11-12 | Yoga with William Timm | | 11:30-12:15 Lunch — <i>Menu page 15</i> |
| | Bring your own mat. (advance signup required) | | 1:15-2 SAIL w/Muriel |
| 11-1 | Back to Basics Line Dancing | | 2:10-3:10 FABS/SAIL by Beth and Lois |
| 1:15-2 | SAIL w/Muriel | | 3:30-4:40 Tai Chi for Better Balance |
| 2:10-3:10 | FABS/SAIL by Beth and Lois | May 4 & 18 | 10-12 Genealogy group |
| 2:30-4 | Memoir Writing Class | May 18 | 12:30-1:30 Covered CA/Medi-Cal assistance drop-in clinic |
| | | May 25 | 8:30-12:30 Medication Interactions & Consultation |
| Every Tuesday | | Every Friday | |
| 10-11 | Harry's Bingo (<i>not May 2</i>) | | 9-10 Falun Dafa |
| 11:30-12:15 | Lunch — <i>Menu page 15</i> | | 10-11 Beginning Tai Chi Move-ments |
| 12:30-1:30 | Bunco (<i>not May 2</i>) | | 11-12 Beginning Yoga |
| 12:15-2:15 | Pinochle | | 11:30-12:15 Lunch— <i>Menu page 15</i> |
| 2:10-3:10 | FABS/SAIL by Beth and Lois | | 1-4 Bridge Games |
| 3:30-4:40 | Tai Chi for Better Balance | May 5 | 11:15-12:15 Cinco de Mayo Celebration |
| | | May 12 | 10-12 Low Vision Support Group |
| May 2 | 10:30-11:30 Dance & Dine- Ray, Chuck, Dave & Lois | May 12 | 10-12 Mother's Day Celebration |
| May 2, 16 | 1:30-3:30 Ukulele Play'n Sing | May 19 | 10:30-11:30 John Nelson & Friends |
| May 23 | 9-11 Coffee with Captains | May 25 | 11-12:15 Birthday Celebration |
| May 23 | 11:30-1 CalFresh Info and sign-ups w/Food for People | | |
| May 23 | 6-9 p.m. Stamp Club | Saturday | |
| Every Wednesday | | May 6 | Noon Sassy Seniors-Sizzler |
| 11:30-12:15 | Lunch— <i>Menu page 15</i> | May 20 | Noon Nooners-Gill's by the Bay |
| 1:15-2 | SAIL w/Muriel | | |
| 1:30-3:30 | Intermediate Line Dancing | | |
| 2:10-3:10 | FABS/SAIL by Beth and Lois | | |
| May 5 | 11-11:45 EPD talk with Suzie Owsley | | |
| May 10 | 11-11:30 LeeAnn Morini to perform | | |
| May 3 & 17 | 1-2 Caregiver Support Group | | |
| | Alzheimer's Library, 1901 California St., Bldg. B, 2nd Flr., Eureka | | |
| Fortuna Dining Center | | | |
| HSRC at Mountain View Village • 2130 Smith Lane • Call Launa at 725-6245. | | | |
| Lunch: Tuesday-Friday at noon - Menu page 14 | | | |
| Wednesday | | Friday | |
| Every Wed. | 5-8 BINGO | May 5 | noon Cinco de Mayo Celebration |
| May 3 | 10:30 Music with Bill & Corena | May 12 | 11-12 Mother's Day Tea & Hat Contest |
| Thursday | | May 26 | 12 Birthday Lunch |
| May 4 | 12-1:30 <i>Caregiver Support Group</i> | | |
| | United Methodist Church Fireplace Room 922 N Street, Fortuna For info 443-9747 | | |

