

skyline. new Snote. 9.16 Dale Matsui Satake,

Dale Matsui Satake, Gay Parker, and June Stark Casey show how to appreciate Fentons's while **Rick Steen** does a subdued milkshake.



It was an impressive gathering, and although **Don Schnarr** had to plug a meter, and the noise level was too much for **Randy Silver**, we managed to assemble, **Cynthia Young Harelson, Bobbi Lawler Feyerbrand, Diane Breen Helman, Doug Bartman, Dhyannis, Deana McLemore, Bruce Quan, Cheryl & Tom LaMarre, Gay Parker, Rick Steen, Melissa Silverman Willaby, Dale Matsui Satake, Barbara Uhlig Harbidge, Maureen Sarment, Dick Street, Marsha Standish, Richard Clarke, Gary Sommer, Neil Golden, Shayne Del Cohen, and June Stark Casey** for a pic! We were also joined by Chris Janowski and her friend, the LaMarre's granddaughter, Jeff/Emmy ('65) Fearn and, of course, Joaquin.

Thanks, all, for correcting my boo-boo:
Shayne, August is spelled AUGUST, not April.....
Take care, **Ken McCracken**

Susan Collins, Shirley Hay, Jessamine Gibbs, Elizabeth Nicholson (Beth Beeby), Melanie (Witts) Baltezare, Tom Stallard, Mark Kamena, Will Newman II,

I loved Fenton's . That was my favorite place and I still compare all milkshakes to Fentons (over 50 years ago) Have a good time. I won't be traveling to get there because I now live in Oklahoma. Thanks, **Linda Bulla**

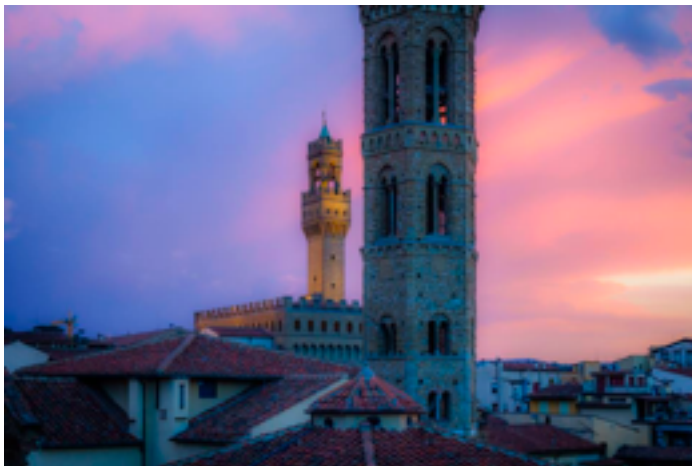
A grand tour of Cholesterol Land.....**Joel Kuechle**

There in spirit...which is calorie-free BTW..... **John Lyman**

Next Kasper Days: September 12 and 26.....12:30

Will Newman II Natural Harvest Farm:

We all are born into a landscape – physical, emotional, economic, spiritual – not of our choosing. We build on that landscape, we explore, we change what we can. But we can never fully escape, nor can we fully reshape, the landscape into which we were born. It is our gift, and our burden. What are we to do when the fundamental shape of that landscape offers us injustice or unfairness? – Kent Nerburn



Last evening in the Via del Proconsolo apartment that has served us so well for the past two years. We will miss its spectacular views, but look forward to living in our beautiful new flat near the Basilica of Santa Croce. **Bob Blesse**



[And in response to the earthquake:](#) Well, I still remember the earthquake of 1957 when the “Old Building” at Sequoia School started swaying and we dived under our desks. **Bob**

Barbara (Smith) Stott before retirement

[Woodland Police Department](#)

TBT-Throw Back

Thursday

Former Mayor and
current Councilmember

Tom Stallard along with
members of the
Woodland Police
Department from
sometime in the 1980's.



And **John Lyman** just throwing back

[Mary Wood](#) [The Book List Challenge and the Summer Grand Tour](#)

Guess what i majored in. I didn't count the ones i only saw the movie or Masterpiece Theatre. Truth is i prefer mysteries and fantasies and in my 20's and 30's i devoured Harlequin Romances. I didn't.

[The+Book+List+Challenge.+I've+read+74+of+100+books+on+this+list.+How+many+have+you+read?](#)

Due to having deleted a laboriously composed email typed with one finger these emails are 2 days behind the Facebook postings. Which means you may get a call from me when I return home saying hi I'm back & an email saying I'm at the Space Needle.

