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Publisher's Note



Larry W. Hayes
Publisher & Editor

Profile/Cover: Dr. Sylvia Earle. Scientist. Ocean Explorer. Record Setting Aquanaut.

TIME magazine's first "Hero of the Planet," Sylvia Earle, 77, continues to be the voice to save our oceans. This legendary oceanographer has logged more than 7,000 hours in deep water and 100 ocean expeditions. Read about Sylvia's amazing crusade, page 16-19.

Our award winning travel writer, Don Mankin, kayaks with orcas in the Johnstone Strait off Vancouver Island. A fun adventure you won't want to miss reading, page 6.

My friend and ActiveOver50 columnist Dr. Walter Bortz looks forward to April 15 which is the 127th running of the Boston marathon. This will be his 43th consecutive annual marathon. Read his story, page 8.

It's no secret that we're living longer and healthier. To celebrate life, folks in Santa Cruz have started a "90+ Club." Read article, page 23.

Rich Santoro, "The Bulb Guy," is an expert in bulb gardening. He should know. He's planted over 5,000 in his backyard. When they come up in early April, you're invited for a free tour. Read story, page 30.

Keep those emails, phone calls and letters pouring in! Your comments "keep me active." Love to hear from you on any subject. Any time. You can reach me at Larry@ActiveOver50.com or call 408.921.5806.



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“Doing Great!”

By Bella Babot

Is there a correlation between happiness, positive thinking and healing? Many arguments have started on this particular topic and there appears to be evidence on both sides of the discussion that are indeed valid.

So when scientific validity is in question, I tend to go with personal experience. It is from this viewpoint that I feel pretty “positive” that the “happiness” factor plays a rather large role in healing.

In July of 2011, I was 47 years old and diagnosed with an 11cm pancreatic tumor which to many might be a death sentence. Or at least, that was my impression. I left the hospital unsure of my future and my health.

But not once did I ask “why me,” instead I thought “why not me?” And for those who know me, they might guess what my next three questions to the surgeon were:

1. “Can I still go on my three week holiday to Asia?”
2. “After surgery, will I be able to work from home?”
3. “How soon can we get this out so I can get back to having some fun?”

As it turns out, this particular journey to healing is a long one

with its ups and downs along the way. What I do know is that throughout this particular journey, I decided I was not going to allow it to change who I intrinsically am – a joyful person who loves life and cherishes every part of it.

It was with those thoughts that I decided I would always look for the silver lining in each day, as truly there is always good somewhere in the day or night.

One day I was so fatigued and in much pain and wondered how I would even venture from the bed. I closed my eyes and took a deep breath and upon opening them, I looked down to find our golden lab, Mia, with her face gently resting on the edge of the bed so as not to disturb me.

Her chestnut eyes watching me and her favorite, well-worn tennis ball placed ever so tenderly next to my left leg. I laughed aloud at her loving offering and realized it is those simple gestures, those small things that make life unbearably and positively sweet.

As I laughed, the fog of pain that shrouded me, started to dissipate and all I could think of was carefully treading to the side yard to throw Mia her ball (of joy). As I ventured out into the sun, reveling in the warmth as it encompassed me, happiness flowed within me, as

I giggled at her antics and pure uninhibited joy at the simple pleasure of a tennis ball.

And for those 30 minutes, life was normal again. And therein was a life lesson for me. Every day holds delights, and if we are able to look for those small jewels of happiness, life feels a whole lot better. Life is a whole lot better.

Thus when people would ask how I was, I would say “I’m doing great,” whether I felt that way or not. Why? Because when I said it aloud, it somehow became my truth.

Doing great could mean, “I got out of bed today,” or doing great might mean “I went to the beach and watched the most magnificent sunset.”

“Doing great” to me meant I am alive and looking forward to the next day. Looking forward to having a next day.

For me, without a doubt, the happiness factor is one of the keys to my successful recovery. I firmly believe when I smile at the world, it smiles back. When I laugh at life, it laughs with me. And that is powerful medicine.

Bella Babot is Director of Marketing at Harrell-Remodeling of Mountain View, CA.



Orca showing off for awed kayakers on beach. Photo by Sophie Ballagh



Looking for orcas while enjoying the view. Photo by Don Mankin

Kayaking With Orcas In the Johnstone Strait Off Vancouver Island

By Don Mankin

It had been a tough week. I was on my way to the Johnstone Strait off Vancouver Island for a five day kayaking trip to see killer whales but record breaking heat had made it difficult to sleep or do much of anything. I felt fat and lethargic. I really needed this trip.

I had just turned 70, my knees ached and I had tendonitis in my bicep so I couldn't help but wonder whether five days of paddling, camping and using rustic toilets were the best way to celebrate this milestone.

As we packed up our kayaks on the boat ramp in Telegraph Cove on the eastern shore of Vancouver Island for the start of our trip, a trio of women in their 60s and older paddled up and began unloading their gear. They moved stiffly and gingerly but they also looked healthy and vibrant.

From the looks on their faces, they were concluding a thoroughly enjoyable trip. I was encouraged.

The first few minutes on the water changed everything. The kayak bobbed gently on the swells and all I could hear were the drops of water trickling off my paddles. I felt relaxed and all that had been bothering me the past few days – the heat, the tiredness, the aches and pains of age—washed away.

Within the first hour we saw eagles, porpoises, seals and lots of small fish jumping in front of our kayaks. The water was like glass.

After three hours of easy paddling, we pulled into our campsite, a base camp of big tents on platforms with cots run by **Out For Adventure** (www.outforadventure.com), the tour operator and my host for this trip.

As we started unpacking our kayaks, I heard the tell tale sounds of orcas close by, breathing as they surfaced, like a sigh without the sadness. I turned and spotted a parade of about 15 passing by only 50 yards offshore. One jumped out of the water, then flopped back with a great splash – twice. Another seemed to wave at us with his tail. If we had been a few minutes slower getting to our campsite, we would have been in the middle of the parade.

The next morning we saw a rerun of the show with another pod of orcas. One leaped in the air only 15 yards from shore. After packing up we paddled across the Strait, a distance of a few nautical miles, to our next campsite on West Cracroft Island.

Since we were staying at this campsite for two days, we slept in



Our intrepid travel writer demonstrating good paddling form.
Photo by Sophie Ballagh

till 8, then went for a leisurely paddle along the shore. As I backed off the beach, a seal popped his (her?) head up a few feet in front of me, then glided under my kayak. A few minutes later, we came across a black bear on the beach in the next cove, no more than a couple hundred yards from our tents. We spent the morning skirting the shore looking for sea urchins, anemones and sea stars in the crystal clear water.

