

Resident to Resident

A Whirlwind, Worldwide Adventure— Bob and Carolyn Larson

By Carol Keochekian

Bob and Carolyn met at a New Year's Eve party in Carolyn's Woodland Hills home in the early '70s. Eventually this developed into a romance. Several years later Bob proposed to Carolyn, calling her from a phone booth in Vienna (where he was fast running out of coins).

Real Estate Professional and International Journalist

While Carolyn worked as a successful real estate agent and later real estate broker, Bob was traveling in many troubled parts of the world as a writer and photo journalist—his assignment for more than 50 years. As a reporter and eyewitness to revolutions in South America, he also covered the Vietnam War, famines in Africa, along with print and television assignments in Europe and Southeast Asia. Bob estimates he interviewed some 8,000 people during his journalistic career.

Bob was based in Hong Kong during the Chinese Cultural Revolution. While he worked abroad, Carolyn and their children chronicled his travels at home. They had a huge world map on the wall of the family room of their Woodland Hills home where they would follow his travels.

In 1981 the couple established their own company—Robert C. Larson Associates, an international communications firm. "Carolyn was CFO of the corporation and kept it all together," Bob said. "She has always been the businesswoman of the family."

Mission Impossible Look-a-Likes

As a young man Bob had a strong resemblance to Robert Vaughn, while his business associate looked much like Peter Graves. So Bob and his colleague had great fun signing more than a few autographs while

on route—
always with a
mischievous wink
in their eyes.

One of Bob's treasured memories is working in Kolkata, (then Calcutta) India, with Mother Theresa's *Missionaries of Charity*. The sisters would gather the sick from the gutters, then nurse and care for them, knowing they would not survive.

As a journalist, Bob worked with many other non-profits during his lifetime. He worked with food banks, rescue missions, The Salvation Army, and UNICEF to name a few. Amazingly, Bob was also familiar with several languages and tutored people of all ages in Chinese, Japanese, French, Spanish, German, and Latin.

Raising Money for Charity

Bob also wrote sketches for numerous Children Miracle Network Telethons that raised hundreds of thousands of dollars for the charity. On those assignments he wrote scripts for such celebrities as Charlton Heston, Carol Lawrence, Efrem Zimbalist, Jr., Robert Wagner and many others.

Describing himself as a journalist, musician, and language teacher, Bob recently picked up a trumpet that he hadn't played for 60 years. He and Carolyn lived in Arroyo Grande at the time. Bob and his friend Del, who played keyboard and clarinet, entertained in retirement homes, restaurants and at the Farmer's Market in San Luis Obispo. Bob also sang the "standards" during the shows.

"The world is a big, wonderful place. A surprise a minute," Bob says. "Most people want to be respected, listened to and appreciated—just like the folks Carolyn and I are meeting at University Village."



Village View

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By Holly Butler

2020 vision... even with eyes wide open, I know I'm not alone when I say that I never saw this year going the way it did. Hopefully we can learn something from 2020 hindsight!

Rewind to January 2020. I was optimistic for a smooth year, I mean, why wouldn't I have been? Our two oldest daughters were happy and thriving at their respective universities, our youngest daughter was navigating the rough waters of being a young teenaged girl just fine; my work-home balance was relatively calm. I was feeling confident and passionate about my job, having the experience of over a year under my belt at UVTO (I've got this!). Moreover, 2020 just sounded like a great number for a year. Honestly, my biggest worry was remembering to write "2020" instead of the abbreviated "20" on checks and official documents.

Well, so much for smooth sailing!

Just as we were moving into the opening and renewal that spring brings, everything had to close up and shut down. All the planning, scheduling, and hard work were gone in a flash (what happened to "I've got this!"?). The last time I said the dreaded words "no" and "can't" so often was when I had toddlers at home. It was a terrible feeling to have to do what was right in my head, but heavy on my heart.

Looking back at spring 2020, it is rather fascinating to see what was most important to many of us. By the end of April, most of us were at our wit's end over the state of our hair, fingernails, and toenails. Black market mani/pedi anyone? We were annoyed over not having our favorite treats readily available, having to learn Zoom, and eating meals in our homes. As spring moved into summer, those inconveniences seemed petty as the time separated from our

friends and loved ones started to take a toll. My overgrown, two-toned hair and fingernails no longer mattered to me. What really mattered was that I couldn't see my eldest daughter who, living in a house in Goleta, wasn't sent home from college like her sister, who had been living in the dorms in San Luis Obispo. I couldn't see my mom and her husband. I had to cancel special plans and events with dear friends. However, I knew that in our special Village I wasn't alone in my sorrows. We were all in this together, and together we were going to make the best of an uncertain and scary situation.

