

Crest Lines

February 2017
Volume 1, Issue 10

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Coming Soon

February

- Bozeman Symphony
- Super Bowl
- 5-Course Wine Dinner
- Fitness Center Open House
- Wine & Wisdom

March

- Estate Planning & Avoiding Elder Financial Abuse
- Brain Week

April

- Smart Women's Annual Fashion Show
- Easter Buffet

David Quammen to Bring Yellowstone Park in Words and Images to Wine & Wisdom



David Quammen, author of fiction and non-fiction, former columnist of *Outside Magazine* and contributing writer for *National Geographic*, will show-case Yellowstone National Park at the Wine and Wisdom event February 22nd, 4pm in the Aspen Pointe Commons. He will accompany his remarks with park images that appeared in a special issue of *National Geographic*.

He has been writing for *National Geographic* since 1991, the year he wrote a series of three pieces about J. Michael Fay's 2000 mile survey hike through the forests of Central Africa. He and Fay walked together eight weeks across portions of the Congo and Ogooué river basins. In 2004 he wrote the *National Geographic* cover story "Was Darwin Wrong?;" plus the August 2013 edition carried his two stories on the African lion.

He was born in 1948 and raised in the suburbs of Cincinnati, near a hardwood forest, where he spent much of his boyhood. After education at Yale and Oxford, and the publication of the first of his four novels, he moved to Montana in 1973.

He has honorary doctorates from Colorado College and Montana State University where from 2007 to 2009 he served as a Wallace Stegner Professor of Western American Studies. He has received the Science and Society Book award and the Society of Biology (UK) Book Award in General Biology. He also was awarded a Rhodes Scholarship, a Guggenheim Fellowship and a Lannan Literary award for nonfiction.

Wanted! Top Spellers to Compete for Fundraiser

Some smart spellers are needed to represent Hillcrest in the 9th Annual Adult Spelling Bee Friday, March 24th, 7pm at Riverside Country Club.

It's a "fun and wit-bending madness" competition that raises funds for Spark Grants, Worthy Students Scholarships, and Links to Literacy, according to the Bozeman School Foundation, coordinator of the community event.

Any resident or group of residents wishing to be the Hillcrest team should contact Rachel, 414-2002.



February Hillcrest Happenings

Fitness Center Open House

Come on down to the Fitness Center and join your Fitness Specialists for an Open House on Friday, February 3rd from 1:30 to 3:00pm! Ginger and Jennifer will introduce themselves; describe the health and wellness model that they use; and make you aware of all the classes that are offered. At 1:45pm and 2:30pm they will demonstrate how to adjust and use the equipment in the Fitness Center.

This is a perfect time to question Ginger and Jennifer about any concerns you have about getting started on a program, continuing a program, or where to obtain general knowledge about health and wellness. Door prizes will include: pedometers, meal passes, YakTrax, and hand exercisers! Join us for a great afternoon full of fun and knowledge!

Spiritual Offerings

All residents are welcome to join the Birchwood Bible Circle, which meets Thursdays at 10:15am in the Birchwood Activity Room. A Lenten study will begin at the beginning of March using Max Lucado's *He Chose the Nails*.

This study features a 15 minute DVD. The jacket states, "Every gift from God reveals his love, but no gift reveals his love more than the gifts of the cross. These gifts came not wrapped in paper but in passion. They were not placed around a tree but around a cross. They were not covered with ribbons but sprinkled with the blood that Christ shed on our behalf." In this Bible study, Max Lucado explores the gifts that Christ provided at His crucifixion.

Chaplain Valerie Webster is available to meet and visit with residents anytime, 579-3980 or by email, vwebster587@gmail.com.

Bozeman Symphony Far Afield - Bel Canto



A wide variety of music from Baroque to ragtime will be presented for enjoyment by Hillcrest residents on February 16th at

7:45pm in the Aspen Pointe Commons.

Performing will be Bel Canto, a group of nine women from the Bozeman Symphonic Choir with Alison Todd as the piano accompanist. The ensemble has a versatility of voice and numerous personnel combinations.

The performance is part of the Bozeman Symphony Far Afield program which was established in 1992, funded by Montana Cultural

Trust, the Montana Association of Symphony Orchestras, Montana Arts Council, and the Gilhousen Family Foundation. Far Afield takes Bozeman Symphony chamber ensembles to rural communities and schools in south-central Montana to present free offerings to share their musical perspectives to a live audience that can see, hear, and feel the music.

