

The Wave #28



Riding the wave of more effective communication together

MY JOB BY GERARDO OCHOA

I would like to share about my experience working for Caltrans. I drove for them for 18 years.

I used to drive in the Inland Empire on Highway 18. When I was working for Transfer Barrier Machine (BTM), I drove on the Highways 78 and 15. One of my jobs was cleaning the freeway when it rained. I also drove a street sweeper and snowplow. I would lift the sewer grate, use a machine to scrape and push the dirty water/debris down into the sewer.



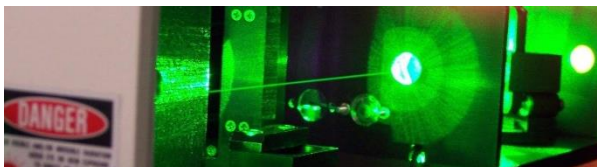
I was also in charge of putting up traffic signs for the road including speed limit signs, and signs to warn people about road conditions or falling rocks. I also held up signs to warn people to slow down or stop when there was construction on the road.

WORKING WITH LASERS BY MARK MCLAUGHLIN



A little bit about me:

- I was a laser tech.
- I went to Boston to learn lasers.
- I went to Ireland to teach them.
- I made stents for the heart for Abbott Vascular in Temecula.



START DOING THINGS YOU LOVE BY MARY ARMATIS

Hi, I'm Mary. I have been designing jewelry for 30 years, but I have been painting since Covid-19.

Here is my display of my Sketchbooks.

- I used watercolors, watercolor pencils, Stabilo-All, Uni-Ball white, StencilGirl products, stamps, and stickers.
- I cut out words from Somerset Studio magazines.
- I copied borders and frames from the Art Nouveau period.
- I copied the Mermaids book and cut out the pictures and glued them in the sketchbook.
- Lastly, I colored it and put stamps in it.

Start doing things you love.



GOLDEN GATE BRIDGE BY JIM SINCLAIR



Lynn and I lived in San Francisco for 3 years, and I took wonderful pictures during the time that I lived there. The weather was constantly changing when you got to the bridge; it was a really neat time to go on it. Lynn and I drove across the bridge, and we took guests too.

We lived in Presidio, a National Park at the foot of the bridge. We saw it every day for 3 years. This is one of my favorite bridges that I have seen and traveled to. We did a lot of hiking around the surrounding lands on both sides of the Golden Gate Bridge and the Marin Headlands.

It was built from 1933 to May of 1937, an engineering marvel. Joseph Strauss was the chief engineer for this bridge. During the time the bridge was being built, 11 workers died while working on it.



MY SHED BY PAUL VANDER PLOEG

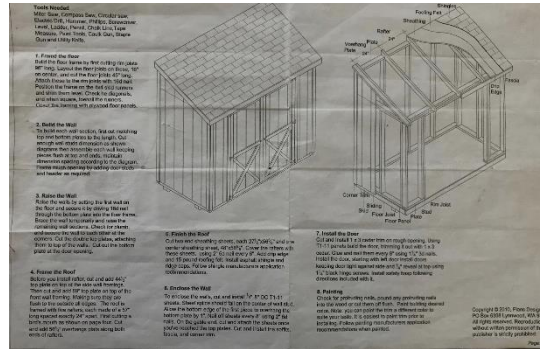


I began building my shed by following an eight-step instruction guide. My carpenter experience at 26 helped me in making it. As a carpenter, I used to install doors and windows. When I looked at the pictures in the eight-step instruction guide, I was able to remember plenty of things from that working experience.

I went to Lowes and Home Depot to get supplies such as a circular saw, a stapling gun, drills, screwdrivers, levels, pencils, ladders, 2x4 wood slabs, screws, and paint tools. I had to go many times to buy different sizes of wood. I used screws instead of nails to make the wood nice and smooth. The walls of the shed are about 8 feet tall.

The shed took me about eight weeks to put together and to paint it. I did about 90% of the work. A friend of mine helped me install the doors.

I already have placed many different tools in my shed. It was a work in progress! I plan on creating more carpenter projects such as shelves and other sheds that have wheels (for easy transportation).



VACCINES AND YOU BY DAVE VALIULIS

HAVE YOU GOTTEN YOUR SHOT?

Everyone 65 and older is eligible for a free vaccine protecting you from Covid-19.

Your health system may notify you if you can get an appointment or you can look online through <https://myturn.ca.gov>. The main North County sites are:

- San Marcos Vaccine Super Station at CSUSM, Sports Center
- Palomar Health at the former hospital located at 555 E. Valley Parkway in downtown Escondido (<https://www.palomarhealth.org/about-us/covid-vaccine>)



SHOULD YOU GET VACCINATED?

Once you are vaccinated you have virtually no risk of getting a serious case of COVID-19.

