

SHARING CORNER

OCT 2020

Spotlight

This month's Spotlight is on a vibrant husband and wife team who have been Bellevue residents for over 50 years. They have a heart for seniors and giving. The North Bellevue Community Center (NBCC) both hosts and supports their endeavors. They are the Thompsons, Dick and Diana.



The couple has been married nearly 60 years and are a model for compatibility and a supportive relationship. They met when they were undergraduates at Cornell University. Dick was studying mechanical engineering and Diana was majoring in psychology. Following graduation from Cornell the Thompsons moved to Michigan, where Dick received a masters in engineering and Diana began a masters in social work. They then moved to Washington, where Dick began to work for Boeing and Diana completed her masters in social work, and gave birth to their two daughters. Dick, as a hobby, learned to fly and secured a commercial and instrument license. Diana became active in the League of Women Voters, secured a law degree from the U of W, and practiced law.

After 33 years Dick retired from Boeing and then worked for 4 years as a computer programmer. Diana, since retirement from law, has taken music classes at Cornish and the U of W, worked and volunteered in the Bellevue Probation Division, taught bridge and spent a great deal of time volunteering.

The couple has two daughters and 2 grandchildren (living out of state). If you ask who is the head of their household you will find out it is "Sultan", the family cat. The Thompsons are both knowledgeable and fond of classical music and music has a large presence in their home. Diana began piano lessons, before she could read and has also studied flute. Dick has studied violin, cello, and guitar. They enjoyed skiing when younger. Both value nature and fitness with Birding and daily walks. They love to travel. Dick is a master woodworker and Diana is an advanced tournament Bridge player. What is so special about this couple is that they have boundless energy, multiple interests, and are lifelong learners still while in their 80's.

Dick, who was raised in West Virginia, is the current president of Seniortech of Puget Sound. It is a nonprofit organization of volunteers that provides free assistance to people who have technical problems with computers or other electronic devices. They have been meeting (before Covid) 2-3 times a month at NBCC since 2016. It is a great service for anyone nervous or frustrated with technology.

Diana, who was raised in upstate New York, has served on the Bellevue Network on Aging (BNOA), a Bellevue volunteer organization, for about 15 years. Prior to the Pandemic the members met monthly at the NBCC, a meeting open to the public. Diana has also been active in the Hearing Loss Association and received awards from both Sound Generations and the Hearing Loss Association of America, for her leadership in restoring Washington Medicaid coverage of adult hearing aids. She is active in multiple other senior organizations. Her education in social work and law has been useful in her volunteer work. Her family background modeled that women could do anything.

The Thompsons describe NBCC as a welcoming place with a variety of activities and people Covid has frustrated this pair (as all of us) especially with their travel plans. However the two remain healthy, resilient, and resourceful. Fortunately, it is hard for them to be too bored with all their interests. The City of Bellevue and the NBCC are proud to have these two volunteers who have given selflessly to enhance the quality of life for the older adults in the community.

We give much thanks and appreciation to both Dick and Diana Thompson for their service!

Reflections and Sharing

(This section is designed to stimulate education, memories, and communication. Reminiscence, share with family and please let us know of any interesting thoughts you would like to share by sending E-mail to abragg@bellevuewa.gov. Please include how you want to be identified (name, initials or anonymous).

* October and the Fall in the Northwest are known for the return of the salmon. What a remarkable species. Their lifespan averages 2-7 years beginning in freshwater and migrating to salt water and returning to fresh water where they were born to reproduce and then die. It is something to ponder how the salmon know how to return. What strength and will they have to return home to spawn. Wonder how many of our readers have fished for salmon? Do you eat salmon regularly? Which variety is your favorite? How many ways do you prepare it? Is there any coincidence October is National Seafood Month?

* National Boss Day is on October 16. In some workplaces this is observed by employees to honor their superiors. Have you been a boss? Did you enjoy it? What was the hardest part? What was the most rewarding part? On the other hand, can you remember your favorite boss? Or your least favorite? What makes a good leader or a good follower?

Did you know?

About October:

Birthstone is Opal, **Flower** Calendula (alternate Cosmos), **Colors** are White and Yellow

Organizations or people celebrate this month: The Sweetest Day, Depression Education, Breast Cancer Awareness, Country Music, Computer Learning, Chili, Dessert, Pizza, Cookie, Pasta, Stamp Collecting, and Books among other themes.

Oktoberfest is associated with this month but technically ends on October 1st. The beginning is traced to Bavaria, Germany in 1810 as a wedding celebration for Prince Ludwig and his bride Therese. It was such success that it started a tradition of partying every year. It is a 16 day celebration consisting of food, beer, and dancing.

Columbus Day is on the second Monday of October, celebrating Columbus' landing in the Americas in 1492. In 1892 President Harrison declared Columbus Day as a one-time celebration. It was a political move to appease Italian immigrants (after a lynching) and ease tensions with Italy. Now, there is real controversy celebrating because of Columbus' character and the aftermath of the treatment of indigenous people.

UN Day is recognized on the 24th of this month. This year is the 75th anniversary of the charter being ratified by many. Beginning with 50 countries now there are close to 200. This has been a wonderful organization to connect nations with peace and humanitarian missions. Has anyone visited the UN building in NYC?

Halloween has made quite a change since it started as All Hallows Day on November 1st by Pope Gregory III and then as All Hallows' E'en the night before. It is believed that the origins came from the Druids of the Celtic people. A celebration of the end of the growing season and the arrival of winter, it also ushered in the Lord of Death. Bonfires were burnt to keep away evil spirits and witches. Children went begging for materials to build the fires. Hollowed out vegetables were used to place candles inside to scare the evil spirits away. There is also a legend about "Jack" who forced the Devil to not seek his soul, wandering earth lighting the way with a hollowed turnip with glowing coal. It is amazing to witness the rise in the past 20 years of Halloween commercialism. Children and adults love this holiday not only for candy but for creativity and sociability. Ever wondered what is it that makes people like to scare and be scared?

Activity Corner

Word Unscramble

How many 3 or more letter words can you form from the following letters?
I G N R E O (27 possible) (No proper names)

“Take An Outing”

Gain education and adventure by looking and learning about salmon in our region. A wonderful viewing is at the fish ladder at the Ballard Locks. Closer by is a trip to the Issaquah Hatchery to learn and observe the salmon in the stream and ladder. Another recommended outing is The Adopt A Stream Foundation’s Northwest Stream Center in Everett. They are dedicated to protecting streams/wetlands for salmon and other habitat.

Food Fun

Halloween provides opportunities for a lot of fun decorating. Mummy meatloaf in bacon, stuffed Jack O’Lantern orange peppers, pumpkin shaped cheese ball or quesadilla.

Recipe

Salmon Spread:

Combine a 14 ounce flaked and boned can of salmon with the following:
1/3 cup mayonnaise, ¼ cup diced onion, 1 teaspoon dijon mustard, 1 tea-spoon mashed garlic, ¼ teaspoon pepper. Add (to taste) soy sauce, lime or lemon juice, salt. Optional 2 Tablespoons sherry or white wine, chopped parsley. Serve with crackers or veggies for dipping, as a filling for a sandwich (croissants are the best), or local in a salad.

Activity Idea

“Booing” or Ghosting” has gained popularity as a Halloween tradition. The idea is to sneak a bag of treats to someone either in your neighborhood or workplace. There is a little poem that accompanies the treats. And after receiving, you get to pass on the deed. Look up the poem and have fun. It is a given “trick” and “treat”.



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