"We are fortunate to be included in this outreach effort for a second year," states Rachel Clemens, Hillcrest Program Director. "Last year's program featured Oboze, a trio of oboe players. The many groups included in the Far Afield program are intended to broaden people's exposure to different instruments and genres, generating enthusiasm and appreciation for all music," she explains.

February Hillcrest Happenings

Dining Hours are Adjusted

Beginning February 19th, the dining room hours for Hillcrest will be consistent seven days a week, including Sundays. The main Sunday meal will be served in the evening, no longer at mid-day.

This change, according to Culinary Services, is being adjusted to simplify the schedule in an effort to reduce any confusion or misunderstanding that residents may have. Diners are asked to arrive at the beginning of either seating so that the best possible service can be provided; late arrivals often disrupt the dining experience for fellow residents and are discouraged.

The only exception to the new schedule will be times for major holidays and special events such as Easter, Christmas, barbecues, etc. For these meals, an advance memo will be posted to alert you to a time change.

New Dining Schedule

- Lunch—Open seating from 11:30am–1:00pm
- Dinner—[1st Seating] 5:00pm (please exit by 6:15pm)
[2nd Seating] 6:30pm

Residents Riding in Comfort and Style

Many of you have already had a chance to enjoy the new addition to the Hillcrest transportation fleet, a 2011 Toyota Sienna, with a chair lift. This vehicle will be the primary mode of transportation for requested shuttle trips. “The van has a higher profile than the Cruiser, making it easier for me to see and making the van more visible to other vehicles, plus savings in gas,” states Mark MacLeod, the shuttle driver.



It can seat up to six people and still have plenty of room for a walker or two. The buses will only be used for larger groups, like shopping and symphony trips.

When using the Hillcrest shuttle service, please make sure your walker folds up easily. If it has storage under the seat be sure it is empty.

Short Story Group Off to a Good Start

Anton Chekhov’s “The Lady with the Toy Dog” will be read by Valerie Webster at the February 23rd meeting of the Short Story Group at 4pm in the third floor lounge of A-Wing.

Fifteen residents attended the group’s initial meeting in January when Valerie explained the structure of this activity; it will be a combination of classical and contemporary short stories from the book Best-Loved Short Stories, a reading each month for enjoyment and then discussion. “The Necklace” by Guy de Maupassant was the story read in January.

Unlike a class, there are no assignments and large print books are supplied for participants to follow along with the reader or a member can just listen.

“Anyone who enjoys a good story and conversation is welcome,” states Valerie, who is a former English teacher.

Hobbyists at Hillcrest

Jo hand stitches her quilts.



It seems that Jo Whiteaker has made so many quilts that she can't recall the exact number.

"Probably 50 or more" was her answer. A few

Jo looks onto her hand stitched quilt on display in A-Wing.

years ago she entered her work at almost every show in the area and every year at the Bozeman exhibit. Also "a few years ago" when she and Don moved to Aspen Pointe in 2003 she displayed a different quilt each month at the end of the second floor hall in A building. "Now it is too difficult for Don to get the ladder and hang a new quilt each month," she explained. "We just change them seasonally."

She definitely wants it known that her quilts, all of them, were hand stitched and made from new fabric. Some were even appliqued, a unique overlapping of design and then quilted.

Jo also sews. She makes the skirts that she wears to lunch and for their frequent walks throughout Hillcrest halls. Again, "a few years ago" she made down filled jackets, with quilted linings and



Colorful applique, using flowers in circles and squares.

hoods, for Don and their three sons: Russell, deceased; Geary now of Dayton, WA; and Bryon of Corvallis, OR.



Hawaiian design, one-piece pattern, hand stitched by Jo.

Jo was born February 13,

1924 in Great Falls and raised by her grandparents, Marie and Arthur Lampen. Her grandmother taught her to sew; however, she learned to quilt while at Montana State College where she was enrolled in home economics, graduating in 1946. Don has a MSC degree in civil engineering.

They were married September 28, 1946 in Missoula. His career took them to Alaska where he worked on the Alaskan Highway and for the Alaskan Road Commission. He was a civil engineer for the Air Force in Alaska and in the mid 60's he was a construction engineer for the U.S. Navy in Thailand. Upon their return to the States, he continued working for the Navy in California, Nevada, and Washington.