May Senior Center Activities

McKinleyville Senior Center

| | | | |
|--------------------------------------|-------------|--|--|
| Azalea Hall | | | |
| 1620 Pickett Road | | | |
| Open Monday-Friday 9-4 | | | |
| azaleahall@att.net • 839-0191 | | | |
| Every Monday | | | |
| | 8:30-9:30 | Tai Chi | |
| | 10:30 | Walking Group at Hiller Park | |
| | 12-3:30 | Computers | |
| | 1-4 | Party Bridge | |
| May 29 | | CLOSED- Memorial Day | |
| Every Tuesday | | | |
| | 9-11 | TOPS | |
| | 9:30-10:30 | SAIL Class | |
| | 10:40-11:40 | Stretching | |
| | 12:30-3:30 | Bingo | |
| | 1:30-2:30 | Exercise | |
| Every Wednesday | | | |
| | 8:30-9:30 | Tai Chi | |
| | 9-12 | Computers | |
| | 10-12 | Needlework | |
| | 10:30 | Walking Group at Hiller Park | |
| | 1-4 | Pinochle | |
| May 3 | 10-11 | Genealogy | |
| May 17 | 10:30-11:30 | Executive Board Meeting | |
| May 31 | 12-1 | Monthly Luncheon - Baked Ham, Potato Salad, Bread, Dessert, \$5 (Sign up by May 26) | |
| May 31 | 1-2 | Heart Healthy Club | |
| Every Thursday | | | |
| | 9:30-10:30 | SAIL Class | |
| | 10:30-12 | Pinochle Lessons | |
| | 10:40-11:40 | Stretching | |
| | 12:30-3:30 | Bingo | |
| May 4 | 11-11:45 | Lentil Soup & Half Sandwich-\$3 | |
| May 11 | 11-11:45 | Taco Salad-\$3 | |
| May 18 | 11-11:45 | Navy Bean Soup & Half Sandwich-\$3 | |
| May 25 | 11-11:45 | Chicken Soup & Half Sandwich \$3 | |
| Every Friday | | | |
| | 8:30-9:30 | Tai Chi | |
| | 10:30 | Walking Group at Hiller Park | |
| | 1-4 | Pinochle | |
| May 26 | 10-11 | Full Board Meeting (Open Meeting) | |
| May 1 - June 3 | | | |
| June 3 | | | |
| | | Spring Plant Sale | |
| | | Pony Express Days & Rummage Sale at Azalea Hall | |

Arcata Community Center

| | | | |
|---|-------------|---|--|
| HSRC Dining Center 321 Dr. Martin Luther King Jr. Parkway Lunch: Tuesday-Friday at noon Call Vanessa at 825-2027 | | | |
| Monday | | | |
| May 8 & 22 | 11-12 | Silver Quills Writing Group | |
| Every Tuesday | | | |
| | 9-11 | Katie's Krafters | |
| | 10-11 | Senior Aqua Aerobics \$5 fee at HealthSport-Arcata (prior registration required) | |
| | 10-11:15 | Karaoke | |
| | 11 | Bread distribution | |
| | 12:30-2 | Bead Jewelry Craft Class | |
| May 2, 16 | 10-11 | Caregiver Support Group <i>Mad River Community Hosp.</i> Minkler Education Room 3800 Janes Road, Arcata For info call 443-9747 | |
| May 2 | 10-11 | Blood Pressure Check | |
| May 30 | 2 | Arcata Marsh Slow Walk | |
| Every Wednesday | | | |
| | 10-11 | Chi Gong-RSVP 443-8347 | |
| | 10-11:15 | STRONG Exercise w/ Marilyn <i>Last Day May 31</i> | |
| | 11 | Bread distribution | |
| | 11:20-12:15 | Yoga Stretch | |
| | 12:30-1:30 | Tai Chi for Better Balance | |
| May 10 & 31 | 10-11:15 | Dance - Old Gold Band | |
| Every Thursday | | | |
| | 9-10 | Tai Chi (\$3 donation) | |
| | 9-11 | Katie's Krafters | |
| | 10-11:15 | Chair massage (donations accepted) | |
| | 10-11 | Senior Aqua Aerobics \$5 fee-HealthSport (prior registration required) | |
| | | Learn Tech with Brett | |
| May 11 | 12:15-1:15 | Cal Fresh Sign-up assistance | |
| May 18 | 11-12:15 | Swing 'n' Sway Trio | |
| May 18 | 10:15-11:15 | Commodities Distribution | |
| Every Friday | | | |
| | 10-11:15 | STRONG exercise w/Marilyn | |
| | 10-11:30 | Ping Pong with Pete | |
| | 11:20-12:15 | Yoga Stretch | |
| | 12:30-1:30 | Tai Chi for Better Balance | |
| May 5 | 11:15-12:15 | Cinco de Mayo Celebration | |
| May 12 | 10-11 | Site Advisory Council Meeting | |
| May 12 | 11:15-12:15 | Mother's Day Brunch | |
| May 19 | 10:30-11:15 | Music with the Half Notes | |
| May 26 | 11:15-12:15 | Birthday Party & Celebration | |