All three Covid-19 vaccines are extremely effective. Of the roughly 75,000 people who have received one in a research trial, not a single person has died from Covid, and only a few people appear to have been hospitalized.

To put that in perspective, think about what Covid would do to an unvaccinated group of 75,000 American adults: It would kill about 150 of them and send several hundred more to the hospital.

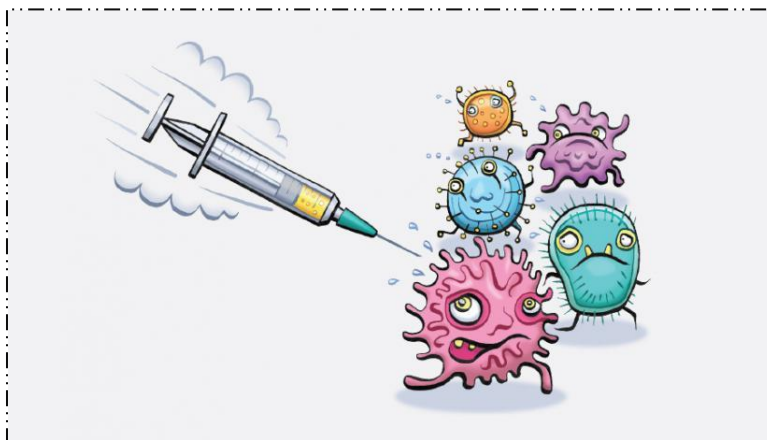
A full dose of the vaccine — with the 2-week waiting period after the final shot — eliminates the risk of Covid-19 death, nearly eliminates the risk of hospitalization, and drastically reduces a person's ability to infect somebody else. All of that is also true about the virus's new variants.

WHAT'S NEXT?

Even if you're vaccinated, you may infect someone who is unvaccinated. But the jury's still out on how likely it is.

So, everyone should continue to wear a mask in public.

If both you and your loved one are vaccinated, your risk of infecting each other is nearly zero.



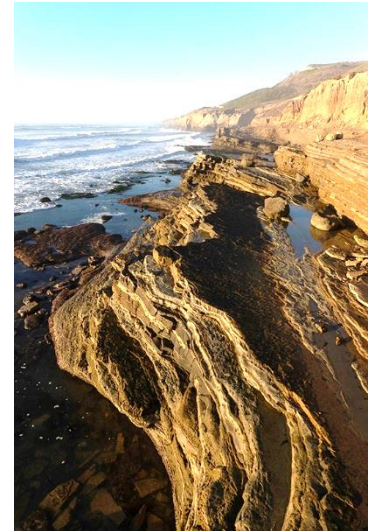
CLASS BREAK BY BRUCE HEIMBACH

Last January, I had a long break between my classes. I had some plans for a walkabout, Jan 11-14, at the local beaches. The conditions and weather were perfect. I called it the 'Church of the Earth,' especially in San Diego in the winter. It was a little crisp, few people, and very quiet – solitude.

I love the local beaches. The sand is up or down, there are more or fewer rocks, with plants or tidepools, and they can change their character. The beaches are unique; when you are walking there, some days you can find or see something new.



Cabrillo Monument: Big Rock and the Shore



Cabrillo Monument
Layers of Rocks



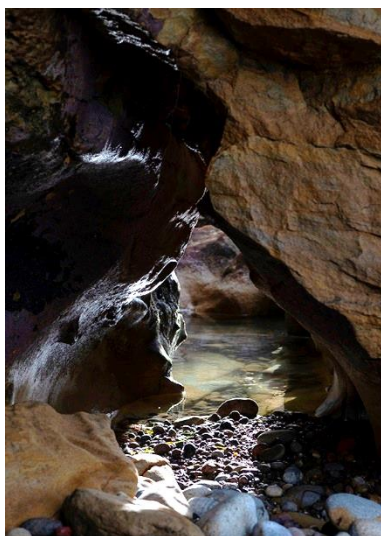
Sunset Cliffs: Ocean Sunset



Bird Rock: Angle of Light



La Jolla Shores: Spectacular Sunset with a Mirror



La Jolla Shores: Secret Window



Bird Rock: Fading Light



Sunset Cliffs: Anemone Eats a Rock

LEARNING FROM AMANDA GORMAN BY DAVE VALIULIS

Amanda Gorman has made double history lately:

- as the youngest inaugural poet (she's 22) when she recited her poem at President Biden's inauguration
- as the first poet ever to recite a poem at a Super Bowl game

But did you know that for much of her life, she had trouble speaking correctly?

Gorman had a speech impediment, which she says made her "self-edit and self-police." Some words, particularly those with an "R" sound, were hard for her. "I'd want to say, 'Girls can change the world' but I cannot say so many letters in that statement, so I'd say things like 'Young women can shape the globe.'"