Jo's beautiful quilts are stored in a cedar chest, a 100 percent cedar chest, not just cedar lined, she emphasizes. She seemed pleased to share pictures of them to appear in *Crest Lines*.

Crest Lines Wants to Know

Do you have a hobby or collection, past or present, that you enjoy; a story about a special interest that you would like to share? If so, contact Rachel at 414-2002.

February 2017

Remove and keep as daily reference.

Announcements:

- **Book Club:** The Aspen Pointe book club is looking for new members. Please call Ilen Stoll, 586-5126 if you are interested in joining.
- **Balance Class:** This session of balance classes have already started and are running through March 2nd. For more info contact Ginger, 414-2029.
Tuesdays: 2pm and 3:15pm in the AP Commons
Wednesdays: 1:30pm and 2:15pm in the gym
Thursdays: 1:30pm in the AP Commons
- **Functional Strength Class:** Jennifer's functional strength class series will be running through February 8th, Wednesdays at 3:15pm in the gym. For more info and when the next series begins contact Jennifer, 414-2029.
- **Bozeman Symphony:** The Bozeman Symphony Society presents a repertoire of symphonic and choral music performed for the benefit of individuals, students, and musicians residing in south-central Montana. Established in 1968, the Society supports the Bozeman Symphony Orchestra and Symphonic Choir. Under the direction of Music Director and Conductor Matthew Savery, the Bozeman Symphony has experienced tremendous growth over the last twenty years. If you would like to use the Hillcrest shuttle service to the Bozeman Symphony please purchase your tickets for Sunday afternoons through the symphony box office at 585-9774.
- **Water Aerobics:** We still have not had enough interest to reinstate a bus for water aerobics at Eagle Mount. We will try again later in the year.

February Birthdays

Bill Prunty	2
Fred Howard	4
Carl Ross	5
Ardis Nichols	5
Lee Wagner	12
Jo Whiteaker	13
Ursina Rutz	13
Doug Dybvig	14
Helen Tess	16
Jo Hudson	16
Nana Wetmore	19
Jean Simkins	25
Michael Paglia	25
Peter Butler	25
Maury Dornberg	26
Everett Lensink	27

Timely Topics Weigh Issues Mondays at 1:30pm in FSR

February 6	<i>Bring your own topic.</i>
February 13	<i>Bring your own topic.</i>
February 20	<i>Great Decisions: Trade Policy: Trade, jobs, and politics.</i>
February 27	<i>Bring your own topic.</i>



Aspen Pointe

Sun

Mon

Tue

Wed

February 2017

5 10:00 am– Worship Service in AP Chapel
1:45 pm– Bozeman Symphony
 2:30pm– Bingo in BW Activity Rm
Super Bowl Party

6 8-9:30 am Gym Supervised Hrs
 10:00 am– Chair Ex. in AP Commons
 1:00 pm– Art Class in BW Act Rm
 1:30 pm– Timely Topics in the FSR
 7:30 pm– Bingo in FSR

7 8-9:30 am Gym Supervised Hrs
 9:30 am– Yoga in the LC
 1:30 pm– Bus to Walmart
2:00 pm– Balance IA in AP Commons
 2:30 pm– Seated Yoga in BW Act Rm
3:15 pm– Balance IB in AP Commons
 6:30 pm– Bridge in FSR

1 8-9:30 am Gym Supervised Hrs
8:45 am– Shopping at Costco
 9:15 am– Prayer in AP Chapel
 10:00 am– Brush-up Bridge in AP Commons
 10:00 am– Chair Ex. in AP Commons
11:30 am– Interfaith Forum
 1:00 pm– Coloring Group in AP Commons
1:30 pm– Book Club 3rd L
 2:30 pm– Catholic Mass. in AP Commons
3:15pm– Functional Strength
 7:30 pm– Bingo in FSR

8 8-9:30 am Gym Supervised Hrs
 9:15 am– Prayer in AP Chapel
9:30 am– Shopping at Heald
 10:00 am– Brush-up Bridge in AP Commons
 10:00 am– Chair Ex. in AP Commons
 1:00 pm– Coloring/Zentangle in AP Commons
1:30 pm– Balance IIA in Commons
2:15 pm– Balance IIB in Commons
 2:30 pm– Catholic Communion in AP Commons
3:00 pm– Smart Women’s
3:15pm– Functional Strength
 7:30 pm– Bingo in FSR

