



N64 Monthly Newsletter The Neighborhood



ISSUE 8

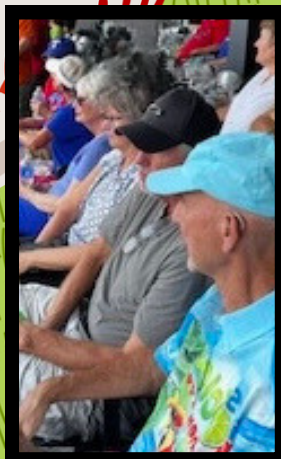
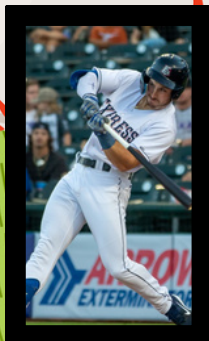
Buzz

OCTOBER 2024

N64 Baseball Outing



On the evening of September 14th, neighbors gathered together to watch the Round Rock Express cruise to a Saturday night victory as they defeated the Sacramento River Cats at Dell Diamond final score of 7-2.



A Note from our
N64 Neighborhood Rep

George Oliver

Under the category of Life Goes On: Patti and Bill Troxell have announced that they will be moving on and relocating away from Sun City. As a result, Patti will no longer be producing the monthly newsletter. Many of us have looked forward to the newsletter every month and we will miss this neighborhood roundup. We are indebted to Patti for the time and effort that she put in to ensure that we are all "in the loop" as to the goings on in N64. Thank you, Patti, and our best wishes to you and Bill as you turn this page of your lives.

That said, there is now an opening for anyone who might want to assume the mantle of putting our newsletter together. Patti has already done the heavy lifting of formatting the layout, but we need someone who is willing to update the content monthly. If you have either a) any experience in this type of communication, or b) just want to give it a try, please let me know. If no one is willing to step up, our monthly newsletter will vanish.

Again, Patti, we appreciate your effort (and positive attitude!) in making this contribution to N64.

OCTOBER N64 ACTIVITIES ARE LISTED ON PAGE 10

N64 NEIGHBOR OF THE MONTH BOB SANDLIN



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A MAN WITH A MISSION

As the saying goes, "From humble beginnings come great things."

This quote perfectly illustrates the life of Bob Sandlin.

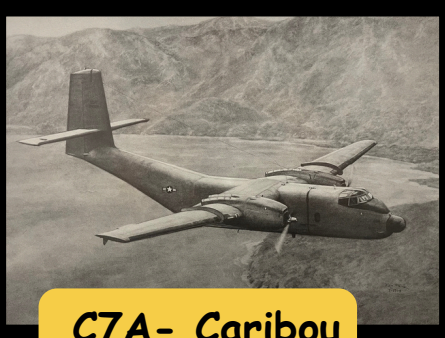
Bob was a United States Air Force pilot during the Vietnam War. Those who are military pilots are a breed apart. They are risk takers. They are brave. They are fearless. They are heroes. I could tell when I was interviewing him that I was speaking to a great American. This is his story.

Born and raised in the small town of Walters, Oklahoma, Bob and was brought up on a sharecroppers farm. As a small child, instead of playing with his friends at a playground after school, Bob, the eldest son of three, side by side with his mother, his father and his brother, Billy (who is one year younger than Bob) picked cotton until the sun went down each night. The cotton they laboriously collected sold for only a penny a pound at the time. Bob consequently learned very early in life about perseverance and determination. He didn't live in a house with electricity until he was 8; he didn't live in a house with indoor plumbing until he was 14. Bob said, "I didn't even know we were poor."

When Bob was in his mid teens, his dad was given an opportunity to buy 1/2 of a Texaco station. So young Bob was met with the new responsibility of working at the family business: pumping gasoline, changing oil, repairing tires and working on cars. As he worked long hours for his dad throughout his high school years, he was still not able to participate in after-school activities like sports or social gatherings. In addition to his responsibilities at his father's service station, he was also employed at night as a custodian in a large bank where he cleaned the building and polished the windows.

