

The Abbey *Echo... Echo... Echo*

A monthly newsletter by and for the residents of Eugene Abbey - **April 2025**

Celebrating Jerry's Outstanding Achievement as Peak Performer of Olympus



Jerry receiving his award



Michele, fourth from the right, and the other Olympus leaders

We are thrilled to share the exciting news of Jerry's recognition as the Peak Performer for Olympus at the recent awards ceremony! This prestigious award honors exceptional individuals within our company who have gone above and beyond, and Jerry's efforts in 2024 truly stood out.

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The event celebrated the success of buildings and teams across all of Cascadia's five regions and Olympus, Jerry was selected as the Peak Performer for Olympus. For those who know Jerry, it's no surprise that he earned this award—he exemplifies dedication, hard work, and a commitment to excellence every single day.

Nate, who many of you are familiar with, had the honor of announcing Jerry as our Peak Performer. He spoke so highly of Jerry, sharing how fortunate we all are to have him as part of our team. It was an emotional moment, and it didn't end there—Nate also made sure to give a special shout-out to Mariah, Jerry daughter who joined him on the trip.

As part of his well-deserved recognition, Jerry and Mariah were treated to a few days of relaxation at the Hilton Huntington Beach Resort & Spa. This luxurious resort provided the perfect setting for Jerry to unwind and celebrate this monumental achievement. While there, they were able to explore the beautiful Huntington Beach area and enjoy some well-deserved time off.

Of course, no award celebration would be complete without some special swag, and Jerry received some exclusive Cascadia and Olympus items to take home as a keepsake. Additionally, Jerry was gifted some spending money to enjoy during his stay—a small token of appreciation for all his hard work.

The highlight of the evening came when Jerry's video was played for everyone in attendance. It was a deeply moving moment, and I don't think there was a dry eye in the room. The testimonials shared by some of you were heartfelt and genuine, and Jerry's video stood out as the most emotional of the night—truly a testament to the impact he has had on all of us. Many people commented afterward on how incredibly moving his video was, and we couldn't agree more.

KUDOS to Jerry for this well-earned honor! We are so incredibly fortunate to have him on our team here at The Abbey. His commitment, compassion, and hard work are truly an inspiration to us all. Congratulations, Jerry—here's to many more accomplishments to come!

Michele

(P.S. Please, let's all take a moment to congratulate Jerry and thank him for all he does to make life more enjoyable here at the Abbey.

JimMc)

Spring has Arrived at the Abbey!



But just as with people,
plants don't all get off to
the same start in life.

Whether because of
location or other
circumstances, some
appear blessed with an
early start,



while others must await their very own individual time to bloom.

(And let's all give a shout-out to our resident Abbey gardeners for their beautifying work.)

Remember:

**"Life is ten percent what happens to you
and ninety percent how you respond to it.."**

Coach Lou Holtz

**"You only live once.
But if you do it right, once is enough."**

Mae West

Mardi Gras (Carnivale)

Was celebrated at the Abbey by an enthusiastic group of residents, who shared Music and an amazing variety of foods and drinks.

We owe thanks to Sara Mitchell, John Roy Wilson and Wes Brown for leading us in a joyful sing-along of happy songs.



Karen N, and Anne H.



Lots of folks having lots of fun!

(I don't know who took the photos, but thank you!)

Art Committee Report:

The art committee has been busy. Jim McConnell has inventoried all the art on the Abbey walls, which was a big job. There is a record online and on paper. Thanks for that, Jim.

(If anyone would like a Word copy of this, just give Jim a call... it's 39 printed pages!)

Carolee retired as chair and came back from a short retirement to get us organized more towards her standards.

Patty has recruited a friend, Becky Jenssen, for a Pub display of her art for June and July.

Judi Cameron, here, will be displaying some of her work in April and May.

Wes has joined the committee and will take charge of the art in the bookcase outside the Pub. He has many more pieces of Kathianne's pottery as well as other collections that they collected from other artists.

Both Bruce and Bill Winkley have art suitable for the bookcase as well. So keep checking it out. We are hoping Karen Nestor will be ready to have her work in the Pub around October.

We still need artists to display their work for the months after July, each for 2 months. If anyone knows an artist who might be willing to participate, please let one of the committee members know of them. We do need help on this front.

Art committee members are Jim , Carolee, Betsy, Patty, Wes, Bill W. and Karen Nestor. Meetings are on the first Thursday of each month at 2 PM in the Lounge, and art hangings are during the first week every other month, or as required.



