

Sharing Corner

SEPTEMBER 2020

This program receives funding from the King County Veterans, Seniors and Human Services Levy in partnership with the Bellevue Parks Department.

Spotlight On:

This month North Bellevue Community Center shines the spotlight on one of their enthusiastic participants and volunteer, Norma Lightner. Bellevue has been Norma's home for 60 years (and she has seen so many changes to the city over those years as you can imagine).



Norma was raised in the Bronx, New York. She has a younger sister and 3 step-brothers. Her school years were positive and she had a good childhood. Her Aunt and grandmother are attributed with making home life extra nurturing. She worked in various jobs after high school including a short time at Gourmet Magazine. At 25 she met her future husband, a professional dancer at the Roseland Ballroom. The married couple moved to Tacoma (which was culturally shocking for this New York native). Work at Boeing followed for both.

Norma's career has predominantly been in retail, specifically the cosmetic field. If you have lived in Bellevue over the years, and visited the cosmetic counters in major stores, maybe you encountered Norma. She has worked in JC Penny's, Frederick and Nelson, The Bon, Nordstrom's and Macy's. She has represented Revlon, Estee Lauder, Elizabeth Arden, and Charles of The Ritz. She obviously had talent for customer service and artistry in transforming ladies' make up to highlight their best features. Norma had much passion for her work. She received top saleslady awards a few times.

Fifteen years ago Norma retired from her retail work. She was determined to stay active and immediately joined the North Bellevue Community Center. Silver Sneakers exercise has been her main focus. She also enjoys the Chorus. She has joyfully volunteered with decorating the center. Flower arrangements and seasonal decorations are her artistic contribution. She is proud to support the Community Center because of the wonderful way everyone and every culture is treated.

Norma is an example of healthy living with diet and exercise. She loves to read mysteries and romance novels. She is a great friend and neighbor. She enjoys helping people that "need help". Her loves are her son, daughter in law, and her 2 dogs. She inherited both pets, Ollie (terrier-Chihuahua mix) and Smokey (Pomeranian-Poodle mix) from 2 friends who were unable to care for them. Dog walking has been a good way to stay active during the pandemic.

How does Norma describe herself? She says she is:

Self Sufficient, Natural, Outgoing, People Oriented, Tries to be a Nice Person, Realistic, a Hard Worker, Artistic, a Dog and Animal Lover

The staff at NBCC are fans of Norma. They appreciate her personality and friendliness. She makes new members feel welcome and accepted. She also is a monitor for the grounds reporting anything amiss that she observes on her walks.

Reflecting on aging, Norma says, "it's all in your head". "Your head controls your body". She doesn't feel that she is getting "older" but does acknowledge she is getting "slower". Norma is a woman who feels "very fortunate" for her life. And it is without question that NBCC is very fortunate to have her in our lives.



Reflections and Sharing

This section is designed to stimulate education, memories, and communication. Reminisce, 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)

Did You Know?

About September:

Birthstone is Sapphire, **Flower** is Aster, **Color** is Brown.

Organizations or people celebrate National Apples, Piano, Jazz, Potato, Healthy Aging, Honey, Chicken, Sewing, Skin Care Awareness Month among others.

National Grandparents Day is celebrated on the first Sunday after Labor Day. This came about from a housewife in West Virginia (mother of 15) who wanted to enhance the lives of lonely elders in Nursing homes. The goal was to honor grandparents, give the elders an opportunity to demonstrate their love of their grandchildren, and give children guidance and strength from the elders' wisdom. When this was signed into law in 1978 by President Jimmy Carter he said, "Age is a matter of feeling, not of years". This is not a very well known or celebrated holiday. Do any of our readers acknowledge this day?

The Puyallup Fair has been a highlight in early September for generations. What is the history? Puyallup which is the name of a Native American Tribe, meaning "the generous people", inhabited the area completely until the 1850's when the white settlers arrived. Wars and treaties followed and resulted in the dominance of the settlers. A great place to farm, there was much success with crops of hops, then berries and flower bulbs. The "Puyallup Valley Fair" debuted in October of 1900 to showcase animals and agriculture. The core values were Education, Family and Fun. In 1913 the name was changed to "The Western Washington Fair". In 1942 the Fairgrounds was converted to a temporary assembly place for Japanese Americans before being assigned to internment camps during the war. In 2006 the name was changed to "The Puyallup Fair". In 2013 the name was changed to "The Washington State Fair". Sadly this year the fair had to be canceled (although food can be purchased and there is an online Virtual Vendor Marketplace).

Did you "Do The Puyallup"? Was it a yearly tradition or occasionally? Did you ever exhibit or work at that fair or any others? Here are many categories for attending/participation:

Entertainment, Food, Rides, Animal Viewing, Rodeo, Agriculture Displays, Art Displays, Baking/Food Displays, Commercial Marketplace, Carnival Games

Try to put these into a list of favorites to least favorite things that you would do at a fair. Very challenging and probably is different from what you would have done as a youngster.

Activity Corner

Word Unscramble

How many 3 or more letter words can you form from the following letters:

V R S E O L (30 possible) (No proper names)

“Take A Hike!”

This time of year is great for outdoor walks/hikes. Bellevue has 92 miles of trails and 2000 acres of forests and natural areas. Did you know that Bellevue is referred to as a “city in a park”? Challenge yourself and others to

visit as many parks or trails as possible in September. Have you been to Weowna Park Trail, Mercer Slough, Bridle Trails, Cougar Mountain to name a few? Discover a new place or revisit favorite old grounds.

Scone Recipe

If you are a fan of the scones at the Fair, here is a recipe that replicates:

- 2 1/2 cups unbleached all-purpose flour (or Fisher Blend)
- 2 teaspoon baking powder
- 2 tablespoons sugar
- 1 teaspoon salt
- 6 tablespoons shortening
- ¾ cup plus 2 tablespoons milk

Sift flour and then re-sift with other dry ingredients. Work shortening into dry ingredients with fingers. Add milk. Turn out on a floured board and divide into 2 equal pieces. Roll or pat into a round to the thickness of 3/4-1 inch. Cut each round into 4 wedge slices like a pie. Bake about 15 minutes at 450 degrees on an ungreased baking sheet. Let cool, split partly open and serve with jam. (And why not try making **your own** jam?) Makes 8 scones.

Fry Bread

To honor the Puyallup Native American Tribe you might want to experiment with making Fried Bread, a Native American staple. It is budget friendly and a tasty treat. Try finding your own recipe on line.

Craft Idea

Fruit and vegetable stamping. Being celebration of apples month, try cutting an apple length wise (wipe dry), paint red and stamp on paper. Not as easy as it seems. Add details for stem, seeds, and leaves if desired. Can make a card or piece of art. Experiment with different fruits and vegetables.



For alternate formats, interpreters, or reasonable accommodation requests please phone

at least 48 hours in advance 425-452-7681 (voice) or email abrugg@bellevuewa.gov. For complaints regarding accommodations, contact City of Bellevue ADA/ Title VI Administrator at 425-452-6168 (voice) or email ADATitleVI@bellevuewa.gov. If you are deaf or hard of hearing dial 711. All

meetings are wheelchair accessible.