



The Heritage

Heritage Chapter Bluebills
Boeing Retiree Volunteer Newsletter

January 2022

WWW.BLUEBILLS.ORG

VOLUME 28 ISSUE 01

Chairman's Report – January 2022



By Richard Vaughn

“Happy New Year”

2022 will be the year that things will return to the way they were before the pandemic. Think positive and look forward to a better future.

It was a welcome sight to see all the members who attended the Friday, December 17, 2021, potluck luncheon at the VFW in Renton. The food was very good and there was plenty for everyone to enjoy. It was the largest turnout for our meetings since the pandemic shut us down over a year ago.

I am looking forward to the January meeting. We would like to see more attendees so we can discuss what we want to do to move forward and how we can accomplish that in 2022. Think about things that we should plan for such as what kinds of meetings, events, and volunteering, etc.

The next meeting is scheduled for January 28, 2022, 10:30 a.m. at the VFW in Renton, WA. We'll see you there.

We hope your holidays went well and the future will be brighter.

Richard

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THANK YOU

A big thankyou to all who have worked to provide news items and articles each month. Without you this Newsletter would not be possible.

Your Co-editor Dick Beham

Happy New Year!



December Heritage Potluck

By Mary Ulibarri

Don Hilt began the meeting at 10:30 AM with the Pledge of Allegiance. Only one December birthday member was present, Helen Lowe, but I know of two more – Jim Burrows and Millard Battles. Special birthday wishes to each.

Today's attendance was definitely higher--as least twice as many as usual. It was good to see those familiar faces again and welcome two new members. *(Sorry we didn't get pictures)*

Since there was no speaker and no announcements, Don jumped right into the door prize drawing. In addition to the usual wrapped gifts, Richard donated two hand-made little holiday-themed reindeer—a big hit. Also, thanks to the member who donated two lovely poinsettias to the collection.

Congratulations to all you Bluebills for hanging in there this year during these unusual and trying times. I know we all look forward to a less stressful and worrisome year in 2022. So, here's to a lovely holiday season and a happy and healthy New Year to one and all!



Journey to Dementia—Part 1

By Past Co-Chairman Doug Hoople

As most of you know, I had to resign from my Bluebill responsibilities back in September because my Wife had mild cognitive impairment. Since then, I've been on a journey I was not qualified or prepared to experience. I have a few lessons learned to share.

In general, we all know the definition of dementia: a severe loss of thinking abilities that interferes with a person's ability to perform daily activities such as household tasks, personal care, and handling finances. But how do we get to an accurate diagnosis, find the best treatment, and develop a care plan?

Hopefully your general physician is a geriatric doctor, if not at least a specialty in the subject. I switched to a geriatric doctor at a geriatric clinic years ago, my Wife kept her current doctor because she liked her. (Lesson learned, mistake.)

So, in September I got her an appointment with her regular doctor to get a referral to a neurologist to get a diagnosis. That doctor gave her only some basic questions and left the room, I thought he was going to send in a PA in to do more testing. Didn't happen, result was just a diagnosis of mild cognitive impairment.

So, back to the regular doctor for another referral. Overlake Hospital does not have a special-

ized neurology clinic, Evergreen Hospital is supposed to be the go-to for Overlake patients. However, they are booked up through March and are not taking any new “out of system” patients.

So, back to the regular doctor for another referral. The next referral was booked up through April and are not taking any new “out of system” patients. The next referral was booked up through October and are not taking any new “out of system” patients.

Do you see a pattern here? This is not a rabbit hole you want to go down.

Along the way, we also learned that we should be looking for a diagnosis from both a neurologist and a neuropsychologist, to get the most complete/accurate diagnosis.

Then a miracle happened. One of the doctors (back a few calls) had a cancellation and asked if we wanted it.

She is a neuropsychologist. We met with her and as a result are on a better trail for a full diagnosis. She shared that Cheryl was displaying all the symptoms of Lewy Body Dementia (LBD). This is a disease associated with abnormal deposits of a protein called Alpha-Synuclein in the brain.

LBD is the third most common cause of dementia after Alzheimer’s disease and vascular dementia. Patients experience movement symptoms, such as hunched posture, rigid muscles, a shuffling walk, and trouble initiating movement. They also display Parkinson’s disease symptoms.