In the afternoon, we went for a hike through the rain forest to a whale observation station overlooking Robson Bight, the ecological reserve where killer whales rub their itchy bellies on the pebbles just below the surface. The hike was like an obstacle course of roots, rocks and plenty of fallen trees to climb over or crawl under. At well over 200 pounds since my bar mitzvah, a gazelle I'm not, but I surprised myself at how nimble I was that day.

In fact, I was surprised at how limber I felt throughout the trip. The constant movement—paddling, hiking up and down rough trails, ducking in and out of tents, carrying kayaks and gear over logs and slippery rocks — kept me loose and burned up a couple of pounds left over from my far more indolent trip to Hawaii a few weeks before.

That night I had my best night's sleep in weeks.

In the morning, we packed up and headed back across the Strait. Soon we heard distant sighs and saw a pod of orcas swimming toward us. We rafted up and waited, following their progress as they dove, swam and surfaced, backs and fins glistening in the sun. Four orcas passed only twenty yards in front of us.

A few minutes later, we crossed paths with a pod of white sided dolphins. Three of them were heading right for me. I could see them leaping and diving in unison a few yards away, silent except for a whoosh and a splash. They dove before they reached me and resurfaced a few yards behind.



Looking for orcas while enjoying the view. Photo by Don Mankin

That night before going to bed, I wandered down to the beach to listen to the sighs of distant orcas in the darkness. I am at heart a city boy, but as I stood there I couldn't help but wonder what it would be like to live in a place like this, spending my days bobbing on the swells and, when I'm lucky, watching the whales leap into the air.

Don Mankin is an award-winning travel writer as well as a psychologist, consultant and educator. His ActiveOver50 article in the Spring 2012 issue, "Zipping Over Copper Canyon —Mexico" won the 2012 Gold Prize in the 50+ Travel and Travelers category from the North American Travel Journalists Association. For more information on Don, check out his website: www.adventuretransformations.com.

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BY ACTIVE OVER 50 TRAVEL WRITER DON MANKIN AND SHANNON STOWELL
WITH A FOREWORD BY SIR RICHARD BRANSON

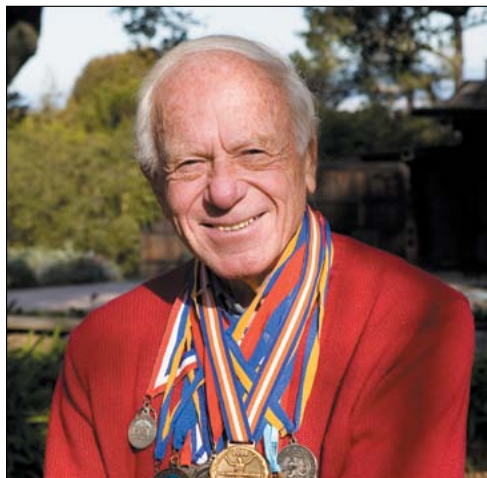
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April 15



By Dr. Walter M. Bortz, II, M.D.

This is a date of major importance. For our friendly IRS agents, their eyes glisten with an eager anticipation. For the rest of us, we are checking our bank balances and our consciences.

For the people in Boston, however, it has an entirely different emphasis. It is Patriots' Day, which commemorates Paul Revere's famous ride. The Red Sox generally schedule a big game for the occasion.

Many tens of thousands of others will gather 26 miles outside Boston and head toward Copley Square, where the 127th running of the Boston Marathon will conclude. I plan to run these 26 miles while Ruth Anne will be more modest, and do half of it.

I first ran Boston in 1971, shortly after my father died. It was curative of my grief and depression and I have never stopped. This will be my 43rd consecutive annual marathon. Certainly not all in Boston, but I'm at least certain that I can't get lost, even if it gets dark before I finish.



This year I face a new challenge. In two of my previous runs, Boston 2010 and Limerick 2012, I developed an awful cramp in my right lower back at the 23rd mile. It was not particularly painful but it was almost disabling.

I looked like a comma, bent to the right. What the hell is all this about? I asked, "Could it be an infection, circulation, metabolic or whatever?" I puzzled.

Finally, the explanation hit me. When I was in my 30s, I pulled my right Achilles' tendon off skiing in Vermont. After the surgical repair, my right calf was shrunk but not disabling in any fashion.

It never seemed to impact any of my many, many subsequent miles but my right leg was clearly less sturdy than the left. After 23 miles, I presume that

this asymmetry resulted in a disequilibrium of burden.

As a result of this late life lesson I will incorporate some type of Pilates into my training schedule which will strengthen up my core muscles and hopefully prevent another comma mishap. I don't particularly enjoy doing calisthenics but wisdom seems to indicate that it is wise.

Do you want to come along?

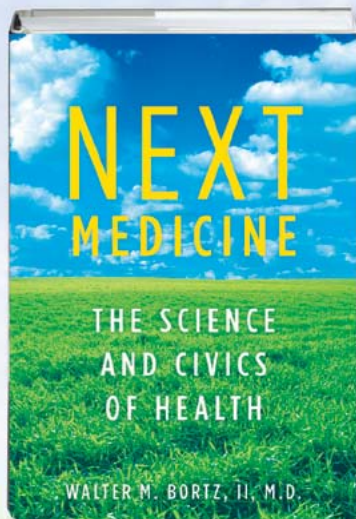
I doubt that you could run as slowly as I do. And you will recognize that there will always be a doctor behind you on the trail.

I respect the old tortoise even if he is crooked. He has beaten lots of young hares in his time.

For more information about Dr. Walter Bortz, visit www.walterbortz.com. Or email: DRBortz@aol.com.

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THE WRONG WIDOW

By Renée Henning

Recent widows and their children are vulnerable. After losing a spouse, many women are treated poorly. They need a champion with expertise in estates, contracts, competency or other legal subjects. As explained below, this area of law is effectively a wrong widow practice.



Renée Henning and her late husband Richard

For centuries, people have profited from the death of a colleague, friend or relative at the expense of the decedent's wife. Many of the horror stories involve a partnership. One partner tried to cheat the widow by closing the company, making her half interest virtually worthless. The next day he opened another company at the same address, with the same employees and for the same clientele but under his sole ownership.

In a less formal commercial arrangement, a young lawyer referred a matter to another attorney to handle in court. They were buddies from law school days. Their arrangement

to share the attorney's fee was not their customary split because the first lawyer had devoted so much work to the case.

Days later he died suddenly, leaving a wife and two little sons. Seizing the chance to earn more at the widow's expense, the law school chum tried to revise the deal.

Frequently, the stories involve greedy relatives. In one case, a dying man was the chief stockholder in a family funeral business. Millions of dollars were at stake. For several years after his death, his brothers delayed settling with the widow to force her to accept a pittance for

his share. The woman, increasingly desperate, began showing up daily and sitting quietly in the funeral home. The police refused to remove her so the partners asked a judge to issue a restraining order against her.

