



# Valley Voice

*Published by Valley Heights Senior Rental Community  
for all our friends and family*



**September 2010**

## ❖ Valley Voices ❖

Name: Virginia Kotecki

Age: 86

I was born 86 years ago in Aberdeen, South Dakota. My parents were Georgia and Edward McClain. I was the middle child between two sisters.

It wasn't a fun time growing up during the Great Depression, but all of my friends were in the same situation. We didn't know anything different and made the best of our childhood.

I attended Catholic school for eight years. After high school graduation, I decided I wanted to be a nurse. For three years I worked for the telephone company to save money for school. I managed to save just enough to cover expenses for my first year.

When it was time to leave for school in Minneapolis, I went by train. I had never been away from home. I had never been to Minneapolis either. Needless to say I was scared to death. But I managed to make it through that first year.

Then the government came to my financial rescue. The Army began a Cadet Nurse Corp. It was a government program that paid for nursing education. If I signed up for service, then the government would pay for my tuition, books, and uniforms, plus \$20 spending money. I assumed they were running out of qualified nurses because of the war going on, but I didn't care. Most of my classmates and I signed up in a hurry!

We were then sent all across the country on this program. I went to St. Cloud, Minnesota, where I quickly discovered it was one of the coldest places in the United States. This is when I decided I wanted to live in California after graduation.

By the time I graduated nursing school the war was over. That allowed me more freedom to choose where to start my career. I met and married my husband, and we had three children together. My husband died in 1970 after numerous bouts of rheumatic

fever.

I worked as a Registered Nurse for Kaiser Hospital in Hayward. I then worked as an RN for a general surgeon in Alameda. During this time I managed to put my three children through college. I also took a few interesting trips. After close to thirty years of working as a Registered Nurse, I decided it was time to retire. I moved to the Santa Cruz area to be closer to family.

My two sons live near Santa Cruz, and my daughter lives in Kealahou, Hawaii. I also have a grandson, granddaughter and great granddaughter that live in Stockton.

I lived for about 25 years in Scotts Valley. Then I discovered Valley Heights. I moved in 2009. I really like it here because the people are so friendly!

### AUTUMN LEAVES

by Charles Dickens

(English, 1812-1870)

Autumn leaves, autumn leaves  
Lie strewn around me here,  
Autumn leaves, autumn leaves,  
How sad, how cold, how drear!  
How like the hopes of childhood's day,  
Thick clust'ring on the bough!  
How like those hopes in their decay—  
How faded are they now!

Withered leaves, withered leaves,  
That fly before the gale;  
Withered leaves, withered leaves,  
Ye tell a mournful tale  
Of love once true, and friends once kind,  
And happy moments fled:  
Dispersed by every breath of wind,  
Forgotten, changed, or dead.

**“Make it a rule of life never to regret  
and never to look back.**

**Regret is an appalling waste of energy;  
you can't build on it; it's only good for  
wallowing in.”**

**- Katherine Mansfield**

### Apple Coffee Cake

#### BATTER:

2 cups Bisquick® baking mix  
2 tablespoons sugar  
1 egg  
2/3 cup water or milk  
1 cup finely chopped apple

#### TOPPING:

¼ cup sugar  
2 tablespoons Bisquick® baking mix  
2 teaspoons ground cinnamon  
2 tablespoons butter or margarine ~ firm

Heat oven to 400°. Grease round layer pan, 9 x 1-1/2 inches, or square pan, 8 x 8 x 2 inches.

Mix all topping ingredients until crumbly, and then drop onto cake batter. Mix first four batter ingredients and beat vigorously for 30 seconds. Then mix in apple. Spread batter in pan; sprinkle with topping.

Bake until wooden pick inserted in center comes out clean, 20 - 25 minutes. Refrigerate any remaining coffee cake.