Lessons learned, to this point.

Probably the most important, get a geriatric doctor. Your regular doctor easily overlooks the symptoms of our old age problems.

Second, make sure you are keeping an accurate timeline of your medical symptoms. Here is a starting list for dementia:

Changes in thinking and reasoning.

Confusion and alertness that varies significantly from one time of day to another or from one day to the next.

Slowness, gait imbalance and other parkinsonian movement features.

Well-formatted visual hallucinations.

Delusions.

Trouble interpreting visual information.

Sleep disturbances.

Malfunctions of the “automatic” (autonomic) nervous system.

Memory loss that may be significant but less prominent than in Alzheimer's.

Last (for now), think about who can help you as a care giver. I have found it to be a 24/7 job. And I do mean 24/7. My Daughter has been able to give me some relief, but you need to recruit real support (a person working a normal job and with their own family can't give you all the help you need).

Bits and Pieces

Submitted by: Martha Battles

LEADERSHIP:

“Anyone can give up; it's the easiest thing in the world to do. But to hold it together when everyone would expect you to fall apart, that's true strength.”

Thanks to you Bluebill Aluminum Recyclers

A BIG THANK YOU to all who have donated those aluminum pull tabs and crushed aluminum cans, that I collect each month. Due to your efforts and that of Puget Sound Square Dancers we were able to donate \$5000.00 to Kidney Dialysis Research in December . *Dick Beham*

Letters Against Isolation

By: Linda and Milton Piatok

We are sorry we missed the holiday party. We always enjoy the potluck event.

If anyone is interested in doing an at-home service project, you may want to consider the Letters Against Isolation program. They have a good website if anyone is interested. It makes it easy to help seniors in just a few minutes of time. We learned about the program from the newspaper advice column. She recommended it.



We sent Christmas cards with a short letter. But as you can see any kind of note is appreciated.

Here's excerpts from the Sunday December 19, 2021 Letters Against Isolation News:

Happy Sunday December 19, 2021

What a week! I am so floored by the holiday spirit that the LAI community has been spreading like crazy this week. Can you believe that in one week, we have pledged to write to 93% of

(Continued on page 5)

the seniors we pledged to write to in a two-week cycle.



LAI writes to half the seniors at each facility every two weeks, so that everyone can receive at least one letter a month. Given the momentum LAI has right now, we're going to put out a new spreadsheet so we can spread the holiday spirit to every senior we serve



Julianna made these stunning purple holiday cards. Even a simple doodle or a bit of color can brighten a day!

Yesterday, (Saturday December 17th), LAI celebrated another incredible year with our volunteers over zoom. We had a fantastic time chatting about how we make our cards, what we write, and sharing ideas on how better to reach the seniors we serve.

Our next zoom party will be on January 29th at 5pm EST!

[Click Here To Sign Up To Write Letters!](#)



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20 Years of Community History

[Become a Member](#)

This year marked Eastside Heritage Center's 20th year since it was established in 2001 through the merger of the Bellevue Historical Society and the Marymoor Museum of Eastside History in Redmond. From humble beginnings, we reflect this year on how we have grown and the exciting opportunities we have had in the community.

Eastside Stories

The Island Belle Story

BY Margaret LaLiberte, EHC Volunteer

We don't think of western Washington as prime grape-growing country today. But during Bellevue's early years as a farming community, seven different families grew grapes between about 1912 and the 1940s. The Kelfner farm was located at the intersection of today's SE 8th St and 108th Ave. N.E., near where Surrey Downs Park now stands. North of it, R.T. Reid's farm lay where the new light-rail station at 1112th and Main Street is nearing completion. On the north side of the community, between today's Bellevue Way and 100th Ave. N.E., the eastern slope of Clyde Hill was covered with vineyards owned over the years by the Clarke, Loughran, Hennig, Simpson and Borg families. Some of the farmers sold the grapes fresh, others made grape juice, and Borg's Summit Winery sold wine, once Prohibition ended.

Photos from the time and ads in local newspapers touted the sale of "Island Belle" grapes, suggesting that they were special in some way unknown to us today. And in fact, they were. Island Belle was Puget Sound's very own grape variety.



2002.147.008 - Kelfner produce stand with sign announcing Island Belle grapes for sale.