12
 10:00 am– Worship
 2:30pm– Bingo in BW Activity Rm

13 8-9:30 am Gym Supervised Hrs
 10:00 am– Chair Ex. in AP Commons
 1:00 pm– Art Class in BW Act Rm
 1:30 pm– Timely Topics in the FSR
3:00 pm– Bob & Mark in BW DR
 7:30 pm– Bingo in FSR
7:45 pm– Bob & Mark in AP Commons

14 8-9:30 am Gym Supervised Hrs
 9:30 am– Yoga in the LC
 1:30 pm– Bus to Walmart
2:00 pm– Balance IA in AP Commons
 2:30 pm– Seated Yoga in BW Act Rm
3:15 pm– Balance IB in AP Commons
5-Course Wine Dinner
Bridge Cancelled

15 8-9:30 am Gym Supervised Hrs
 9:15 am– Prayer in AP Chapel
9:30 am– Shopping at Toys
 10:00 am– Brush-up Bridge in AP Commons
 10:00 am– Chair Ex. in AP Commons
 1:00 pm– Coloring Group in AP Commons
1:30 pm– Balance IIA in Commons
2:15 pm– Balance IIB in Commons
 2:30 pm– Catholic Communion in AP Commons
3:00pm– Lutheran Communion
 7:30 pm– Bingo in FSR

19
 10:00 am– Worship
 2:30pm– Bingo in BW Activity Rm
3:45 pm- Bob B. in BW

20 8-9:30 am Gym Supervised Hrs
 10:00 am– Chair Ex. in AP Commons
 1:00 pm– Art Class in BW Act Rm
 1:30 pm– Timely Topics in the FSR
 7:30 pm– Bingo in FSR

21 8-9:30 am Gym Supervised Hrs
 9:30 am– Yoga in the LC
 9:30-10:30am– First Security Bank
 1:30 pm– Bus to Walmart
2:00 pm– Balance IA in AP Commons
 2:30 pm– Seated Yoga in BW Act Rm
3:15 pm– Balance IB in AP Commons
 6:30 pm– Bridge in FSR

22 8-9:30 am Gym Supervised Hrs
 9:15 am– Prayer in AP Chapel
9:30 am– Shopping at Heald
 10:00 am– Chair Ex. in AP Commons
 10:00 am– Brush-up Bridge in AP Commons
 1:00 pm– Coloring Group in AP Commons
1:30 pm– Balance IIA in Commons
2:15 pm– Balance IIB in Commons
 2:30 pm– Catholic Communion in AP Commons
4:00 pm– Wine & Wisdom
 7:30 pm– Bingo in FSR

26
 10:00 am– Worship
 2:30pm– Bingo in FSR

27 8-9:30 am Gym Supervised Hrs
 10:00 am– Chair Ex. in AP Commons
 1:00 pm– Art Class in BW Act Rm
 1:30 pm– Timely Topics in the FSR
 7:30 pm– Bingo in FSR
7:45 pm- Bob B. in AP

28 8-9:30 am Gym Supervised Hrs
 9:30 am– Yoga in the LC
 1:30 pm– Bus to Walmart
2:00 pm– Balance IA in AP Commons
 2:30 pm– Seated Yoga in BW Act Rm
3:15 pm– Balance IB in AP Commons
 6:30 pm– Bridge in FSR

Abbreviations:
FSR: Fireside Room
LC: Learning Center
ACR: Admin. Conference Room
BW Act: Birchwood Activity Room
BW DR: Birchwood Dining Room
PDR: Private Dining Room
AP: Aspen Pointe
BW: Birchwood

