

The Northcrest

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Linda's Lines

by Linda Doyle, CEO/Administrator

November is National Philanthropy Month and here at Northcrest there are many opportunities for participation. Bequests and memorials are thoughtful ways to support Northcrest while Charitable Gift Annuities are a great way for you to not only support Northcrest, but to receive a guaranteed income for life.

Residents and friends of Northcrest have received a letter outlining the various methods of contributing to the Northcrest Foundation. Response to our request has been very positive, but if you have not yet had an opportunity to read the information, please take a moment to review and consider which fund would be an appropriate recipient of your donation. A \$2,000 gift qualifies you as a member of the Foundation's Horizon Club. For those of you who are already members, your annual gift may take you to the next designated level of giving. New members, and those advancing to another level, will be recognized at the annual Horizon Club event to be held, Wednesday, November 7, 2018.

Northcrest Foundation Funds

- ◆ Permanent Endowment Fund
- ◆ Heartwood House Endowment Fund
- ◆ Fund for the Future
- ◆ Fox Family Professional Development Scholarship Fund
- ◆ Ye Hung Gee Memorial Fund

The excitement continues as the landscape changes in anticipation of digging for the new apartment building. Already 30 of the 48 apartments have been reserved and the interest continues to build. It has been impossible to contact everyone, so **please call me** if you are interested in reserving one of the new apartments for yourself. This opportunity will never come around again – one that provides you with so many location choices, plus an entire year to downsize. You do not want to miss out.

The trees and bushes around Northcrest have been ablaze with color this year – I hope everyone has had an opportunity to enjoy them while they last. I'm hoping for a long, warm Autumn because John & I will be hosting Thanksgiving in our new home at 1916 Northcrest Circle. So excited to show off our Northcrest townhome to all the family and of course cooking all day is one of my favorite things. Then it will be on to Christmas and trying to decide where to put all (or most) of my Santa's and holiday decorations. It will be a challenge but I am up for it. Stay tuned.

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*"First Honorable Mention in Nation/
World Events, 2018 Lyrical Iowa"*



I remember Eilenburg,
city near the river Mulda.
April '45, near the end of the struggle
SS troops vowed to defend.

I remember Eilenburg,
although I never saw the city.
The battle, "an artillery-man's dream,"
a press reported.

Our guns a few miles back,
"long toms" miles behind us
belched their missiles
as directed by observers.

I remember rumbling projectiles
overhead, messengers without conscience,
ten thousand rounds of hell
hurled as shrapnel and white phosphorus.

I remember Eilenburg,
no qualms or conscience then,
no thoughts of soldiers saved or children lost,
just my job.

How the Book Club Began

Written by
Mary Frahm

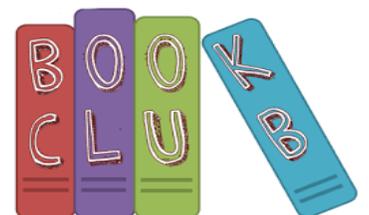
I was seated in the dining room eating lunch one day with Ursula von Godany. She had worked at the ISU Library so we were talking about books. She said she wished we had a Book Club and I said, "Well, let's start one."

I decided the first Wednesday of the month might be an easy time to remember. So I put it on the docket and asked people to come to discuss the Tony Hillerman's books they had read.

He writes novels, usually a mystery, but including much about the Navajo culture in which the goal is reconciliation rather than punishment. We had around 15 people at the first meeting. Our reading is varied and rather eclectic since my criteria for selecting the book to be read during the month is, "Which book in the book club selection at the Ames Public Library has the most copies?"

Those who attend are the reason that we enjoy the Book Club. We usually have a good discussion of the book with many personal experiences included. I'm not sure what year we started, but we have read at least 41 books in that time. The books, and sometimes an audio book, are on a special shelf in our library.

Anyone is welcome to join us in the **Northcrest Library on the first Wednesday of the month at 10:00 A.M.** to join the discussion whether or not you have read the book or listened to it.



Thanksgiving in the 1950's

Written by
Judy Brooks

Thanksgiving is my holiday. I was born November 24th—some birthdays are on Thanksgiving, some a few days before or after. But there were always people around and a very good meal.

I grew up on a 160 acre farm in Northeast Iowa. My Dad raised dairy cows, hogs, and chickens. We kids had Muscovy ducks, three horses, cats, a dog, and rabbits. The crops were corn, soybeans, hay, and oats.

I was the oldest of five children. I have a sister two years younger than I. We would start cleaning the house the week before Thanksgiving. On Wednesday food preparation would begin. My sister was in charge of corn stuffing balls. My dishes were sweet potatoes and apples and the cranberry sauce. My Mom did the rolls—sour cream rolls, sour cream apple pies and the ham. The ham was wonderful, as it came from our own pigs. The sour cream was always plentiful because of the dairy cows. We also had mashed potatoes, green beans, ham gravy and real butter.

