



At left are son & wife, George & Melody, John Boy Delaney, son, Tallis, and Verne and me. We toasted Verne at a lovely dinner in Quebec City for his 80<sup>th</sup> birthday. We also toasted our daughter, Dawn, in absentee since she had flown home that morning with a medical emergency.

### Verne's 80<sup>th</sup> Birthday Trip

Wishing to do something special for Verne's birthday our family chose to take the Canadian Railroad from Vancouver, BC., across to Quebec City on the St. Lawrence River. We were joined by our children for at least parts of the trip. I also asked John Boy Delaney to come along as a companion for Verne.



The scenery (during daylight) of Jasper Park in the Canadian Rockies was spectacular. Early snow covered the peaks.

However, the next day, Verne became ill with a 24 hour like flu and we were quarantined in our cabin for the remainder of

that segment of the trip toward Toronto. We could watch the prairie go by through the window and meals were delivered with a smile.

All of the hotels where we stayed in Canada were owned by the Canadian Railroad. The most spectacular one was in Quebec City, Chateau Frontenac located near the top of a hill overlooking the city and the river. We enjoyed our time there with its historical flavor and autumn colors.

(Continued on Pg 2)



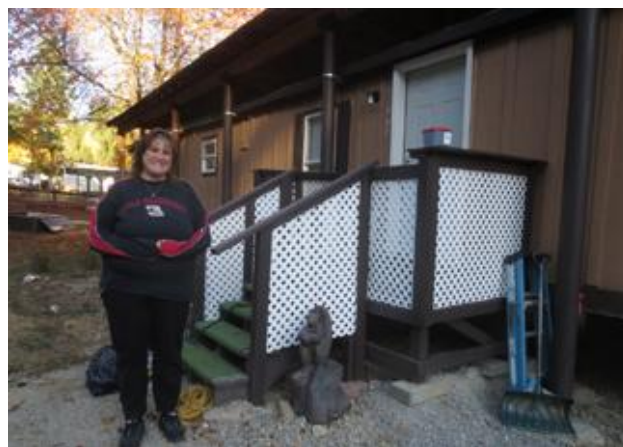
### Harvard Study on Ageing (on Facebook)

"The study found that people aged successfully when they gave to others joyously and received from others gratefully."

(Continued on Page 3)



While four of us who usually help with the newsletter mailing were gone, others came to help with smiles. Above are Jo Ann Schonewald, Jackie Kannaard, and Susan Bourne.



Krista is almost ready with her home. She has installed some attractive steps in front. However, the skirting still needs to be installed.

*But now you yourselves are to put off all these: anger, wrath, malice, blasphemy, filthy language out of your mouth. Do not lie to one another, since you have put off the old man with his deeds, and have put on the new man who is renewed in knowledge according to the image of Him who created him, where there is neither Greek nor Jew, circumcised nor uncircumcised, barbarian, Scythian, slave nor free, but Christ is all and in all.*  
Colossians 3:8-11

Verne's Birthday (continued from pg 1)



Verne and I were pleasantly surprised to see a friend walking up the hill toward us. Ellie Arguimbau, our Fuller Center Secretary, was on a bike tour of Canada and took a couple

days to explore Quebec City. John Boy also had some "small world" experiences meeting two friends along the way.

We left Quebec City before the expected 55,000 tourists were due to arrive that weekend—mostly from the huge cruise ships—to view the fall colors and celebrate Canada's Thanksgiving.

Five of us continued on to NYC where we were treated to a personalized tour of Blue Sky Studio by George and

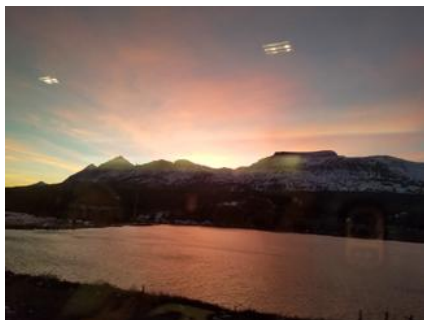


Melody's friend Brock, an animator with the film company. They produced the Ice Age series and a Charley Brown movie. That evening we went to Jersey Boys. Enjoyed the music but not the language.