Somehow despite Bob's demanding schedule, he managed to catch the eye of a beautiful girl named Teresa who had similar circumstances in her own life. She was the eldest of four and had extensive duties within her household to take care of her younger siblings. The unique and demanding life situations they both lived became an unbreakable bond between them. These two were certainly not ordinary young people. These high school sweethearts understood what duty to family and hard work meant. This common foundation served as a fundamental cornerstone in Bob and Teresa's lifelong journey together.

After high school, Bob went to college at Southwestern State and Teresa went to business school. They stayed in touch, but as times would dictate, their romance was held together only by long distance letter writing and rare get togethers.



C7A- Caribou



KC-135 Stratotanker

NEIGHBOR OF THE MONTH

Part 2



Bob, Teresa, Lance, & Ryan

Bob Sandlin, An American Patriot

Bob graduated from college with a degree in Secondary Education and Business. As soon as he finished college, he was faced the reality of living in 1966 while the Vietnam War was roaring in the background. He knew that being drafted or signing up seemed to be his only options. In hopes of keeping his brother from serving in Vietnam, Bob signed up soon after graduation as a 2nd Lt. He wanted to fly so he was given the opportunity and sent to Big Springs Air Force Base, also known as Webb Air Force Base. This was a major pilot training facility during the Vietnam War where pilots were trained and later sent to fly combat missions in the Vietnam war. Unfortunately, Bob's brother also signed up and was assigned the difficult position as a long-range reconnaissance patrol, or LRRP, deep in enemy-held territory. The brothers were in Vietnam at the same time, yet in different theaters. They never knew where the other one was since communication was difficult if not non-existent. Bob was in constant prayer asking for his younger brother's safety as they fought the war together, yet far apart.

Although they were worlds apart as well, and communication was infrequent, Bob and the love of his life, Teresa, amazingly stayed connected. They ultimately arranged to take a trip to Oahu, Hawaii where they married and honeymooned for 6 days and 5 nights. As soon as the new young couple parted, Bob dashed back to South Vietnam to continue his assignment flying the C7A- Caribou, a twin-engine prop. This was an important airplane used during the Vietnam war because it was used primarily for tactical airlift missions from short, unimproved airstrips in forward battle areas. It was dangerous work and unpredictable. In looking back, Bob and our neighbor Steve Klutz discovered that he had been on one of Bob's flights when Steve was a paratrooper. However they did not know each other then, their paths would cross in Sun City decades later where Vietnam was a distant memory. When asked if he ever skydived, Bob firmly responded, " Why on earth would anyone jump OUT of a perfectly good airplane? "

When it was time to re-enlist after 4 years, he did so and was assigned to fly the KC-135 Stratotanker which is an impressive aircraft that provides the core aerial refueling capability for the United States Air Force. It was a huge responsibility and a difficult and high risk assignment. These planes were used during the Vietnam war to extend the range and endurance of US tactical fighters and bombers and is an airplane still used today.

During this time, Teresa and Bob's son Lance was born. He is now grown up and works for Dell. The second son, Ryan was born 11 years later and now is a firefighter. The Sandlin's have six grandchildren: four boys and two girls and two great-grandchildren. Bob is the first to say, "Teresa is my rock. We moved often and she had to hold down the fort while I was away. She raised our boys in my absence and made a wonderful home for all of us."

Bob spent his state side assignments at the end of his service at Altus Air Force Base, a premier air mobility training location, as a KC-135 flight instructor. During his decades of service, Bob flew a myriad of treacherous and complex missions. After Bob and Teresa had moved many times, Bob retired from the US Air Force after 21 years. He barely paused before he was hired by the Federal Government and continued flying for 20 more years in



assignments referred to as "OGAs." Translated into civilian talk: that's government intelligence work. Bob was a pilot during last 16 years of the Cold War: those were perilous years of tension for the country. During that time, Bob was called away without notice and Teresa and the boys just carried on not knowing where he was or how long he would be gone. This is the part of the story that Bob speaks of very little, but knowing how much he sacrificed, I know we owe him a debt of gratitude.