Betsy

Is it time....For more moaners?

What do you call a blind deer?
No i deer...

My boss told me to have a good day,
so I went home...

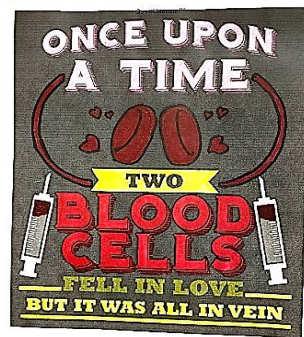
What is Beethoven's favorite fruit?
A Ba-na-na-na-naaaa...

I was going to get a brain transplant,
but I changed my mind...

Did you hear the one about the guy with the broken hearing aid?
Neither did he...

I could never be a plumber.
It's too hard watching your life's work go down the drain...

(This contributor wishes to remain anonymous – for good reason.)



This is a sign on the door at
Quest Diagnostics Blood lab in Eugene.

“Remember, today is the tomorrow you worried about yesterday.”

–Dale Carnegie

Net Work

From the porchlight to the trellis, the spider
weaves its web above the lurking broom
as we interlace our stories.
Oh, yes, I knew Lloyd Foley at school.
Was he your cousin? The web spins
from Idaho to Kansas, where Foley tangles
with a guy who flew in Germany.
A German girl whose braids snared a Yankee once
knew a boy in school whose cousin
later married in Russia, and his neighbor,
the woman sweeping cobwebs
from the edge of her lace curtains,
is the mother of a pilot who
blasts down a lost plane.
fragments of wings hit the raveling waves,
hundreds of broken strands drop
from the web's torn edge
as we rock in the Idaho porchlight.
Quickly! We must knit ourselves together
before we are all swept away.

Bonnie Carolee Hirsch, In Runes for Another Year, 1986

Praying for Light

for a Winter Solstice child

From earliest times we huddled in our caves,
Fearful of the dark.
We wrapped our babies in furskin blankets.
Warm seasons have returned newborn before.
Will this be the season when the daylight shortens
and the darkness lengthens
into endless cold and clouded night?

Today our caves are walled with carelessness,
a poverty of time, tunnel vision.
The darkness now is filled with
shadows of atomic or polluted clouds.
We wrap our children in warm blankets
woven from the winter celebrations
of all that went before us.
Their first smiles are full of light.
What hope is there of wisdom in the world
greater than those wise and solemn newborn eyes?

Bonnie Carolee Hirsch, In Reading the Weather, 1982

From Karen Fierman:

Jim, the Abbey *Echo* editor, asked us residents—in the March edition—what suggestions we might have for improving the *Echo*. I sent Jim an email containing my opinions for what the *Echo* should and shouldn't include. Here are my ideas. I offer them in hopes that other residents will weigh in, and Jim will then have a clearer vision of what we want and need.

I see the *Echo* serving our Abbey community in two ways: (1) as a newsletter, and (2) as a literary journal.

(1) As a newsletter the *Echo* would contain a listing or calendar of the time and location of all Abbey events: monthly *group* meetings (e.g., Men's, Writers, Aging Choices, Activities, Games, etc.); *committee* meetings (e.g., Library, Art, Food, etc.); and *other* or *special* events (Movie Night, Song Bath, parties, lectures, etc.). In other words, all Abbey events would be listed in the *Echo*, and there'd be Committee Reports. Along with all this, journalistic reports about what has happened or what will happen, along with accompanying photos when apt. Lastly, bios of new residents.

(2) As a literary journal: Stories, essays poems, artwork, etc. **by** Abbey residents **only!** The *Echo* should be an organ for the creative writing and visual art/photos of **residents only**.

What the *Echo* should not include:

Any and everything **not** written/drawn/painted/photographed **by** an Abbeyean* (an Abbey resident or staff member). Here's my screed:

The world is rife with articles **everywhere**, all of the time, easily accessible— for free—in papers, magazines, and on the internet. We all can and do read articles about **everything**, including those about **old age** (which I am, frankly, sick of). I don't care if such articles are clever or funny or informative; I don't want to see them in the *Echo*. This drives me crazy! It's a big waste of paper. If the *Echo* is only ten pages max of a month, so be it! If residents don't contribute their own work, and the paper's thin, so what? Maybe it'll act as an incentive for readers to grab their pens (pens?) and get those creative juices flowing!

That's all folks. I look forward to hearing the ideas of others (not really 🙄).