So on to the Olympic Peninsula rainforest which I have wanted to see since I saw it on the X-files. It is also where the Twilight movies were filmed so the souvenir signs on stores in the forest say "Native" and "Twilight." At 1st I thought twilight was maybe some kind of incense.

I started the trip with a beautiful ride to Bainbridge Island on a 200 car ferry. Google Maps does not include possible wait times in its time estimates so add 45 minutes to their 4 1/2 hrs. estimate.

101 makes a 454 mile loop around the peninsula. I drove the northern part which parallels the Strait of Juan de Fuca. 101 is inland except for a couple of towns on the strait. I did not get over to the ocean. There are 1.4 million acres of forest in the Olympic National Park and the Olympic National Forest. There are also State Trust Lands. Permanent road signs describe the activity in the state lands. For example 1 sign said Thinned 2005 and another gave dates for harvesting and replanting. The ranger collecting fees at the Hoh rainforest said it was a busy day. Not compared to Tahoe!!! 5 or 6 cars would come in; then there was a space, and then a few more. It was very peaceful. I had expected thick tree cover with no light coming thru, but the forest was dappled with light it was also hot tho' not as hot as Seattle. The experience to me was the

immensity. The fir, spruce & hemlock do not have the grandeur of a redwood forest, but there is a beautiful stillness. Mary

On the Olympic Peninsula I stayed in Forks in a somewhat rundown motel. It had a couple of nice touches: 2 birdhouses & a gazebo. It met my requirements which were parking right in front of the door & coffee in the room. (When I was in a huge hotel in Vegas this year & got perpetually lost I developed a desire for simplicity: walk 10 steps from car to room and back. No huge lobbies and long aisles. Also the Vegas hotel did not have coffee in the room.)

The motel was owned by an Indian family, and when I told the husband I'd stayed with a family in Old Delhi last year, his demeanor changed from businesslike to friendly. We talked about Indian cultural values---respect and caring for elderly parents, arranged marriages. I did not ask him why they came to the U.S., because I didn't want to put in the position of saying negative things about India. The answer is almost always that the standard of living here is much higher. Here the water is on all day; we have showers, most people have cars, etc.

Mumbai is a city of 11.8 million. Forks is a town of 5000. What an incredible change that family has made.

An unexpected surprise was Lake Crescent, a beautiful small lake between hills. I learned on Wikipedia that it has "brilliant blue waters" and "exceptional clarity" because of lake of nitrogen and thus algae. A glacial lake, it is about 600 deep. I'd love to go back and stay there.

On the trip from Seattle I noticed a stretch of road that had creeks with bridges over them, so I counted on the way back: 7 creeks in a 20 mile stretch. Wow, compare that to dry California. According to the National Park Service there are 3000 miles of rivers and streams in the Peninsula plus several lakes. From what I can guesstimate there is about 55,000 people in the 3600 square miles of the Peninsula. No wonder the place seemed so empty! **Mary**

From: Linda Allred Bulla **Attachments: [gracie.jpg](#) [gracie2.jpg](#)** I'm the one who moved to Oklahoma. I live in Vinita, a small town of about 5500 and left California because my husband wanted to move out of state. He is originally from Decatur, Illinois, but spent most his life in Southern and then in Northern California (Sacramento.) If anyone of you comes this way, be sure to drop by. Naturally our son, Ian, doesn't understand why anyone would want to move here or even own a horse, for that matter. However, he enjoyed himself, and I hated to see him leave. Naturally the greatest place and the place most people retire to is in the Grand Lake area, but that's not us. I have a horse in that area, Monkey Island to be specific. The horse ranch is The Royal Horse Ranch or Academy. Nancy and Val, the owners and Christina run it. They train (spelling) horses, give riding lessons, and run a summer camp for kids. Val will be opening up his vineyard next Summer. There is also a golf resort (Shangrila) on the island but I have not been there. Last week I met some people from Sacramento who were staying at the time share on the island, but have not been there either. I am sending a photo of Gracie, who would probably more than love to join you at Fenton's. In fact, if you look at her feed container, she has already been there. My favorite memory was slurping down Coffee milk shakes. Back then they would give you a huge glass and a huge silver container, which amounted to three refills. May be exaggerating though. Fentons was one of my happy memories. Happy summer, **Linda Bulla**

*****L

Long time no see. I have another group of former fellow golf club employees I get together with nearby on the first Monday of each month IF I'm not in Yosemite or the Sierras hiking and photographing.