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Nutrition & Activities Program



Conference to Showcase Dementia's 'Changing Face'

By Ruth Gay

For the 5.5 million Americans living with Alzheimer's disease and their families, early detection and diagnosis are an important first steps to managing their health. But fewer than half of seniors with dementia, or their caregivers, are aware of the diagnosis.

Why is that? Studies show that doctors sometimes don't disclose to patients their diagnosis of Alzheimer's or a related dementia because of insufficient time and resources to provide support to patients and caregivers, as well as a perception of limited options.

The Alzheimer's Association has long advocated for Medicare reimbursement for services aimed at improving detection, diagnosis, care-planning and coordination for patients with Alzheimer's disease or related dementias, and their caregivers.

A newly adopted Medicare reimbursement, introduced as the "HOPE for Alzheimer's Act," could change all this. In late 2016, Centers for Medicare and Medicaid Services adopted a new reimbursement billing code, G0505, which took effect Jan. 1, 2017. This

would provide a bundled reimbursement to physicians and other eligible health professionals to provide all the following: comprehensive cognitive assessment, care-planning and coordination for people with cognitive impairment, and assessment of the needs of caregivers.

This is only one of several success stories of policy advancements that will be addressed at the upcoming Dementia Care Coalition Conference on Thursday, May 18. Geared for professionals as well as caregivers, this event will cover topics including latest policy developments, new research advances, managing communications and behaviors, and much more.

Plan to attend "The Changing Face of Dementia: Innovations in Care" conference at the Sequoia Conference Center, 901 Myrtle Ave., Eureka. For more information or to register, visit www.humboltdcc.org.

—

Ruth Gay is chief public policy officer of the Alzheimer's Association of Northern California and Northern Nevada.

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The Farmers’ Market — ‘A Labor of Love’

It’s where farmers and vegetable lovers meet.

“We’re excited about the season,” said farmer Ginger Sarvinski of the Corn Crib in Pepperwood, the North Coast Growers’ Association board president. “We have a unique niche here,” she said. “We can grow just about anything we want, and it’s a pleasure to farm here. It’s not easy by any means — it’s a labor of love to be a farmer.”

With more than 50 farm and food vendors bringing their goods to market, the Saturday markets on the Arcata Plaza, plus four other weekday markets, offer a rich smorgasbord of locally grown organic products.



The four weekday markets will run June through October in Eureka Old Town and Henderson Center, in McKinleyville and in Willow Creek.

Customers with CalFresh EBT cards are welcome at all markets, and are eligible for up to \$10 in extra Market Match tokens to spend on fresh produce. Visit the information booth at any market in Arcata, Eureka, McKinleyville, Willow Creek, Fortuna and Garberville for details.

Market Match is funded through partnerships with Food for People, St. Joseph Health — Humboldt County, the California Market Match Consortium, and the USDA Food Insecurity Nutrition Incentive program.

For more information, visit www.humfarm.org or call 441-9999.



May Dining Menu

 **Humboldt Senior Resource Center**
Nutrition & Activities Program

LOW-FAT
OR NONFAT
MILK IS SERVED
WITH EACH
MEAL

FIRST WEEK

- May 1 Dining Centers closed
- May 2 Pot Roast
- May 3 Harvest Butternut Squash Ravioli
- May 4 Stuffed Cabbage Roll Casserole
- May 5 Tamale Pie-Cinco de Mayo

SECOND WEEK

- May 8 Dining Centers closed
- May 9 Hot Turkey Sandwich
- May 10 Cheese Manicotti w/Cream Sauce
- May 11 Teriyaki Chicken
- May 12 Mother’s Day Brunch-Holiday
Quiche, Potatoes O’Brien, Cheese
Blintz w/Blueberry Sauce, Fresh Fruit

People 60+ are invited

\$3.50 suggested donation

For those under 60 there is a fee.