—L'chaim (**at** the Abbey), Karen Fierman

PS: Big kudos to Jim for the great work he does as editor of the *Echo*!

***(Ed. Notes:**

1. Comments and suggestions are always welcome at the *Echo*.
2. Some time ago, Bill Winkley and I decided that the official collective term for residents and staff of the Abbey would be **Abbeyeans**, simply because that sounded better to our ears than Abbeyites.)

Spring is Here!

The terrace on the third floor - off laundry room - Spring through late Fall.

Anne Hardy and Barbara Smith have been overseeing this terrace for years.

Other residents care for their plants and are part of the beautiful display.

The **middle section of the terrace** needs a resident to take on the seasonal maintenance.

Sounds ominous, but it's easy and fun.

Contribute flowers, maintain them, water is available. Jerry helps with any difficult handling. Your commitment is minimal, but must be consistent. Flowers are alive, like people, therefore food and water are important. Keeping them trimmed, fed, dead-heading some, pretty much is what needs to be done.

Any one or more residents, please think about taking the middle section on. Anne or Barbara are always ready to help.

Barbara Smith

“A thankful heart is not only the greatest virtue,
but is the parent of all other virtues.”

- Cicero

A 2,000 Mile Road Camping Trip to Newfoundland

By The Happy Wanderer

It was 1989 when I almost literally dragged my then husband and my 15 year old son on a 2,000 mile road trip from the Western edge of Vermont north along the coast of Maine, around the Bay of Fundy in New Brunswick, across half of Nova Scotia, floated 7 hours on a massive ferry to the Port aux Basque on the SW shore of Newfoundland and drove north. We tent camped the whole way with the exception of the night before the ferry; that one night in a motel was the worst night's sleep we got on the whole trip. Our original plan was a 2 week trip to Nova Scotia, but a friend of mine who had just returned from Newfoundland said, "why stop there ? Nova Scotia is too settled; Newfoundland is still wild." Our trip lasted 3 weeks including a stop on our return to the greenery and red sand beaches of Prince Edward Island and across the endless expanse of backwoods Maine and its deep, dark woods..



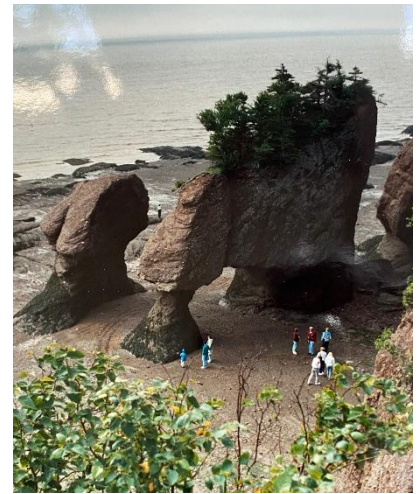
Family dynamics were not the best. A 15 year old boy's idea of a good time is not to be cooped up in the back seat of a car, especially with two parents who weren't particularly happy with each other. His Dad was depressed because he had been turned down from a Post Doc program and I was relieved that he had been as our daughter was about to start her Freshman year in college. He had actually written to her college asking for a full scholarship for her so he could pursue his dream. You can imagine the college's response to that. Our son, Jeremy, survived on a steady diet of Stephen King. Amazingly we always found a local bookstore as he finished each novel. He also pitched his tent as far away from us in each campsite as he could. One night in New Brunswick he'd done so up in the woods behind our tent. He woke in the middle of the night with a rabbit squealing as a fox killed it outside his tent. In the cooler, wetter climate of Newfoundland it seemed he managed frequently to pitch his tent in a slight depression and woke in the mornings with his sleeping bag wet. Just like the bookstores, each morning we managed to find a laundromat in some small town and got him dried out. Our daughter was not with us as she had a summer job as a camp counselor. Ever the wanderer I really enjoyed the trip.



I usually keep a journal, but if I did on this trip, it has been lost. I have a few photos, a few memories of highlights and received much help from Google in jogging my memories.

continued...

I have vivid memories of the Bay of Fundy which borders Maine, New Brunswick and Nova Scotia and has the highest tides and the strongest currents in the world as 160 billion tons of water move in and out of the increasingly narrow bay twice a day. We had camped at Hopewell Rocks Provincial Park in New Brunswick and walked down to the beach at low tide.