The problem of wronged widows is worldwide. For example, in some African countries, a new widow may lose many possessions to property-grabbing relatives.

A recent example of the treatment of women acting alone concerns a life insurance policy with a death benefit of about \$200,000. In 2004, my husband, Richard Henning, Jr., bought the key-

man policy from his law firm during his transition from partner to "of counsel." Battling cancer, he wanted this additional insurance to help protect our minor children and me.

In 2010, my dear husband died while still working for the law firm. He had been a partner and friend for years with the people with whom I later dealt, Joe and another attorney. My spouse and Joe had been pals for 35 years. In 1976, Joe was in our wedding party. In the 1980s, the two men co-founded the firm and the two families jointly purchased a vacation apartment. My children called him "Uncle Joe."

My husband had said I was the beneficiary on the policy. Thus, I was shocked after his death that his employer claimed the proceeds.

I requested a meeting, which never occurred, leaving all communications in writing. For several months, the two partners avoided telling me if they would keep the money. They were supposedly unable to decide anything concerning the proceeds. I suggested they give me the money, as my husband wanted, for the good of our family. They did not reply.

After further work on my part, they announced their decision. According to the email, I was not designated as the beneficiary of the policy "whether by design, mistake or error." They ruled out sharing because of a mistake by anyone else, including my husband and the insurance company, despite serious questions about that company's competence. In short, both men decided to keep every penny.

I made a blunder by pursuing without a lawyer justice for my children, now college students and me. Unfortunately, many women make this mistake. No wise woman lets her divorcing spouse decide how to split their assets, since the less she gets, the more he keeps.

For the same reason and because business is business, a widow should not let her husband's colleague determine the equitable division of money or property.

A lawyer can represent the widow on a contingent fee basis. He would receive a specified percentage of what he recovers for his client. A woman with an attorney should collect significantly more money than she would have otherwise—even after deducting the legal fee.

A widow's adversary has many ways to cast itself as the injured party and her as the wrongdoer in their dispute. For example, it may lie or may declare itself insulted when no insult was intended.

A woman representing herself should expect the other side to take offense regardless of whether she presents her case in writing, orally or silently.

In fact, the mere presence of an attorney can make a difference. It serves as a warning to people hoping to take advantage of a grieving wife—they picked the wrong widow!

As to written communications, "Uncle Joe" and his partner objected to my "tone." As to oral communications, the opposing side may accuse the widow of yelling, misunderstanding business or much worse. As to the silent vigil discussed above, the surviving partners objected to the very sight of the woman, even seeking an order barring her from the premises. Therefore, the widow should adopt a fourth approach, i.e., pursue justice through an attorney.

Many students entered law school wanting to help those in trouble. They can realize their goal and make money by aiding bereaved women and their children. In fact, the mere presence of an attorney can make a difference. It serves as a warning to people hoping to take advantage of a grieving wife—they picked the wrong widow!

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Sellers Market

Time to Downsize?

By Pat Kapowich

Real Estate Today, the syndicated radio show for The National Association of Realtors, proclaimed 2013 as "The Best Year Ever—to Sell."

Additionally, Joel Singer, CEO of the California Association of Realtors announced, "There are more homes selling with multiple offers than at the peak in 2005." He added the housing inventory would remain low due to the typical move-up buyers/sellers who own homes that are "underwater."

Many younger homeowners are out of the market until their financially upside-down home is right-side-up. These market conditions can be viewed as an advantage for many older adults who wish to "resize."

Younger buyers are preoccupied with schools and more square footage while they often lack larger down payments. Not so for most older adults. The following talking points for buying, selling and moving simultaneously or in succession should be discussed in detail with your real estate professional.

Buy First, Then Sell

This is a great option if one has the financial wherewithal. Again, many older adults are more likely to be able to accomplish this over younger cash strapped home counterparts. The fewer buyers to compete with the better. Doing so allows one to settle into their new home while concurrently preparing their existing home for sale.

It also affords the preferred "one-move" strategy. In this example,

sellers who properly prepare their vacant homes for sale will receive top dollar. The only possible downside is the inability to turn around and sell the existing home promptly. Clearly not a problem in today's market or when guided by a talented real estate agent.

"There are more homes selling with multiple offers than at the peak in 2005."



Sell First, Then Buy

The best option in this case is for the seller to move into interim housing while the home is being properly marketed. If this is not an option, so be it. A talented real estate agent will advise the seller how best to prepare and precede as an occupant in a home for sale.

However, once the home is under contract, the seller must make serious plans to move. Not just where to move, but when. Sellers moving out of a home before a sale is solidified should be thoroughly thought out.

The Rent Back

This provision allows sellers to remain in their homes until after the sales are finalized. Now flush with cash proceeds, these sellers can move forward confidently. This tactic

bodes well for older adults. It also slows down the moving process which is helpful the longer they have lived in their homes.

The Contingent Offer to Purchase

This is perfect for avoiding an interim move. However, this tactic is the least likely of the options to occur. A seller must accept a purchase offer contingent upon the buyer successfully selling and closing his or her home sale. Unfortunately, sellers that would agree to a contingency sales are rare, making home shopping choices extremely limited.

Older adults who complete the buying, selling, and moving process routinely assert, "I wish I had done it sooner." For many, 2013 could not have come soon enough.

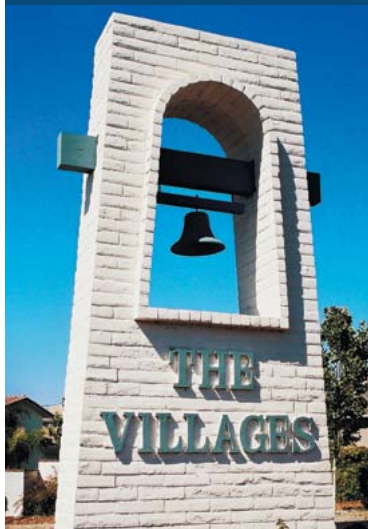
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CHUCKLES CHUCKLES CHUCKLES

Since more and seniors are texting and tweeting, there appears to be a need for a STC (Senior Texting Code):

- | | | |
|------------------------------|--|----------------------------------|
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| ★ BFF: Best Friend Fainted | ★ CUATSC: See You At The Senior Center | ★ FWIW: Forgot Where I Was |
| ★ BTW: Bring The Wheelchair | ★ DWI: Driving While Incontinent | ★ FYI: Found Your Insulin |
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Where Ignorance Is Not Bliss!

Managing Your Medicines Part II

By Moira Fordyce M.D, MB ChB, FRCPE, AGSF



Medication used safely can work wonders. The more you know about the ones you are taking, whether prescribed, bought at the pharmacy, herbal or alternative therapies, the better partner you can be in your own health and preventive care.

