



# THE CHERRY PIT

## A BROAD RANGE OF INTERESTS

When Clara LaMarche said she had a broad range of interests, she was being conservative.



The eldest of five, Clara was born in Hibbing, Minnesota, iron mining country. Following high school, she joined the Air Force for two years and was trained as a medical laboratory technician. Stationed at Selfridge Air Force Base, Michigan, she met her husband Jay, an Army Corpsman, while they were both serving on KP! They married in 1960 at Selfridge and six months later Jay was

sent to Korea. Clara continued as a lab tech until Jay's return whereupon he was stationed in Milwaukee, Wisconsin; she joined him there as he continued his service obligation.

When Jay was discharged, the couple took a three month tour through Europe, hitchhiking, cycling and staying at hostels. Jay's knowledge of German and French was a great aid to the enjoyable trip. On their return to Wisconsin, they both enrolled in the University of Wisconsin, Clara in Biology and Jay in Urban Affairs. Clara continued to support the family, which now included their son Roger.

Upon graduation, Jay was offered a job with the Commerce Department in Washington DC, so they moved to Alexandria, Virginia. Daughter Cynthia ("Thia") was born there and two years later Clara enrolled at the University of Maryland, College Park, to complete her degree.

On graduation she was offered a job writing Environmental Impact Statements and Assessments for the states of Virginia, Maryland, North Carolina and South Carolina, and the Army Corps of Engineers. It was a great job; she spent most of her time out in the field -- Chesapeake Bay and the outer banks of the Carolinas, interviewing people, evaluating sites, the water, flora and fauna and potential impacts, checking on the progress of the various permits, comparing maps to the proposed project, and then writing up the reports.

*(continued on page 2)*

In 1974 Jay was considering several jobs for which he had been requested to interview in Portland and Seattle. Clara had decided she wanted to work for the EPA and wanted Jay to move west, so she applied to Lewis and Clark Northwestern School of Law and was accepted. The plan was for Jay to settle affairs in DC and then join Clara with the children.

In 1975 she joined the National Guard, trained as an MP and was soon a platoon leader. When it looked like combat duty was a high probability, she transferred to the Army Reserve, back to lab work and two years of school, retiring from the Army Reserve in December 1999.

Meanwhile, in 1976, Jay brought the children to Oregon and helped them get settled, but decided he preferred staying in DC. Clara graduated from Lewis & Clark in 1978, passed the bar and in private practice, did Criminal Defense and Domestic Relations, worked for two years with the Public Defender in Pendleton and later joined Legal Aid.

Of necessity she became a legal guardian of her grandson Joseph in 2004 sharing the joy and responsibility with his maternal grandfather and resigned from the Bar in 2007.

In 2019, when she no longer wanted to maintain a home, she moved to CherryWood with her three-legged Yorkie, Bitsy Little Bear. She continues with support groups, church and other volunteer work, so hasn't had time to get involved in activities here yet.

A broad range of interests indeed!

*Shirley Eggiman, Greens*



**Editor's Note:** We are seeking a resident who would be interested in joining our small Cherry Pit staff. We would like to add a reporter who enjoys meeting other residents, interviewing them and writing their stories for publication. This would require a few hours a month or just occasionally. The job description is flexible. See Joan Walborn or another staff member if interested.



While we love animals, we all have friends who have to love them from afar. The theater is a small enclosed space, allowing animals in there can cause a health emergency for anyone who may be sensitive or allergic to pet dander. Going forward, unless it is a service animal, let's all partner together and leave our pet at home during events in the theater. If you have any questions or concerns, please see Elizabeth or Ole regarding this. Thank you for your understanding and partnership.

*Vitality*



Stability and predictability are a necessity in Senior Housing. Many residents long for things to stay the same and voice the challenges of change. I have learned here at CherryWood that any change will be inconvenient for someone at any given time. I find myself in a very difficult position because I am held to a mandate given by our vision statement indicating "We will redefine what it means to retire through continuous innovation and exceeding expectations". With that being said, I am not ignorant to all the opportunities that surround us that could be improved and addressed.

One of the areas in 2019 that was identified was the Vitality Center and dehumidifier, a true fixture of CherryWood Village. Much thought and preparation was put into this project, but clearly it was not enough, as our opening date continues to move forward, inconveniencing all of you. I am sincerely sorry for this inconvenience and hope that you will accept my apology. If only a project of this magnitude would go as smoothly as we had planned, with firm deadlines and immaculate equipment that could have no error. Unfortunately, as you all know, this was not the case and we ran into equipment, contractor and city planning challenges. I am pleased to say that Generations has done everything they can to expedite this process and, as usual, attempt to exceed expectations for you and your families. I am excited to see the Vitality Center and pool come back to life and bless you all.