Bob's post military career finally wound down and he and Teresa moved to Lakeway, TX and Bob finally began a life of retirement. He bought a single engine plane, the Piper Cherokee and truly enjoyed recreational flying and transporting his family and friends. He said with a chuckle, "Flying the Cherokee felt like flying a toy." Bob didn't hang up his wings until he had 45 years as an aviator under his belt. He misses flying and would be flying today if it weren't for some physical challenges he has experienced.

Unfortunately, Bob has suffered many health conditions over the past few years which were caused by the herbicide Agent Orange that he was exposed to during his time in Vietnam. Bob was diagnosed with a serious case of prostate cancer which he thankfully had successful surgery. However, Bob is still in the fight of his life with multiple myeloma, a type of blood cancer that has been directly connected to Agent Orange exposure. He has gone through many rounds of chemotherapy and is now "stable." Prayers for remission would be greatly appreciated.

The wounds of the Vietnam War are deep and long lasting. The war divided American society. Unlike veterans of other wars, Vietnam veterans did not come home to cheers and ceremonies. They were treated with coldness or outright hostility when returning home. Bob shared a heartbreaking story of when he was given orders to land in the darkness of night at midnight so the troops could come back to the states without discord or controversy.

Bob and Teresa have lived in Sun City for two years to be near family. He has had a life of service to his country, his community and to his family. He credits his success in life to his parents for raising him with a sense of personal discipline and for giving him self-confidence. He attributes the balance and stability in his life to his beloved wife, Teresa. But what makes Bob smile the biggest are his children, grandchildren, and great-grandchildren. No story would be complete without mentioning the impact of God in their lives. The first thing you see when you enter Bob Sandlin's home is a display on the wall which says "As for me and my house, we shall serve the Lord." Joshua 24:15. After knowing Bob's story, it is clear that it has been his unwavering faith that has carried him through a remarkable life.



The Sandlin Gang





VETERANS BUZZ

By Diane Klutz



The Point System of WWII

On one of my reading forays into WWII military history I stumbled across the term, Adjusted Service Rating Score (ASRS) or simply The Point System. Created by the U.S. War Department, it became the mechanism by which the Army could figure out who got to go home first after the end of hostilities in Europe and Asia.

Scores varied depending upon the Army Branch assigned: US Army, US Army Air Forces, Women's Army Corps and holders of the Medal of Honor.

The Veterans Replacement and Release Act of 1945 outlined the points according to specific criteria:

1. Month in service = 1 point each
2. Month in service overseas = 1 point each, in addition to month in service
3. Combat award (Medal of Honor, Distinguished Service Cross, Distinguished Service Medal, Legion of Merit, Silver Star Medal, Distinguished Flying Cross, Soldier's Medal, Bronze Star Medal, Air Medal, Purple Heart) or campaign participation star = 5 points each
4. Dependent child under eighteen years old (Up to 3) = 12 points each

A total of 85 points was needed by an enlisted man before being considered for demobilization.

(I estimated my dad had over 100 points by VE Day)

Although there were several revisions, the concept remained unchanged until June 1946 when the US Army ended it in favor of discharging all soldiers after they completed two years of service.

Hobby Corner

In memory of my mom, I created this shadow box. This box includes many special memories and accomplishments of her lifetime. From her PGA hole in one for golfing, photo memories of her graduation ring, several newspaper articles and winnings in the Senior Olympics: 1999-2001 Gold metal for Golf & Putting, Bocce, China Painting & for Basketball.



BY ROSE SIIMONE



She also received a Bronze metal for Horse Shoes, Golf, Crafts Softball Throw and Bocce.

I LOVE YOU MOM!



Rose's Mom
Virginia "Vincie" Serra

N64 LADIES



BOOKCLUB

The N64 LADIES Book Club meets the second Tuesday of every month.

The October book is *The Second Mrs. Pastor* by Shana Abe and will be held at the home of Susan Anderson, 237 Hobby Street on October 8th at 7:00pm.

Contact Sondra Cole, 239-823-4704, if you are interested in joining our group of ladies who enjoy reading, discussing, sharing and having fun!



BEE-ING YOUR BEST

The #1 exercise to do for seniors 55 and older
If you have time for only one exercise, fitness experts say, do this

The SQUAT

This will help protect your joints, improve your balance and prevent falls,



1. Get in position

If you're new to squats, choose a spot where you can hold on to the kitchen counter, a table or another steady surface. Holding on for stability makes it easier to focus on your form without worrying about your balance.