	Thu	Fri	Sat
<p>vised Hrs op apel e 3rd Flr A-Wing P Commons m @ Beth Shalom o Flr A-Wing in Chapel ngth in Gym</p>	<p>2 AP Nail Care 8-9:30 am Gym Rm Supervised Hrs 9:30 am– Yoga in the LC 10:15 am– Bible Circle in BW Act Rm 10:30-11:30 am– Bank of Bozeman 1:30 pm– Shopping Bus to 19th 3:00 pm– Knit & Stitch AP Fireside 7:45 pm– Trio Ma Non Troppo in the AP Commons</p>	<p>3 8-9:30 am Gym Supervised Hrs 10:00 am– Chair Ex. in AP Commons 1:30 pm– Cribbage in FSR 1:30-3pm Fitness Center Open House 6:30 pm– Pinochle in FSR</p>	<p>4 10:00 am– Tai Chi in AP Chapel 1 pm– Mexican Train Dominoes in FSR 2 pm– AP Movie</p>
<p>vised Hrs apel eb's e 3rd Flr A-Wing P Commons ngles Group Gym Gym a. in Chapel s Seminar in LC ngth in Gym</p>	<p>9 AP Nail Care 8-9:30 am Gym Rm Supervised Hrs 9:30 am– Yoga in the LC 10:00am– AP Resident Council in FSR 10:15 am– Bible Circle in BW Act Rm 10:30-11:30 am– Bank of Bozeman 1:30 pm– Balance IIC in AP Commons 1:30 pm– Shopping Bus to the Mall 3:00 pm– Knit & Stitch AP Fireside 7:45 pm– Country Classics in the AP Commons</p>	<p>10 8-9:30 am Gym Supervised Hrs 10:00 am– Chair Ex. in AP Commons 11:30 am- Friday Forum @ Library 1:30 pm– Cribbage in FSR 3:00 pm– Edis in BW 6:30 pm– Pinochle in FSR</p>	<p>11 10:00 am– Tai Chi in AP Chapel 1 pm– Mexican Train Dominoes in FSR 2 pm– AP Movie 6:30 pm- Bridge in FSR</p>
<p>vised Hrs apel wn & Country e 3rd Flr A-Wing P Commons Gym Gym a. in Chapel n in Chapel</p>	<p>16 AP Nail Care 8-9:30 am Gym Rm Supervised Hrs 9:30 am– Yoga in the LC 10:15 am– Bible Circle in BW Act Rm 10:30-11:30 am– Bank of Bozeman 1:30 pm– Shopping Bus to 19th 1:30 pm– Balance IIC in AP Commons 3:00 pm– Knit & Stitch AP Fireside 7:45 pm– Bel Canto in the AP Commons</p>	<p>17 8-9:30 am Gym Supervised Hrs 10:00 am– Chair Ex. in AP Commons 1:30 pm– Cribbage in FSR 6:30 pm– Pinochle in FSR</p>	<p>18 10:00 am– Tai Chi in AP Chapel 1 pm– Mexican Train Dominoes in FSR 2 pm– AP Movie</p>
<p>vised Hrs apel eb's P Commons e 3rd Flr A-Wing o Gym Gym a. in Chapel n in AP Commons</p>	<p>23 Men's Breakfast AP Nail Care 8-9:30 am Gym Rm Supervised Hrs 9:30 am– Yoga in the LC 10:15 am– Bible Circle in BW Act Rm 10:30-11:30 am– Bank of Bozeman 1:30 pm– Shopping Bus to the Mall 1:30 pm– Balance IIC in AP Commons 3:00 pm– Knit & Stitch AP Fireside 4:00 pm– Short Story Discussion with Valerie in 3rd Flr A-Wing Lounge 7:45 pm– MSU Lecture Series in the AP Birthday Night</p>	<p>24 8-9:30 am Gym Supervised Hrs 10:00 am– Chair Ex. in AP Commons 1:30 pm– Cribbage in FSR 3:00 pm– Angella Ahn's Students in BW DR 6:30 pm– Pinochle in FSR</p>	<p>25 10:00 am– Tai Chi in AP Chapel 1 pm– Mexican Train Dominoes in FSR 2 pm– AP Movie 6:30 pm– Bridge Party in FSR</p>



Aspen Pointe

Remove and keep as daily reference.

2/1 Interfaith Forum @ Beth Shalom: *Jesus*, The central figure of the Christian faith: who is he to others? *With Dave Johnston, LDS, Tom Wells Buddhist, and the Rev. Joel Seifert (WELS)*

2/2 Trio Ma Non Troppo n AP Commons: Music from the 1700s-modern chamber music. Classical trio - piano (Christine Neumeier), viola (Stephen Guggenheim), and flute/clarinet (Royce Wilkinson).

2/3 Fitness Center Open House: Meet the exercise specialists and learn what fitness programs and equipment we have to offer. See article on page 2.

2/5 Bozeman Symphony: Signs of Life II by Peck; Serenade, No. 12, K. 358, C minor by Mozart; Orfeo ed Euridice: Dance of the Furies by Gluck; Symphony No. 45, F-sharp minor (Farewell Symphony) by Haydn

2/5 Super Bowl Party in AP Commons: Watch the New England Patriots and Atlanta Falcons battle to win Super Bowl LI, while enjoying ballpark food prepared by culinary services.

