



THE CHERRY PIT

LAUGHTER SMOOTHS THE WAY



Judy & Ed Ibbotson

When I think of Judy Ibbotson, I immediately think of laughter – laughter when she greets people in the hallways and especially during the bi-weekly exercise sessions. While I’m glaring behind my mask at the instructor (either Jen or Jessica) after she demonstrates an exercise, thinking ‘You want me to do what?’, Judy is doing whatever the contortion is, while helping her husband Ed do it. And she’s laughing. I’m guessing that must have been how she’s coped with all the moving around and adapting she’s had to do as the

wife of a career Air Force officer.

Ed and Judy grew up together in Montpelier, Ohio which is in the northwest corner of the state.

In 1961 Ed graduated from Bowling Green State University with a degree in geology. He joined the Air Force as a lieutenant and went to Texas for basic training. The couple married in 1963 and moved to Vandenberg Air Force Base near Lompoc, California. (Vandenberg is currently a US Space Force Base). Ed was in the 576 Strategic Missile Squadron. Their son, Eric, was born in 1966 while they were at Vandenberg.

Next they moved to Dayton, Ohio where Ed earned his MS degree in Systems Analysis from the Air Force Institute of Technology at the Wright Patterson Air Force Base. He was then deployed for a year to Thailand while Judy and Eric stayed in Dayton.

After returning from Thailand, following the Vietnam conflict, Ed was assigned to the Directorate of Operations at the Pentagon for four years. Their daughter Karen was born in 1971 at Fort Belvoir, Virginia. *(continued on page 2)*

There is a picture on the wall outside Judy and Ed's apartment of the Belgium Mons open market. Ed was assigned to NATO SHAPE, Supreme Headquarters Allied Powers Europe, from 1975 to 1978. He was military assistant to the scientific advisor of SACEUR. He also attended school in Germany. The entire family took the troop train through East Germany to Berlin. The train was sealed off because east and west Germany were still separated at that time.

They had shipped their VW bug to Europe and they used this opportunity to travel as much as possible, the kids bouncing around in the back seat. They travelled to France, Holland, Venice, Naples, Pompeii, England and Scotland. In Scotland they visited so many castles that their son Eric started complaining, "No more castles."

From 1983-1987 Ed was stationed at Eglin Tactical Warfare Center in the Florida panhandle. During that time Judy worked at her daughter's school in the lunchroom, and she also led her daughter's Girl Scout Troop.

Their last move was back to California to the Air Force Rocket Lab at Edwards Air Force Base from 1983 to 1987. In 1987 Ed retired as a Lieutenant Colonel with 26 years of service. They bought a house in Lancaster, and Ed worked for Sparta Technical Services for 26 years. Judy volunteered as a buyer at the gift shop of a hospital and also worked in the hospital thrift store.

During that time they took many cruises to Alaska and Hawaii with extended family and friends.

Through their son Eric, the couple has a grandson and two great grandchildren, and their daughter Karen has given them two granddaughters.

Karen and her family had moved to Portland. After visiting their daughter several times, Ed and Judy decided to sell their house in Lancaster to their son and moved here in late 2019.

They love it here at Cherrywood.

Janet Sciolaro, Wynridge 208



Hints from the Environment Committee -

Things to **NOT** put in a garbage disposal:

- Coffee grounds • Pasta, rice, bread • Animal bones • Nuts and shells
- Pits and seeds • Onion layers • Egg shells • Grease, oil, and fats
- Fibrous or stringy fruits and vegetables • Potato peels • Non-food materials



Tightrope by

Nicholas D. Kristof & Sheryl WuDunn

Kristof and wife WuDunn write about the state of the U.S. economy by focusing on the story of the people in the community surrounding the small town of Yamhill, Oregon, where Nicholas Kristof grew up with most of the people featured in the book. Most of the people rode the same school bus, and have been friends since. Most of them were initially successful in getting jobs in the local community. Kristof, however went on to higher education and to a successful career as a writer journalist in New York City. As the years progressed, however, and the U.S. economy began to change, jobs became sporadic or lost, and many of Kristof's friends drifted towards alcoholism, drugs, suicide, domestic violence, etc. Kristof, who lives and works out of NYC, still retains the family farm and often visits Yamhill to look after the new direction of the farm, apples and grapes, cider and wine, and often visits with his remaining boyhood friends.