NO ONE WILL BE TURNED AWAY FOR LACK OF FUNDS.

THIRD WEEK

- May 15 Dining Centers closed
- May 16 Salisbury Steak
- May 17 Bay Shrimp Salad
- May 18 Chef’s Omelet Bake
- May 19 Chicken Marsala

FOURTH WEEK

- May 22 Dining Centers closed
- May 23 Meatball Marinara Sub
- May 24 Chicken w/Fire Roasted Tomatoes
- May 25 Beef Stroganoff /Egg Noodles
- May 26 Chicken Sandwich-Birthday Cake

FOURTH WEEK

- May 29 All sites closed-Memorial Day
- May 30 Lemon Herb Baked Fish
- May 31 BBQ Pork Rib

Call for Reservations

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Allergy/Asthma, COPD, & Lung Health Community Health Forum

Join us for our **FREE** continuing **Community Health Forums**. Meet local physicians and specialists and take part in Q and A sessions. Lite bites and coffee will be served.

Wednesday, May 31
5:30 to 7:30 p.m., Sequoia Conference Center, 901 Myrtle Ave., Eureka

Wednesday, June 7
5:30 to 7:30 p.m., Fortuna Monday Club, 610 Main Street, Fortuna

To register: Susan.VogtButch@stjoe.org or 269-4205

Forums are offered as a community health service, nothing is sold or solicited.

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The World According to (Marvin) Trump

By Ted Pease

Marvin Trump began nearly every day from the mid-1960s until his death in 2016 with a view of the Pacific coast that will take your breath away.

In the center of that view from his studio on the rocks above Moonstone Beach is Camel Rock, which found its way into many of the prolific artist's paintings.

The iconic landmark off Houda Point, two miles south of Trinidad, is the focus of a posthumous exhibit of Trump's series of paintings, "Camel Rock According to . . .," at the Trinidad Coastal Land Trust (TCLT) Simmons Gallery, May 5 through the end of July.

The whimsical collection shares a central subject: Camel Rock as Trump imagines famed artists from Andy Warhol to Winslow Homer, El Greco to Magritte, Gauguin to Van Gogh might have interpreted the view from his window.

Trump's wife, Kirsten, says the resulting 20 paintings took him about a year to complete, standing in front of his easel, staring out the window at Camel Rock.



Painter, architect and coastal preservationist Marvin Trump's collection of his paintings of Camel Rock according to famous artists opens at the Trinidad Coastal Land Trust on May 5.

Photo courtesy of the Trump Family.

"He was my best friend," says Trinidad artist Sam Lundeen, who shared painting and golf with Trump over a 30-year friendship.

Twice-weekly golf outings at Beau Pre Golf Club in McKinleyville became a 25-year routine. "For me, it was my therapy," Lundeen recalls. "We'd have a beer afterward, and talk about anything — religion, sex, art, politics. Total trust."

In 1978, a proposed state park from Moonstone Beach to Trinidad prompted the Trumps and fellow coastal homeowners to establish the Trinidad Coastal Land Trust. The art show celebrates the coast Trump loved and benefits the group that protects it. That's fitting, says daughter-in-law Tami Trump, the exhibit's organizer.

"Marvin would have loved this," she said.

"Camel Rock According to . . ." by Marvin Trump, Trinidad Coastal Land Trust, Saunders Park, Trinidad. Opening reception May 5, 5-7 p.m. For information call 707-677-2501.

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May 14 • Atalanta's Victory Run & Walk

In partnership with Six Rivers Running Club. This all women's event has a 2-mile or 5-mile (certified 8K) options. Proceeds from this event are shared with the Humboldt Breast Health Project, local running groups, and schools. More information at www.atalanta-run.com



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www.northcoast.coop

MAY Community Calendar

'Sweet Beats' Dance Night

The ARMACK Jazz Band — made up of music students from Arcata, McKinleyville and Six Rivers Charter high schools — will offer "Sweet Beats Dessert and Dancing," Saturday, April 29, from 7-9 p.m. at the D Street Community Center in Arcata. The band will play swing dance and big band favorites from '30s through the '50s. Swing dance lessons will be available. Refreshments include a dessert selection, plus beer, wine, coffee and tea.