2/8 Smart Women's Seminar: Warriors and Quiet Waters Foundation— You will have the opportunity to hear first-hand at how it began, who the program serves, and why it is a catalyst for positive change in the lives of post combat veterans.

2/9 AP Resident Council @ 10:00am in FSR: All residents are welcome to come listen and bring up topics of their own.

2/9 Country Classics in AP Commons: Tom Georges will be playing his guitar and singing some of the old country favorites.

2/10 Friday Forum @ the Library: More info to come.

2/13 Bob Packwood and Mark Dixon in BW & AP: Our favorite jazz duo will be playing in Birchwood at 3:30pm and in Aspen Pointe at 7:45pm.

2/14 Five Course Wine Dinner: Hillcrest Culinary Services will be holding a special Valentine's Day five-course dinner with wine for all residents during one seating. Please no guests for this meal. More info to come.

2/16 Bel Canto in AP Commons: Bel Canto, a group of nine women from the Bozeman Symphonic Choir with Alison Todd as the piano accompanist. See article on page 2.

2/19 Bob B. in BW @ 3:45pm: Come tap your toes and sing to Bob Britten on the piano in Birchwood!

2/22 Wine & Wisdom in AP Commons: Presented by the Bozeman Health Foundation, have a glass of wine, cheese, and crackers while enjoying a talk and slideshow by David Quammen, article with more info on front page of newsletter.

2/23 Men's Breakfast: All men are invited to this special, complimentary, cooked-to-order breakfast by Chef Dean.

2/24 Angella Ahn & MSU School of Music Students in BW: Join Angella's talented students for music in BW.

2/23 Short Story Group: Are you interested in a short story book club? Chaplain Valerie Webster will read a story, followed by the group's discussion. See article on page 3.

2/23 MSU Lecture Series: More info to come.

2/27 Bob B. in AP Commons @ 7:45pm: Come tap your toes and sing to Bob Britten on the piano in Aspen Pointe!

Egypt Past and Present

with Doug Dybvig By Kate Evans



In his youth Doug Dybvig had a dream, a wish to visit all seven of the world's continents. As an adult he has almost accomplished this goal; he still plans to visit Antarctica. He has been to Africa five times, but never traveled to Egypt,

the mysterious country with ancient temples and pyramids. So last summer he booked a 14 day tour with Road Scholar and was off in November to the land of the Nile.

This interview highlights portions of that educational adventure, including Doug's observations and impressions.

"When flying into Cairo I was completely awestruck by the sight of tall skyscrapers amidst 5,000 year old pyramids," he described. "The contrast of this vibrant modern city of some 22 million against the remains of an ancient people was just overwhelming. Like all metropolitan cities, Cairo has major traffic issues; among the many cars I also saw a pickup truck carrying a donkey, not a dog."

He elaborated, "One has to be impressed by the Great Pyramids of Giza, the Sphinx, the Roman Theatre, the National Museum, the Solar Boat Museum, and many others, way too many to mention." Then there are modern hotels, office buildings, shops, and restaurants. "You might think you were in Manhattan, NY," he added.

Equally interesting to him were present day buildings, homes two stories or more that were topped off with rebar extending skyward. He was told that families intended to add additional floors for future generations of family.

Conical shaped structures built close to restaurants also were amusing to him. The answer to his question about their use was that they housed the birds, the squab, which were cooked and served when ordered by diners.

Along a coach trip north to Alexandria the group visited desert salt lakes and flats and monasteries dating back to the Fourth Century AD. In the city, overlooking the Mediterranean, they toured the former site of Pharaoh's Lighthouse, one of the seven wonders of the ancient world and where Queen Cleopatra first laid eyes on Julius Caesar, plus the Library of Alexandria, the original founded by Alexander the Great which was reopened in 2002 by the new, and digitalized, Bibliotheca Alexandrina.

After a plane trip south, the group visited Luxor and Karnak temples. Although badly ruined, Karnak is an impressive site and the largest temple complex ever built by man. It represents the combined achievement of many generations of ancient builders. They also viewed the West Bank Valley of the Kings which was used as a royal burial place for about 400 years including the tomb of King Tut. The Hatshepsut Temple was one of the very few temples of Egypt to be dedicated and built by a woman. "It has unique modern architecture that makes it difficult to believe its age," he noted.