Set your feet about shoulder-width apart or a little wider. (If you have hip issues, it's OK to have your legs a little farther apart.) Toes should face slightly outward.

2. Lower into a squat

Keeping your back straight, chest up and heels planted, push your hips back like you are sitting in a chair. Try to keep your weight evenly distributed on both feet as you do the exercise, with your weight mostly on your heels, not your toes.

Make sure your knees do not extend forward over your toes, because that can hurt your knees

If you have knee or hip issues, you don't need to do a deep bend. The coming-up part of the exercise is what really builds strength.

3. Repeat

Aim for two sets of eight to 10, at a tempo of two seconds down, two seconds up. Inhale on the way down and exhale on the way up. As your body tires at the end of the set, make sure you're not hunching over or letting your knees cave in.



Just slowly lower your bottom to seated level, then stand back up.



FLU VACCINES AT SUN CITY BALLROOM

WEDNESDAY, OCT 9
9 A.M. - 2 P.M.



The CDC and the FDA highly recommend people age 65 and older receive one of these two flu vaccines: the FLUAD or the High Dose FluVaccine. They will both be available at the Flu Vaccine Clinic.



ROCKET



From the home of Rheba Hayes-Arnold



Handsome Rocket

"HE KEEPS ME STITCHES"

If you want to imagine the perfect pair, look on Hamilton Lane in the home of Rheba Hayes-Arnold and her Shih Tzu, Rocket. Rheba's sweet and kind personality matched with Rocket's friendly and affectionate



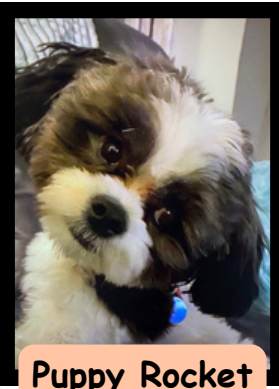
Patriotic Rocket

ways make them quite a match. Rheba, a former Administrative Assistant and Real Estate office bookkeeper, moved into N64 from Oregon five years ago. She traveled here to be near her son in Georgetown. Her other son lives in Washington state. After she arrived to her new home, her local son, Brad, felt she needed a dog companion so he gave Rheba a puppy.

As soon as little Rocket arrived he leapt right into Rheba's heart. He's been Rheba's sidekick ever since. Rheba shares a true feeling of communication with 4 year old Rocket. "He speaks to me." she explained. "We have a special language. I know what he needs and he seems to always know what I need." They have many daily routines: Rocket thrives on a schedule. "Among many things, Rocket never fails to tell me every night at the exact same time, when he wants to go to bed."

Rocket is quite a charming character. Rheba explains fondly, "He has a favorite toy which is a little green ball. No other ball will do." Rocket rejects all other balls, even those of similar colors. He enjoys playing fetch and if more than one person is in the house he systematically delivers the ball from person to person, insisting on taking turns. His most impressive trick is he catches his beloved ball in mid air. Rheba shares, "He also plays hide and seek. He seems to want me to search for him, I find him in the laundry room or "hiding" in a basket very quietly waiting. When I find him, he seems very pleased with himself."

Shi Tzu's (pronounced sheet-zoo or sheet-sue) are referred to "chrysanthemum-faced dogs" because the hair on their faces grows in every direction. Rocket is a panda bear colored pup who has a constantly wagging tail, big expressive eyes, and fun floppy ears. Rocket makes Rheba laugh everyday. He is always happy, playful

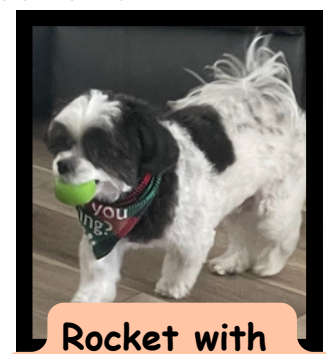


Puppy Rocket



Hide & Seek Rocket

outgoing, and devoted. His idea of true joy is sitting on Rheba's lap (and sometimes willing visitor's.) "Rocket just wants to be loved," Rheba says with a smile. "He's the best company I could have ever hoped for and I don't know what I would do without him."



