



The Eugene Hotel View

Monthly Newsletter of Eugene's Premier Retirement Community September 2022

LABOR DAY — A TRIBUTE TO US!

By Marshall Jay Kandell

Labor Day is a difficult holiday to really understand. If it's a tribute to the workers, how come all the restaurants, markets, malls, and theaters are open? And what about all the public safety personnel? And when did you ever see newspapers, radio, or TV observe a day off?

And what about those of us who may be retired? What do you do on a day off when you already have the rest of your years off?

As a youngster, Labor Day was a day of mixed blessings. It was usually spent at some barbecue or picnic in a bittersweet goodbye to summer. After all, if it was Labor Day, the start of school could only be a few days off.

Of course, later on, as a parent, that was something to rejoice.

Over the many working years, Labor Day was primarily just a great excuse for a three-day weekend...except on those years when work or emergencies took precedence. On those occasions, it was just another workweek, except for the rest of the family, who were left a disappointing weekend.

How many of us ever really give thought to what Labor Day is all about? Other than union leaders, politicians, human rights advocates, and editorial writers, do any of us think of work and working conditions on Labor Day? Probably not too many of us dwell on such thoughts.

I guess Labor Day is for anyone who has ever worked. Those of us who have spent inordinate

amounts of our lives earning livings, often doing things we didn't like in order to bring home the paycheck that made it possible to eat, live, raise families...maybe enjoy a luxury or two. And yes, even bosses work, sometimes harder and longer than their employees can imagine.

Many Americans define themselves by their work. Their careers are the central focus of their lives. For those who benefit from the products and services of their labors, we are indebted and grateful. For those family members and loved ones who suffer from their absences, their lack of attention and sometimes, their stressed-caused early deaths, we can only sigh and commiserate.

For retired men and women, what meaning does Labor Day hold? Memories, certainly. And, more importantly, a reason to reflect upon our achievements. We worked, we sacrificed, and we did what needed to be done. For some of us, our working days were labors of love—for others, simply a means to an end. But we worked. We earned. We produced. We made a difference.

In a way, we're part of relay teams. We run our lap and pass the baton. We may no longer be running, but the race is still going on...

and we did our part and will have every reason to share in the victory lap. Retired or not. Labor Day is still our day!



MEET YOUR NEIGHBOR

Getting to know Mearl G.
Bio is on....p. 2

SEPTEMBER EVENTS

Activities and calendar
for September...pp. 3-7

BOOK GROUP

Residents will discuss *thirteen moons* by
Charles Frazier....p. 5

Meet Your NEIGHBOR



Mearl G.

I was born in Elkhart County, Indiana in 1937, the first grandchild in two large robust rural Swiss-German families with 9 and 14 siblings, respectively. My dad left when I was two (before my sister was born) without providing support, financial or otherwise. My mother, who quit school at the fourth grade to help her step-mother care for a rapidly growing family, was my first hero. What she lacked in financial and educational resources, she made up in indomitable willpower, integrity, and unconditional love. She was a force of nature. I will be forever a champion of the underdog and the fact that “right makes might.”

My childhood began living with family members, then with the support of families, friends, and church, a free-standing house with “reasonable” rent. Finally landing a good factory job, Mom gradually secured a home (always adjacent to our school), first in the country, then in a tiny unincorporated town of New Paris, Indiana, with no stoplights and 500 souls (if you counted dogs and cats). In high school, Mom insisted on a college entry program. For some

unknown reason, my nickname was “Gabby.” My buddy, “Snook” Hire and I were in the principal’s (my pastor) office more than in the classroom. Our favorite prank was hiding a live sparrow in our English teacher’s desk drawer. I was elected cheerleader for three years because I couldn’t dribble a basketball and change directions at the same time. I backed into a job in a local print shop, starting as a printer’s devil and progressing to the newspaper pressman. Both skills were important later in life. I graduated in 1956 and headed to Ball State Teachers College (now University) in Muncie, largely at the recommendation of my speech therapist.

At Ball State, I majored in Social Studies and minored in Journalism. Due to my printing experience, I quickly became production manager of the student paper then Editor-in-Chief for 2.5 years. The banner on my first edition caused quite a stir: “B-Ball State N-News.” During my term as Editor-in-Chief, I interviewed both John F. Kennedy and Eleanor Roosevelt. Midway during my senior year, I joined the staff of the Muncie morning paper as a cub reporter, a job I kept with expanding responsibilities until moving in 1961. I graduated in May, 1960 and got married one week later. As family responsibilities grew, my reporter’s salary “shrank.” So, I reached out to my journalism professor and he introduced me to his alma mater in Colorado. My daughter was born several weeks late in October, 1961, just two weeks before I was due to start a new job in Greeley, Colorado.