A four day river boat trip on the Nile (the longest river, with its sources, in the world) ended at Aswan, site of the High dam finished in 1970. The dam has proved both beneficial and detrimental to Egypt: the construction has generated electricity, but also has contributed erosion, poor silt deposition and other environmental problems.

Cont.
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Karnak is the largest temple complex.

Neighbors

By Kate Evans

Roberta Balaz Joined War Effort As Plane Inspector

During World War II, as most of my readers will recall, women were not drafted into service, but many went to work in plants to help build equipment for the war effort.

One of these young women was Roberta Lorane Burke. She was not a “Rosie the Riveter;” she was an assembly line inspector at the Glenn L. Martin bomber and assembly plant in Omaha. For three years Roberta inspected B-26 Marauder airplanes, later B-29s, making sure that flaps, rudders, electrical lines, wheels, hydraulic tubes, etc. were operable and not leaking.

“I was 19 years old and a student at Hastings College in Nebraska when my younger sister, Idamay, and I got permission from our parents, Winifred and Charles Burke, to quit school and go to work,” she explained. To be eligible as an inspector, Roberta was trained at the University of Omaha in an intensive three months course. “Different college instructors taught the various classes, such as metallurgy and airplane technology,” she stated.

To save funds, she lived at home, carpooled to the plant, worked from 4p.m. to midnight and ate in the cafeteria. “We were helping with the war, making some money and having fun.”

When the war ended she was out of a job. She returned to college, this time at Iowa State College in Ames to study home economics (textiles and clothing). Her graduation in 1947 was not a happy time; her mother died ten days before the ceremony on June 13, 1947. Roberta did not consider looking for a job in her chosen career. She returned to Omaha to care for her father who was suffering with ALS. During the next three years she and her brother, Charlie, shared his care until his death on July 7, 1950.

During this period Roberta was employed

by Union Pacific Railroad in the Auditor of Disbursement office. One summer Gene Balaz, a student at the University of Minnesota, returned to his hometown for work. He applied at Union Pacific and was placed in the auditor’s office with Roberta. They were married August 9, 1952 in the Dundee Presbyterian Church in Omaha, where they established their first residence and Gene was employed as a teacher with the public school system.

An avid skier and outdoorsman, Gene became a seasonal mountaineering park ranger in Grand Teton National Park in 1954; then in 1956 he earned permanent park ranger status. Thus began his long career with the national Park Service and the many moves for the Balaz family.

“We were transferred often to Washington, Virginia, Colorado, Hawaii, California, and Texas; it made it somewhat difficult with children in school,” Roberta explained. “I was unable to pursue a career in textiles, but I could sew and make our clothing.”

“Each assignment presented a rich new experience, a new interesting park. It was like we were always on vacation,” she emphasized.

Following Gene’s retirement in February in 1980, they eventually moved to Green Valley, AZ. Gene died February 22, 2007 at age 81. Roberta remained in Green Valley until October 2015 when she moved to Aspen Pointe to be near her children. Gary Balaz is an attorney in Bozeman and Bobbi Bettas, who is retired from Montana Fish, Wildlife, and Parks as a federal aid coordinator, lives in Stevensville, MT.



Roberta holds pictures of planes she inspected.

Wise & Well: *flex your muscles* By Jennifer McNulty, Exercise Specialist

In the past, it was widely accepted that men are to have muscle definition, while women are to be delicate and dainty. Since then, this notion has been proven to be false, and both situations, in excess, can be detrimental to your health. It has been shown that without any strength training, adults over 40 years of age can lose up to 8% of their muscle mass per decade and after 70 years of age, adults can lose up to 15% of their muscle mass per decade. In all, muscular systems make up 60% of total body weight; by losing up to 15% of muscle mass per decade after the age of 70, body weight could result in dramatic weight loss in our later years.

Muscles are important because they help maintain posture, circulate blood, regulate breathing, stabilize joints, generate heat, assist in digestion and they protect vital organs. Muscle fibers are also able to break down to a molecular level and be used to repair and rebuild various cells and tissues. Arguably the most important reason for appropriate muscle mass, is that the glycogen that is stored within our muscles can be used for vital functions in our brain and nervous system. All these reasons are why it is important to manage your muscle mass.