1 *To keep track of your medicines make a schedule, use a calendar and/or a pill container*

Mark on the calendar when you take your medicine or use a pill container with sections labeled for each day of the week (there are many different kinds available, some of which beep to remind you to take a dose). At the beginning of the week put all your pills in the correct slots, then all you have to do is look and you will know whether you have taken them each day. An empty egg box labeled with the days of the week can make a useful container.

2 *Ask if there are any activities you should avoid while taking the medicine*

The ability to drive and operate machinery can be impaired by some medicines.

3 *Store your medicines correctly – ask your doctor or pharmacist for the right place*

Not in sunlight, not in a warm place, not on the television set.

4 *Don't keep your medicines on your bedside table*

It's all right to put one dose there if you need to take it in the middle of the night, but some people waken, and while drowsy forget they've had a dose and if the whole bottle is there, take another. Don't take your medicine in the dark and never try to swallow it while lying down.

5 *Keep medicines in their original container (apart from the doses you have put in the pill container)*

Have them clearly labeled with your name, the name of the medicine, the dosage schedule and the expiration date.

6 *You can request easily opened containers from the pharmacist*

Be sure to keep them out of reach of any children or grandchildren who might visit you.

7 *You can ask the pharmacist to type the label in large print so that you can read it easily.*



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8 *Do not share your medicine with a family member, friend or neighbor, and do not take medicines from them.*

What helps you could hurt someone else and vice versa.

9 *Ask your healthcare provider if there is a less expensive generic version of the medicine that is as effective*

Many generics are as good as the more expensive name brands and have had the same quality control applied to them by the government.

10 *Take old or expired medicines back to your pharmacist for safe disposal or in some places to the police station*

11 *Avoid combining alcohol and medications*

Of the 100 most often prescribed medicines, over half contain at least one substance that reacts badly with alcohol. Potential effects of mixing alcohol and medicines may range from drowsiness to liver damage, coma or even death.

12 *Use one pharmacy and get to know your pharmacist*

He or she can keep track of all your medicines and advise you if there is any conflict.

13 *Be extra careful if ordering medications online*

There are real risks associated with purchasing medications from online pharmacies. 97% of online pharmacies are not legal. Of the 40,000 active online pharmacies, a huge majority of them are fly by night start-ups that sell at a cut-rate price but deliver expired, contaminated and fake drugs that could harm you. You have no assurance of the safety, efficacy or quality of those products. The Food and Drug Administration (FDA) has recently launched a campaign to warn consumers that the vast majority of Internet pharmacies are fraudulent and likely are selling counterfeit drugs that could harm them.

If you have a question for Dr. Moira Fordyce, send email: moiraf@gmail.com.



Announcing Get Active Photo Contest

ActiveOver50 Media is pleased to announce its first annual Get Active Photo Contest to encourage boomers and seniors to stay active as long as possible. Prizes will be awarded for the most creative photographs showing “people over 50” engaged in a favorite exercise or sport.

Eligibility

The contest is open to amateurs only, regardless of age, sex or nationality. However, the subject in the photo must be at least 50. No entry fee is necessary to participate or win. The contest is void where prohibited by law, regulation, statute or other appropriate legal authority.

Entry Period

March 1, 2013 to June 1, 2013

Categories

Five categories, based on the age of the person photographed
Two entries maximum. Age groups:
50-60—60-70—70-80—80-90—90+

How to Enter

Take an original photo that reflects the theme of the contest: “Get Active.” Entries must be submitted via the Internet to **ActiveOver50.com/photocontest**. Complete the entry form and submit it together with your photo(s). Submissions to the photo contest must be received by June 1, 2013 in order to be eligible.

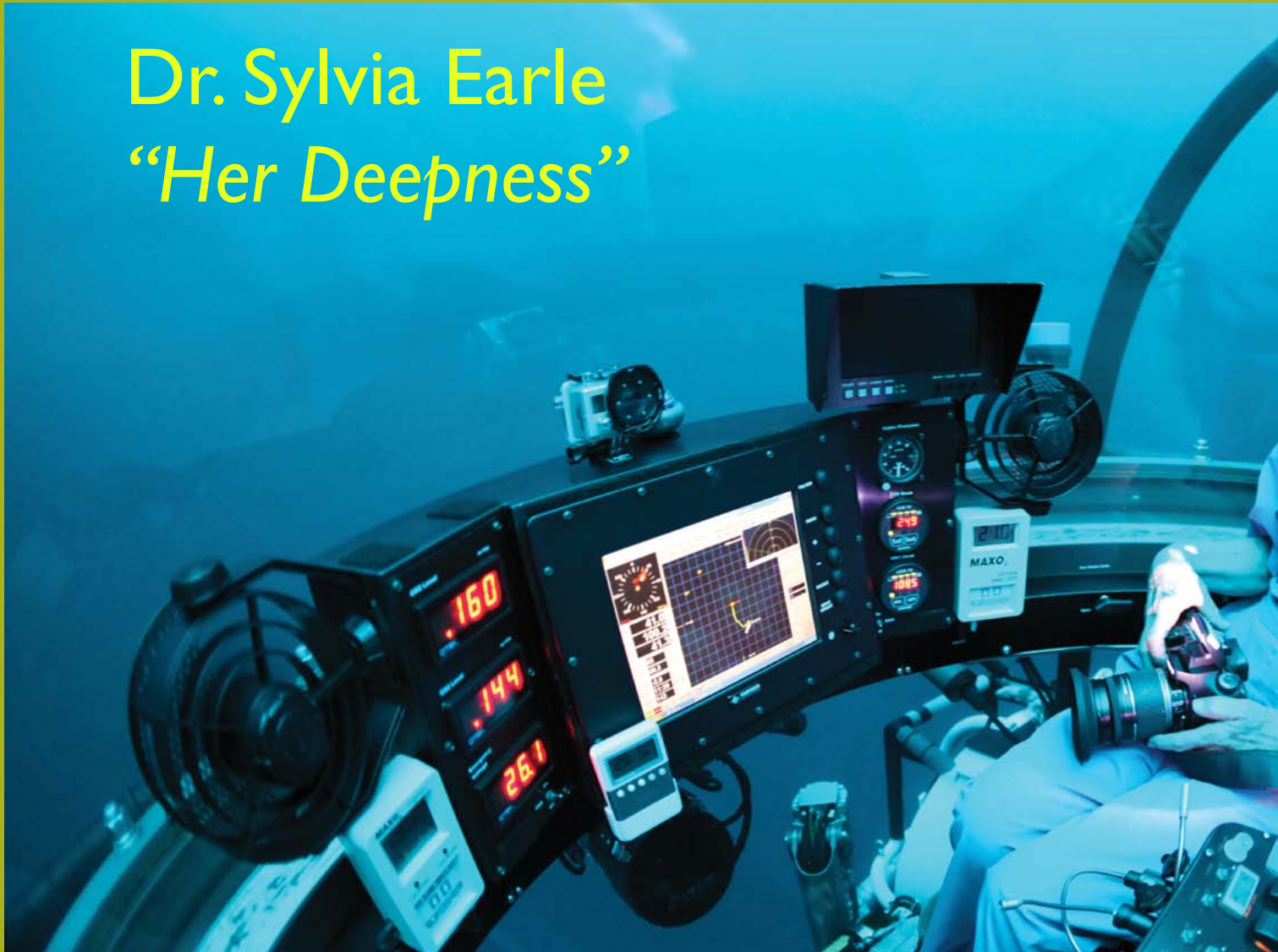


Prizes Include:

