



THE CHERRY PIT

A “TEN-TALENT” LADY



Walking into **Fran Shultz’s** apartment is like entering a kaleidoscope. Every shelf and space displays her varied interests.

Four knitting machines fill part of the living room, beautiful hand-knit items are on the table and a keyboard is on one wall. Her piano teacher appreciates her faithfulness in showing up for lessons, though Fran claims she is not excelling yet. If it is the same as her other activities, I suspect she will do very well.

A native Portlander, Fran graduated from Madison High School and then entered the Army in the medical field, gaining an education equal to an LPN. For ten years she served in military hospitals in Alabama, Texas, Kansas, California, Indiana, Alaska, Germany and then back to Ft. Lewis, Washington.

She met her husband, also a medical worker, in Germany.

They were married here in Portland and after she retired, she attended PCC on the GI Bill, and received her associate degree in offset printing – a complete switch in occupations. In 1982 she was hired by the college and worked in their printing center for 37 years. By 2007, she moved into working with computers and Xerox machines as they had supplanted previous methods of printing.

She has one child, a daughter, who is a librarian in a town near Omaha, Nebraska. At the time of our meeting, she was planning a trip to visit her and teach an adult education class on making personal journals. The example she showed me was a very attractive hand-done little book.

Several charities benefit from her works: She makes quilts for the needy, day shelters are given attractive pillow cases for personal belongings, and she knits mini bird nests for a bird rescue society! Only one project is done for profit:

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knit dish cloths, which she sells at her church's craft fair, and she has had a table here at CherryWood for our Christmas Fair. Like everything else she makes, these look like they would earn a blue ribbon at any fair.

Travel has not had a high priority in her life, having done so much of it in the Army, but in 2007 she did make a pilgrimage with a group to Assisi, Italy, following in the footsteps of St. Clare and St. Francis of Assisi. She also serves at her church, Ascension Catholic, as a sacristan and altar server.

Fran moved to CherryWood a year ago, and not surprisingly, hasn't been very involved in activities here, but this very gifted, generous lady is certainly a joy to know. We wish her well in all her projects.

Shirley Eggiman, The Greens



A PUZZLING SITUATION: Susan Robertson and Judy Keiper are working on organizing the puzzles in the Community Room. We have finished going through the puzzles already donated. The second week in October we will start going from floor to floor in all buildings to gather the extra puzzles stacked at the end of each hall.

We are asking that if you want to keep a puzzle that is in that group, to please take it home with you. We also ask for those you leave out for us to gather, please Scotch tape them on two sides so the puzzle pieces do not get lost. Put the date on the back of the puzzle when it was completed. Thanks for marking how many pieces are missing.

We are sending extra puzzles to PACS via the Concierge's office. Thank you for your assistance in this project.

Susan and Judy



MAGICIAN DICK BARRY'S magic class. Join us at 2pm on Monday, October 21st in the Boardroom. Bring paper & pen for notes. OK to come and just watch, just don't tell.



MEN OF CHERRYWOOD VILLAGE (Residents and Employees)

You are cordially invited to a coffee and donut get together of all men at Cherrywood to introduce you to the non denominational Bible study/discussion group, Monday, Sept. 30th at 10am in the Board Room. We hope to see you there.

Letter to the Editor: Ole Lindbo's letter in the Cherry Pit about a sort-of food fight—I missed the pyrotechnics since my ears took early retirement—over absent and wasted food got me thinking about what I reckon is a big deal: Our little planet is damaged by wasted food, that is, if I am to believe scientists, which I do.

Those leftovers we take away in unrecyclable food containers—another pesky problem in need of discussing—intending to eat every bite, incline instead to slink far back in the fridge until a picky granddaughter shows up and yells, “What the heck stinks in here?” and starts meddling in the fridge, then scrapes all that moldy mess into the trash—which is quite a feat when she's holding her nose, but then she was a champion gymnast. Okay, I see those knowing nods, but hang on for some arithmetic: Multiply that waste by the 350 or so folks who eat around here—and don't forget to add leavings that go back to kitchen—and by the mass of humans around the metro area, then visualize all that food in one pile called a landfill and you've got an olfactory sensation of serious rot. Except for folks downwind, the real issue isn't stink: the rot produces methane, an evil greenhouse gas that makes our wobbly planet warm up and the ruin that foretells.