My mother taught us how to set the table beautifully. My Dad had made the walnut table in high school shop and it was very fine. My Mom's china pattern was the "Friendly Village". Each dinner plate had a different scene—mine was the apple tree. There was the Country School House, the Village Church, the Ice House and the Hay Field that I remember. Our favorite plate served as our nametag.

The table sat eight, the kid's table sat four, and then we had the card table. At first we thought it was an insult to sit at the kid's table but then we learned that it was the best spot. No boring adult conversation and the food came around faster.

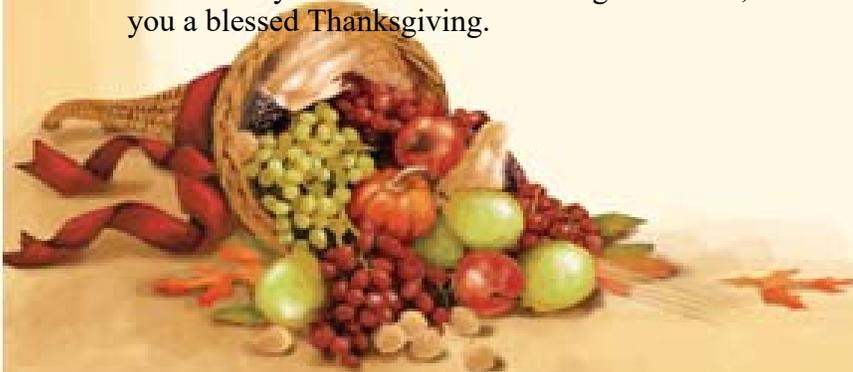
One year my aunt and uncle from Burlington drove up to join us for Thanksgiving. After dinner, my uncle went out to his car and got his gun. He wanted to hunt pheasant. My Dad was not a hunter and would have been very happy staying in the living room to visit but instead he took his gun down from over the kitchen door and the men went out. I ran scraps out to the barn for the dog and cats. My sister and I washed and dried the dishes.

In a couple hours, in came the men, my uncle holding a pheasant by his feet, looking like he had just slain Goliath. My aunt took one look and said, "I'm not cleaning that." She was a feisty little redhead with freckles. My uncle laid the pheasant on top of the full waste basket in the kitchen and went into the living room to tell his stories.

Mom gave a resigned sigh and started plucking the bird. She handed it to my uncle when it was finished. Soon it was time for pie and coffee and then everyone hugged, kissed, and my aunt and uncle headed back to Burlington.

Now we could relax a bit. My sister and I changed clothes and headed out to feed the chickens and gather eggs. My Dad took down his overalls and went out to milk. My Mom made sandwiches since no matter how big the meal had been, we would all be hungry for supper.

We have warm beds, more than enough food and people who love us. Although some family and friends are no longer with us, we have these precious memories. I wish you a blessed Thanksgiving.



Welcome to Northcrest Community

Written By
Norma Hensley



Steve and Beth Coon have joined the Northcrest family in E12. Their Ames Stone Brooke Road home of twelve years recently sold. They are experiencing the relief of no home ownership and settling into the Northcrest life.

Beth, being an "army life product", started life in Hopewell, Virginia and ended her K-12 education as an Ames High graduate. Steve spent his first ten years in the Mediapolis vicinity, then Washington, Iowa, graduating from Marshalltown High School.

Beth earned a bachelor's degree in elementary education from Iowa State University. She taught in Omaha for two years and then returned to Iowa State for a master's degree in journalism. She worked with the State of Iowa Manpower program. In her later career, while she was caring for her aging father, she developed Finishing Touch, a small business refurbishing and selling antique furniture.

For two years following high school graduation Steve was employed in radio news broadcasting with a Marshalltown station. He attended Marshalltown Community College and received his bachelor's degree in political science from the University of Iowa. He and Beth met in graduate school when Steve came to Iowa State for his master's in journalism. Beth and Steve were married in 1969. Following his graduation he returned to radio and TV news with KRNT and WOI. He spent time with Voice of America and taught journalism at the University of Nebraska. He returned to Iowa State to teach journalism from 1981 until retirement in 2004. At that time they moved to Tucson, Arizona for two years. That was enough of the Arizona summer heat - back to Ames they came!

Beth is a member of ISU Women's Club and was on the Stone Brooke Board. Steve's interest in linguistics (he speaks Portuguese and Spanish) has taken him to Portuguese and Spanish speaking countries - living for a few months in both Ecuador and Brazil. Together they have camped the United States with their family and traveled various locations in Europe.