I used an I-Pad (backing up my film efforts so that I could forward them to friends) to take some photos during 4 trips in June-July, and sought out interesting remaining snow formations and turquoise colored glacial-fed lakes.

I hope all is well and that any health crises of the crew are at a minimum amongst those of us whose rates of ossification are beyond our control/expectations. Adioski, Joel.

Shayne: Probably the cabin window frame shot would be my choice if you are going to put one in the journal-either that or the one with the red flowers in the foreground with the trail leading towards the peaks in the background. Also, a scene with snow and a turquoise colored lake of your choosing would be fine. The cabin was abandoned near 1900 and was on the outskirts of a temporary silver mining community called Bennetville which was abandoned when the silver vein dried up. Some similarity to the situation at Bodie. Thanks, Joel. *(Somehow pics have escaped.....next time sdc)*

Cynthia Harelson in France: Frog's legs turned out to be frog's body face down. I think Doug just ate the legs though. Seine river cruise, everyone knows Doug because he was pulled up on stage with the Can Can dancers.

Music Potpourri from Tom Simpson

“Wipe Out” - The Surfaris, 1963 <https://www.youtube.com/watch?v=TsjcyKQpMKk>“She’s Not There” – The Zombies, 1964 (Chanel/Macy’s TV Ad 2016)

<https://www.youtube.com/watch?v=cXj16uy8qLg>

“Little Deuce Coupe” – The Beach Boys, Live, 1964

<https://www.youtube.com/watch?v=e6DrMkLNYKw>

I have been very fortunate and blessed to have been to many different countries over my lifetime, but my favorites are Kenya, of course, and Israel My email is agomission@gmail.com. O....I have some Kenyan friends living in Hayward, Calif. I haven't been to Cal for about 2 1/2 years . When in US....live in Texas...been there over 20 years. we've been here four years. Love it here and hate to say it...love it...feel more at home here than US...isn't that sad? **Craig LaBarbera**

My plate is quite full presently. I sit on 3 boards at the tahoe Forest hospital, and going on to my 12th year as president of the HOA. Rest of my time spent with Gail traveling all over the world, playing golf,mountain biking and boating. Just came back from Asia couple months ago, June took entire family on cruise to Alaska. November Barcelona to Dubai . April Singapore to Abu Dhabi . So, you think I got time for one more thing? **Clyde Batavia**

Frank Cooney and **Tom LaMarre** at the Pro Football Hall of Fame. Frank (San Francisco Examiner) and I (Oakland Tribune) started out as teenagers covering high school sports, helping each other out with football scores we were chasing down on Friday nights. Then we covered the Oakland Raiders at the same time during the glory years in the 1970s. This week we are the Pro Football Hall of Fame covering the induction of our friend, Kenny (Snake) Stabler, more than 50 years after we started. We are collaborating on a book, "Kenny Stabler: A Lifetime of Third and Long," due to be published by the University of Alabama Press sometime in the next year.



I'm doing the Alzheimer's Walk with **Pam Saxe** on September 17 to help find a cure for Alzheimer's disease. My grandmother died from Alzheimer's as well as the mother of my high school best friend, [Melanie \(Witt\) Baltezure](#). Please donate if you can. act.alz.org
[Deeana McLemore's Walk to End Alzheimer's Page](#)

[Mena Quilici](#) feeling thankful.

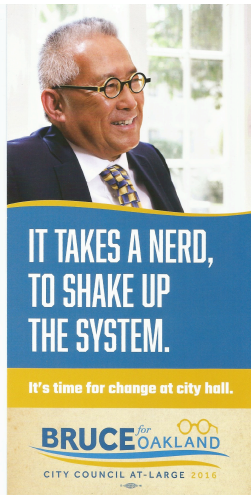
I am appreciating the kindness of friends. About 30 minutes into our road trip our windshield was hit by a rock. It was a small hole. But driving through Oregon and California's hot valley the hole became several cracks and they kept growing. Outside of Sacramento it became obvious that we needed to replace the windshield. But despite multiple phone calls we couldn't find anyplace to help us in the entire Sacramento area, bless we could wait a week. My high school friend in Salinas saw that I was traveling her way and said to come to her business in Salinas and she'd rescue us. She did. Thank you [Cheryl Lugo](#) and <http://www.lugostowing.com> for getting us on the road again so quickly. If you are ever in Salinas and need automotive help, call them!