Quilting Bee for Tiny Homes

The quilters of the Humboldt Unitarian Universalist Fellowship have gotten their needles together to create a unique "Tiny Homes" quilt to be raffled off in support of Affordable Homeless Housing Alternatives (AHHA). The quilt features tents, trailers and tiny homes on a blue background. Tickets are \$5 or five for \$20. Contact Kim Moore at 268-8662 kjmoor2@gmail.com, or Edie Jessup at 407-0047 ediejessup@gmail.com.



Boom! Tall Ships Return

The schooners Lady Washington and Hawaiian Chieftain return to Eureka April 27-May 9 to offer dockside vessel tours, sailing cruises, and mock cannon battles on Humboldt Bay. Tour the vessels and talk with the crew, or sign on to sail on a cruise or during the April 29 battle.

For tickets, call 800-200-5239 or see www.historicalseaport.org/.

Art-in-the-Hat

The Eureka Library's Hagopian Gallery will present art from local artists inspired by Dr. Seuss in a show from May 2 to June 30. Artists may submit their artwork for the show at the library, 527 2nd St. in Eureka, Wednesday, April 26, between 9 a.m. and 3 p.m. For information, call Dana Ballard at 801-949-3262.

For the (Kinetic) Glory!

The Great and Wonderfully Marvelous Kinetic Grand Championship will tear out of Arcata on Saturday, May 27, when the noon whistle blows over Arcata Plaza. Three days and 42 miles later, over dunes, down country roads, across Humboldt Bay and toward the finish line on Main Street in Ferndale, dozens of kinetic racers will duel with victory and defeat for the final glory. Visit kineticgrandchampionship.com/ to relive past glory and for information.

Elder Abuse Prevention

The Community Health Alliance will present a breakfast session and discussion on "Dependent Adult and Elder Abuse Prevention and Solutions." Thursday, May 11, 8:45-11 a.m. at the Humboldt Area Foundation on Indianola Road in Bayside. Call 442-6463 for information.

Humboldt's Electricity Goes Local

By Richard Engel

By now you have probably received one or two letters from Redwood Coast Energy Authority explaining our new electricity program. Starting in May, our Community Choice Energy program will replace PG&E as the county's default electricity provider. You may be wondering why this is happening.

California law allows communities to act as locally controlled power providers, offering an alternative to existing utility companies and bringing lower electric rates, increased local control, and more renewable energy.

The program shifts control over key decisions about electricity — such as power sources and rates — from distant utility company boardrooms and Public Utilities Commission hearings to local elected officials. Communi-

ty Choice Energy programs save consumers money, and use revenues to build local solar energy projects, support adoption of electric vehicles, and meet climate action goals.

You'll continue to receive a single monthly bill from PG&E. Your rates will go down modestly, saving the average household a few dollars a year, but these savings are projected to add up to \$2 million a year nationwide.

For more details, such as where our power comes from or how people with home solar systems can benefit, visit RedwoodEnergy.org or call 269-1700.

Richard Engel is director of power resources for the Redwood Coast Energy Authority, Eureka.

Ask the Doc.... From Page 5

effects of climate change, and an estimated \$2 billion to \$4 billion per year in health-related costs by 2030. Those most at risk for such health problems include children, older adults, those with pre-existing chronic illnesses, and people living in coastal and island regions and in huge urban areas.

So what can we do? I propose that we have to do something — for our health, for economic stability, and for the future of our world. If each of us does something, it can have a big impact over time. Here are a few ideas:

- Eat less meat.
- Turn off and unplug devices when not in use.
- Drive less.
- Use alternate energy (solar, wind, electric) for home and car.
- Choose locally produced food.
- Compost, reduce, reuse, recycle.
- Use compact fluorescent light bulbs or

energy-efficient lighting in the five lights you use most.

