

# The Northcrest

VOLUME XXXIII, Issue 5, SEPTEMBER-OCTOBER, 2018

## Linda's Lines

by Linda Doyle, CEO/Administrator

2018

Yet another day/night of pouring rain – it just will not quit and I don't even watch the 8 day forecast anymore because it is always the same – rain and more rain. The first Iowa State football game was rained out but luckily, for Northcrest residents, the sun shone on the marching band as they played on the steps of the Alumni Center before the game. The Northcrest bus was there to return everyone home while hundreds of fans ran for shelter from the rain. Aren't we lucky!!!

The excitement is building as plans continue for the new project and more and more people are signing up for one of the 48 new apartments. We made it through the first two passages of ordinance rezoning, with the third reading scheduled for September 11. Mayor Haila saw our busload of residents filing into Chambers and asked, "Linda, did you bring all these people?" "Why, yes I did!" It was great to have so much support from residents and the clapping and celebration started after the unanimous vote to approve. Residents continued their support at the second reading and Tim Gartin, council member, commented that they appreciated all the love we brought with us. The Council is not used to having such positive reactions like those shown by residents. A good time was had by all.

Residents had an opportunity to hear from our Project Manager, Bill Hagstrom, at the Town Hall meeting held in August and to see some of the first renderings of the new buildings. Then it was time for Q & A – and there were many questions. Thanks to everyone who attended and asked questions.

My days are spent on either the phone or visiting in person with people who are reserving their new apartments. **Please contact me if you are on the wait list, are interested in the new apartments, and have not yet been contacted by me. You'll want to make your selection before the one you want is gone.** They will all have an open floor plan with spacious living and dining area, two bedrooms, two baths, 9' ceilings, washer & dryer, extra storage room, underground parking, and a gas fireplace. However, the most exciting feature for me is the Four Season Sunroom, and I am thrilled for this to be part of the plan. Numerous windows will bring in the light and the outdoors no matter what the season. I would just love to sit there with the windows open, crisp fall air coming in while sipping cocoa, reading a good book, and listening to the Ames High marching band. Now, this is fall the way it should be and will be in 2019. Then it will be time to think about decorating for Christmas – the possibilities are endless as the Dream of those forward thinking pioneers in 1962 continues today.

The focus has been on the apartments, but just as exciting will be the addition of **32 Assisted Living apartments**, new Health Center, new larger multi-purpose room, redesigned Wellness area and of course, the Pub. Stay tuned!

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2305 Northcrest Parkway  
The new independent living apartment building



# Australia-The Land Down Under

by Ron & Dee  
Matthews



The most frequent questions we are asked about Australia are:

- How much do airline tickets cost?  
\$2,000 - \$2,500
- How long is the plane trip?  
*Non-stop from Dallas, TX to Sydney is 16 – 17 hours.*
- Did you see the Opera House in Sydney?  
*Yes, and it is absolutely amazing.*
- Do you drive in Australia?  
*No, Australia was a British Colony. They drive on the left side of the road and we made a very reasonable decision to not try to adjust. Being a passenger is stressful enough when it seems like they are always turning in the wrong direction.*
- Did you see kangaroo?  
*Yes, on our road trip from Melbourne to Sydney we saw them in the paddocks (pastures) similar to the way we see deer in the U.S.*
- Did you see koala?  
*No, they are usually not as visible. Australians were quick to remind us they are not*

*koala bears. They are arboreal herbivorous marsupials and are native to Australia.*

Our son, his wife and four children moved to Australia in 2006. They now hold dual Australian and United States citizenship. In April 2018, we traveled there to attend our granddaughter's wedding and meet our first great grandson. I was asked to write an article about that trip, but to do so would be to share hundreds of pictures of the most beautiful bride and the cutest great grandson in the world ... that would be annoying. Instead, I will share some notes about our earlier trips.