Rocket with his favorite ball.

SUN CITY GARAGE SALE

Saturday, Oct. 5
8 am-12 noon

The Sun City Texas Community Association and Sun City Kiwanis host a public garage sale for SC residents to sell their unwanted items and shop for new treasures.

Held at **SCTX Social Center Parking Lot**

Sun City Residents can rent a booth for \$55 per space which can be reserved online or at the Member Services office

Rain date: **Saturday, Oct. 12**

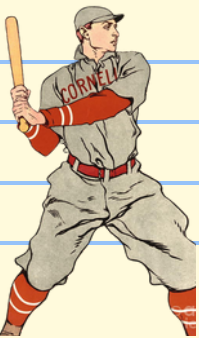


NEIGHBORHOOD 64 SHARES MEMORIES

THE COACH WHO CHANGED MY LIFE BY BILL TROXELL



OCTOBER TOPIC
Describe a teacher or coach who had a significant influence on your life.

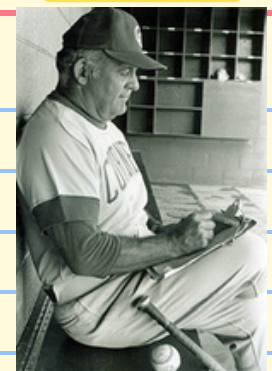


I am the son of factory worker and was raised in a small New Jersey town called Phillipsburg. I had a modest, loving, and solid upbringing. My parents taught me to work hard and to do well in school. That paid off because one day during my senior year my life took an unexpected turn. I relive that incredible moment frequently. I was in my calculus class at Phillipsburg HS, when the phone rang. My professor picked it up and said "Bill, Mr Conwell needs you to come to his office right now." He was our Athletic



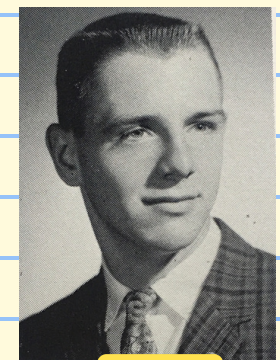
Bill threw the first pitch in 2022 at Cornell's Hoy Field 100th Anniversary

Director, Guidance Counselor and was my backfield football coach for whom I had great respect. I walked into his office, where another man was sitting. He said, "This is Ted Thoren, the head coach of baseball at Cornell University. We shook hands and Ted said Bill, "How would you like to come to Cornell and play baseball for me?" At that moment I felt total shock. I had been working towards attending Rutgers University to get a Chemical Engineering degree. My response was "Coach, Cornell has the best Chemical Engineering program in the country and a university I could only dream about. I would love to go there, but I can't afford it." Coach Thoren said, "A former resident of Phillipsburg, now deceased, established an Engineering scholarship to be awarded to a qualified PHS student and he entrusted me, as head coach, to select the recipient each year." I have been searching for student who played baseball, took advanced courses and has excellent grades and you are a perfect fit. My next words were, "Coach Thoren, I would love to come to Cornell and play baseball for you." That life changing moment, and getting a 5-year Masters degree in Chemical Engineering led me to a lifelong career with Procter and Gamble, where I had many, many jobs and traveled the world, and retired in 2000. I saw Ted Thoren many times during my lifetime, visiting often, and playing in his annual Alumni game at the beginning of each season. Our relationship continued until his death. My Cornell baseball experience was a blessing to me and that incredible day is indelibly etched in my mind



Coach Thoren 1965

Teddy Thoren influenced me as an athlete but more importantly, as a man.