**Ya-yas
do
Ireland!**

Jess Gibbs Gadsby Had a great bike ride today with the Pedal Pushers! 📷 Rode 18 miles. Was proud of myself since I hadn't been on my bike for over 8 months while recovering from a broken humerous (shoulder). Good to go now! 📷

Different campaigns (and style). **Tom Stallard** in Woodland; **Bruce Quan** in Oakland.
“Support your local candidate”



D

September Birthdays

Carol LaDolce Donato
Margaret Rait Muat-Jones
Virginia Keller
Larry Day
Bill Dye
Marsha Haner Johnson
Phil Rocco

*(Looks like the computer fairie at work
again.....please help correct. sdc)*

06 Steven Daniel
04 Michael B. Myers
08 James Morgan
09 Tom Cherry
14 Tom Lamarre
16 Donna Goeppert Knobbe
17 Richelle Lieberman
Willard Newman II
Dennis Ossanna
Neal John Evans
21 Terrence Robert Monohan
24 John Herrera
Bob Barklow
26 Roger Sexton
27 Jessamine Gibbs Gadsby
28 John Ballinger
Sue Telford Smith
28 Donald Schnarr

Oct

01 Carol La Dolce Donato
02 Sharon Smithburn Sutter
05 Andrea Summers Hutton
05 Robin Cole Rauch
06 Bob Whitesides
09 Michael Edward Dickinson
09 Tom Mortensen

15 Bob Conn
16 Clyde Batavia
17 Al Mathewson
18 Karl Hoenack
21 Lois Roberts
24 Nancy Brick Robinson
30 Elizabeth Beeby
30 Sharon Allphin
30 Bob Sabatini





(Re above) Sort of reminds me of the winter day I rode down from Reno in the back of a van with no heat only to run into **Patty Marshall Monson** and **Kathleen Hender Catanho** (who always look fabulous) at Montclair Lucky's.

More Music Potpourri from Tom Simpson

“Little Old Lady from Pasadena” – Jan & Dean, 1964

<https://www.youtube.com/watch?v=fYxPgFUjDpA>

“On Broadway” – Drifters, 1963

<https://www.youtube.com/watch?v=yPYRtjxYEH8>

“I Want To Hold Your Hand” – The Beatles (1963 Top 10)

<https://www.youtube.com/watch?v=jenWdylTtzs>



(Automobile Race on Foothill Blvd in Oakland----- 1909)

Absolutely wonderful:

<http://eastbayhillsproject.org/>



THINGS I HAVE IN COMMON WITH A RACCOON:

1. We both have dark circles under our eyes
2. We both stay up all night
3. We both eat junk
4. Cute
5. A little chubby
6. Long nails
7. Possibly rabid

womenafter50.com



[Sixty Years of Pulling Strings at Fairyland - Oakland Momma](#)

Oakland's storybook theme park, Children's Fairyland, is celebrating sixty years of its iconic puppet show and I was able to take a peak behind the scenes. oaklandmomma.com

<http://www.nytimes.com/2016/08/13/arts/music/glenn-yarbrough-folk-singer-with-the-limelites-dies-at-86.html>

[emc=edit_th_20160813&nl=todaysheadlines&nid=25905172&_r=0](http://www.nytimes.com/2016/08/13/arts/music/glenn-yarbrough-folk-singer-with-the-limelites-dies-at-86.html?emc=edit_th_20160813&nl=todaysheadlines&nid=25905172&_r=0)

<https://www.thrillist.com/sex-dating/san-francisco/oakland/awesome-date-ideas-oakland-california>

Amazing youth program: <http://www.prescottcircus.org/contact-us/>

Atlantis Music's video. [Atlantis Music](#)

PROOF THAT OLD ROCKERS NEVER GO DOWN QUIETLY !!

This is a must watch video for your weekend.

PBS NewsHour "Getting old is a state of mind."

91-year-old Flossie Lewis is a former English teacher who now lives at the Piedmont Gardens Senior Living Community in the Bay... [See More](#)

It's back-to-school time. And none of us are ever too old to learn something new. As a Restoration Education Specialist, I'm a big fan of learning outdoors, where you get your hands dirty and take ownership of something beautiful in your own backyard.

Our Restoration Education Programs provide that experience for students. We take them out of the classroom to engage them in celebrating, protecting, and restoring our Bay wetlands. There's nothing I love more than helping students understand our environment.

