



If you're not having fun, you're doing something wrong. –Groucho Marx.

You Call, We Install (Smoke Alarms)

By Richard Abbott

We're all aware of the importance of having smoke alarms in our homes, though you might not know that the National Fire Protection Association recommends you have at least one on each level of the house, one in each bedroom, and one outside the sleeping area. Smoke alarms should be replaced if they are more than ten years old, so it's a good idea to mark the date of installation somewhere on the inside of the device. Alarms in newer homes tend to be connected to the house wiring and the battery is only there as back-up in case of a power outage, while other types of alarms are powered solely by the battery.

Alkaline batteries (the most common type) should be replaced once a year on an easily-remembered date such as your birthday or a holiday; many people do it when they change the time in the spring or fall. Again, it's helpful to mark the date on the battery when you replace it as a reminder.

If you'd like help replacing a battery in one or more of your alarms, call the BAH office (360 746-3462) and we'll schedule a service call; we'll even supply the batteries! One caution: if any of the units installed in your home are emitting a chirping sound, indicating an expired battery, we need to know that in advance as some special procedures may be necessary. Please note that we are not equipped to service alarms in a two-story room; we understand the Fire Department can help in such cases.



A newer type of alarm now available uses a "lithium-ion" battery with a ten-year lifetime (!) and is not connected to your wiring. Northwest Washington Red Cross is offering to install these alarms in your house free of charge while the supply lasts. Call the Red Cross at 360 733-3290 to sign up for this program. Leave your name, address and phone number, and they will contact you to schedule installation.

Can't Decide Between Yoga and Pilates?

No problem, we've got Yogilates! No kidding. A new fitness class starts May 1 that blends the best of both worlds. Class will start with Sun Salutations, incorporate core exercises from Pilates, and finish with stretching. Students must be able to get down and up off the floor easily and unassisted. Please bring your own Yoga mats. Mondays, 8:30—9:30 am, BSAC Room 16.

Program Coordinator Update

There were 46 applicants for the demi-god, er, Program Coordinator position and we anticipate having that person on the job by June 1! Two finalists will be interviewed by Mary Carlson, executive director of Whatcom Council on Aging—but never fear, the new employee's time is all ours!

During the first three months of the coordinator's employment, task force volunteers will participate in his or her training, and LC member Linda Knudsen McAusland will supervise. Together they'll document everything so we end up with a detailed office procedure manual—a welcome bonus for BAH.

Speaking up: Members Appreciate Volunteers

By Joan Dow

“So much of life is hurried and harried,” said Alannah LaMothe. “It has been wonderful to be with people who take their time and listen.” An early BAH joiner, Alannah has used our transportation services extensively, mostly for her medical appointments, and is talking about her volunteer drivers. “Also, it’s been a great pleasure to attend Lunch Bunch, dining in new restaurants and meeting new people.”

A delightful surprise, according to Alannah, has been getting to know Jane Pryce, one of her drivers. As it turns out, both women love dogs. Now Jane brings her two dogs along when she picks up Alannah, and the three dogs have play dates while the humans have lunch dates.

Alannah says she has checked into Uber, but fortunately has not felt a need to use them. “Uber costs less than traditional taxicabs, but it would be too expensive to have to use them regularly. BAH saves the day!”

Would you like to share a great volunteer experience? Call Nanette Davis at 360 671-1686.

Blogging for Fun and Profit Community

By Lauren Phillips



This handsome fellow is Marilyn Burlingame’s packing consultant for her trip to the Grand Canyon in April. I know this because Marilyn blogged about getting ready by climbing hills and working with a trainer at the YMCA and included this picture. After going to the gym three times a week, she reported that when she knelt down to pick something up off the floor she could get up with “no hands.” I thought boy, is she smart, I need to get back to the gym—so I wrote a comment on her blog saying just that and wishing her a good trip.

Blogging on the BAH website, and commenting on blogs, is so easy. So is using the Forums, where I found out from Howard Furst that Starbucks at Fred Meyer offers seniors a discount on drip coffee. You just log in (see April’s newsletter for a reminder about how to do that), click on

Membership Services, then click on Blogs or Forums and you’re in business.

Why bother? For one thing, it’s a chance to voice your opinion and get some feedback—get a discussion going about something you’re interested in. (*I wish people wouldn’t use Amazon to buy books. I buy tons of stuff on Amazon but I like to give my book business to Village Books to help sustain this wonderful Bellingham hub for the arts.*)

For another, it’s a good place to ask a question. (*I’d like to go to the sand sculpture contest at Harrison Hot Springs this fall; is anyone interested in going with me? Where’s a good place in town to hear jazz on the weekends?*)

The best reason, though, is simply to make a connection.

To be honest, blogging is the kind of thing that has to gain a certain momentum to be any fun. If everyone wrote just one blog or comment in May, we could grow stronger as a community and get to know each other a bit more. Let’s give it a try.

(Volunteer) Help Wanted

- The Social & Educational Task Force is looking for a few good planners and doers to help fill out our events calendar. Do you have ideas for outdoor activities, ventures into the arts, parties, day trips, wine tastings...? Come help us plan the events and put them on with panache. Remember, we're a group that likes to keep learning, so we appreciate interesting educational opportunities, too. Call the office (360) 746-3462 or send email to info@bellinghamathome.org.
- Do you see the wonderful Facebook posts about the Bellingham Senior Activity Center? Bellingham At Home has a page, but it needs a steward. Without a volunteer to maintain it, our page will go away May 15. Can you be our new Facebook steward? We'd like to have events posted and to elevate awareness of BAH to Facebook users in our community. If you have questions, please call the office (360) 746-3462 or send email to info@bellinghamathome.org.