The Island Belle story begins on little Stretch Island in Case Inlet on the western shore of southern Puget Sound. In 1890 Lambert Evans settled there and began experimenting with grape cultivation. He was joined on the island in 1899 by Adam Eckert, a New York grower, who developed

a variety by crossing the Concord grape with a native North American grape. Named Island Belle after Eckert's elder daughter, the belle of a ball held on the island, the variety does well in the Puget Sound climate. Very hardy, it withstands Fall frosts and can be harvested into December. It's a versatile variety, making delicious juice and jelly. Stretch Island eventually became the center of what was hopefully known as "Puget Sound's grape belt," including Harstine Island and the lands along Pickering Passage. In 1918 the Island Belle Grape Growers' Union was founded to market the area's grapes in what was hoped to be, according to an article in Olympia's Washington Standard newspaper, "a new Puget Sound industry." Island Belle became the most widely grown grape variety in Puget Sound country. The record harvest in 1920 returned \$1,000 per acre (over \$13,700 in today's dollars). In 1928 California's Oakland Tribune paper ran the story that Grace Mason had been crowned Miss Island Belle at the Island Belle Grape Grower's celebration in faraway Shelton. By 1930 Stretch Island supported two grape juice plants, owned by Eckert and a Charles Somers, who had bought the Evans property in 1918.



So it's not surprising that Bellevue's grape growers grew Island Belle grapes as well, although the harvest here typically began two weeks later than further to the south, where the climate was slightly more moderate. John Kelfner bought his initial stock from a grower on Vashon Island and propagated his vines on his farm. When John Clarke began farming below Clyde Hill in 1919, he planted Island Belle and eventually opened Bellevue's first grape juice plant. (He later sold his land to the Hennig and Loughran families.)

2013.046.101 - Hennig grape juice ad.

The Depression years caused western Washington's grape industry to crater, and it never fully recovered, although Robert Borg continued to grow his Island Belles on Clyde Hill into the 1940s. A small remnant of the story remains alive today. In 1978 Dick and Peggy Patterson founded their Hoodspout Winery on Hood Canal, the 16th winery to be licensed in the state. They bought up virtually the entire harvest of Island Belle grapes from the Stretch Island vineyards, for which there was virtually no market at the time. Over the years they expanded to create wines from other grapes as well. In 1994 the U.S. Bureau of Alcohol, Tobacco and Firearms announced it would drop Island Belle from its approved list of wine grape names and rename the grape the "Early Campbell." But the Island Belle is tenacious. Hoodspout Winery is still in business, and among the offerings of varietal wines on its website is "Island Belle," "a red wine bursting with flavors of fresh raspberries and cherries. A perfect wine for picnics and

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barbecues.”



2011.025.003 - Vineyard on the Loughran property in Bellevue, circa 1930.

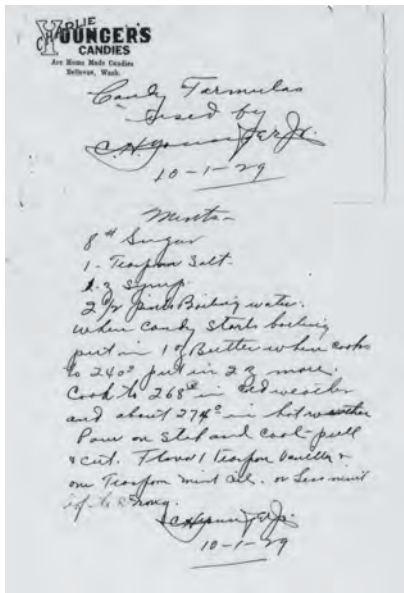
Younger's Mints

Too much butter in the Younger family taffy recipe resulted in the famous "melt in your mouth" Younger's mints. Started as a small operation in the basement of the Younger home in 1926, the business soon grew to the point where it was necessary to open a retail store in the original McKee building on Main Street. Not long afterwards the store moved to a building on 104th Avenue equipped with a kitchen for making the candy.

In search of a better retail location, the business moved to Kirkland in 1938, as it was a larger town at that time. The candy was again made in the Younger home. In the meantime, the candies were being shipped all over the world and a local reputation had been established. With the rationing of sugar during World War II the business was sold to the Anderson family in 1947.