- Look for the Energy Star label when you buy home appliances (www.energystar.gov/).
- Ask PG&E to assess your home or business for energy efficiency, and see if you qualify for rebates.
- Ask your local, state and national political representatives to develop environmental protection policies.

Calculate your own household carbon footprint here: www3.epa.gov/carbon-footprint-calculator/.

Dr. Jennifer Heidmann is a regular Senior News columnist, and is the medical director and primary care provider at Redwood Coast PACE (443-9747). Her column should not be taken as medical advice. Ask your medical provider if you have health questions. Send comments to seniornewseditor@humsenior.org.

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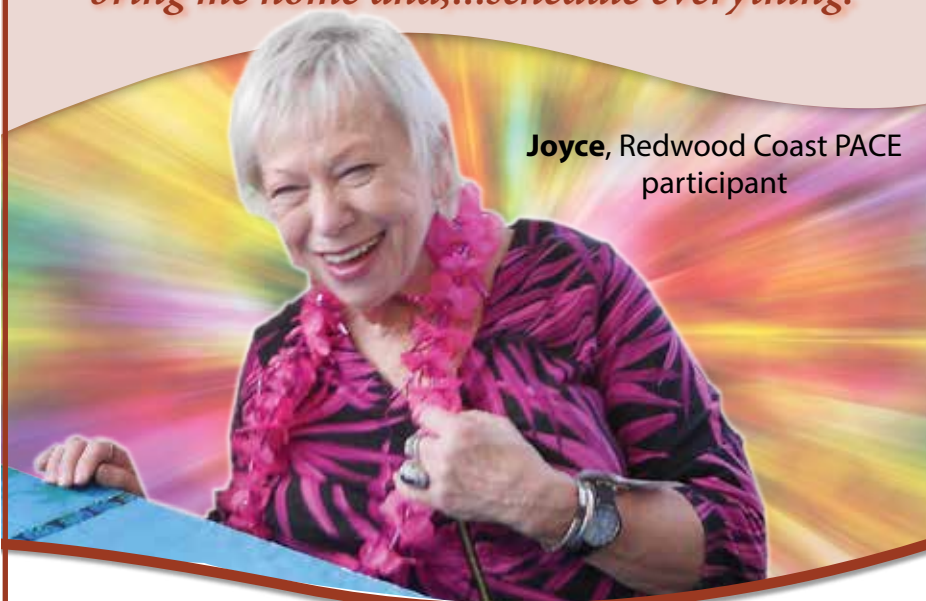
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Vets for Peace Sail for a Nuclear-Free World

By Gerry Condon

She was born in Costa Rica in 1956. At the age of 2, she moved to southern California and then to Hawaii, where she became an international star. Many years later, she found her way to Humboldt Bay. She is at home here — refitted, renewed and surrounded by friends and admirers.

Now in her 60s, the 34-foot ketch has found purpose again as she sails for a nuclear-free world.

In the 1950s and '60s, as the United States and the Soviet Union conducted atmospheric nuclear weapons tests, the Golden Rule helped bring attention to the dangers of radiation. In 1958, four Quaker peace activists tried to sail the Golden Rule to the Marshall Islands, where the United States was testing nuclear weapons at Bikini Atoll. The Coast Guard stopped and arrested them in Honolulu, but the mission drew international attention and support for a Partial Nuclear Test Ban Treaty signed by President John F. Kennedy and British and Soviet leaders in 1963.

The boat changed ownership several times as she traveled all over the Pacific and the Caribbean.



All Hands Aboard! The maiden voyage of the restored Golden Rule as the peace boat prepares to leave Humboldt Bay for San Diego in 2015: from left, Helen Jaccard of Seattle, Ed Fracker of King Salmon, skipper David Robson of Baltimore, Michael Gonzalez of Trinidad, first mate Jan Passion of San Diego, and Chuck DeWitt of Fairhaven. A. J. "Skip" Oliver photo.

How she ended up in Humboldt Bay and sank in a storm is another story. But after she was rescued, she once again became a cause célèbre for local Quakers, veterans, peace activists and boat people.

Eureka's chapter of Veterans For Peace led the five-year, \$400,000 restoration effort. Volunteers — including both veterans and seniors — did the work, and also are sailing her again, educating people up and down the West Coast on the importance of a nuclear-free world.