Australia is the sixth largest continent with 2.9 sq. miles compared to the United States 3.8 million sq. miles. It is mostly plateau desert with fertile plains in the southwest. It is generally arid to semi-arid in the south and tropical in the north.

Their population is about 24.8 million with 16.4 million living in their six largest cities, all located on the coastlines. This compares to about 326 million living in the United States. Over one-third of their citizens

# Australia (continued)

report at least two nationalities in their ancestry. It is truly a melting pot of population. It was fascinating to be on the train and see a small Asian appearing child and then hear her speak with a perfect Australian accent. She obviously was a native Australian. Our son has been affiliated with both a Lebanese Baptist Church and a Philippine Baptist Church. That is truly multi-cultural.

On our first trip we purchased a Qantas Aussie Pass which allowed us to make four stops in Australia on this one ticket. Our flight left Dallas around 10 PM. They served a delicious large meal with wine. Then they turned off the lights and hoped everyone would sleep for several hours and settle in for the 16-17 hour flight. On Qantas, every passenger has their own television with movies, television programs, games and a view of the flight pattern for entertainment during the flight.

We landed in Brisbane (pronounced Briz Bun) with a population of 4.2 million and we fell in love with the city. In 1823 it was the second established British penal colony which became free in 1842. European immigrants, mainly German, soon began to settle there. It was important during World War II and became the headquarters for General Douglas MacArthur. The city is very European in its buildings, other structures and food choices.

Our next flight was to Cairns (pronounced Canns), with a population of around 140,000, in the northern tropical area that reminded us of Florida. We took the training to participate in a glass bottom boat ride to see the Great Barrier Reef. However, it was raining the next day, so boat trips were not allowed. We did take a gondola ride over a beautiful rain forest. It stopped at observation points and we were able to hike the trails. The birds, animals and plants were all new to us and very interesting.

The next stop was to the Outback and a visit to the very isolated sacred cultural center of the Aboriginal population named Uluru (pronounced Oo La roo), with a population of about 300. The European settlers renamed the area Ayers Rock but it is again known by the Aboriginal name of Uluru. We enjoyed a Sounds of Silence dinner under the millions of stars. We sat back and took in the mystery of the desert at night as an astronomer took us on a tour of the southern night skies.

For our last stop, we flew to Sydney, population of

about 4.5 million and Australia's largest city. Sydney was first settled as a British penal colony from 1788 – 1850. It is now a beautiful metropolitan city. From the airplane you can see the Sydney Opera House and the Sydney Harbor Bridge. The Opera House is much more amazing close up than in pictures. It was to cost \$7 million and take four years to build. The final cost was \$102 million and took fourteen years to complete. It was largely paid for with state lottery money. It is covered with one million roof tiles made in Sweden. We attended a children's play and enjoyed the acoustics and amazing architecture of the exterior and interior.



We spent several days walking in the city, enjoying their museums, historical digs of the penal colony era, and the Queen Victoria Building. Rich in history and architecturally splendid, the Queen Victoria Building (QVB) occupies an entire block on Sydney's George Street, and has over 180 fine fashion boutiques, jewelry shops and homewares, accompanied by delightful cafes and restaurants. It was built in the 1890's and was beautifully restored and re-opened in 1986. It quickly became Sydney's most popular shopping center. The dominant feature is the mighty center dome, which during the holiday period is occupied by a giant Christmas tree from basement to ceiling. Glorious stained-glass windows and splendid architecture have been well maintained throughout the building and an original 19th century staircase sits alongside the dome.

On other Australian trips we have enjoyed:

- A one-day trip to the Australian capital, Canberra (pronounced Can burr a).
- A two-day road trip from Melbourne (pronounced Mel Bun) to Sydney.
- Several days in the Blue Mountains, including the Three Sisters Mountain Peaks
- Several days on beautiful beaches.
- Using an AirBNB apartment.

This was to be an article, not a book, so these adventures will have to be reported at a different time.