As summer 2020 continued, my "I've got this!" feeling started coming back. The "nos" and "can'ts" of spring started turning into "Yes, but..." and "the new normal." UVTO had so many pivots (another word I've never heard so often in my life) that it was almost dizzying! I watched as both residents and staff showed their creativity, resilience, strength, love, and patience through the summer.

It is now fall 2020. Patience is wearing thin for all of us, but understanding is growing stronger. We are all coming to terms with the fact that this holiday season will be like no other, but it can be special nonetheless. Many of us will not be sharing the holidays with our usual family members, (remember, there was a time when you were ready for them to leave...) however we need to remember that we are surrounded by family right here at UVTO. And we aren't leaving.

To quote the Grateful Dead, "What a long, strange trip it's been." Thanks to 20/20 hindsight, I know that I wouldn't want to be on this trip with anyone else. Wishing all my UVTO family a holiday season worth looking back on. Cheers to 2021!



Weekly Activities		DECEMBER 2020 MONTHLY ACTIVITIES AND SPECIAL EVENTS						
Sun		Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
Monday	8:30 Pickle Ball 9:00 Tai Chi (BBC) 10:15 Mobility & Strengthening with Dario (1390) 1:15 Mobility & Strengthening with Chris (1390) 	KEY Classes Clubs Committees Fitness/Wellness Recurring Events Sign-up Required Special Events Spiritual UVTO Community	UVTO Locations AC Arts and Crafts Room ADP Avalon Dining Patio ADR Avalon Dining Room BBC Bocce Ball Court BBQ Barbeque Area BC Business Center BD Board Room BR Balboa Room BWR Bordeaux Wine Room CH Catalina Hall	1 10:00 Disaster Preparedness Presentation (1390) 10:15 Fit-Tastic Fitness with Dario (1390) No Class Today 2:00 Food & Beverage Comm. (Zoom) Contact: Mario Metzger, 2924 Time Change	2 9:00 Tech Class with Pat (BD) RSVP: Activities, 3026 Class Full 10:00 Window Shoppe (ADP) 10:30 Tech Class with Pat (BD) RSVP: Activities, 3026 Class Full 1:00 Hearing Clinic (LR) Appointment Only. Contact: Acoustic Hearing, (805) 482-1104 Date Change 4:00 Generation Gap Barbershop Quartet (1390) Cancelled	3 9:30 Woodcrafting Class (AC) Class Full 1:00 Watercolor Art Class (AC) Class Full 3:00 Men's Current Events (LR) Limit 10 5:00 Getting to Know You (GR) Contact: Ricki Glassman, 2962	4 11:00 Activities Comm. (Zoom) Contact: Jerry Lewi, 2918 1:00 Mindful Meditation (Zoom) Meeting ID: 873 6123 9553 Password: bemindful 4:30 Shabbat (Zoom) Contact: Elissa Lazarus, 2597	5 11:30 Wake Up Your Brain (Zoom) ID: 676 735 6805
	10:15 Fit-Tastic Fitness with Dario (1390) 1:15 Chair-based Cardio-Fit with Jeri (1390) 2:00 Beginners French Class I (BD) Contact: Clara Knopfler, C221 4:00 Advanced French Class II (BD) Contact: Clara Knopfler, C221	6 5:00 Vespers with Chaplain Paul Lenderman (1390) 	7 10:00 Literary Club (Zoom) Contact: Marilyn Thomas, 3364 1:30 Resident Council (Zoom) Contact: Paulette Markel, 2971 2:00 Film Noir Class (BR) RSVP: Activities, 3042. Limit 9	8 2:00 Budget & Finance Comm. (Zoom) Contact: Shel Mende, 2843 3:00 Katherine Reaves Holiday Concert (1390)	9 9:00 Tech Class with Pat (BD) RSVP: Activities, 3026 Class Full 10:00 Window Shoppe (ADP) 10:30 Tech Class with Pat (BD) RSVP: Activities, 3026 Class Full 2:30 Employee Appreciation Fund Event (1390)	10 9:30 Woodcrafting Class (AC) Class Full 2:00 Point of View (LR) Contact: Eve Loeb, 3374. Limit 10 3:00 Holiday Entertainment with Bob Ryman (1390) 4:30 Candle Lighting (BR) Contact: Elissa Lazarus, 2597. Limit 10 5:00 Getting to Know You (GR) Contact: Ricki Glassman, 2962	11 1:00 Mindful Meditation (Zoom) Meeting ID: 873 6123 9553 Password: bemindful 2:30 Town Hall (1390) 4:30 Candle Lighting (BR) Contact: Elissa Lazarus, 2597. Limit 10	12 11:30 Wake Up Your Brain (Zoom) ID: 676 735 6805 4:30 Candle Lighting (BR) Contact: Elissa Lazarus, 2597. Limit 10