2002.125.004 - Addie Hurley behind counter in Charley Younger's Candy Shop, Kirkland. Circa 1942.



Mints

2002.125.008 - Youngers Mint recipe signed by Charlie Younger, 1929.

8 pounds Sugar

1 teaspoon Salt

1 ounce Syrup

2 ½ pints Boiling Water

When candy starts boiling, put in 1 ounce Butter. When cooks to 240° put in 2 ounces more.

Social Security

Submitted by Micki Brown

What should I do if I get a call claiming there's a problem with my Social Security number or account? (*An excerpt from an online Q&A*)

If there is a problem, we will mail you a letter. Generally, we will only contact you if you have requested a call or have ongoing business with us. The latest scam trick of using robocalls or live callers has increased. Fraudsters pretend to be government employees and claim there is identity theft or another problem with one's Social Security number (SSN), account, or benefits.

Scammers may threaten arrest or other legal action, or may offer to increase benefits, protect assets, or resolve identity theft. They often demand payment via retail gift cards, wire transfers, pre-paid debit cards, internet currency, or mailing cash.

Our employees will never threaten you for information or promise a benefit in exchange for personal information or money.

We may call you in some situations, but will never:

- Threaten you
- Suspend your SSN.
- Demand immediate payment from you.
- Require payment by cash, gift card, pre-paid debit card, internet currency, or wire transfer.
- Ask for gift card numbers over the phone or to wire or mail cash.
- Ask for personal details or banking information to give you a Cost-of-Living Adjustment (COLA).

Don't be fooled! You should look out for:

- A caller saying there is a problem with your SSN or account.
- Any call asking you to pay a fine or debt with retail gift cards, wire transfers, pre-paid debit cards, internet currency, or by mailing cash.
- Scammers pretending they're from us or another government agency. Caller ID or documents sent by email may look official but they are not.

How to protect yourself and your family!

- If you receive a questionable call, hang up, and report the call to our [Office of the Inspector General](#).
- Don't return unknown calls.
- Ask someone you trust for advice before making any large purchase or financial decision.
- Don't be embarrassed to report if you shared personal financial information or suffered a financial loss.
- Learn more at oig.ssa.gov/scam.
- Share this information with friends and family.

Learn more about fraud prevention and reporting at <https://www.ssa.gov/fraud/>.

Veterans and active duty military members: Social Security has your back

By Jack Burns. He is the Social Security Public Affairs Specialist in Arizona.

Every year on Veterans Day, we honor the people who risk their lives to protect our country. Our disability program is part of our obligation to wounded warriors and their families. Social Security is an important resource for military members who return home with injuries. *If you know a wounded veteran*, please let them know about our Wounded Warriors web page, <https://www.ssa.gov/people/veterans/ww.html>.

Our Wounded Warriors web page answers many questions commonly asked information about disability benefits. On this page, you can learn how Social Security benefits are different from benefits available through the Department of Veterans Affairs and require a separate application. We also explain how veterans can expedite the processing of their Social Security disability claims if they become disabled while on active military service on or after Oct. 1, 2001, regardless of where the disability occurs.

Active duty military service members who continue to receive pay while in a hospital or on medical leave should consider applying for disability benefits if they're unable to work due to a disabling condition. Active duty status and receipt of military pay don't necessarily prevent payment of Social Security disability benefits.

We honor veterans and active duty members of the military every day by giving them the respect they deserve. Please let these heroes know they can count on SSA when they need us most. They've earned these benefits! Our web pages are easy to share on social media and by email with your friends and family. Please consider passing this information along to someone who may need it.