Thank you for your understanding and patience,

Ole Lindbo

Senior Executive Director



**CHAPLAIN'S CORNER:** "If you wait for the perfect moment when all is safe and assured, it may never arrive. Mountains will not be climbed, races won, or lasting happiness achieved." (Maurice Chevalier)                      "Don't forget to live every day!" (Chaplain Mick)

**Generations Family foundation (GFF)** Have you tried using the Smile.Amazon.com for your orders so you can donate funds to the GFF? You can even put an icon on your computer screen to make it easy to log on. Watch next month for more information on how many people have been helped through this very generous fund founded by our parent company, Generations LLC. This fund is for residents and staff. Applications are available through the HR office.

*GFF Team*

*From your Dining Services Committee...* Innovation is the key word for some things happening in our dining room. Shadow is planning to start a “host” program in the VSG dining room only on Monday, February 3<sup>rd</sup> at 4:45 P.M. and continue through the dinner hour. This will allow residents and guests to be seated at a clean table. It will also help in ensuring that not everyone fills up one section and will cut down on your wait time. The host will be delivering to go orders from 4:00 to 4:45 and this will also assist the wait staff and residents/guests. If you want to sit at a certain table or be served by your choice of wait staff, this will be accommodated but could lengthen your wait time. The round “women’s table” will continue, as well as the Thursday “newcomers table” at noon. Shadow is also planning to have a monthly Dining Services presentation in early February aimed principally for new residents but current residents are welcome to attend as well. Stay tuned for more information on the location of the “host”.

*Another bit of information from the DSC,* We are including a resident from the Royal Anne Assisted Living side to represent those residents. Erwin appreciates this opportunity to bring their concerns. He used to live with his wife in the Independent Living side but, as some of us have to do, moved so he could have some assistance with care for his wife. Welcome aboard Erwin!

*And...* Are you looking for a good gluten and sodium free vegetarian entrée? Try the stir-fry, substitute quinoa for rice, and leave the sauce off to eliminate the salt. Quinoa is a great source of protein.

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**Warding off the Winter Blues:**

Winter is here and as the temperatures drop and the rain sets in, it can become more challenging to stay healthy and active. Seniors can be especially prone to the “winter blues,” so it’s more important than ever to be mindful of your habits and mood during the colder months. Exercise is a proven mood booster, and eating healthy can help you feel strong enough to fight off those winter colds. A breath of fresh air can offer a nice oxygen boost, but be sure to dress warmly before heading outside. Fortunately for us in the Pacific Northwest, Spring comes early! In the meantime, don’t forget to take advantage of the supportive healing services available in the Health Services Room – from massage to acupuncture to hand and foot reflexology.

**CHERRY PIT HEALTH TIP** provided by Liz Howell, Reflexologist.  
 Services by appointment at CherryWood. Contact Liz at 503.888.5064.

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**Pens, pens and more pens...**If you have extra pens and do not know how to recycle them, donate them to the VSG dining room staff. Drop them off at the front desk, please.

## **REPORT OF THE BOARD OF DIRECTORS by Mike Sands, Vice President**

With President Claudio Lima temporarily incapacitated, Vice President Mike Sands will make the report:

The new Resident Council Board of Directors met for the first time on January 9. The new officers are Claudio Lima, President; Mike Sands, Vice President; Diana Fell, Secretary; and Forrest Robertson, Treasurer. The Board also consists of the chairs of the standing committees: Dining Services – Judy Keiper, Environment – Pat Murphy, Finance – Forrest Robertson, Library – Ann Warner, and Workshop – Bill Calder. Many of these committees would benefit from additional members, so if you have an interest in serving on any of them, please contact the chair or any of the officers.

Karl Brower has long been the chair of the CherryWood Ambassadors. He has some ideas for improving the program. The Board had some additional ideas. The matter was referred to the Vice President for investigation and report back at the February meeting.

Executive Director Ole Lindbo raised the issue of emergency preparedness. He pointed out that all those in Independent Living must prepare themselves for an emergency such as fire or earthquake. He believes that we should have a committee to plan for such emergencies. The matter was referred back to the President for investigation and report.

Forrest raised the issue of having CherryWood Village qualify as a 501(c)(3) corporation so that those members in Independent Living who contribute to the Employee Appreciation Fund can take a deduction on their federal tax return. He will investigate and report back to the Board.

The next meeting will be on February 13 at 9:45 in the Board Room.



Residents, do you have relatives and/or other guests that come from out-of-town to visit you? If so, and all CherryWood guest rooms are reserved, try this:

A very spacious and beautiful basement AirBandB where no luxury amenities have been spared, sleeps up to four, and is within short and easy driving distance from CherryWood. Its name is Mid Mod Prescott Pad and is available at [www.airbnb.com/rooms/18603330](http://www.airbnb.com/rooms/18603330)

Pictures are posted on the message board between Marketing and The Vault.