Chuck DeWitt, 72, of Fairhaven and Helen Jaccard, 62, of Seattle both dove into the project, DeWitt as restoration coordinator, and Jaccard as project manager.

DeWitt worked on the boat nearly every day for five years. "It has been a labor of love," he said. "I feel very satisfied to have helped the Golden Rule continue her mission for a peaceful world."

Jaccard says she just wanted to help out with sanding, painting and varnishing, but was chosen to crew on the restored Golden Rule's maiden voyage and then became project manager. "It is an incredible honor to be part of this project," she said. "Ever since I was a child, I have been passionate about ending the possibility of nuclear war. Now I have found a way to make a difference."

Leroy Zerlang, 56, of Zerlang & Zerlang Marine Services, pulled the Golden Rule from the bottom of Humboldt Bay in 2011 and helped with the restoration at his Samoa boatyard. When the refurbished ketch splashed back into the Bay in June 2015, the last living member of the original 1958



The Veterans for Peace cruise the Golden Rule past U.S. Navy warships during Fleet Week 2016 in Portland. Helen Jaccard photo.

crew, Orion Sherwood, 84, traveled in a motorhome with his wife from their home in Salt Lake City to help with the Golden Rule rechristening.

Dozens of other seniors, from Humboldt County, the Pacific Northwest and as far away as Ohio, pitched in to refloat the Golden Rule. Since 2015, the ship and a rotating crew have visited more than 40 cities from San Diego to Victoria, British Columbia, joining Physicians for Social Responsibility, Nuclear Age Peace Foundation, and Ground Zero Center for Nonviolent Action in speaking out about the dangers of nuclear weapons.

Find out more about the Golden Rule's history and 2017 West Coast sailing schedule at www.vfpgoldenruleproject.org.

Gerry Condon, 70, of San Mateo, serves on the national board of directors of Veterans For Peace, and heads the Golden Rule Committee.

Senior Art Show

The Area 1 Agency on Aging will show off the artistic talents of local seniors at the opening night of its 5th Annual “Being Here Now” Senior Art Show, Saturday, May 6, at 6 p.m.

Artists may submit their work to be considered as part of the juried art show as late as Friday, April 28, at 4 p.m. The entry fee for each submission is \$15.

Works compete for cash prizes of \$100, \$150 and \$200.

The show will run from May 1 through June 30 at the A1AA offices, 437 7th St., Eureka. All proceeds benefit the agency and The Ink People.

Businesses interested in joining community sponsors of the senior art show should contact Suzy Smith at A1AA, 442-3763, x224. For more information, see www.a1aa.org/events/5th-annual-being-here-now-art-show.

Peace Boat Dinner

The Veterans for Peace will hold a fundraising dinner for the Golden Rule peace boat, Sunday, May 21, 4-8 p.m. at the Wharfinger Building, 1 Marina Way, Eureka. The event will include a dinner of tri-tip and oysters, a silent auction and a short presentation on the Golden Rule’s mission. Call Courtney Graham or Leroy Zerlang for information, 443-5180.

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To learn how you can touch the lives of others by including your favorite charity in your will or estate plan, contact an attorney, financial advisor or LEAVE A LEGACY Humboldt at (707) 267-9922.



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“Sweater, n.: garment worn by child when its mother is feeling chilly.”

—Ambrose Bierce, writer

Letters to the Editor

'A VERY INFERIOR ISSUE'

To the Editor:

I would like to comment on the April 2017 issue of Senior News. I have been reading Senior News for years and was disappointed to see it contained an obvious political slant. The theme of this issue concerns activism and volunteerism, and while the term social activism does not in itself identify with Left- or Right-leaning partisan politics, it's most often applied to political activity on the Left, so we've come to know social activism as a buzz word of the Left. While the Right engages in a type of social activism of its own, no mention of this activity was made in the April issue.