You don't have to be a student in one of our amazing education programs to learn about the Bay. Consider [volunteering](#) with Save The Bay, or check out our list of [5 Great Spots to Learn About SF Bay](#) — including local museums and attractions as well as the great outdoors.

Speaking volunteering, the Oakland Museum's White Elephant Sale still needs volunteers For men, if you join the security crew, it means sitting at the door, checking the badges of the volunteers as they come in and checking bag slips on the way out. Also means being a food tester for me as the kitchen is right across from the guard station. There are more rigorous stations available! Come on down! sdc

from **Bob Whitesides:**

21 Rules For Good Aging (includes one piece of investment advice)

Many of us are between 65 and death, i.e. old. A reader sent me this excellent list for aging. See if you agree.

1. It's time to use the money you saved up. Use it and enjoy it.

Don't just keep it for those who may have no notion of the sacrifices you made to get it. Remember there is nothing more dangerous than a son or daughter-in-law with big ideas for your hard earned capital. Warning: This is also a bad time for an investment, even if it seems wonderful or fool-proof. They only bring problems and worries. This is a time for you to enjoy some peace and quiet.

2. Stop worrying about the financial situation of your children and grandchildren,

and don't feel bad spending your money on yourself. You've taken care of them for many years, and you've taught them what you could. You gave them an education, food, shelter and support. The responsibility is now theirs to earn their own money.

3. Keep a healthy life, without great physical effort.

Do moderate exercise (like walking every day), eat well and get your sleep. It's easy to become sick, and it gets harder to remain healthy. That is why you need to keep yourself in good shape and be aware of your medical and physical needs. Keep in touch with your doctor, do tests even when you're feeling well. Stay informed.

4. Always buy the best, most beautiful items for your significant other.

The key goal is to enjoy your money with your partner. One day one of you will miss the other, and the money will not provide any comfort then, enjoy it together.

5. Don't stress over the little things. You've already overcome so much in your life. You have good memories and bad ones, but the important thing is the present. Don't let the past drag you down and don't let the future frighten you. Feel good in the now. Small issues will soon be forgotten.

6. Regardless of age, always keep love alive.

Love your partner, love life, love your family, love your neighbor and remember: "A man/woman is not old as long as he/she has intelligence and affection."



7. Be proud, both inside and out. Don't stop going to your hair salon or barber, do your nails, go to the dermatologist and the dentist, keep your perfumes and creams wellstocked. When you are well-maintained on the outside, it seeps in, making you feel proud and strong.

8. Don't lose sight of fashion trends for your age, but keep your own sense of style. There's nothing worse than an older person trying to wear the current fashion among youngsters. You've developed your own sense of what looks good on you – keep it and be proud of it. It's part of who you are.

9. ALWAYS stay up-to-date.

Read newspapers but evaluate the editorials, watch the news. Go online and read what people are saying. Make sure you have an active email account and try to use some of those social networks. You'll be surprised what old friends you'll meet. Keeping in touch with what is going on and with the people you know is important at any age.

10. Respect the younger generation & their opinions.

They may not have the same ideals as you, but they are the future, and will take the world in their direction. Give advice, not criticism, and try to remind them that yesterday's wisdom still applies today.

11. Never use the phrase: "In my time".

Your time is now. As long as you're alive, you are part of this time. You may have been younger, but you are still you now, having fun and enjoying life.

12. Some people embrace their golden years, while others become bitter and surly.

Life is too short to waste your days on the latter. Spend your time with positive, cheerful people, it'll rub off on you and your days will seem that much better. Spending your time with bitter people will make you older and harder to be around.

13. Do not surrender to the temptation of living with your children or grandchildren (if you have a financial choice, that is). Sure, being surrounded by family sounds great, but we all need our privacy. They need theirs and you need yours. If you've lost your partner (our deepest condolences), then find a person to move in with you and help out. Even then, do so only if you feel you really need the help or do not want to live alone.

14. Don't abandon your hobbies.

If you don't have any, make new ones. You can travel, hike, cook, read, dance. You can adopt a cat or a dog, grow a garden, play cards, checkers, chess, dominoes, golf. You can paint, volunteer at an NGO or just collect certain items. Find something you like and spend some real time having fun with it.

15. Even if you don't feel like it, try to accept invitations .

Baptisms, graduations, birthdays, weddings, conferences. Try to go. Get out of the house, meet people you haven't seen in a while, experience something new (or something old). But don't get upset when you're not invited. Some events are limited by resources, and not everyone can be hosted. The important thing is to leave the house from time to time. Go to museums, go walk through a field. Get out there.