- Round trip coach tickets for two on Amtrak’s Coast Starlight from the Bay Area to Santa Barbara, CA. \$392.00 value.
- Yoga basket, \$150.00 gift certificate to Breathe LG and a two hour design consultation from Harrell Remodeling to design a room for relaxation, meditation and/or exercise. Total value: \$750.00.
- Durable Power of Attorney (\$450.00 value) and Advanced Healthcare Directive (\$450.00 value) from The Law Office of Derryl H. Molina.

Dr. Sylvia Earle

“Her Deepness”



Into the blue in the Deepsee submersible, near Coiba Island. Panama, March, 2012. Photo credit: Shannon Joy

Profile: Sylvia Earle

Age: 77

Family: Daughter Elizabeth Taylor; son John Richie Mead; daughter Gale Mead. Four grandchildren.

Education: B.S. Florida State; M.A. & Ph.D., Duke University; Research Associate, UC Berkeley; Research Associate, Harvard. Numerous Honorary Degrees.

Occupation: (partial list) “Guardian Voice of and for the Oceans” and our “Blue Heart – Hope Spots.” Explorer-in-Residence (first and current), National Geographic Society. Chair, Google Ocean Advisory Council. Record-setting Aquanaut. Oceanographer, more than 100 Ocean expeditions. Former Chief

Scientist (first woman), U.S. National Oceanic and Atmospheric Administration, (NOAA). World Expert Marine Biologist. Author, over 180 scientific publications; adult and children’s books. Keynote Presenter (80+ countries) governments, universities, TV-radio-digital-documentaries. Chair/Advisory Council, Harte Research Institute for Gulf of Mexico Studies. Founder, Mission Blue/Sylvia Earle Alliance Global Initiative. Founding Member/Council, OceanElders. Founder, Deep Ocean Exploration and Research (DOER Marine). Global Ambassador, America’s Cup Healthy Ocean Project.

Honors & Accomplishments: (partial) TIME Magazine’s first “Hero of the Planet.” Library of Congress “Living Legend.”

First and only person to walk without a lifeline on the ocean floor (1,250 ft) for 2 1/2 hours. TED prize winner. Pioneer of Manned Subs. 2011 National Council for Science and the Environment Lifetime Achievement Award. IUCN Patron for Nature. U.S. Department of Interior Conservation Service Award. 2012 Power of One Award, Blue Film Festival, Monterey. National Women’s Hall of Fame. Lindbergh Foundation Medal. July 2012 led underwater expedition, resulted in winning support for NOAA’s Aquarius Reef Base, the world’s last remaining underwater science lab.

Residences: San Francisco and Tampa; oceans



Eye to eye with a sea hare,
Earle explores a kelp forest
at Catalina Island, CA. Photo
Credit: Al Giddings, 1979



Profile by Marsha Felton

It became her *"childhood backyard & laboratory."* In 2010, Dr. Earle was called to testify before Congress on the Deepwater Horizon Environmental disaster in the Gulf, the largest oil spill in U.S. history.

Dr. Earle stated: *"These are assets worth protecting as if our lives depend on them, because in no small measure, they do."*

In December 2012, a \$1.4 billion settlement was announced but challenges persist to the Gulf's ecosystems. As Sylvia works to secure its bio-diversity and critical economic role, she will be joined by other Advisory Council members at the Harte Research Institute for Gulf of Mexico Studies, Corpus Christi, Texas.

Ed Harte read Dr. Earle's book *Sea Change: A Message of the Oceans*, and in 2000 was inspired to donate \$46 million dollars.

"She wrote the book, I wrote the check!"—Ed Harte, Founder, Harte Research Institute for Gulf of Mexico Studies

"What we do—or fail to do—in the next 10 years will have a magnified impact on the next 10,000 years. This is the moment. It is not too late... This is the magical point in time when we can act on what we know right now to make a difference to secure an enduring place for us as part of the natural systems that keep us alive."—Dr. Sylvia Earle

I was privileged to meet the legendary ("Her Deepness") Dr. Sylvia Earle, pioneering and mesmerizing Oceanographer at an America's Cup Healthy Ocean Project launch last fall in San Francisco. Prominent leaders and activists had gathered to hear Dr. Earle's impassioned plea to save our oceans.

This profile offers a glimpse of this extraordinary scientist and explorer who has logged more than 7,000 hours in deep water.

The Changed Gulf of Mexico

When Sylvia was 12, her family moved from New Jersey to Florida's Gulf Coast. Here she lost her heart to the ocean, *"The sea appeared to be a blue infinity too large, too wild to be harmed by anything people could do."*

"Onward & Downward"

Fact: 3/4 of the Planet is Blue

Sylvia has transcended gender challenges with courage, brilliance and grace, overcoming decades when women marine scientists were not easily accepted by the scientific world.

She received her first invitation for exploration to the Indian Ocean while earning her Ph.D. at Duke in 1964. *The Mombasa Times* headline read: *"Sylvia Sails Away with 70 Men."*

Years later, when she surfaced after two weeks leading the all-women Tektite II research team in the U.S. Virgin Islands, media referred to her as 'aquababe' rather than 'aquanaut.' She pondered, *"would astronauts be referred to as 'astrohunks'?"*



Top: Jacques Cousteau sharing sea stories with Sylvia Earle at the DEMA conference in Orlando, FL, 1996. Photo credit: Mort and Alese Pechter

Middle: Sir Richard Branson, recipient of the Ted Turner Captain Planet Exemplar Award in 2012 scoops Sylvia Earle, recipient of the award in 2011. Looking on are Turner's daughter, Laura Seydel and her husband, Rutherford Seydel. Taken at the Georgia Aquarium by Spark St. Jude, © Magic on Film 2012

Bottom: Wisdom, a 62 year old Laysan albatross sitting on her most recent egg at Midway Island, learned how to fly at about the same time Earle learned how to dive

Like her friends Buzz Aldrin and Neil Armstrong, Sylvia completed amazing walks, theirs on the moon, hers on the ocean floor—an avalanche of technicolor life surrounding her.