It is known that the body does not generate new muscle fibers; the amount of muscle fiber we are born with is the same as when we die. Throughout our lives, fibers will thicken, shrink, elongate and compress as a result of our job, daily activities, or physical activity level. Our muscles are not generating new fibers, we are simply changing the fibers through various activity or inactivity. Just as we age, muscles will age as well, starting at about age 30. Muscle fibers begin to shrink as a direct result of the aging process; muscle tissues are replaced at a slower rate and muscle tissue that is damaged may be replaced with a tough fibrous tissue instead of elastic muscle tissue. As a result of this aging process, muscle

tone decreases and we have less muscle function, strength, and contractibility. While we know that the aging process is inevitable; we do not have to succumb to the effects and accept the results. Below are a number of things we can do to prevent muscle loss and promote muscular health and wellbeing:

Engage in Physical Activity: Each week try to get 150 minutes of physical activity. These can be broken into 3-10 minute bouts of exercise or walking at least 5 days a week. If it is hard to keep track of the amount of time you are exercising, wear a pedometer and try to walk between 7,000-10,000 steps a day.

Remember, some activity is better than none.

Eat more protein: As we age, we generally should be consuming more protein to keep up with the demands of cell building and to repair tissues, including muscle. It is recommended that adults over the age of 50 consume 1.0-1.5 grams of protein per kilogram of body weight to maintain the ability to rebuild and repair cells in our body.

Eat right and make food more appealing: Eating properly is just as important in maintaining muscle as engaging in physical activity. Older individuals should consume 1 ½-2 cups of fruit, 2-2 ½ cups of vegetables, 5-6 ounces of whole grains, 3 cups of dairy, and enough protein to meet your needs. In addition, as we age our senses begin to decrease and as a result may make food less appealing. It is very important to make food full of flavor and very colorful to help entice you to eat. This may include adding garlic, lemon, wine, onion, or dried herbs to food to add flavor. If you have a reduced appetite, carry single servings of healthy snacks to eat when you feel hungry.

By trying these simple lifestyle changes you will promote muscle health and help prevent some muscle loss.

Reference: The Journal of Active Aging. September 2016. www.icaa.cc.

Department Updates & Reminders

Marketing—Linda Jo Simkins

The year is off to a busy start in the Marketing office! We have many new residents that have reserved apartments and will be coming in the next few months. Three apartments in Aspen Pointe and three apartments in Birchwood are available. If you have friends who are looking to move in, tell them not to wait!

Engineering—Rich Hagstrom

Resident “x” keys are now operable on the two exterior doors that had keypads installed. Family, friends, and 3rd party vendors are asked to use the front door of Aspen Pointe or Birchwood. If you have any trouble please inform us.

Programming—Rachel Clemens



Introducing the new Activity Coordinator, Megan Reichert, true Montana native originally from Glendive. She has been married for almost 20 years and has two sons, ages 15 and 12, who keep her involved in sports, Cub Scouts, and other activities.

Before Hillcrest, she worked in manufacture assembling, customer service, office management, and over a decade at Big Sky Carvers as a product developer. In her spare time she enjoys being with her family, camping, skiing, dancing, traveling, attending sporting events, and arts and crafts. She is very excited for the opportunity to work at Bozeman Health Hillcrest and to get to know all of you!



Megan, the beekeeper.

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A concluding highlight was exploring the Abu Simbel Temple, which many scholars consider as the 8th wonder of the ancient world.

King Ramses II ordered the temple be carved out of the bed-



Abu Simbel Temple.

rock and features four colossal figures of himself.

A native of Minnesota, Doug and his wife Helen spent most of their married life in Stillwater. Both were students at St. Olaf College when they met at a dorm open house. She graduated with a degree in sociology and Doug in organic chemistry. He obtained his PhD in chemistry at the University of Illinois. This degree led him to a long term employment with 3M Company, in research and administration.

In England where he and Helen lived for five years, he was 3M's managing director of imaging laboratories. "To this assignment, and adventure, we took my 80 year old spry mother, Eva, and three of our youngest of five children," he commented with a smile.

The scientist in him led to his invention of the first color copier in 1968. It's prints are housed in the collection at the Art Institute of Chicago, accompanied by a color print of Helen that is stored in refrigeration for safe keeping.

In 1998, after 38 years with 3M, Doug retired. Helen died in 2012 and Doug moved three years later to Aspen Pointe to be near two daughters, Edie Pinkham and Kathy Marker, both of Bozeman. A third daughter, Peggy Schmidt lives in Missoula, while his two sons, Rob and Andy, reside in Wisconsin and Minnesota, respectively.