Bryn Farci, the owner, is the daughter of Mac and Murrel McDougal who live in The Greens.



## MARY ALICE PULS, a remarkable woman

CWV Orchards: February 2007

Royal Anne: October 2017

Not too long ago I finished a book entitled “The Woman Who Smashed Codes” by Jason Fagone. “Wow”, I said to myself, “we have our very own code smasher right here at CherryWood!” Her name is Mary Alice Puls and her story was featured in the April 2009 edition of the Cherry Pit.

You can see a picture of 20 year old Mary Alice on our Veterans wall. She is now 95 and as spunky as ever.

The story of Mary Alice in the Cherry Pit reads like the book mentioned above: Born Mary Alice Wimbrow, she joined the WAVES after graduating from Hood College in Frederick, Maryland. She had to wait until she was 20 to join the Navy because her father wouldn’t sign for her when she tried earlier. She told me that when she got sworn into the WAVES, she had to stand in line for a uniform, a hat and stockings. She thought she was getting silk stockings, but they turned out to be cotton and she had to keep the seams straight.

Here are excerpts from the 2009 story of her Naval career:

“She was assigned to Hunter College in New York City to work as a decoder. She started classes immediately with lessons in Naval History, Ship and Airplane Identification, and decoding. She was Specialist Q3 Class, Cryptographer in Special Services, Washington DC, WAVE Barracks D.

The decoding project was held in a small locked room and was top secret with no talking after they began working on the machines....Her unit broke one of the codes and she and her colleagues received a Unit Citation for this—an honor of which to be proud.

After the war Mary Alice came to Oregon to visit a friend in Forest Grove. She stayed on and completed her advanced education, became a teacher, married the brother of her friend, and lived a world away from her job as Specialist Q3 Class.” *Written by Phyllis Moore*

Mary Alice goes to the gym twice daily; once after breakfast and again after lunch and she does 30 minutes on the NuStep each time. “I’m not going to sit around and be a fat pumpkin.”

*Donna Winkler — Royal Anne resident*

**CLASSIFIED ADS** and other important info

**NEEDED** – Items for the Cherry Pit. Poetry and prose pieces written by residents are encouraged. Hand them in at the Front Desk and ask that they be placed in the Cherry Pit wall file. Leave classified ads, stories under 400 words, letters, recipes, jokes, puzzles, etc. for Joan Walborn. Deadline for ads for the March issue is 3pm Monday, Feb. 24<sup>th</sup>.

**ITEMS NEEDED BY PACS** (Portland Adventist Community Service)

Toilet paper, toothpaste, toothbrushes, shampoo, soap  
and cartons for 12 or 18 eggs.

Contributions may be left outside Chaplain Mick's office door.

Louise Varley would like ladies interested in playing **Pool (Billiards)** to call her at 503-327-8022.

**Audrey Sorg** – Do you remember her? She lived at CherryWood for several years and at The Gardens for the last three years. She now lives at Whitewood Gardens and I know would appreciate a card from you:

Audrey Sorg  
2027 SE 174<sup>th</sup> Ave.  
Room 1  
Portland, OR 97233

**Want to buy: A variety of all wool worsted weight yarn.** If you have part of a skein, I want to verify it's the correct weight. Lauralee Ware. 503-899-9855

**A women's white vest** was left in the Community Room on January 28. Please return it to the Front Desk.

**Can anyone help me** post things on Ancestry.com or lookup information? I don't have a log in, but can get one, once I start to know what I'm doing. Judy Mazik, [jd mazik@comcast.net](mailto:jd mazik@comcast.net), 971-271-7059.

CWV T- shirt Spirit Days are February 10<sup>th</sup> & 25<sup>th</sup>.

**WOODY'S WISDOM**

When you are dissatisfied and would like to  
go back to youth, think of algebra.

**WELCOME, NEW RESIDENTS**

Helmi Birchfield, Orchards 208  
Cynthia Elspas, Royal Anne 104  
Dennis & Sandi Calkins, RA 117  
Ben Gruetter, Royal Anne 127  
Blain Hendrickson, Royal Anne 247  
Reva Miller, Orchards 319  
Paul Schulz, Orchards 323  
Vivian Starbuck, Royal Anne 221

**CHERRY PIT  
Staff**

Joan Walborn, Editor  
Karen Arendt, Proofreader  
Shirley Eggiman, Reporter  
Susan Howard, Art Editor

The purpose of the Cherry Pit is to get news to the residents, furnish some entertainment, provide little-known facts of CherryWood, and have fun.

Deadline for ads for next issue is 3pm on 4<sup>th</sup> Monday of the month.

*The pit is the heart  
of the cherry.*

**IN MEMORIAM**

Teena Ainslie, Royal Anne  
Markie Brown, Wynridge  
Harlen Burton, Orchards  
John (Smokey) Gentry, Royal Anne