The book was first published in early 2020, just before the pandemic began, and was republished September 2020 in paperback.

Near the end of the book, Kristof and WuDunn offer a set of proposals to correct the situation. Whether these proposals will be valid in these post-pandemic times should be subject for discussion.

Dick Sakurai, Gardens 210



CHAPLAIN MICK'S CORNER

An Easter Song

Low in the grave He lay –
Jesus, my Savior!
Waiting the coming day –
Jesus, my Lord.
Up from the grave He arose,
With a mighty triumph o'er his foes.
He arose a victor from the dark domain,
And He lives forever with His saints to reign.
He arose! He arose!
Hallelujah! Christ arose!
by Robert Lowry

Dear Fellow Gardeners and Residents,

I am writing to you all to propose an idea of using recycled materials from our facility to help with our gardens. I got the idea of re-using materials to start new life from an experience in my youth.

When I was a young girl, my family were homesteaders and we had to find ways to create food and bounty that could sustain our needs. My mom and I would spend time punching holes in shucked oyster shells. We would string the oyster shells up on a six foot long heavy wire as full as we could stack them. We would then sell the strung oyster shells to the local oyster farmers. The oyster farmers would hang the lines across the water and during high tide the oyster shells would be covered entirely by the water. This allows new oysters to form and grow on the old shells. It is a unique process that occurs naturally from the live oysters in the water below.

This memory of punching holes helped give me the idea for using recycled planters to plant our spring seeds. I started to collect a small pile of the take out soup cups from CherryWood's kitchen. I realized by punching holes in the bottom of these soup cups, we could re-use and recycle these cups to act as small planters for seedlings.

I am proposing that our garden club and/or other interested parties participate in this environmentally friendly and recycling endeavor. I am open to other ideas and further development of this idea. If anyone would be interested in participating in this or working on other opportunities, please feel free to reach out to me. Maybe we can also share interest with the Vitality department in learning more and growing in this area of environmentally friendly practices.

Happy Gardening and warm wishes, Margaret Boling, 503-327-8111, Royal Anne 222



CherryWood and "Cherry Pit"

That sounds so very cheery!

So get the corners of your mouth turned up

No more feeling dreary!

If God can make a cherry

Starting with a pit,

How much more does He love us

We never should forget!

Norma Patterson, Cottage 1422D

From the desk of Mike Sands, acting President:

I am sorry to report that Claudio's health problems have not mitigated, and he has resigned his position as President. As a result I will now be the acting President for the remainder of the year. I know we all send him best wishes for a speedy recovery.

On a happier note, Pam Cogswell, a resident of Gardens, has agreed to serve as Secretary on the Resident Council. Thank you, Pam, for taking on this important position. And kudos to Judy Keiper for filling in as acting Secretary for so long.

Last month I spoke about the Oregon Symphony. The Symphony has now announced a new permanent director, David Dansmayr of Austria, and published a complete schedule for the 2021-2022 season. All those who subscribed last year should have received a schedule in the mail. Anyone wanting a schedule should call 503-228-1353. If enough residents sign up, I believe that Vitality will provide transportation to and from the Sunday afternoon concerts.

The question I am asked most often is: "When will the pool be reopened?" There is no longer a governmental restriction against opening. Unfortunately, however, the broken water pipe caused extensive damage. At this time there is no estimate of when the repairs will be completed, but the administration assures me that it is a top priority.



Excerpts from a letter written by our Senior Executive Director, John Goodwin and Generations VP of Operations, Therese Achatz – Dining Services Committee

Our vision is to have a culinary experience that makes you proud to call CherryWood your home. Food is what brings people together. As we look to 2021 with optimism and hope, we envision a full, lively dining room where you are excited to host your family and friends. The state and county will direct the timing, but we are certain it is ahead. To meet that vision, we are taking important steps to improve and enhance our current program. These are some of the ways we will do this:

- Variety and menu rotation, allowances for dietary restrictions, food quality, vegetarian choices, substitutions, and reliance on national vendors like Sysco versus local products.
- Added red Lentil soup with spinach, Borscht soup, more corn as a vegetable option and a new vegetarian dish featuring rice & lentils with almonds. More recently new vegetarian entrees have been added using recipes suggested by residents, and prepared without meat substitutes.
- Chef is currently going through our entire menu and making changes with the goal of eliminating repeating items in our menu rotation.