In Boston, we toured the city, only to lose Verne on the tour bus—glad to find him waiting for us seated on his walker together with the backpacks. The foliage tour was affected by the last of Hurricane Michael with rain and fog. Glad we saw the colors brightly before.

We traveled to Spokane via Amtrak with an unexpected stay in Albany when a freight train derailed west of Chicago.

It was disappointing to arrive at Glacier Park just after the sunset—best to go during the long days. This photo was taken about half an hour before we reached the Park. The sunset is reflected off a snow field.



We are happy to be home in our own colorful world.



Our Greater Blessings Committee, Ellie Arguimbau, Judy Blalack and Duane Little, meet Kathy McPeak at her home. She shows us where the water runs off the roof onto her steps and landing. It freezes every winter making it so hazardous that she has to go out through the garage door and she is afraid someone will accidentally fall on the steps. This will be our next project. *Photo by Verne*



At Mike's Specialty Welding, Davin Street helps load the pieces left when their crew took time to cut motors and other metal apart so Verne & John Boy can strip out the recyclable metal. *Photo by Judy*



After a donated motor was cut open by Mike's Specialty Welding in Wallace, Verne happily sits in his red shed and strips the copper wires out to be recycled. *Photo by Judy*

When skimming through Facebook, a posting caught my attention. I thought I had noted the pertinent parts and went on without saving it. However when I tried to check the veracity of my notes, I found I had not accounted for the quotes correctly. They were related to a Harvard study. So I spent several days listening to podcasts and reading about this in the Harvard Gazette. This study is ongoing now for almost 80 years.

There have been numerous articles written in the Harvard Gazette about ageing and happiness over the years so I'll condense my notes to one page. Please go to the websites and listen to some of Ted Talks pod casts. Judy

## The grateful life may be a longer one

Jeff Huffman, an associate professor of psychiatry at Harvard Medical School

“What we’ve learned so far — small but important steps — is that if we ask patients to learn how to identify the good things in their life — write a letter of gratitude, imagine a better future, do acts of kindness — people with heart disease and other chronic illnesses are willing to sign up for the studies, willing to do the interventions and feel better when they do, with increased happiness, decreased anxiety, decreased depression,” Huffman said. “We feel pretty confident about that.”

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In his viral Ted Talk, Dr. Robert Waldinger, a psychiatrist and director of the Harvard Study of Adult Development, said that **“good relationships keep us happier and healthier.”** If you were going to invest, now in your future self where would you put your time and your energy? The clearest message from this 75 [now almost 80] year study is that good relationships keep us happier and healthier. **Period.**

We’ve learned 3 big lessons about relationships:

- The first is that *social connections are really good for us and that loneliness kills.*
- The second is that it’s not just the number of friends you have and it’s not whether or not you’re in a committed relationship but it’s the quality of your close relationships that matters.
- The third big lesson we learned is that good relationships don’t just protect our bodies, they protect our brains.

So, the biggest predictor of your happiness and fulfillment overall in life is, basically, **LOVE.**

Specifically, the study showed that having someone you can rely upon helps your nervous systems relax, helps your brain stay healthy and reduces emotional pain.

The data also clearly found that those who feel lonely are more likely to see their physical health decline earlier and die younger.

\*\*\*

[Here is where we with the housing ministry come in. Children living in stable family homes do better in school, having workspace for studying and having friends visit. The study stresses the need for relationships within one’s community. That means giving of time and resources for our own benefit and for other’s environment.]

From Having a Happy Childhood Improves Your Chance of Having a Happy Marriage, [www.realsimple.com](http://www.realsimple.com) *Psychological Science* “The results showed that participants who had a nurturing family environment in childhood were more likely to have secure relationships later in life, in part, because they were more skilled at regulating their emotions in midlife.