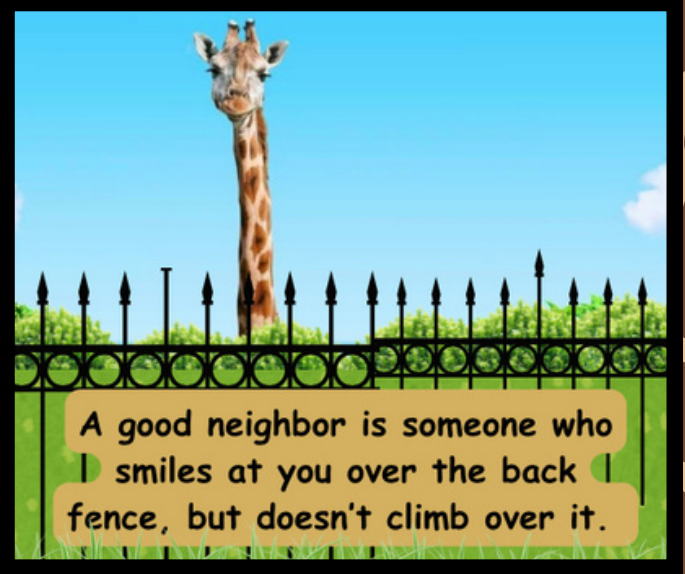
Bill Troxell 18 years old



AUTUMN QUIZ

1. Where in the United States is it most popular to go leaf-peeping in the fall?
A. Rocky Mountains B. New England
C. Tennessee
2. What pigment decreases in plants during autumn, making them lose their green color?
A. Chloroplast B. Chlorophyll C. Xanthophyll
3. Which US state is the largest pumpkin grower?
A. Illinois B. Virginia C. California
4. Oktoberfest takes place every autumn in which German city?
A. Berlin B. Hamburg C. Munich
5. What root vegetable was traditionally used to carve Jack-O-Lanterns?
A. Turnip B. Jicama C. Sweet Potato

Answers on
page 11



A good neighbor is someone who smiles at you over the back fence, but doesn't climb over it.

Name the Car

1



- A. The Ford Mustang
- B. The Aston Martin
- C. The Sunbeam Alpine
- D. The Toyota 2000 GT

3



- A. GMC Terrain
- B. GM EV1
- C. Chevy Volt
- D. Chevy Bolt

5



- A. The Chevrolet Chevelle
- B. The Ford Thunderbird
- C. The Chevrolet Camaro
- D. The Pontiac Bonneville

2



- A. Chevrolet Bel Air
- B. Dodge Coronet
- C. Buick Riviera
- D. Plymouth Belvedere

4



- A. The Toyota Camry
- B. The Citroen DS
- C. The Volkswagen Beetle
- D. The Ford Model T

6



- A. Mercury Cougar
- B. Oldsmobile Rocket 88
- C. Chevrolet Corvette
- D. Ford Thunderbird



LOOK AT
THE
N64
MICROSIGHT
FOR MORE
INFORMATION
AND
REGISTRATION

N64

OCTOBER ACTIVITIES

SPECIAL NEIGHBORHOOD OUTING



Lunch at the famous GRISTMILL RIVER RESTAURANT OCTOBER 20, Sunday , 8:00 AM,
1287 Gruene Rd, New Braunfels, TX , Visit Gruene Market and Historic Gruene Hall with free live
music Register by OCT 13. Indicate in the note section if you can drive or need a ride
Wanda Lincoln : Organizer (817) 291-4580

BOWLING FOR MEN AND WOMEN

Every Saturday Morning 10:00am
Mel's Lonestar Lanes, 1010 N Austin Ave,
Georgetown
NO REGISTRATION, Just come out to bowl
Contact: Alan Anderson 915-204-0638

WHERE'S WALDO?

1st Sunday, October 6, 4:00-6:00pm,
Look for the Big White Bird "Waldo"
on the party host's front lawn.
NO REGISTRATION- VERY INFORMAL
WEAR NAMETAGS
Bring lawn chairs, snacks (optional) and your own drinks

WOMEN'S COFFEE

Every Monday 10:00am
Bring Coffee Cup and Snack, if you choose
No Registration Required, Wear Nametags
Contact: Vickie Herman 909-214-9067

October 7: Wanda McBee's home, 806 Hamilton
October 14: Joan DiBlasi's home 209 Hobby
October 21: Carol VanDyken's home, 123 Hobby
October 28: Rita Wood's home, 239 Hobby

MEN'S MAHJONG

Every Thursday, 1:00 -3:00 pm
Registration Required, Wear Nametags
Training is available
If new, notify Mike Metger
460-288-9126