(to be continued next month)



If you are a parent, you know the joy of watching your child take her or his first steps. Wobbly at first, many a fall and loss of balance, but soon confidence sets in and you can barely keep up.

Let's put that example on this organization's dining room services.

After going through a solid year of eating alone, or not eating at a table but in our laps, in an easy chair, eating out of Styrofoam boxes, having the food becoming cold before it ever reached us, we must shout "hooray" at the new dining room and its startup.

What a joy to have our favorite foods come to us looking like we just entered a fine restaurant. The food is the proper temperature and it is graciously served by our very own wait staff. We can even get a little something extra if we find that our beverage has run out, or if we forgot to ask for a side dish. Add on to that the famous ice cream dessert offering and we are on a roll (no pun intended). We can even remove our masks while we eat!!

Yes, there are things that can be improved or moved away, starting with the Plexiglas dividers. My tablemate and I are unable to speak to each other because of them. The dining room has enclosed walls that run up to the ceiling where the sound carries from one side to the other or goes up as high as the second floor.

Yes, there is a need for assigned seating, but this writer is not a fan of it. It would be nice if those who want or need assigned seating should get it and the residents who don't want it could float and sit with others eating alone if there are seats are available.

The dining hours are a bit tight for many of the residents. It would be great if both sides could sit in the room at the same time and their hours were extended so the second floor residents could keep medical and other appointments more easily. In many cases the appointment is not always easy to change and then the resident must go without eating.

Having said all this, I am confident that our administration will work through the glitches and improve on what has started out as a really wonderful interlude to our day.

Bravo to our Chef Adrian who has seen to it that our food is fitting more and more to our individual preferences. Bon Appetit and good wishes as we get to the other two meals of the day.

Donna Winkler – Royal Anne Resident



NEEDED – Items for the Cherry Pit. Any poetry, prose pieces fewer than 400 words, classified ads, stories, letters, recipes, jokes, puzzles, etc. **must include your name and telephone number** in case we need additional information. Hand items in at the Front Desk and ask that they be forwarded to Editor Joan Walborn. Deadline for small ads for the May issue is 3pm Monday, April 24th.



Editor's Note: The Village Square Restaurant has re-opened once again. Currently, each building and the Cottages have specific days – every three days –when you can join your neighbor for a meal and enjoy some social interaction while you dine. What I appreciate is that, on the days when the evening meal is delivered after 6pm, I can now reserve an earlier time for my dining room meals.



Many months ago someone lent me a book titled:

The Nation's Hangar

I've had it too long; it wants to come home.

If you are the owner, please call 971-255-1115.

FOR SALE – TENA Pull ups – XL \$10 • TENA Diapers – L & XL \$10 •
TENA Overnight Pads - 48 per package \$15 • New Washable Chucks \$10. •
MARY 503-830-6882

FREE! Does your cat eat Petco Whole Hearted Chicken flavored dry cat food? I have an almost full open 12lb bag that's free to the first person who calls Joan at 503-327-8173. Bella Blue now eats a prescription diet.

CWV T-shirt Spirit Days are April 9th & 23rd

WELCOME NEW RESIDENTS

Richard & Carol Lasko, Orchards 411
Roger & Carol Rutherford, Orchards 427
Mike & Shirley Schrunck, Cottage 1404A
Annah Wilson, Orchards 212

CherryWood Direct Lines

Front Desk: 503-546-7917

Cherry Delight Café: 503-546-7947

Vitality Desk: 503-546-7924

Hair & Nail Salon: 503-946-0227

Carrie, Nail Salon: 971-295-9279

**CHERRY PIT
Staff**

Joan Walborn, Editor
Karen Arendt, Proofreader
Susan Howard, Art Editor
Clara La Marche, Reporter
Janet Sciolaro, Reporter

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 the next issue
is 3pm on 4th Monday of the month.

*The pit is the heart
of the cherry.*