	8:30 Pickle Ball 10:15 Mobility & Strengthening with Jeri (1390) 1:15 Mobility & Strengthening with Chris (1390)	13 4:30 Candle Lighting (BR) Contact: Elissa Lazarus, 2597. Limit 10 5:00 Advent (1390)	14 10:00-1:00 Marian Shull Jewelry Sale (LR) 10:00 Literary Club (Zoom) Contact: Marilyn Thomas, 3364 11:00 Health & Wellness Comm. (Zoom) Contact: Peter Melitz, 4777 Date Change 4:30 Chanukah Sing-Along with Cantor Kenny Ellis (1390) 	15 No Hearing Clinic Today 10:00 Safety & Security Comm. (LR) Contact: Virginia Melitz, 4777 10:00 Bereavement Comm. (Zoom) Contact: Elaine Cole, (310) 278-9997 11:00 Great Decisions Group 1 (Zoom) Contact: Jerry Reed, 2951 New Time 3:00 Neil Dorval Trio (1390) 4:30 Candle Lighting (BR) Contact: Elissa Lazarus, 2597. Limit 10	16 9:00 Tech Class with Pat (BD) RSVP: Activities, 3026 Class Full 10:00 Village Store Comm. (BR) 10:00 Window Shoppe (ADP) 10:30 Tech Class with Pat (BD) RSVP: Activities, 3026 Class Full 2:00 Women in Transition (LR) Contact: Eve Loeb, 3374. Limit 10 3:00 Battle of the Bulge Presentation with Arnie Heyman (1390) 4:30 Candle Lighting (BR) Contact: Elissa Lazarus, 2597. Limit 10	17 9:30 Woodcrafting Class (AC) Class Full 1:00 Watercolor Art Class (AC) Class Full 2:30 Paul Lenderman "Grieving Through the Holidays" (1390) 3:00 Men's Current Events (LR) Limit 10 3:00 Jewish Leadership Council (Zoom) Contact: Elissa Lazarus, 2597 Date and Time Change 4:30 Candle Lighting (BR) Contact: Elissa Lazarus, 2597. Limit 10 5:00 Getting to Know You (GR) Contact: Ricki Glassman, 2962	18 1:00 Mindful Meditation (Zoom) Meeting ID: 873 6123 9553 Password: bemindful 3:00 Birthday Party with Becca Peyton (1390) Date Change	19 11:30 Wake Up Your Brain (Zoom) ID: 676 735 6805
Thursday	10:15 Fit-Tastic Fitness with Dario (1390) 1:15 Chair-based Cardio-Fit with Jeri (1390) 	20 5:00 Vespers with Pastor Tom Stephen (1390)	21 10:00 Literary Club (Zoom) Contact: Marilyn Thomas, 3364 2:00 Film Noir Class (BR) RSVP: Activities, 3042. Limit 9 3:00 Holiday Concert with Maximo (1390)	22 10:00 Building Reps. (Zoom) Contact: Don Cameron, 4767 No Meeting Today 2:30 Health & Wellness Seminar (1390)	23 No Window Shoppe Today 9:00 Tech Class with Pat (BD) RSVP: Activities, 3026 Class Full 10:30 Tech Class with Pat (BD) RSVP: Activities, 3026 Class Full 1:00 Hospitality Comm. (Zoom) No Meeting Today	24 1:00-2:00 Victorian Carolers (1390) 	25 	26 11:30 Wake Up Your Brain (Zoom) ID: 676 735 6805
	8:30 Pickle Ball 10:15 Mobility & Strengthening with Dario (1390) 1:15 Mobility & Strengthening with Chris (1390) 	27	28 10:00 Literary Club (Zoom) Contact: Marilyn Thomas, 3364	29 3:00 Panama G. Performs (1390) 	30 No Window Shoppe Today 9:00 Tech Class with Pat (BD) RSVP: Activities, 3026 Class Full 10:30 Tech Class with Pat (BD) RSVP: Activities, 3026 Class Full	31 1:00 Watercolor Art Class (AC) Class Full 6:30-8:30 Dynamic Duo New Year's Eve Concert (1390) 9:00 Tune in for the New Year Eve's Ball Drop (1390)	UVTO Locations <div> <div> CI Channel Islands Room (GV 3rd Floor) FC Fitness Center GR Garden Room LR Laguna Room LSL Lakeside Lounge (LV 2nd Floor) MCT Mt. Clef Terrace MDR Montecito Dining Room OCH Outside Catalina Hall OV OakView </div> <div> RS Resident Services SBL Santa Barbara Lounge (MV 2nd Floor) SHR Sherwood Lounge (LV 3rd Floor) SRL Santa Rosa Lounge (GV 2nd Floor) TC Tennis Courts WDR Westlake Dining Room </div> </div>	
Sat	9:00 Tai Chi (BBC) 10:15 Mobility & Strengthening with Jeri (1390)							