"The biggest problem is that most people haven't known the extent to which the ocean is in trouble," she says. "We know more about space than we do about our oceans, even though the oceans sustain all life on our planet. No water, no life. No blue, no green."

Sylvia has observed the devastating consequences of **70% of coral reefs** vanishing and **90% of big fish** decimated by over-exploitation, greed and lack of awareness.

"The impossible missions are the only ones which succeed."—**Jacques-Yves Cousteau**

"That Was The Week That Was!" Mission Blue/Sylvia Earle Alliance and TED Prize

"The talk of my life," Sylvia says, as a TED (Technology,

Entertainment and Design) prize recipient in 2009 of \$100,000.

Sylvia's wish: "To protect our oceans, inspire awareness, draw public attention and urgently needed action."

Dr. Earle's TED Prize/Mission Blue Voyage to the Galapagos Islands was launched in 2010. Over 100 scientists, business leaders, philanthropists and entertainment icons gathered for an epic adventure.

Spectacular results: \$17 million was raised to support establishing Mission Blue as a global partnership initiative. Sylvia's "wish" enlivened to protect and establish marine protected areas, 'Hope Spots,' large enough to save and restore the ocean, the Blue Heart of the Planet.

OceanElders, a global web-based advocacy platform, originated on this voyage. Board members include Dr. Earle, Sir Richard Branson, Jean-Michel Cousteau, Ted Turner, Neil Young, Gigi Brisson (founder), Jackson Browne, Queen Noor and Prince Albert.

SYLVIA WANTS YOU!

Healthy Oceans | Healthy Humans

*Join 'I Pledge' action campaign, America's Cup Healthy Ocean Project (in this profile)

*Support Sylvia's "Wish" & Mission Blue/Sylvia Earle Alliance:
<http://mission-blue.org/>

Like Mission Blue on Facebook:
<https://www.facebook.com/missionblue>

*Take a deep dive in Google Earth's Ocean:
<http://www.youtube.com/watch?v=ppT6y3Bo6Jo&list=PL5797DDB45AFAC0BD&index=5>

*Read Sylvia's prolific books for adults or children.

*Watch motivational documentaries, such as 'Bag It.'

*Eliminate your consumption of single use plastics. Use glass or stainless steel water bottles.

*Be wise about what you eat and use from the sea. Consider giving life in the sea a break.

*Participate in a beach clean-up, i.e., Sea Scavenger Conservancy:
<http://www.seascavenger.org/sanfranciscoshoreshorelinecleanup.html>

*"Get wet!" Enjoy and learn more about the oceans; visit aquariums, especially the big ones, the sea or ocean!

The Same Week of Dr. Earle's TED Talk, Google Earth Embraces Oceans

"I first met Sylvia at a conference in Spain in 2009. She publicly goaded me for not giving the ocean fair treatment in Google Earth. I was instantly inspired by her passionate conviction and articulation for saving the world's oceans from environmental destruction. Our fateful meeting led to Sylvia's major role to make Google Earth complete. She's remarkable and is truly one of my heroes."—John Hanke, VP, Product Google; former VP, Google Earth & Maps

"To protect our oceans, inspire awareness, draw public attention and urgently needed action."

The Ocean Takes Center Stage

Sylvia's family credo: "Whatever we do, make sure we try to leave the world a better place than we found it." Home provided a sanctuary for all wounded creatures and intrepid exploration. Her mother learned to parallel park at age 79 and to dive at age 81!

From Sylvia's first scuba dive at age 17, then swimming with whales, she was transformed by her awareness and passion for exploring and protecting the ocean.

Sylvia's adult children share her passion. Deep Ocean Exploration and Research (DOER Marine) was founded by Dr. Earle in 1992. Today it is helmed by daughter Elizabeth, President/CEO, and son-in-law Ian Griffith, operations manager. They have expanded engineering expertise for submersibles and innovative technologies for accessing deep seas and remote environments, such as Antarctica.

The mechanical arm and other equipment used by film director James Cameron in his recent depth-defining dive was designed and built by DOER.

The 34th America's Cup Healthy Ocean Project & Dr. Sylvia Earle

A global "Call to Action" campaign that embraces the connection between sailing and the ocean. Our overall goal is to create awareness around the problems that face the ocean and inspire individual action around the solutions that exist. Our efforts focus on three core issues: Marine Protected Areas, Sustainable Seafood and Marine Debris/Plastics. Core initiatives include monthly beach clean ups, a Film and Lecture Series bringing global leaders in ocean conservation to the Bay Area, and the 'I Pledge campaign,' encouraging individuals to pledge action on behalf of the ocean. America's Cup Healthy Ocean Project local partners are: Mission Blue, Aquarium of the Bay, The Marine Mammal Center, Gulf of the Farallones National Marine Sanctuaries, Monterey Bay Aquarium, Save the Bay, Sailors for the Sea, and Thank You Ocean.

"Sylvia's enthusiasm and love for protecting the ocean is absolutely exhilarating. We are truly fortunate to have Dr. Earle as our Global Healthy Ocean Project Ambassador for the 34th America's Cup to awaken, inspire and engage a new generation of sailors and fans to love the ocean as much as we do, and help us turn that energy into actions to protect it!"—Jill McCarthy, Head of Partnerships, America's Cup Event Authority

Please join our 'I Pledge' actions campaign: <http://americascup.com/pledge-blue>

Watch the Healthy Ocean Project video: <http://www.youtube.com/watch?v=hxpavD6kAdo&list=PLA500136FCA9AEE86&index=1>

"Not many kids can say their grandmothers hang out with barracudas and sea horses!"—grandson Russell Mead quote, Meet My Grandmother: She's a Deep Sea Explorer

On being a scientist and explorer, Dr. Earle advises: *"Ask questions like a young child: 'who, what, why, when, where, how?' You never stop, you are never bored, you never cease being surprised."*

Dr. Earle was recently asked: "Are you still diving?" Sylvia smiled and replied: *"Well, yes, I breathe. So I can dive."*

"We ourselves feel that what we are doing is just a drop in the

ocean. But the ocean would be less because of that missing drop."—

Mother Teresa



ABOUT MARSHA FELTON

"I'm on the Protect the Ocean beat. I cover inspiring people

and uplifting endeavors." Marsha Felton is an accomplished entrepreneur, marketing consultant and freelance correspondent based in San Francisco. Email: marshabf@gmail.com.

"The Long Hello"

By Cathie Borrie



How is your book, *The Long Hello*, different than all the other books on Alzheimer's out there?

The title gives it away! During seven years of caregiving, I learned from my mother that there was inside her an invincible and enduring spirit and it was up to me to say *hello* to the totality of her experience, rather than goodbye. It is hopeful, very honest and shows how communicating with someone with Alzheimer's in *their* language or universe, is the only way to go. Of course, I failed at this frequently but once I understood, I was to follow my mother's lead, life got much better—for both of us!