Rare Historical Photos

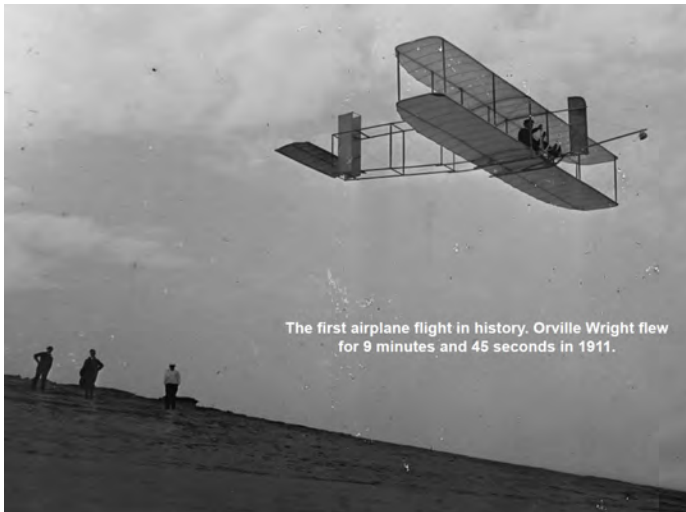
Submitted by Micki Brown



A vending machine that sold cigarettes already lit for a penny.
England, 1931



Niagara Falls during the freeze of 1911. You can see people walking right at the bottom of the frozen waterfall



The first airplane flight in history. Orville Wright flew for 9 minutes and 45 seconds in 1903.



THE HENRY FORD MUSEUM THE OLD MOTOR



Nine kings of Europe in the Windsor Castle 1910.



Pyramid made out of captured German helmets in the First World War - New York, 1918

Calendar of Events 2022
In Person Meetings

<i>Jan 28</i>	<i>Chapter Monthly Meeting</i>
<i>Feb 25</i>	<i>Chapter Monthly Meeting</i>
<i>Mar 25</i>	<i>Chapter Monthly Meeting</i>
<i>Apr 29</i>	<i>Chapter Monthly Meeting</i>
<i>May 27</i>	<i>Chapter Monthly Meeting</i>
<i>Jun 24</i>	<i>Chapter Monthly Meeting</i>
<i>Jul 29</i>	<i>Chapter Monthly Meeting</i>
<i>Aug 26</i>	<i>Chapter Monthly Meeting</i>
<i>Sept 30</i>	<i>Chapter Monthly Meeting</i>
<i>Oct 28</i>	<i>Chapter Monthly Meeting</i>
<i>Nov 18</i>	<i>Chapter Monthly Meeting</i>
<i>Dec 16</i>	<i>Chapter Monthly Meeting</i>

Food Bank Schedule For 2022

Cash donations collected at each monthly meeting to be given to a different food bank each month.

<i>January</i>	<i>Highline</i>	<i>Heinz Gehlhaar</i>
<i>February</i>	<i>Bellevue</i>	<i>Doug Hoople</i>
<i>March</i>	<i>Federal Way</i>	<i>Lonnie Stevenson</i>
<i>April</i>	<i>Maple Valley</i>	<i>Vaughn's</i>
<i>May</i>	<i>Kent</i>	<i>Melinda Stubbs</i>
<i>June</i>	<i>Auburn</i>	<i>Martha Battles</i>
<i>July</i>	<i>West Seattle</i>	<i>Heinz Gehlhaar</i>
<i>August</i>	<i>Tacoma</i>	<i>(open}</i>
<i>September</i>	<i>Renton</i>	<i>Eleanor Skinner</i>
<i>October</i>	<i>White Center</i>	<i>Heinz Gehlhaar</i>
<i>November</i>	<i>Des Moines</i>	<i>Lonnie Stevenson</i>
<i>December</i>	<i>Issaquah</i>	<i>Eleanor Skinner</i>

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**Don't Forget to
Report Your Hours!**

Bluebills Heritage Chapter Meeting



January 28, 2022 10:00AM

Social 10:00AM, Meeting 10:30 - 11:30AM

Speaker: TBD

Subject: TBD

Coffee and Doughnuts provided

Bring a non-perishable food item to monthly meetings to be given to a different food bank each month.

The Bluebills monthly meetings are held at the VFW Post 1263, 416 Burnett Ave South, Renton, WA. Parking is available in the lot immediately across the street from the VFW.

Bluebills Monthly Volunteer Hours

Volunteer Name _____

Phone Number _____

_____ **Hours worked** _____ **For** _____
(month/year) (agency name)

_____ **Hours worked** _____ **For** _____
(month/year) (agency name)

_____ **Hours worked** _____ **For** _____
(month/year) (agency name)

Please send completed hours form to Bluebills, PO Box 3707 1K-B02, Seattle, WA 98124
Email to bluebills@boeing.com or bring to Bluebills monthly meeting