Their daughter and her attorney husband live in Kansas City. She is a published author. Their son and family live in Oakland, California. He is Director of Technology at Cerebellum Capital. His wife is an elementary school teacher. They are the parents of Steve and Beth's two granddaughters.

Beth's hobbies are restoring antique furniture, bridge, games, reading and book clubs. In retirement Steve's interest in linguistics continues - video posting on YouTube and Facebook.

Steve and Beth, we whole heartedly welcome you to our Northcrest family. Enjoy this phase of your life's journey with us!

We have many spruce trees on our campus, but not many fir trees. A large fir species grows next to our bus parking and is a concolor, also referred to as a white fir (*Abies concolor*).

Go to the tree and pick some needles from the trunk and notice the light greenish blue color. Needles tend to grow upright, is typical of this species. They are also “flat” whereas spruce needles are “square” when rolled between thumb and fingers.



F=Fir=Flat and S=Spruce=Square so those of us a certain age can remember how to differentiate. Another fir we have had is a balsam fir which was planted at the west of building H near the ginkgo tree by garage 7. The needles are shorter, smaller, darker and flat (*Abies balsamea*).

We are experiencing a great deal of Fall color. Visit often the Norway maple which appears to be (cultivar Emerald Lustre) at 1903 Northcrest Circle showing remarkable color. Beside the many maples, tour Northcrest Court to see the many white ash (var. purple) there, on Northcrest Drive, and east of garage #12 further north along the railroad.

We look forward to the development of a new Savannah landscape on our Northwest campus. Remember copies of Tree Maps created by Brent Pearce are available at the Front Desk for you to take with you.

Recognition for Janet Fanslow

Janet Fanslow, daughter of Alyce and Glenn Fanslow, has been recognized as a Member of the New Zealand Order of Merit for her services to the research and prevention of family violence. This award is given in recognition of outstanding skills in a chosen profession and was presented by Patricia Reddy, Governor-General of New Zealand in a ceremony at Government House, Wellington, on September 25, 2018. Family present for the ceremony were her husband, Malcolm Stewart; daughters, Briony and Geneva; and sister, Kay Fanslow from Los Angeles.

Dr. Fanslow is an Associate Professor, School of Population Health at the University of Auckland. Janet has been researching family violence for more than 20 years and her work has been instrumental in proving its high prevalence rate, and in gaining recognition that family violence is a treatable health issue.

She was principal investigator of the Health Research Council-funded New Zealand Violence Against Women Survey in 2003; the largest study of violence against women undertaken in the country in which 2,855 women were consulted in face-to-face interviews. She is currently Co-Director of the New Zealand Family Violence Clearinghouse that acquires, curates, and organizes family violence information. She is director of a current study that seeks to interview 3,500 men and women in 2018 to determine the prevalence of family violence and subsequent health consequences.

Janet is a 1983 graduate of Ames High School and earned her B.S. degree from Iowa State University in 1987. Her Master's degree is from the University of Otago, Dunedin, New Zealand, 1989 and her Ph.D. degree is from the University of Auckland, 1995. Janet's sojourn in New Zealand began in 1985 when she participated in a junior-year-abroad at the University of Otago. There she met Malcolm Stewart, a New Zealand citizen; they were married in 1991.

Downsizing on Short Notice

Written by
Janet Anderson-Hsieh

My husband, Cheng, and I knew that we would have to downsize eventually, but because there was no urgency, we kept putting it off. All of that changed last December when we decided suddenly to move to the Main Building at Northcrest. We had only three and a half months to downsize from a 3,400 square foot townhouse to a 1,300 square foot apartment, and if things weren't difficult enough, both of us have serious vision problems.

When I calculated how much time and work would be involved, the amount was overwhelming. I felt as though a heavy weight was bearing down on me. Realizing that we needed help, we enlisted the services of a company in Des Moines that specialize in assisting people with downsizing and moving. They offered a menu of services from which to choose: downsizing, packing, moving, and unpacking. We chose the whole package.

I would be working with a team of three women who would take turns coming to our home for two hours each visit for a total of six hours a week. They estimated that the downsizing would take ten weeks. I would be responsible for planning every visit, and when each member of the team would come to our house, she would report what had been accomplished to the next team member to come, somewhat like passing the baton during a relay race. And indeed, it did seem like a race.

When the first member of the team arrived in the middle of January, she set up three boxes labeled "keep", "donate", and "undecided", and she placed a receptacle for trash nearby. We began by going through all of my books—most of which would be donated, and then we proceeded to go through the 100 or so boxes and plastic containers of things we had kept in our storage rooms. They contained everything from lace doilies to hardware to Chinese tea. When trying to decide whether or not to keep something, *my guiding principle was if it doesn't bring me joy or if I haven't used it for three years, toss it or donate it.* To avoid fatigue, I tried to alternate between difficult or time-consuming tasks such as going through heirlooms, jewelry and sewing kits, with easier tasks such as going through pots and pans. To avoid clutter, a member of the team would haul away the trash and the items to be donated at the end of every week.