What motivated you to write such a book, in this format, which is unusual for a work of non-fiction?

I wrote the book because I could not believe the things she was saying. Her voice, which I recorded, was full of humor, insight and an astonishing poetic sensibility. I was expecting an "empty shell" but realized if I really listened and followed her lead, there was a place in the many moments of despair and heartbreak for us to continue to

connect. Even in the end, when she did not know me or could not speak, we could meet over music, touch, singing, humming and love—*always* love. I tried to read books about Alzheimer's and caregiving but they depressed me too much. I wanted to read about hope paired with a brutal honesty and intimacy, and when I found it in my own experience, I was determined to share this with others.

Did your nursing background help you in caring for your mother?

While I may have been a little better able to cope with some of the physical caregiving, I think it made me more afraid. I knew what could go wrong if she needed medical care and it also made me more isolated as people assumed I could cope with anything.

Was being a writer with the ability to document the experience—a form of therapy—useful to you?

I am not sure it was a form of therapy. I am still thinking about this. I do know that trying to tell this Alzheimer's story, and all the other stories that went into the memoir (*The Long Hello*), with the right paragraphs, sentences and words, was deeply pleasurable. My focus was in trying to tell the story, a number of stories, in as beautiful a way—lyrically and poetically—as I could.

Had you intended on writing at some point in your life?

Yes. But if my mother had not

become sick, I never would have written these works. I had wanted to write all my life but being a child of the 70's I was addicted on a career (*careers*, as it turns out). In the end, the work may be centered on the Alzheimer's years but it also addresses my childhood years and themes of divorce, mother-daughter relationships, the loss of a sibling, and the power of memories to provide sustenance and respite during difficult times.



Finally, would you recommend to others that they document—either in writing or using other recording methods—their patients' or relations' experiences regardless of whether they are seemingly nonsensical? Perhaps as therapy for themselves or to discover deeper messages as you did?

Yes. Recording and documenting our conversations gave me something to do during the long and mostly solitary hours of caregiving and it really perked up my mother, for after all, who would not want to feel important enough to be recorded? As for "nonsensical," I don't ever expect to be clever enough to say some of the things my mother said! Despite the terribly difficult times, when she had Alzheimer's, she was the most interesting person I had ever known.

Cathie Borrie is an author, speaker and tireless advocate for those with Alzheimer's and their caregivers. She is also the author of Looking Into Your Voice—the poetic and eccentric realities of Alzheimer's. www.cathieborrie.com.

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Active 90+ Club

By Noreen Santaluce



Sena Knornschild, 91, singer and band player for many years



Left, front row: Betty Torchio (90), Duke Overton (95), Catherine Meyer (91), Sylvia Stolzberg (102), Connie Faucher (98). Back row: Virginia L. Vogel (90), Carol Jeanne Huboi (90), Sena Knornschild (91), Lois Ellison (90), Helga Schmidt (92), Cecilia Novak (93), Mary Louise Simms (93), Noreen Santaluce (91), George Mooers (93)

Evidence that people in California are living longer and enjoying it more is being provided by the newly formed “90+ Club” in the Santa Cruz, CA area.

(Editors note: I attended a recent meeting of the “90+ Club” in Capitola, CA and came away inspired and impressed on how active and engaged the members were, shattering old stereotype images the media creates of our elderly. They are no different than anyone else, just older but wiser and rapidly growing in numbers. The 85+ are the fastest demographic in California and the U.S.)

The 90+ club was the brainchild of two old friends, Noreen Santaluce of Santa Cruz and Lucy Dumont of Paso Robles. The two women, both in their 90s, felt that there was a need for people in their 90s to meet and exchange tips and ideas for dealing with their day-to-day living.

The Santa Cruz group started meeting in May 2012 with seven members and has since grown to a roster of 32, five men and 27 women. Like any age, there is as much diversity in this demographic group as in any other group of individuals. We have writers, political activists, Democrats and Republicans, several religious preferences, musicians, artists and some who “just want to have fun.”

The Mid County Senior Center in Capitola graciously invited our group to use their facilities without charge for our monthly meetings. La Posada Senior Complex invited us to join the 36 nonagenarians that are part of their 200 residents to attend a “Magical Nineties” party that included a magician and honored those over 90. The Jewel Cultural

Arts Program arranged a trip for our members to the Santa Cruz Yacht Harbor for lunch at the Crow’s Nest.

Our meetings have included local entertainers and instructors in moderate exercise and transportation possibilities. “Show and Tell” presentations by members have proven to be popular as well as music provided by talented musicians in our group. We are working on a booklet with “Tips for Nonagenarians” as the working title.

Surprisingly, most of the members of the group seem to be more interested in the present and the future than the past. However, it would seem that some author or researcher might want to record some of the memories of those of us who have lived through the days of the Great Depression and World War II while we are still here.

Interested in forming a 90+ club in your area? Call Noreen Santaluce at 831.427.9828 for information.

Retirement Revisited

By Evelyn R. Preston



Seniors get a bad rap—but really, we only repeat ourselves for emphasis, to cement our

wisdom and channel our knowledge. Therefore, I eagerly remind readers again that for 2013: change is inevitable; new fiscal policies will impact us greatly; counting our pennies—how we save and spend our retirement dollars—remains Job One. From homegrown fiscal cliffs to foreign fiscal chaos, most retirees' financial concerns bear repeating because they mirror personal challenges and reflect a perplexing future.

Question: *What's the "4% Rule" for withdrawing savings and is that the best way to insure our money will last as long as we do?*

Answer: A fixed percentage withdrawal strategy isn't set in stone. It's a starting guideline that can be adjusted yearly for: cost of living (inflation) increases, Society Security raises, return on personal investments, lifestyle changes, etc. Any withdrawal percentage can be raised in good years, lowered in down

market times, and "charted" over the long term to indicate its lasting effect over 20 or 30 years.

Question: *In retirement, is it better to rely on income only (CDs/bonds/annuities) or dip into principal via withdrawals from total returns (stock/equities)?*

Answer: There's risk associated with relying on any one strategy; a steady fixed bond return is attractive but lower yields can lead to seeking more volatile, less highly rated choices. Equities retain their on-going earning power but can be less stable as in the market gyrations of recent years. As recommended when investing, diversification into some growth/dividend paying stocks along with bonds and fixed payouts (Money Markets, CDs, etc.) offer a more balanced portfolio even while withdrawing funds.