So what do we do if shrugging shoulders or snubbing scientists isn't okay? Our city takes this problem to heart. Quite a few folks save food scraps, trash haulers pick it up, it's processed, the methane captured and burned to make electricity, and the leftovers become fertilizer. Without asking a scientist, I think that's a pretty good idea. Of course, you must get it out of the back of the fridge and down to the processing plant, and there's the rub about which we residents and staff ought to get our heads together.

In the meantime a second best: disposers in our sinks. Yes, that noisemaker, if it's reliable, will grind those woebegone leftovers (except bones and teaspoons) into mush which heads to a treatment plant that also saves methane for electricity and potent stuff for farmers. Would you agree that's not a bad deal when all is said and done? Maybe our great grands will someday thank us for making a difference. I think it's plenty worth while to have a food fight or whatever it takes to make life better for them. (A word of caution: Before you run that grinder big time, visit with Benny or one of his elves to find out if it's up to the job. Some aren't, and I learned the hard way they don't like gloppy clogs.)

Well, I hope you agree that's some rotten food for thought, which doesn't sound quite right, but you get the idea, I hope.

James Anderson, Greens 513

BOOK REVIEW**UNSCRIPTED**

The Unpredictable Moments That Make Life Extraordinary

By Ernie Johnson, Jr.

I am not necessarily a big sports fan, but I think anyone would enjoy the account of his life by Ernie Johnson, Jr. Son of Ernie Sr, pitcher for the Milwaukee Braves and the Baltimore Orioles in the 1950's, he followed in his father's footsteps to become one of the most recognized voices in sports broadcasting. He is the popular host of TNT's "Inside the NBA".

Very happily married and a devoted family man, he and his wife, Cheryl, have six children, four of whom are adopted. The first was a nearly three year old boy from Romania, considered "no good" in that country. Autistic, he couldn't walk or speak, but Cheryl felt she could not live without knowing what happened to him, since abandonment is common. Their love and care for him is almost unbelievable, his progress was thrilling, and he became a positive influence to many. Next was a healthy six-month old girl from Paraguay. Then, in their fifties, they adopted two half-sisters, nine and ten, probably saving them from sex trafficking.

The courage of this couple is astounding, and it is heartwarming to view their faith in God as they reflect on their lives and see Him working out all this for good. Ernie was Catholic-school-educated and always had a basic faith in God, but came to a personal faith in Jesus Christ in mid-life. He and Cheryl grew to be strong in the faith, in Bible study, and in applying their new attitude to everything: Trust God. Period.

That faith was severely tested with a bout of cancer, chemotherapy and now remission. He has received many awards for his work, and any reader will find this book worth their while.

Shirley Eggiman, Greens

The CherryWood Lutheran service is growing, thanks to the residents who have been attending. We invite any interested persons to attend these services on the second Thursday of each month at 11:00 A.M. Pastor John Eggert from Holy Cross Lutheran Church is excited about the growth and is eager to minister to you.

Judy Keiper



WOODY'S WISDOM

Worrying works! More than 90 percent of the things I worry about never happen.

From the desk of the Vice-President:

The Casino Fun Event on September 15th was a great success. It was well attended; residents and guests had a unique opportunity to socialize, play different games plus have lots of fun. There were raffle articles including Trail Blazers tickets, dinner with Ole, theater tickets, flowers for 6 months and other baskets. The silent auction featured a basketball signed by Blazer players and an attractive original artwork by Cottages resident, Susan Howard. All of the proceeds will be turned in to the Employee Appreciation Fund, which is to be deservedly distributed to CherryWood Village staff members in December.

Shout out to all organizing committee members and administrative staff for contributing to achieve such a remarkable accomplishment. A very special shout out to all residents, family and guests who participated in this event. We look forward to the opportunity of providing additional funds to the EAF next year.

Claudio Lima



Wow! What a terrific Casino afternoon! It was a lot of fun, which we wanted everyone to have, and we were able to add \$2,752.02 into the Employee Appreciation Fund. On behalf of the committee, thank you for your participation. The employees are excited to receive our appreciation at their annual Christmas party. Thank you all for your participation at the event and helping support our staff. I also want to take this opportunity to thank the committee for their hard work and support. It takes a team effort to make something like this a success.

Judy Keiper, Committee Chair



The Adventist Hospital Volunteer Department needs your older magazines to put in the waiting rooms and Doctors' offices for people to read. After you are finished with your magazines just place them in the marked box inside the Vitality Center. Any magazines that are torn or have the label cut out cannot be used. **It's ok to black out your name.** For any questions call Forrest and Susan Robertson, 209-573-3009. Thanks to everyone donating.