Needless to say, we enjoy Australia – its people – its scenery – its history and much more.

# Meet Your Neighbor

by Norma Hensley



Willie Struss has joined the Northcrest family in F-22. Willie is a native Nebraskan, born and raised as a "farm kid" on what is now a 100 year plus family farm. She, as many of us, grew up in the "less than affluent" '30s. She remembers the thrill when her Dad could afford a saddle so that she and her siblings no longer had to ride their horses bareback. She graduated from Hastings High School. This was the time when high school girls "trained" for either commercial (typing, shorthand and bookkeeping) or normal training (teaching). Willie taught country school for two years in the Nebraska Sand Hills area. She attended classes during the summers at Hastings College.

Willie left the country life to take a job in the office of the Naval Ammunition Depot in Hastings for the next two years. She then took a job at the air base in Lincoln. There she renewed her acquaintance with Roland (Rollie). They began their 56 years of marriage and lived in Lincoln for two years. Following the completion of Rollie's degree from the University of Nebraska, they moved to Albuquerque, New Mexico where he was employed with the Atomic Research Laboratory. In 1960, he was transferred to the laboratory in Ames.

For the next forty-three years, in addition to Rollie's "day job", they were full-fledged farmers outside of Ames - cattle, hogs and row crops. She comes to us from her Ames home on 24<sup>th</sup> Street.

After their four children graduated from Iowa State and moved to various locations in the U.S., Willie returned to school and earned her degree in political science from ISU. She has seven grandchildren and one great grandson.

Willie has contributed time to the Local History Association. She is a member of PEO, Questers, and a book club. She is looking forward to having the time for more of the reading she loves to do.

She and Rollie traveled extensively throughout Europe and the United States. She enjoys traveling and wishes they had done more.

Willie, we extend welcoming good wishes to you from your Northcrest family!



## Ames Walk to End Alzheimer's

Saturday, October 6, 2018

@ Ames Middle School

8:00 am Registration begins

9:30 am Opening Ceremony & Walk

Northcrest is a major sponsor of the Ames

**Walk to End Alzheimer's,**

a fundraising event to help end Alzheimer's Disease. Each year staff members, residents, family and friends make up **Team Heartwood** to show our support for our Heartwood House residents and their families. It's also an opportunity to honor our own family members who have been affected by the disease. The Northcrest family has a tradition of turning out for this meaningful event.

***Stop by and visit our booth, buy a raffle ticket,  
make a donation...***

***If you'd like more information on how to join TEAM HEARTWOOD, contact Jessica at [jkvach@northcrestcommunity.org](mailto:jkvach@northcrestcommunity.org)***

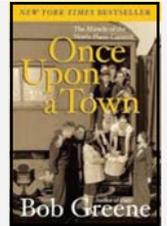
***Join us in making a difference!***



"On Interstate 80 three or four hours into the long westward drive across Nebraska, with the sun hovering mercilessly in the midsummer sky on a cloudless and broiling July afternoon, there were moments when I thought there was no way I'd ever find what I had come here to seek."

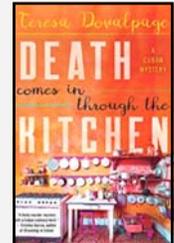
(This book review was in the May-June, 2018 edition of the Northcrester.)

**Once Upon a Town**, Bob Greene



"The Cuban customs officer lifted an eyebrow at the bridal gown—a white satin bodice with tulle appliqué, sheer sleeves, and a two-foot train—and took a long, suspicious look at the couple."

**Death comes in through the Kitchen**, Teresa Dovalpage



"Even now, she can't decide."

**In the Unlikely Event**, Judy Blume



"It's not fair that my sister was killed by a drunk driver."

**Your Journey from Mourning to Joy**, Grief Share

"My father had a small estate in Nottinghamshire; I was the third of five sons."