I met my future wife Sue, whom I first noticed during a staff meeting of the Ball State News (wearing short shorts). She was the first queen of the Wayne County Fair and still retains her

regal beauty. My daughter, Angela, was born in Muncie about one week before I left for Colorado. One of the most beautiful sites I remember in Greeley was the site of my wife, Sue and three-week-old Angie arriving on a plane at the Denver airport. Our son, Douglas, arrived in August, 1964 in Greeley. In that day, husbands waited in the waiting room. I heard a distinctly loud cry from the delivery room and knew that the new addition to our family was a boy.

Geographically, I have been a modest rolling stone: Michiana (Indiana), Colorado, Maryland, Washington, DC, Virginia, and the Chesapeake Bay, Indonesia, Harrisburg and Mid Pennsylvania, California, Wyoming, Utah, Florida, Tennessee, Kentucky, Iowa, lower Canada and now, since January, 2022, a native son of Eugene, and the Willamette Valley OR. Most importantly, I’m a proud resident and citizen of the Eugene Hotel, premier retirement community of the world.

In addition to my trip around the world to Indonesia in 1975 (via Europe and the Middle East going and via Australia, New Zealand, Tahiti and California returning) and my various business trips, I lead an 18-day, 105 member tour of Europe from London to Paris in 1966 (UNC Alumni), visited the Paris Air Show in 1991, and led a 17-day family history quest to Switzerland and southern Germany in 2012, part of which was a 75th birthday gift from my daughter.

My professional career resembles a mountain river: meandering back and forth changing direction, unpredictable, straight, deep and swift in spots; calm, soothing and refreshing in others; bubbling over rocks, crashing down rapids, and an occasional falls. It started with baseball (thanks to an uncle), turned to printing, then to

(continued on page 7)



Monthly Preview
Friday, September 1
at 11:00 a.m.

– Lounge

This monthly preview will be a single meeting at 11:00 a.m. We will come together to discuss updates, food service, and all the other events for the coming month. Please join us for this meeting to get the latest news.

First Friday ArtWalk
Friday, September 2
at 6:15 p.m.

– Meet in the Lobby

Meet McKenzie in the Lobby for Eugene's First Friday ArtWalk. We will visit a few of the many galleries and art spaces right in our neighborhood. Bring a sweater and wear comfortable walking shoes. This is a wonderful way to spend a Friday evening.

Philip Bayles on Piano
Monday, September 5
at 11:00 a.m.

– Lobby

Beginning this month, Philip Bayles, noted conductor and founder of the Eugene Opera in 1977, returns and will join us on the first Monday of each month with his masterful piano stylings. He'll be in the Lobby on Labor Day but starting in October, he'll play the piano in the Lounge on the first Monday of the month.



Activities & Special Events

Labor Day BBQ Picnic Lunch

Monday, September 5

at 12:00-1:30

– Dining Room

Hot dogs, burgers, fried chicken, and corn on the cob; a buffet with all of your barbecue favorites. **No dinner service will be provided.**

Women's Group

Wednesday, September 7 and 21

at 10:30 a.m.

– Lounge



Join Judi for a casual round-table discussion and an opportunity to get to know each other better. This month we will discuss influential people in your life who weren't family.



Stroll/Walk Returns

Thursday, September 8, 15, 22, & 29
at 10:00 a.m. and 10:30 a.m.

– Meet in the Lobby

Join McKenzie Thursdays at 10:00 for a slower, more leisurely pace around the block. For a brisk, energizing walk around the neighborhood join McKenzie at 10:30 on Thursdays.

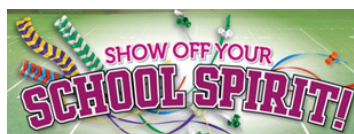
School Colors Merry Mix-Up

Thursday, September 8

at 4:30-6:00 p.m.

– Dining Room

For National School Colors Day, school is back in session. Show your school spirit by dusting off your letterman jacket, cheerleading outfit or wearing your school colors from junior high, high school, or college to our merry mix-up dinner.



Natural Ways to Support Memory
with Yaakov Levine

Friday, September 9

at 2:30 p.m.

– Lounge



Health Coach Yaakov Levine will be joining us again to talk about memory preservation. While age-related cognitive decline might seem inevitable, it doesn't have to be! The formula for supporting our brain and memory is simple. Discover how good nutrition and healthy habits can support our memory throughout our lifespan.

***The Pajama Game* at The Shedd**

Sunday, September 11 at 3:00 p.m.