Why and How GF

“Have you heard the one about..?” Recent jokes have made fun of people trying to order gluten free food from menus, and I have to confess to laughing at some of them.

But then, I got sick and suffered almost constant vertigo for nearly two years. After vestibular therapy sessions, keeping a food journal and medical tests, I learned that I have non-celiac gluten sensitivity.

In my body, gluten triggers migraines, and with the headache comes a condition called migraine-associated vertigo. There’s nothing funny about either migraine or vertigo.

I’ve met other CWV residents who have gluten sensitivity that affects them a bit differently. If you’re curious about gluten-related conditions, a reasonable source of information is https://en.m.wikipedia.org/wiki/Gluten-related_disorders. Ingesting gluten can be devastating for someone with celiac or other auto-immune disease.

Gluten is found naturally in wheat, barley and rye. It is a protein that, during the kneading process, converts the stickiness of bread batter into bread dough. Gluten is often sold in cans and added to salad dressings to “plump” them up and is sometimes used in frozen vegetarian foods for the same reason. Some products are labeled Gluten Free, but many are not.

Luckily, prices of GF products are declining. If you are trying to live gluten free, I can suggest several places to buy food. Trader Joe’s either on 82nd or on Halsey has the best selection and prices of GF bread. TJ’s brand of raisin bread and “everything” bagels are delicious.

WalMart on 82nd has a GF section with bread and also cookies like fig or dried fruit Newton’s and Oreos. Fred Meyer’s on 102nd carries several brands and choices of GF products on the regular food product shelves and in the health food section, where tasty graham cracker-like cookies and a section of Bob’s Red Mill products can be found.

Winco’s on 122nd has a number of GF offerings scattered throughout the store; even panko bread crumbs are available. Bob’s Red Mill offers the most reliable, tastiest and best-priced mixes that include those for waffles, cakes, muffins and brownies. Winco also has Franz bread and even GF deli meat in 1# packaging.

Please, let me know if you have questions about gluten-free living, and I’ll try to answer them here.

Ann Snodgrass

Jaetal25@gmail.com

Editor’s note: If you can’t use email to send Ann your questions, then give your questions to the front desk for the Cherry Pit wall file. Be sure Ann’s name is on the question. We’ll see that she gets them.

CLASSIFIED ADS

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. B.J. Nichols wants the original drawings and Martha McMinn can use book reviews. Leave classified ads, stories under 400 words, letters, brief recipes, jokes, puzzles, etc. for Joan Walborn.

Deadline for ads for the November issue is 3pm Monday, October 21st.

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.

BINGO

14	29	38	52	74
4	18	33	46	62
7	16	★	60	71
9	27	44	51	67
12	23	35	47	73

Needed: Bingo players. Wednesday evening from 6:30 pm till 7:30 pm.

\$1 for four (4) cards.

Also needed: Part time bingo callers, for once a week, month or more often, many options available. Call Karl Brower for more info 503-477-5589.



Needed: Pool players, amateur or pro or anything in between. We have two 9 foot tables and need more players. Scheduled game is on Monday, Wednesday and Friday from 1pm till 3pm. No fee. Call Karl for more info.

LEND: Anyone have a Halloween Costume they're willing to lend me for a party I'm going to at the end of October? Women's size 16 – call Judy, 971-271-7059.

CWV T- shirt Spirit Days are October 10th and 25th



The Generations Distinguished Service Awards (DSA) are held annually in recognition of exceptional performance, achievement, or demonstration of supreme qualities of character and culture so extraordinary as to set the individual Generations employee apart from his or her peers.

We know how much you appreciate our employees and want to celebrate them. This is a great way to do so. Please pick up a DSA nomination form today at the reception desks and submit it to the VSG Front Desk or to the HR Director, Olivia Peneyra. The deadline for 2019 DSA nominations is on December 31, 2019.

WELCOME, NEW RESIDENTS

Henry Barbe, Royal Anne 141
 Bobbi Chadney, Gardens 207
 Don & Charlotte Nordling, Orch 414
 Sunny Schurr, Greens 409
 Bonnie Ann Watkins, Royal Anne 250
 Lillian Wysong, Greens 301

IN MEMORIAM

Ruth Teichmer,
 former Greens resident

**CHERRY PIT
Staff**

Joan Walborn, Editor
 Karen Arendt, Proofreader
 Shirley Eggiman, Reporter
 Martha McMinn, Book Reviewer
 B.J. Nichols, 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 3rd Monday of the month.

*The pit is the heart
 of the cherry.*