**September Casino Nights will be on  
Thursday, September 2, and Thursday,  
September 16, in the Cattail Lounge.  
If you would like to try your luck at  
playing Blackjack, sign up to be part  
of this fun evening activity!**

*It's time for the Santa Cruz County Fair!  
This year the theme is “Apple Pies and Family  
Ties.” The Fair will be held September 14-19, 2010.  
Seniors Day is Tuesday, September 14. If you would  
like to enjoy a special trip that day to the Fair, please  
sign up at the Front Desk. Space is limited to the  
first 10 residents who sign up. Admission is \$4.00  
for seniors on that day. Our van will depart Valley  
Heights at 12 PM and return at 3 PM. Sign up today  
and enjoy the day at the Santa Cruz County Fair.*

### **Honoring those who gave the ultimate sacrifice on September 11, 2001**



This Memorial Glade rendering at Ground Zero is under construction to honor those who were killed in the terrorist attacks of February 26, 1993 and September 11, 2001 at the World Trade Center.



The Pentagon Memorial is located on the west side of the Pentagon building.



The permanent Flight 93 National Memorial is scheduled for completion before the ten-year anniversary of the Flight 93 crash. Above is an artist rendering of the final project.

WELCOME OUR NEWEST RESIDENT  
**Alberta Chiavaras**

# September Highlights

Everyone is welcome to attend our events.  
Please call 722-4884 for times and details.

- 9/1 Food Committee Meeting
- 9/2 Casino Night
- 9/3 Social Hour with Richard Stauff
- 9/6 Labor Day
- 9/7 Social Hour with Rachel Frankel
- 9/8 Welcome Lunch
- 9/9 Social Hour with Danceland
- 9/14 Senior Day at the Santa Cruz County Fair,  
Social Hour with Young at Heart



- 9/15 Resident Council Meeting
- 9/16 Dr. Hyland (Podiatrist) visits  
Casino Night
- 9/17 Social Hour with Silvertones
- 9/21 Social Hour with Rite of Swing
- 9/24 Men's Lunch, Hollywood Theme Night,  
Social Hour with Richard Stauff
- 9/28 Social Hour with Jazz-A
- 9/29 Ladies Tea



## HURRAY FOR HOLLYWOOD!

On Friday, September 24, join the Hollywood glamour and glitz during our Hollywood Theme Social Hour. Dress in your fanciest threads while enjoying a great performance by Richard Stauff. Show begins at 3:30 PM in the Living Room. Richard will perform many Hollywood hits. After the show, enjoy a delicious dinner in our very own Cattail Dining Room.

### Happy September Birthdays!

Frances Kempton	September 2
Ellen McCann	September 3
Brenda Messenger	September 6
Annie Macedo	September 8
Pauline Graham	September 9
George Menasco	September 13
Florence Haney	September 18
Helen Terrell	September 20
Lorraine Silva	September 21
Harriet Hinck	September 27

## Santa Cruz Senior Follies present "Memories are Made of This" September 15, 16, 17, & 18 at the Santa Cruz Civic Auditorium

The Santa Cruz Follies is a two hour variety show filled with talents and skills performed by members of the fantastic senior citizens organization. There are over 100 seniors involved in the planning and production of this annual show. People from all over the state come to enjoy this once-a-year extravaganza!

Valley Heights will take a group of residents to the 1:00 PM show on Saturday, September 18. Sign up early with Lori in Activities if you would like to attend. Tickets are \$18.00 each and are non-refundable.

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 Alzheimer's Association 2010 Memory Walk  
 Saturday, September 25 at 10:00 AM  
 Seascape Park, Aptos  
 Memory Walk is the nation's largest event to raise awareness and funds for Alzheimer care, support, and research. Since the first Memory Walk in 1989, this yearly event has raised more than \$260 million for the cause.  
 All Memory Walk donations benefit the Alzheimer's Association, the leading voluntary health organization in Alzheimer care, support and research. Consider supporting this wonderful cause: donate, walk, and help to raise awareness of this tragic disease.  
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