October 3: Activity Center, Meeting Room 1
October 10: TBA
October 17: Activity Center, Meeting Room 2
October 24: Activity Center, Meeting Room 2
October 31: Activity Center, Meeting Room 2

WOMEN'S MAHJONG

Every Tuesday, 1:00 - 3:00 pm
Registration Required, Wear Nametags
Training is available
If new, notify Roz Nisenson
713-320-4141

October 1: Jarrell Room, Cowan Creek
October 8: Jarrell Room, Cowan Creek
October 15: TBA
October 22: Jarrell Room, Cowan Creek

MEN'S POKER

First Tuesday, 7:00 pm Limited to 7, BYOB, \$10 Buy-In
Location varies , Registration Required
Contact George Oliver 303-882-7600

VINE AND DINE

3rd Wednesday, October 16, at 6:30 pm
Hosted by Sondra Cole at
Rita Wood's Home, 239 Hobby
\$10 and Registration must be in by Oct. 9th
Bring your glass of choice and a snack to share.
Contact: Susan or Alan Anderson 915-204-2359

MEN'S BOOKCLUB

October book: Boys in the Boat, by Daniel Brown
2nd Tuesday, October 8, location TBD

MEN'S LUNCH

4th Thursday, October 24, 11:00am
HELL OR HIGH WATER, 931 TX-332 Loop, Liberty Hill
Meet at Craig Wiseman's driveway for carpooling
127 Hobby, at 11:00am
Registration by 10/22, Let Craig know if you need
a ride or can drive, 832- 687-2882

WOMEN'S LUNCH

4th Thursday, October 24, 11:30
THE SHED, 220 Royal Street, Salado
For lunch at 11:30am and shopping afterwards
Meet at Shelia Gottschalk's driveway
836 Hamilton, at 11:00am to carpool
Registration by Oct 17
Let Shelia know if you need a ride or can drive
913-240-6861



N64 PHOTO OF THE MONTH



GREAT HORNED OWL

Photo taken by *George Oliver* while walking *Augie* on *Hobby Steet* on a mid-September evening.

AUTUMN QUIZ ANSWERS

1. A. NEW ENGLAND
2. B. CHLOROPHYLL
3. A. ILLINOIS
4. C. MUNICH
5. A. TURNIP



Car Quiz Answers



1. . THE SUNBEAM ALPINE, 1962, first appeared in "Dr. No," the first James Bond film. The Aston Martin is considered the most famous of all the Bond cars, but this car was the first.
2. A. THE CHEVROLET BEL AIR, 1955, is a classic American car that immediately brings to mind sock hops and Elvis songs. It was such a staple of American life from its debut in 1950 to retirement in 1981. It stayed in production for 31 years
3. B. THE GM EV1 was one of the first mass-produced alternative energy cars and was on the road from 1996 to 1999. It was a popular electric vehicle, but a series of legal and financial battles made the EV1 eventually disappear.
4. D. THE FORD MODEL T, 1915, was one of the first automobiles built and once made up 55% of all the cars in the world. It was the first mass-produced vehicle in history.
5. C. THE CHEVROLET CAMARO was Chevrolet's response to the massive success of the Ford Mustang, which first debuted in 1964. The Camaro, which debuted in 1966 and was originally called the Panther.
6. THE FORD THUNDERBIRD. 1957, was designed to compete with the success of the Chevrolet Corvette, and thus was the first Ford two-seated performance vehicle with an additional emphasis on luxury.

The Buzz Contributors OCTOBER 2024 Issue 8



Patti Troxell
George Oliver
Rose Simone
Bob Sandlin
Teresa Sandlin

Rheba Hayes-Arnold
Bill Troxell
Diane Klutz
Don Conaway
Phil Newberg



"How lucky I am to have something that makes saying goodbye so hard"
- Winnie The Pooh

Thank you N64 for your kind support. SHOUT OUT TO GEORGE OLIVER FOR EXCELLENT PROOFING & EDITING! Thank you for your steadfast leadership.
-Patti Troxell



DON'T FORGET TO CHANGE YOUR CLOCK!

We will fall back for the year on Sunday, Nov. 3, at 2 a.m.