During the following weeks, we went through closets, kitchen cabinets, bathroom cabinets, chests of drawers, and every last thing in the house and garage. The downsizing was followed in early April by the packing, moving, and unpacking, all of which, for the most part, went smoothly. Once moved in, I felt much lighter—the heavy burden of unneeded possessions had been lifted!

Looking back on the experience a few months later, I felt grateful for all the help we received from the downsizing team. They were hard-working, efficient, and resourceful. But in between their visits I worked continuously and at times, the work seemed unending. As soon as I would finish one downsizing task, several more would loom in front of me.

If I were asked to give my best advice to someone who had accumulated too many possessions over the years and who wanted to downsize, I would say the following: Start early, and spread the work out over eight to ten months in order to do the downsizing at a leisurely pace. Map out a plan, divide the work into small downsizing projects; such as a closet, a bathroom, or a bookcase. Designate a certain day of the week as your downsizing day, and do at least one downsizing project. Go at it week by week and project by project, and when you have finished, you just might feel a little lighter.





It happened half a century ago. We had been in Ames a few years. I was new on the Iowa State faculty and we had two small children. My folks lived in South Texas and we were to drive a thousand miles down there for Christmas. Our car was loaded with Christmas presents, ready to leave early the next morning.

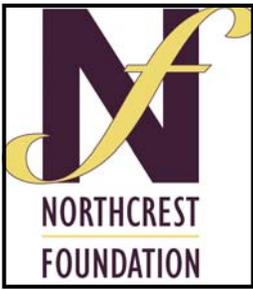
But in the wee hours of the night we woke up sick, all four of us with a bad stomach flu. My folks were disappointed when we called to say we had called off our trip, but they understood, kind of.

After some days we felt recovered enough to go out of the house, but we were weak. I remember going to a parking lot where Christmas trees were being sold. It was Christmas Eve and only a few scraggly trees were left. I got one at half price, as I recall, and we decorated it.

We had told our friends that we were going away for the holidays so no one knew or expected us to be in Ames, and because we had planned to be gone, we didn't have a lot of food on hand. In those days Ames had only a few restaurants and most of those were closed on Christmas Day. But we found one open, Shakey's Pizza, on West Lincoln Way. Even if a bit unconventional, we were thankful to have pizza for Christmas Dinner! The restaurant was in the building that later housed a Toyota dealership and today is the Szechwan Chinese Restaurant.

Ames was pretty quiet at Christmas time and no one knew that we were here. As we slowly recovered strength, we went as a family to a movie. I still remember the movie about a man who lived alone, except for bears, in a remote part of Alaska. He got his supplies from the Sears Roebuck catalog, including a double barrel shot gun he ordered, delivered by an airplane on snow skis.

That unexpected Christmas in Ames turned out to be a wonderful family experience. We read books together and played games. As I look back on it, I would say it is my favorite Christmas memory.



The Northcrest Foundation assists Northcrest, Inc. by encouraging charitable giving from individuals and organizations.

The Horizon Club was launched in 1981 at the same time the Permanent Endowment Fund was established. The Horizon Club was the informal social affiliate of the Permanent Endowment Fund, uniting and honoring those who gave "seed money" to help make the Northcrest Community a reality, and the individuals who have contributed substantially since then.

Today, it continues to attract members who are passionate about the mission of Northcrest and want to join with others who recognize the importance of the Northcrest concept.

There are now 4 funds in addition to the Permanent Endowment Fund. These funds provide greater opportunities for gifting, depending on each individual's interest. **For more information, go to www.northcrestcommunity.org, and click on the Foundation tab.**



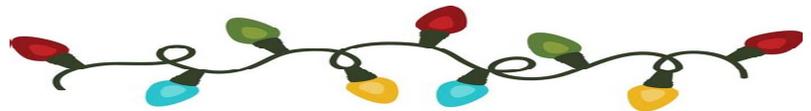
The goal of preserving Northcrest's legacy as the premier Retirement Community in Central Iowa is of the utmost importance. **Watch for information on how you can join your friends in the Horizon Club and support the mission of Northcrest.**

—Linda Doyle

Help Northcrest Go Green!

You can help Northcrest reduce paper use and save postage by having ***The Northcrester*** delivered directly to your computer! If you would like to receive this newsletter via email, please contact Amanda at apigman@northcrestcommunity.org.

The Northcrester



THE NORTHCRESTER is created by and for the residents of Northcrest Community.

Its purpose is to share items of mutual interest and future events. It is published with the support of the Northcrest administration.

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