The study adds to previous research showing that the quality of peoples’ early home environments can have ‘far-reaching effects on wellbeing, life achievement, and relationship functioning throughout the lifespan,’ says Waldinger”

<https://news.harvard.edu/gazette/story/2017/04/over-nearly-80-years-harvard-study-has-been-showing-how-to-live-a-healthy-and-happy-life/>

**“When we give cheerfully and accept gratefully, everyone is blessed.”**

**Maya Angelou. Wouldn’t take nothing for my journey now**

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**Coming Events**

Nov 13—Board and committee meetings, 6 PM, Mountain View Congregational Church  
Nov 22—Thanksgiving

**We are honored to receive this memorial**

*From Josephine Davis  
In Memory of May Melina Vidmar,  
Of Debbie Short, Of Ray Davis  
And of Brendan DeMasters*



Karen Rollis, Joyce Sciuchetti, Lynne Cummings, & Lois Dahlberg help at the newsletter mailing while Ellie, Verne, Judy and John Boy were gone. *Photo by Linda Amonson*

**Greater Blessings Fund**

Verne & Judy Blalack, Debra Bornitz, Dawn Crane, Andrew Dawson, Sherry Jeffries, Josh & Christina Mace, and Carrie Pielat

**Kay Baker's Site**

Next week, John Boy Delaney, Mike Humphrey, and Verne Blalack are scheduled to blow insulation in the attic of her house. That should be the last of the construction on it.

The next step will be finalizing the paperwork so she can buy it from SVFCH on a no interest mortgage. Then she can move in.

We are planning to have a dedication for Kay in her new home in December. We will let you know when. ☺



Jeana Frank and Misty Weske fold newsletters at the US Bank in Kellogg during a lull time at work. We truly appreciate their help getting them folded in preparation to mailing—especially this time since John Boy, who usually folds one or two boxes, was gone on the trip with Verne. ☺ ☺ ☺

*Photo by Tami Atkins*

**Newsletter Helpers Needed**

Volunteers to help with the newsletter mailing usually on the 1<sup>st</sup> Tuesdays of the months starting at 9 AM at St. Rita's Parish Hall in Kellogg. The mailing workshop is usually finished by 11 AM if enough come to help.

Call Judy at 208-682-3240 to volunteer.

**Here's Help for SVFCH . . .**

- ❖ I'd like to join the "300 Club" and pledge at least \$10 per month for one year. Please note 300 on your check.
- ❖ Here is my pledge for \$ \_\_\_\_\_ per month for one year.
- ❖ Here is my gift of \$ \_\_\_\_\_.
- ❖ I have a house and/or land to donate.
- ❖ I can make a no-interest loan for \$ \_\_\_\_\_. Please call about working out the details.
- ❖ I can provide construction materials either discounted or at no cost.
- ❖ I would like to help with construction and/or committee work. Please call me to help or send a volunteer form.

I do not wish to be on your mailing list.  
 I do not wish a receipt or thank-you.

Name \_\_\_\_\_ Phone \_\_\_\_\_

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**Please return to Silver Valley Fuller Center for Housing, Inc.P.O. Box 338, Smelterville, ID 83868 ☐208-682-3240**



### **The Demise of Old Blue (At least that is the word at this time.)**

The other morning Verne tried to start Old Blue but instead of a nice motor sound, he had lots of black smoke and steam pour out around the hood. When it cooled down enough to pry open a warped hood, the wiring was all melted and even the battery was melted.

Verne's comment was: "I guess about a million miles is enough." This Ford workhorse has been in heavy use since 1968 when it was first bought new by Verne's brother, Carl, who used it in the woods. Verne bought it from Carl to use while he and our sons installed fencing throughout the valley for the Montgomery Ward Store in Kellogg.

When we became involved with Habitat for Humanity in 1993, Old Blue came along. I remember a youth group from Shoshone Base Camp who convinced their driver before they left to come by the work site so they could take a photo of all of them sitting all over this pickup.

The last few years have been difficult for this old pickup. It spent many months many times in the auto hospitals getting repaired with new parts finally having to be built for it. For a number of years the gear that recorded mileage didn't work until a company said they could manufacture a new one. The pickup had about 800,000 miles showing in addition to those not recorded.

It didn't go out in a blaze of glory like Verne's straw hat did when our Care-A-Vanner friends decided to have a cremation and eulogized his hat during a fun time in Colorado. Maybe Old Blue was just too tired.



## **WISH LIST**

- ❖ Construction Volunteers
- ❖ Volunteer Coordinator
- ❖ Assistant editor for *The Silver Bulletin* doing the layout.
- ❖ Greater Blessing Committee Chair
- ❖ PR Committee Chair
- ❖ Prayers for our organization, Silver Valley Fuller Center for Housing

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