Saturday, September 17 at 7:30 p.m.

– Across the Street

The Shedd has once again generously given us tickets to an entertaining event. Awarded the 1955 Tony for Best Musical and, over half of a century later, claiming another Tony for Best Revival of a Musical, ***The Pajama Game*** is a flat-out classic musical comedy that just never runs out of steam! Tickets are available; you may bring a guest. Please sign up at the Front Desk, for a Sunday matinee or a Saturday evening performance. If you choose to go on Sunday afternoon, please make sure to request a tray or pick-up so that you have dinner waiting for you when you return.

Lin Lin Choy/Stories from China

Wednesday, September 14

at 10:30 a.m.

– Lounge

Our much-appreciated exercise instructor, Lin Lin, grew up in China. She will share with us stories from her life growing up. If you have particular questions that you'd like to ask her, please submit them to Cara before September 14.



Back in July, the Eugene Hotel received an unexpected gift from The Very Little Theater. The VLT was under renovation and could no longer use the bar that for many years had been used to sell concessions. The Eugene Hotel was very glad to accept! The bar could not fit in our elevator so it has found a home in the Dining Room, where it fits perfectly and will be used often.



Belly Up to the Bar
Thursday, September 15
at 4:30-6:00

– Dining Room



Join us in the Dining Room to christen the new bar. We will be serving an assortment of cocktails along with a substantial appetizer buffet (in place of dinner). John Polese will be adding to the festivities on the piano.



**ENLIGHTEN UP
YOUR DAY**

Enlighten Up Your Day
With Brian & Theresa
Friday, September 16
at 1:00 p.m.

– Lounge

Being an older adult presents a number of challenges. Brian Ford, LMFT, and Theresa Fluty, Instructor, will lead the second

part of a discussion about thriving in our golden years. Building on their talk from last month – The Four Factors of Mood and the Foundations of Mental Health – Brian and Theresa will share insights and strategies from their Enlighten Up Your Day program. As requested, they will take additional time for the sharing of life experiences and wisdom from the audience. Please join us in the Lounge for Thriving In Your Golden Years, Part II.

Dahlia Show
Sunday, September 18
at 10:30 a.m.

– Meet in the Lobby

Our own Phyllis Shafer spearheads the 57th annual Lane County Dahlia Show, happening at the Lane County Fairgrounds. Come see a large array of dahlias in various, vibrant colors, ranging in size from less than 2 inches to over 12 inches. The exhibitors bring their blooms from all over Oregon and Washington. Please sign up in the Activities Book.



Resident Birthday Lunch
Monday, September 19
at 12:00 p.m.

– Dining Room

This month we will celebrate those born in September at the resident birthday lunch with food prepared by our own chef. If you have September birthday, please join us.



Nifty Nineties Tea
Wednesday, September 21
at 1:00 p.m.

– Lounge

Our honored nonagenarians are invited to an afternoon tea and an opportunity to party with others who have reached the estimable age of 90 years and older. Afternoon tea and light refreshments will be served in the Lounge.



Fall Crafting
Thursday, September 22
at 2:30 p.m.

– Resident Kitchen

Today, autumn has officially arrived. Join McKenzie to create some fall-inspired crafts to decorate your apartment or share with others. Please sign up in the Activities Book.

Tea & Poetry
Friday, September 23
at 2:30 p.m.

– Lounge

We will come together to enjoy listening to the reading of poetry. Join us for an hour of delightful verse, tea and light snacks. Participants are welcome to bring a favorite poem or one they have written. You're among friends who like to share their poetry and the stories that go with them.



Lane County Commissioner
Laurie Trieger Presentation
Saturday, September 24
at 3:00 p.m.

– Lounge

Would you like to learn about your local government? Commissioner Laurie Trieger, who represents your district, will join us to speak on issues that impact seniors at the county level. Her presentation will focus on how you are affected by Lane County government; how you can most effectively interact with county government to promote your interests; and how you can become more effectively involved as citizens and volunteers. Come meet your county commissioner, ask questions, and learn about what's available from your local government.



Oktoberfest Theme Dinner
Monday, September 26
at 4:30-6:00

– Dining Room

Oktoberfest in September?
Yes! Oktoberfest is a 16-day
German folk festival, running
from late September through the
first weekend of October. We'll
celebrate with a special theme
dinner prepared by Chef Ricky.

Men's Group

Wednesday, September 28
at 10:30 a.m.

– Lounge

The Men's group (Lounge Lizards) will meet in the Lounge to catch up and share insights. Topic up for discussion on the 28th: Will you howl from the roof on the equinox? Why or why not?