Strawberry Fields Forever

Ah, fresh strawberries: pies, breads, tarts... If you don't already have plans for May 30th, how about joining other BSAC members at Camel's Back Harvest in Pemberton Valley, BC? The guided tour includes North Arm Farms, a 60-acre organic, family-owned strawberry farm and bakery, where you'll have a picnic lunch, maybe buy some fresh jam. You'll also enjoy the stunning mountain scenery of Howe Sound. Depart from BSAC at 6 am, return about 7:45 pm, stuffed and serene. \$159, final payment due May 16. Passport or Enhanced ID required.

Stats! Hot Stats! Get Your Stats Right Here!

115	Number of individual members
89	Number of households, including 1 new household in February (welcome!)
2	Number of associate members
233	Service requests since July, including 29 in March

Membership Matters

Spotlight on James Bailey



James Bailey pulls ahead of the favorite in his record-setting run.

At 88, James Bailey likes to ride his bike from his home in the Barkley Square area of Bellingham to Boulevard Park. As an Irish-Australian kid and teenager in Sydney, he liked to run. He wasn't very serious about it, but he was pretty good.

In fact, James Bailey was the first person to run a four-minute mile on U.S. soil-- 3:58.6, to be precise, in 1956. He's proud of that. He also won two Australian national titles in the 880 yards. But he did not advance out of the semi-finals in the 1956 Olympics in Melbourne. And that disappointment is how James defines himself as an athlete, as a failed Olympian.

He also considers himself a failure as a husband and father. And after some years in sales in Kirkland and then, briefly, in real estate in Bellingham, he dropped out of the world of work—"nothing interested me"—and became a tennis bum. (Except he wasn't all that good in tennis, either, he is quick to say.)

Self-deprecation, with a lot of humor, is James' strong suit. He does acknowledge that he is a good friend; he spends a couple of hours a day caring for a woman he has known for 20 years who has dementia.

So how did a kid from a hot, dusty backwater of New South Wales called Parkes end up in the verdant Northwest? By running, of course. James was supposed to run the mile with John Landy and Roger Bannister at the British Commonwealth Games in Vancouver in 1954 but broke his metatarsal bone. But on that same trip he was invited to visit the University of Oregon, where Coach Bill Bowerman offered him a track and field scholarship. A year later, after his first real training as part of a team with coaching and proper equipment, he won the mile in the 1955 NCAA Championships.

James may have had no ambition in life, as he claims, but he has passions, two of them: his Catholic faith—and beautiful women. Neither of them has gotten old.

Website Training off to a Good Start

Marilyn Burlingame sent in this progress report: The initial trials of the Bellingham At Home website training went well. Thank you to all of you who tried it and gave feedback. We will be introducing the website to full membership in May, with formal classes following for members at different computer skill levels and a “How to Connect with Bellingham At Home Manual.” (Watch for an e-blast notice when the manual is ready for distribution.)

The classes will provide hands-on practice in such things as locating other Bellingham At Home members, looking up events, participating in online forums, and viewing members’ blogs. Please call the office to indicate your interest, so we can get back to you with specific dates.

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***Plan now to renew your membership before it expires!
We’ll send you a notice prior to your renewal date,
which is the anniversary of your joining Bellingham At Home (when you had your interview).***

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Bellingham At Home Contact Information

Location: Bellingham Senior Activity Center, Room 14, 315 Halleck Street, Bellingham, WA 98225

Phone: 360 746-3462 E-mail: info@bellinghamathome.org

Website: <http://BellinghamAtHome.org>

Bellingham At Home is a program of the Whatcom Council on Aging, which is a 501(c)(3) organization, and a member of the Village to Village Network.



Member Notices – May 2017

Please follow these guidelines when submitting a notice:

- Share non-political news and items of interest to you: ask questions, start a conversation, see if someone wants to join you on that upcoming trip to Seattle. Promoting events is OK, selling goods or services is not. (Use the BAH Member Forums on the website if you have something to sell);
- No more than 100 words per posting. Include a brief subject at the beginning, any dates or contact information, and your name.
- Limit one posting per month per member. We will publish up to 6 postings per month.
- Send posting via email to info@bellinghamathome.org with “Member Notice” in the subject. Or mail to Bellingham At Home, 315 Halleck St., Bellingham 98225.
- Deadline for submitting a posting is the 15th of the month preceding publication of the newsletter. We will accept the first six notices that meet these criteria. If your submission doesn't make the next edition, you may re-submit for the following month.
- BAH reserves the right to refuse postings. We will contact you if we think your posting isn't appropriate or if it needs to be modified.

Travel Companion

Aging ex-Olympic athlete seeks caring travel companion to help him to attend an historic sports commemoration event, honoring athletes who were instrumental in setting the Four-Minute Mile record. Event will be held in New York on a week this summer yet to be decided. Please contact James Bailey (360) 715-3312 for details.

Wanted: House and Cat Sitter

We need someone to watch over our home, water our garden, and take care of our kitty, Mojo, age 14, while we travel for three weeks, late summer, dates not yet determined. Do you have someone to recommend? Please contact Kate Birr, bakerbirr@gmail.com or 360 392-8606.