Editor Ted Pease, who describes himself as an "activist" on pg. 20 in the footnote [sic], should be more circumspect about his personal beliefs if he doesn't want to be seen as a dilettante editor. In my experience, activists and advocates don't make the best editors because their strong opinions get in the way of objectivity. In his editorial on pg. 2, Pease exhorts readers to "get involved" and compares his role of editor to a "cheerleader" to push for activism; but his type of activism is in alignment with those he interviews, who all seek to negate political rivals while promoting Statism. Had a liberal won the presidency in the last election, I'm guessing that Pease would see no reason to play cheerleader since, as we know, all social injustices magically disappear under liberal presidencies. Now that Pease has given himself a moniker (cheerleader), are we to expect his role as stirrer of the pot to expand?

Comparing social activism to volunteerism is, in my opinion, a bit of a stretch. Let's try to be clear on our definitions: volunteering is the act of selflessly providing a much needed service at no cost, whereas social activism is another word for political activism that caters to those of a certain mind-set. No tangible goods or services are rendered in performing social activism even if the activity engenders pleasant feelings and builds camaraderie [sic]. Also, keep in mind that many activists get paid to garner signatures and to attend organized protests. Organizations that fund such activities include the Open Society Institute, Advancement Project, All of Us or None, Alliance for Justice, America Votes, to mention only a few. Activism in today's world is highly funded and very organized. Unlike selfless volunteering, activism is about gaining power and is motivated by intense dislike of the opposition and fueled by disinformation in the press. I'm concerned that there is an element of this negative energy fomenting at the Humboldt Senior Resource Center. Also, I'm wondering if Senior News will devolve into another political rag like the Northcoast Journal [sic] that serves only a select segment of the population.

Let's look at who's reading Sr. News: About 70 percent of the voting population in Humboldt County are [sic] registered as either Democrats or members of the Green Party, leaving at least 30 percent to Republicans and conservatives. In other words, this issue ignored at least 30 percent of your readership, and some of those in the 30 percentile advertise in the Senior News. Doesn't it make better business sense to shoot for 100 percent of the reading population? Well then, be more mindful of your audience and don't forget that a lot of people are not interested in politics.

I am a former news reporter and editor, but it doesn't take writing and edit-

ing experience to know Senior News produced a very inferior issue. As editor, your first duty is to present a diverse yet balanced record of the times without adding your own personal spin. Let's not further polarize the local senior community with your personal views on politics. Thanks for your time, and please see that all concerned parties receive a copy of my letter.

—**R. Edson**, Eureka

*The Editor responds: Senior News is glad and interested to hear R. Edson's views, though we wish the writer had included a phone number or accurate return address so we could pursue some of these points in greater detail. Our letter sent to R. Edson at the Eureka address provided was returned as undeliverable. Still, we publish the letter because we believe it raises interesting points, and everyone has a right to an opinion. We want to know if Senior News fails its readers. We invite R. Edson and others to suggest "Right-leaning" social activist groups that we might cover. —**T. Pease***

SUPPORT HEALTHY CALIFORNIA

To the Editor:

President Trump and the GOP are planning to resurrect their bill to replace the Affordable Care Act with something even worse. However, we have the opportunity to lead the way and pass the Healthy California Act SB 562 this year.

The Healthy California Act, sponsored by Sens. Ricardo Lara and Toni G. Atkins, will guarantee comprehensive health care for all residents. It is like Medicare for all, but would also include vision and dental coverage, eliminate co-pays for Medicare Part B, and reduce prescription drug costs.

Under the bill, all individuals will have free choice of licensed health professionals and services. Covered benefits would include services to keep people healthy, as well as services to diagnose and treat diseases. In addition to emergency services, surgeries and hospital stays, services such as home health care, day care and hospice are covered.

The Healthy California Act has been crafted to provide a single high standard of safe, therapeutic care for all California residents in a financially sustainable manner.

To learn all about the Healthy California Act SB 562, come to the Single-Payer Town Hall at the Labor Temple, 840 E. Street, Eureka on April 30, 1-2:30 p.m., hosted by Courageous Resistance-Humboldt County and the California Nurses Association. There will be a short film, presentations by health-care professionals and ample time for questions and answers.

—**Veronica Chapman**, Eureka
Courageous Resistance-Humboldt County

COMING ATTRACTIONS

June's Senior News: Humboldt Then & Now

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