16. Be a conversationalist. Talk less and listen more.

Some people go on and on about the past, not caring if their listeners are really interested. That's a great way of reducing their desire to speak with you. Listen first and answer questions, but don't go off into long stories unless asked to. Speak in courteous tones and try not to complain or criticize too much unless you really need to. Try to accept situations as they are.

Everyone is going through the same things, and people have a low tolerance for hearing complaints. Always find some good things to say as well.

17. Pain and discomfort go hand in hand with getting older.

Try not to dwell on them but accept them as a part of the cycle of life we're all going through. Try to minimize them in your mind. They are not who you are, they are something that life added to you. If they become your entire focus, you lose sight of the person you used to be.

18. If you've been offended by someone – forgive them .

If you've offended someone — apologize. Don't drag around resentment with you. It only serves to make you sad and bitter. It doesn't matter who was right. Someone once said: “ *Holding a grudge is like taking poison and expecting the other person to die.*” Don't take that poison. Forgive, forget and move on with your life.

19. If you have a strong belief, savor it.

But don't waste your time trying to convince others. They will make their own choices no matter what you tell them, and it will only bring you frustration. Live your faith and set an example. Live true to your beliefs and let that memory sway them.

20. Laugh. Laugh A LOT. Laugh at everything.

Remember, you are one of the lucky ones. You managed to have a life, a long one. Many never get to this age, never get to experience a full life. But you did. So what's not to laugh about? Find the humor in your situation.

21. Take no notice of what others say about you and even less notice of what they might be thinking.

They'll do it anyway, and you should have pride in yourself and what you've achieved. Let them talk and don't worry. They have no idea about your history, your memories and the life you've lived so far. There's still much to be written, so get busy writing and don't waste time thinking about what others might think. Now is the time to be at rest, at peace and as happy as you can be!

AND REMEMBER: “ Life is too short to drink bad wine.”

http://www.lib.berkeley.edu/uchistory/general_history/overview/tour1.html

After prolonged deliberation by leaders of the university movement, the surrounding townsite was named for George Berkeley, Bishop of Cloyne, who had visited America in 1729 in the hope of founding an educational institution for the evangelization and education of "aboriginal Americans." Finding the time not right, he provided the model for Columbia University and endowed three scholarships at Yale. In America, Berkeley saw the beginning of a new experiment, expressed in a verse that held special meaning for Californians:

"Westward the course of empire takes its way;
The four first acts already past.
A fifth shall close the drama with the day;
Time's noblest offspring is the last."

The act establishing the University provided that, "for the time being, an admission fee and rates of tuition such as the board of regents shall deem expedient, may be required of each pupil.... As soon as the income shall permit, admission and tuition shall be free to all residents of the State."

Thus, three months after opening the University, the Regents abolished tuition. Although repeated attempts to reimpose it have been made, the University remains tuition-free to California residents.

A different type of charge--an incidental fee--was levied to cover the cost of student services, including health care. This fee has risen through the years as the variety and cost of such services have increased. The original plan of the University to admit men only was changed by the Regents in 1870 and 17 women registered that fall, Four years later, President Gilman was to remark that the proportion of women who ranked high in scholarship was greater than that of men.

Benjamin Ide Wheeler, a distinguished scholar, a man of immense vigor, came to the University as its President in 1899--and served in that capacity for 20 years. They were booming years for the University and President Wheeler seemed ideally suited to the times. And although he saw the intimate relation of the University to the state, the importance of research, the necessity of a great library and spacious buildings (and was himself one of the University's most persuasive fund-raisers), he regarded the primary role of higher learning as the development of character.

forwarded by Ms. June Stark Casey

HUGGING

Hugging is health: It helps our body's immune system, it keeps you healthier, it cures depression, it reduces stress, it induces sleep, its invigorating, it's rejuvenating, it has no unpleasant side effects, and hugging is nothing less than a miracle drug.

Hugging is all natural; It is organic, naturally sweet, no pesticides, no preservatives, no artificial ingredients and 100 percent wholesome.

Hugging is practically perfect: There are no moveable parts, no batteries to wear out, no periodic checkups, low energy consumption, high energy yield, inflation-proof, non-fattening, no monthly payments, no insurance requirements, theft-proof , non taxable, non polluting and, of course, full returnable.