**Gulliver's Travels**, Jonathan Swift



"One thing Joe Byler couldn't stand was a dirty car."

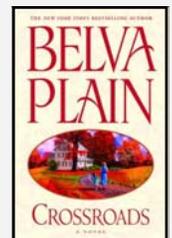
**The Amish Millionaire**, Wanda E. and Jean Brunstetter

"Darren Keller poured himself a cup of coffee and headed for the living room to relax for the evening."

**The Celebration**, Wanda E and Jean Brunstetter

"Sometimes you catch a break."

**The Steel Kiss**, Jeffery Deaver

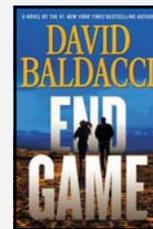


"If the gray clouds in the sky had not suddenly split apart and released an explosion of rain, Jewel Fairchild would have chosen to walk back to the train station on the shady road between two walls of green shrubs and trees." **Crossroads**, Belva Plain

"Tessie Miller would be the first to admit that living at home these days was not nearly as much fun as it used to be." **The Last Bride**, Beverly Lewis

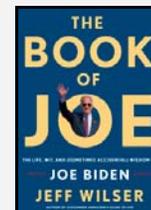
"As Will Robie stared out the plane window, he knew the next twenty-four hours could be his last on earth."

**End Game**, David Balducci



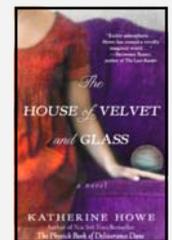
"Across the political spectrum, from the far left to the hardest right, America can agree on at least one thing."

**The Book of Joe**, Joe Biden and Jeff Wilser



"My friend Marilyn remembers a time when her daughter Valerie, was four years old."

**Grace from the Garden**, Debra Landwehr Engle



"Goodness, but the air was cloying."

**The House of Velvet and Glass**, Katherine Howe

"No one knew what triggered the Swansdyke avalanche that began at exactly 4:10 P.M. on April 20, 1920."

**Whiter than Snow**, Sandra Dallas



# *The Oldest White Oak in Iowa* submitted by Dale Christensen

More than 100 years before French explorers Louis Joliet and Father Jacques Marquette first visited Iowa in 1673, a white Oak started growing on the banks of the Des Moines River in south-central Iowa.

That tree, estimated at 442 years old when it was felled by wind in 2004 or 2005, was believed to have been the oldest white Oak tree on record in the state.

The tree grew on a riverbank near the Warren County town of Hartford. It was in such a remote area, the tree had been downed for several years before it was discovered. Extremely old trees often are misshapen or far-flung, which would have made them less desirable for logging.

Borings taken of the tree in 1983 indicated it was one of the state's oldest.

White oaks grow slowly adding a dense layer of hardwood each year. This makes the trees durable, but not necessarily the most impressive at a glance. The cross section of the 442-year-old white Oak is about three feet in diameter.



Of the hardwood trees in Iowa, the white Oak is one of the longest-lived trees. There's a stand of 400-plus-year-old white Oaks in Pammel Park in Madison County. Iowa also has some 500-year-old red Cedars on the bluffs overlooking the Mississippi River in northeast Iowa.

The Science Center of Iowa donated a cross-section of the tree to put on display in the Wallace Building in Des Moines.

*Adapted from an article originally in the Cedar Rapids Gazette on June 5, 2018*



# *How I Have Already Won the Lottery* by Judy Brooks

- ♥ *I'm alive.*
- ♥ *I had a Mom and a Dad who loved me.*
- ♥ *I had four younger brothers and sisters who were made-to-order game players.*
- ♥ *I grew up on a farm - I could roam the land - pretending I was an Indian, being free to go in and out of the house without fear.*
- ♥ *I always had enough food.*
- ♥ *I had books. Books were 50 cents when I was a child, and country school was always full of books.*
- ♥ *I was taken to Vacation Bible School and Sunday School by my dad.*
- ♥ *I had piano lessons and learned to play the cello.*
- ♥ *My family was quiet, definitely non-violent.*
- ♥ *I had any needed health care.*
- ♥ *I had, and have, friends.*
- ♥ *I had schooling and a career that was fulfilling, never boring, and allowed me to raise my family.*
- ♥ *I have a church where I can worship freely, find companionship, and not feel discriminated against.*
- ♥ *I have been able to experience the love for and from children and grandchildren - an unbelievable gift.*
- ♥ *Indeed, I have won the lottery!*