Breakfast Brigade/Denny's
Thursday, September 29
at 8:30 a.m.

– Meet in the Lobby

Ride along with Ray to enjoy all of your breakfast favorites at Denny's. All residents are invited. Please sign up in the Activities Book.

Reader Theater Players
Thursday, September 29
at 2:30 p.m.

– Lounge

The Players are returning with their theatrical readings (think dress rehearsal without the costumes), vaudevillian humor, and overall variety show that will entertain and amuse. The actors use only vocal expression to help the audience understand the story. And they tell jokes too!



Beverages on Broadway
with Gus Russell
Friday, September 30
at 1:00-2:30 p.m.

– Lobby

Enjoy a fun time of music, favorites and classics, with Gus Russell while you imbibe

something to wet your whistle. Pleasure provided for ears and taste buds.

TRIPS FOR SEPTEMBER

Tour of The Shedd
Tuesday, September 6
at 11:00 a.m.

– Meet in the Lobby

The scaffolding is down so let's see what's up. We will walk over to The Shedd Institute and tour their performance space, classroom areas and see the changes made during their still-in-progress renovations. A good way to get to know our generous neighbors. Please sign up in the Activities Book.

Albany's Antiques and Classic Car Show in the Streets
Saturday, September 10
at 9:00 a.m.

– Meet in the Lobby

Let's head to Albany for a day of antiques and classic cars. Stroll through the farmers' market, admire over a hundred vintage cars, and browse through oodles of antiques in Albany's historic downtown. This will be an on-your-own adventure enabling you to go at your own pace. Please sign up in the Activities Book.

Unique Eugene
with Mystery Lunch
Tuesday, September 13
at 10:30 a.m.

– Meet in the Lobby

Join us today for an around town tour to visit a handful of places that make Eugene unique. Then we will head to a mystery destination for lunch. Please sign up in the Activities Book.

Armitage Park & Picnic Lunch \$6
Tuesday, September 20
at 11:00 a.m.

– Meet in the Lobby

Let's head just 5 miles north to beautiful Armitage Park on the

banks of the McKenzie River. After enjoying your picnic lunch, there will be plenty of time to wander the tree-lined river path or sit and enjoy the great outdoors. The picnic lunch is \$6. Please sign up in the Activities Book.

Small Town Tour of Junction City Lunch at Beer Station [Food Carts]
Tuesday, September 27
at 11:30 a.m.

– Meet in the Lobby

Today our small towns tour brings us 25 miles northwest to Junction City. We will have lunch at Beer Station where you can choose from one of their food trucks, try your hand at a game of cornhole and enjoy a nice cold beer from one of their 30 taps. After lunch we will do a little thrifting at one of Ray's favorite spots. Please sign up in the Activities Book.

(continued from page 2)

journalism, on to public relations, then flowed into higher education, then swirled into analysis and planning, tumbled over economic development, flirted with politics and influence then shot over a falls into family history, genealogical research and cultural sensitivity. A highlight of my career was volunteering during the Clinton Administration transition in 1992-93, joining the White House Presidential Personnel Office for six months in the Priority Placement Office.

Now that I approach old(er) age, I am interested in promoting civility, kindness, empathy and appreciation. At the same time, we seniors must seek to engage and stay involved with our families, our community, our government, our world. My anthem: ENGAGE! We must relearn to talk (and listen) to each other, regardless of our differences and/or our diversity.



Cats of the Eugene Hotel



Amir

Denny R. (618) has always had animals. He used to be called Noah because he couldn't go past the Humane Society without bringing an animal home. He loves dogs but they do tend to be a lot of work so he went to get a cat about eight years ago.

While sitting in the Cattery at Greenhill Humane Society, surrounded by kennels containing cats, there were two rambunctious felines running loose around his feet, the grey one jumping into his lap. The black and white Amir had been found in the back of a semi-truck covered in grease. The long-haired grey Smokey had once belonged to an older woman. The two rowdy rascals had bonded and become best friends. So Denny said that he'd just take them both.

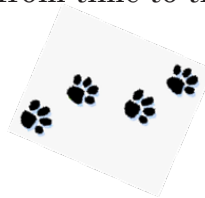
They don't rough house quite as much as they used to but they are comforting companions who sleep on the bed with Denny. Smokey is the warmest and friendliest; he loves constant attention and any human will do. Amir is friendly



Smokey

but can also take you or leave you. He has to think about it, watch you for a while and determine if you're acceptable.

Smokey has a touch of cancer in a back leg that causes a little limp but doesn't slow him down too much. They do like to sleep a lot but still love to wrestle and rough house from time to time.



Please
welcome
new resident
Jane Young
in #604