We could look up at pillars of rock sculpted by tides of 52.5 feet and wonder how much time we had before the next tide rushed in. We walked to a local harbor where boats were lying on sand waiting for the tide to return. We stopped in St. John which is a major seaport and was the first incorporated city in Canada to see the Reversing Rapids which run upstream as the tide returns. The Bay of Fundy area is now a UNESCO World Heritage Site as the cliffs and beaches have fossil records going back 300 million years. A 2 hour ferry ride took us from St. John across the Bay of Fundy to Halifax, Nova Scotia.

Nova Scotia was and is a beautiful island of rolling hills, small towns, fishing villages and agricultural lands. The trip across on the Trans-Canada Highway was an enjoyable and easy drive. Since the mid 1960's it has gone all the way up through Newfoundland and into Labrador to the north. At the far northeastern end of Nova Scotia is Cape Breton Island, Cape Breton National Park and the Cabot Trail, a 186 mile auto trail which is called "one of the World's Most Beautiful Drives". It did have spectacular views of valleys and the coast. After that we headed southeast to North Sydney to catch the ferry to Newfoundland. Living much of my life near the Atlantic coast and then Lake Champlain in Vermont I have taken many ferries of all sizes. The smallest was a 4 car cable ferry from rural Vermont across the skinny southern end of Lake Champlain to Fort Ticonderoga, NY and the Adirondacks. None prepared me for this ferry. The MV Caribou was commissioned just 3 years before we arrived in 1986 and was a behemoth. At 1200 passengers and 370 cars or 77 tractor trailers and equipped with icebreaker capability, I felt like I was entering the body of a whale. The passenger decks were comfortable for which we were grateful as it was a 7 hour/96 mile crossing to Port aux Basques, Newfoundland. The weather was fair and the ship rolled slowly from side to side, nothing to cause sea sickness.



Because Newfoundland was so different from anywhere else on this trip I have many more photos from there. The history and culture is so rich it is too much to say in the space I have left. So I will leave you waiting for Newfoundland and the journey home until next month. Peace be with you in these troubling times.

Betsy Hall

Our Meme Page this month is all about actual public signs:



From Andie

Has anybody here seen my old friend Abraham?
Can you tell me where he's gone?
He freed lotta people but it seems the good they die young
I just looked around and he's gone

Anybody here seen my old friend Martin?
Can you tell me where he's gone?
He freed lotta people but it seems the good they die young
I just looked around and he's gone.

Anybody here seen my old friend John?
Can you tell me where he's gone?
He freed lotta people but it seems the good they die young
I just looked around and he's gone.

Didn't you love the things they stood for?
Didn't they try to find some good for you and me?
And we'll be free

Someday soon, it's gonna be one day
Anybody here seen my old friend Bobby?
Can you tell me where he's gone?

I thought I saw him walking up over the hill
With Abraham, Martin and John,

By Richard Louis Holler
Recorded by Dion 2007

Our greatest weapon against stress is
our ability to choose one thought over another.”

William James

You're Invited to Join us for Game Night!



So, what's Game Night? It's an opportunity to engage with fellow residents in a variety of games that are sometimes hilarious, sometimes challenging, but never boring or physically taxing. Here we see Bruce Bonine and Wes Brown, in a game of Blockhead. It takes the ingenuity and creativity of all players to create a



Bruce and Wes playing....

Blockhead

precarious stack that uses all of the 17 blocks, without toppling the stack. And we did it—here are the commemorative pics! We've also played games such as



Quirkle, Upwords, Word on the Street, and Dizios, a new twist on a dominoes game. We're always open to trying new games, or old favorites. In any case, it's a great brain workout, shared with enthusiastic participants.

Linda and Sara playing Dizios

New participants are always welcome. We meet every Tuesday evening at 6:30, in the Activities Room, on the "O" level. Please join us!

~

Sara Mitchell

"Cynicism is easy. Anyone can do it.
Change is hard. That takes us."

Cody Keegan

A Violin Concert



On Sunday March 23rd a standing room only crowd enjoyed a concert in the Fourth Floor Lounge by Eugene Symphony Violinist, Yvonne Hseuh.

Her opening act was a young student of hers who shows great potential. Yvonne played sections from Vivaldi's Four Seasons.

A cookie reception followed in the solarium.

We appreciate Rosemary's work in getting this organized on short notice.

Betsy Hall

Ms. Hseuh (photo by Rosemary)



It was a great performance!