# The Fiscal Canoe Rumbles Downstream

by Howard Johnson

The United States Fiscal Canoe glides at midstream in rough waters. The economy is doing well. The job and housing market are strong. The stock market, recovered from the Great Recession, is positive for the top 10% of American households (total wealth) who own 84% of all stock.

From year 2000 to 2017, the public debt more than tripled and now totals about \$45,000 for each of us. Budget deficit spending, about \$800 billion per year in fiscal year 2018, totals \$2,500 each.

Based on the 2016 United States budget, expenditures for Entitlements, Social Security, Medicare and Medicaid, total about \$1.9 trillion, about half of all Federal budget expenditures. Defense plus veterans' benefits and interest on debt total about \$1.0 trillion, or 27% of expenditures. That leaves less than 25% to support all other Federal programs.

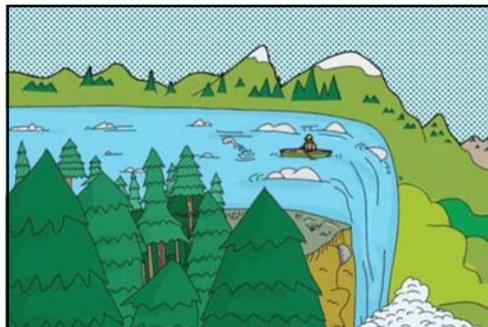
The trade deficit was about \$566 billion in 2017 and is now discussed as a part of tariff negotiations.

Our savings rate as a percent of our income is low at 3.2 to 3.4% in February, 2018. Household borrowing pushed total consumer debt to \$13.3 trillion by August 15, 2018, about two-thirds of the GDP. Mortgage and auto loan debt total about three-fourths of total US consumer debt. Consumer debt adds up to be about 85% of all Federal public debt.

Two ratios define trends in the US government budget over several years. First, the ratio of social spending, mainly Entitlements, to total federal spending: in 1980 the ratio was 30%, in 2016, 52%. Second, the ratio of public debt to GDP: in 1980 the ratio was 26%, in 2016, 77%. In year 1988, 13% of US public debt was held by foreign investors. 45% of our public debt was held by foreign investors in December, 2017.

At the difficult financial time near the end of WWII, the ratio of public debt to GDP was 106%. The present ratio is about 77%. You may hear that the ratio of the 'total national debt' is 110%, which is correct. In 1945, the national defense allocation totaled about 89% of the US budget expenditures. Today national defense absorbs about 19% of total budget expenditures if veterans' benefits are included.

If you listen carefully, you can hear the turbulence of the waterfalls downstream. We should be preparing to portage around the falls. That will require hard work, compromise, and financial pain.

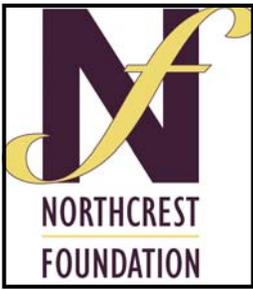


**The Dream Continues**

Multi-purpose room

Pub

Multi-purpose lobby



***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](http://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 Brenda at [bbrouwer@northcrestcommunity.org](mailto:bbrouwer@northcrestcommunity.org).

# *The Northcrester*

**Northcrest Community**  
***"Uniquely Yours, Uniquely Home."***  
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**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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Ron & Dee Matthews, Linda Doyle.