Question: *Which investments should I dip into first as I begin to take withdrawals?*

Answer: It's imperative to make sure you first take out the Required Minimum Distribution (RMD) from your retirement accounts when you reach age 70½. (You must consider all qualified money but the total RMD may be taken from one or several accounts.) The penalties are severe if you fail to follow the rules. Spending it all isn't required; you can always reinvest some or all into a taxable account to continue saving. Mutual funds won't charge you to re-invest, "though taxes" will be due. Therefore, you might first consider which assets take the least tax hit—non-performing investments and losers, any muni bonds and certainly taking long term capital gains before short term gains—the choice of a sale is yours.

Question: *Have you read that the Government is considering changing retirement plans like 401Ks (private workers), and 403Bs (public employees), into a plan offering a guaranteed 3.5% return plus cost of living (COLA) increases and that additional retirement money would have to be funded with after tax contributions?*

Answer: Actually, this idea has been talked about for the past four years although to date, there's nothing specific in the works. Potentially troubling for those still contributing, the status of current retirement plan dollars probably wouldn't change—only new plan contributions after some future date would be affected. However, beyond speculation about a number of revenue enhancing measures, seniors must remain vigilant and realistic—their nest eggs could be at risk via higher taxes and/or loss of exemptions.

Question: *Do you think the average senior will have to downsize to make ends meet?*

Answer: A WSJ article (12/10/12), shows that while 40% of retirees plan to downsize, their projected gains may not result in any real windfall. Unless seniors plan to move to a much less expensive area of the country and/or greatly change their lifestyles, savings could be minimal. New housing/moving costs and unexpected expenses of condo fees/mileage hikes/storage charges and extra travel or entertainment may even eat into their assets.

Evie Preston has worked as a financial advisor for over 25 years. Her latest book, "Memoirs of the Money Lady" is available at www.eviepreston.com. She can be reached at 650.494.7443.



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Melody Wren en route to Gaultois island, Newfoundland

Benefits of “Renting”

€50 a night for a bijou apartment in the Montmartre district of Paris?

By Melody Wren

No way! Travelers often assume that renting a private house or apartment requires a long commitment and lots of cash. But you can rent a flat in London, a centrally located apartment in Florence, a converted stable in an English village or a former pool house in Cyprus—even if you’re short on time and money.

It’s the most pronounced trend in travel and many companies are flourishing because of the skyrocketing opportunity of such alternative accommodations. I prefer to rent when I travel enjoying a fabulous Florence apartment in the square directly across from the market, a cozy flat in the Montmartre area of Paris for a brief but memorable three nights at a fraction of the cost of a hotel and so refreshing.

I have reaped the rewards of someone else’s clever renos and refurbishments in a tiny converted pool house in Cyprus; a cottage in rural Southwest France; an upscale renovated stable in Norfolk, England, a unique former police station, and a five floor walkup in London.

Last year, we rented a rustic manor house in Yorkshire, England sharing with nine family members. There was lots of space for everyone to sprawl out and we came together at the breakfast table to discuss the daily plans.



The same year we shared a villa on the Mediterranean coast in Spain with 8 friends – recipe for disaster? Not in the least. We all had our own bedrooms and bathrooms, and what could have been an expensive villa worked out economically sharing the costs with like-minded friends.

We took turns cooking, shared rental cars and had lots of adventures exploring the area intermingled with lazy days lounging by the pool.

Why choose a rental over a hotel or guest house?

Live and feel like a local, even for three nights; shop at markets and cook your own meals. You’ll meet friendly neighbors who are the best resource for places to go and sights to see. It improves the quality of the holiday immeasurably.

As you are renting from owners, it’s surprising what they will include. When we rented a 200-year-old



Author Melody Wren enjoying the garden in a rented cottage in Cornwall, England

cottage in a small village in Cornwall, the owners let us use their sports car for the month for no extra charge.

In exchange, we took care of their massive vegetable gardens, not only in the back of their property but several allotments sprinkled throughout the village as well as a greenhouse. We were inundated with fresh veggies at every meal. We made friends with the neighbor to such a degree we regularly had dinner together.

Accommodations can include apartments, cottages, shared houses, B&Bs and housesitting arrangements.

Websites have filters allowing you to search by price, location, style of property and you can add details such as rural, central or beachfront. Print and online newspapers often list properties for rent, most of them privately owned.

Usually, the cost depends on the time of the year and flexibility can pay off. The weather is beautiful in Florence in October but the tourists

are gone and prices are down. A property might be listed for only one time period but if you are interested in going earlier or later, contact the owners and ask anyway.

Lower prices require flexibility in other ways: for example, at that pool house in Cyprus, we heard someone cleaning right outside our windows very early every morning.

Do your homework: find out if linens and towels are included. You will likely need to bring shampoo and soap and I always make sure to bring large roll up bags for market shopping. I usually pack my own tea bags and bring pre-measured gluten free cereal to be ready for the first morning.

Melody Wren is a freelance writer because she believes that work and fun should not be mutually exclusive. She writes about travel, food and green living.

For further travel stories, check out Melody's website and blog: www.melodywren.com.

Start your search here:

sabbaticalhomes.com: Private homes in many countries are available for rent, exchange or housesitting. I have rented through this site several times and rented our house out as well.

holiday-rentals.co.uk and **vacationrentals.com:** For holiday rentals, prices vary but there are a few deals. Read the details closely. If a car is required, this means the property is secluded.

florenceapartmentscentral.com: San Lorenzo Apartments offers family-owned apartments in the Old Town Centre of Florence, accommodating two to six people.

caretaker.org: Housesitting and caretaking opportunities around the world, mostly rent free.

Simply Chateau: the company we rented the incredible manor house in rural Yorkshire offers wonderful, personal service, with links to rentals in England and France: www.simplychateau.co.uk



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Secrets of bulb gardening...

Rich Santoro: The Bulb Guy

Of all the beautiful things you can plant in your backyard, nothing is easier than planting bulbs. Rich Santoro, nicknamed the "Bulb Guy" by the late Holly Hayes of the *San Jose Mercury News*, has got it down to a "science" after 28 years of practice.

"It's simple. The more you plant, the greater the odds that something will pop up," he says.

In 2009, he planted 2,300 bulbs for the Spring of 2010.

In 2012, he planted 5,202 bulbs for the of Spring 2013 plus 250 assorted potted arrangements. He estimates 90% of them will come up in his ½ acre garden.

The plantings take from September to December to complete and cost about \$700.00. Bulbs average 10 to 25 cents each.

"I give free bulb gardening classes to young and old. My hope is to enlighten people about how easy bulb gardening is and the joy that you get from it. That's what I teach the kids. I'm always amazed how little people know about this form of art and once they understand how easy it is, they get hooked just like me."

Rich's Garden is open free to the public usually the last week of March or the first week of April depending on when they bloom. Hours are 12:00 noon to 5pm.

To learn when the Garden opens, call Rich Santoro at 408.923.3121 or email: rich@the-bulbguy.com.



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