John Roy Wilson

>> We were 28 clowns from 9 different country, some first time clowning, some speaking no Spanish. We lived in a Hostel, ate breakfast, then “Clowns on the Bus!” ...and off we’d go to hospitals, women’s prisons (where they kept their children with them in prison until age 6), “flash-mod in the middle of the street.” I think that I did my three tricks no less than 80 times! This was my 5th in the last 8 years. Mexico City!



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>> My longtime friend Tim Johns introduced me to WAITING FOR GODOT. One of my ways of dealing with horror and absurd systems is to Clown! Patch Adams is a very honest person. He says that he is a Clown who became a doctor. Humor heals. And with 28 clowns, Fart jokes never stop!

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-Juan Raul

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Abbey Library Report



Sign up for Abbey's Middle School Outreach Program

Please join members of the Library Committee for a Middle School Outreach Program on Wednesday, April 23, in the Abbey Dining Room. Students will arrive at 10:25 a.m., and leave at 11:45 a.m. Two teachers, including Matt Bradley, a teacher at Spencer Butte Middle School and Jeanne's grandson, will chaperone 15 students to the Abbey for this intergenerational event featuring small group conversations that might include topics ranging from technology and current slang to sports, travel, and other interests. The finale to the program will be Larry's Magic Show. If you're interested in participating, or if you have

questions, please put your name and contact information in the box on the desk in the library, and we'll get back to you. Sue Wineland will hold an orientation meeting for all residents who will be meeting with the students at 9:30 a.m. on Wednesday, April 16, in the 4th Floor Lounge.

Abbey Library: a Q&A

A big welcome to new neighbors at the Abbey. We like to say, "When in doubt, go to the library," especially our Abbey Library. Here's a question-and-answer section to help navigate it.

Q: May I have a tour of the Abbey Library?

A: Yes! Abbey librarians aka (also known as the Abbey Library Committee) are happy to offer tours and book recommendations. Please reach out to one of us (see names below).

Q: How do I donate books?

A: Guidelines are posted on the wall as you enter the library. If those qualifications are met, please place your donations in the designated bin for possible acceptance. Due to limited space, it's not practical, as an example, to include Louise Penny's complete series of Gamache mystery novels, but we have several. Other considerations are type size and density of type. Large print books are welcome. As new books are received, current books may be sold, donated or recycled.

Q: What are the books on the first-floor landing shelves, across from the elevator?

A: The Eugene Public Library loans us at no cost 100 regular and large print books. Separate from the Abbey Library, the check-out form is on the adjacent desk and a bin is on the bottom shelf for returns.

Q: What is Books on Display?

A: The Abbey Library Committee highlights a specific theme, sometimes two, for its Books on Display, which is located under the window at the top of the stairs on the first level. This month look for "Who Dunnit?" (mysteries and thrillers) and Western themes.

Book Talk

Sue Wineland leads the monthly Book Talk, an opportunity to share what you've been reading. The next Book Talk is Thursday, April 17, from 4-5 p.m., in the Downstairs Lounge, B Floor.—Library Committee: Chair Chris, Jeanne, Sue (Wineland), Wes, Linda (Gordon), Cindy



¡Una Fiesta Grande! Cinco de Mayo



Brush up on your Spanish and grab your guitars, guacamole, maracas, castanets, tequila, vino, y cerveza, all you Abbeyanitos!

We're celebrating Cinco de Mayo (realmente, the 4th!) with a sing-along (in English!) and true potluck.

**When: Sunday 4 May, from 1:00 to 3:00 p.m.
Music starts at 1:30 p.m.**

Where: Fourth floor Lounge and Solarium and, weather permitting, Deck (and maybe also the Third floor deck).



**Músicos: Señores Dañiel Powell y
Francisco Tarantino.**



**Put it on your calendar now and
plan your contribution to our “comida y bebidas!”
(i.e., food and beverages) –**

**This will be a food and beverage potluck,
so bring something you'd like to share (or just bring yourself).**

Ole!

Questions? Check with any member of our Activity Committee: Betsy H., Chris G., Karen N., Katherine W., John-Roy, Christina, Stan, Jim Mc., Sue Wineland, Wes, Bill W.

A Commercial Announcement:

Dan Powell with his buddy Frank, and two former students, are playing at the *Springfield Art Walk*, **Fri. April 11th at the [Willamalane Adult Activity Center](#) (2nd & C St., Springfield beginning at 5:00.**

Take advantage of the shuttle service that goes between the Adult Center and downtown S. for more art displays. This is a free concert, TIPS are appreciated.