Her story can offer 3 lessons about *our* rehab:

1. **She never gave up.** Gorman worked on her speech for most of her life. In fact, it was only in college that she largely overcame it.

For us, rehab is now a lifelong effort. But we know the improvements can be made even after many years.

2. **She turned to music for help.** To practice saying the letter, she'd listen on repeat to one song she said was "packed with R's" – "Aaron Burr, Sir" from Hamilton. "I would try to keep up with Leslie Odom Jr. (who played Burr in the original Broadway cast). I would say, if I can train myself to do this song, then I can train myself to say this letter." Gorman says she owes a lot to the musical, calling it "part of (her) speech pathology."

For us, music can be a life-savior. So many of us can sing where we can not say. And many people with apraxia soon rely on the metronome-like tapping therapy.

3. **Her outlook made the difference.** "I don't look at my disability as a weakness," Gorman says. "It's made me the performer that I am and the storyteller that I strive to be. When you have to teach yourself how to say sounds, when you have to be highly concerned about pronunciation, it gives you a certain awareness of sonics, of the auditory experience."

For us, attitude, mindfulness, and bravery are as crucial to our recovery as speech therapy.

YouTube links:

- Gorman speaking about her speech impediment: <https://youtu.be/qHhut5nhl8g?t=416>
 - Gorman at the inauguration: <https://youtu.be/LZ055illiN4>
 - Gorman at Super Bowl LV: <https://youtu.be/-ejbSCjg2qo>
 - "Aaron Burr, Sir" from Hamilton: <https://youtu.be/C6GFb7FIB0Y>
 - Saying the R sound: https://youtu.be/G_OQjKlvt0E
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WALKING WITH MY WIFE BY JOHN KLEIN

I love to walk four miles a day. Three years 9 months ago, Michelle and I walked 185 miles on the Camino in Spain, 12-18 miles a day, for two weeks.

One year two months ago, my back and my knees went out and became painful. Every month the pain got worse. My doctor did back surgery on my lower back 11 days ago. Now my lower back is healing, and I walk slowly now.



It's getting better and I'm walking faster every day.

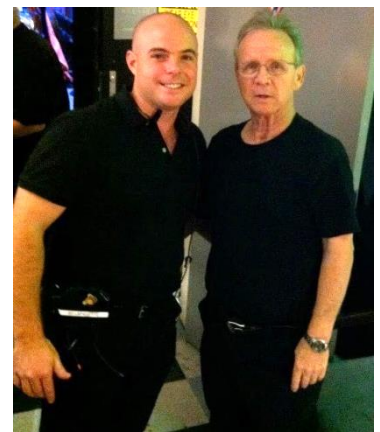
- Now I walk one mile, two times a week.
- In the future, I will walk four miles a day, three times a week.
- In 4-6 months, I will walk 8 miles, three times a week.
- And then 6 months in the future, Michelle and I, with my sister and brother-in-law and my two friends, will go to Sedona to walk.
- And then in 9 months in the future, we will go to Spain for 2 weeks to walk 180 miles on the Camino, which will be two thirds of the Camino.

MY JOB AND MY GRANDSONS BY GALEN "BUTCH" LANGE

I worked at the International Alliance of Theatrical Stage Employees (IATSE) for 25 years. I was a manager and business agent at my location. I managed cast members for musicals, films, theatre productions, and operas. I informed cast members of



where they needed to be and at what time. I made their contracts and negotiated fair wages for them. I worked behind the scenes in the stagecraft department. I managed lighting, camera equipment, and sound. I worked in many events at the Houston Grand Opera.



Butch and Scott at IATSE Stage Employees Local Union 51 located in Houston, Texas

These are my grandsons. Camden (left) is two years old and Carson (right) is 5 years old. They live in North Carolina. I don't see them as often as I'd like because they live so far. I miss them very much.

MY BUCKET LIST BY FRANK LUSSIER

My bucket list includes visiting some of the most famous National Parks.

YELLOWSTONE NATIONAL PARK, WYOMING

Yellowstone National Park is the first National Park in the United States. It was established on March 1, 1872. It has an elevation of 8,104 feet and is 2,219,291 acres. It is home to many animals such as bison, grizzly bears, wolves, lynxes, foxes, moose, and elk. Yellowstone National Park is best known for the Old Faithful geyser, which erupts around 17 times per day. It is also known for its hot springs, mudpots, fumaroles, and travertine terraces. I would like to visit Yellowstone National Park to photograph animals in their environments.



YOSEMITE NATIONAL PARK, CALIFORNIA

Yosemite National Park is the third National Park in the United States. It was established on October 1, 1890. It has an elevation of 2,453 feet. It is known for having bears, deer, coyotes, goats, and the Sierra Nevada Red Fox. The landscape is made up of giant sequoias, beautiful lakes, and granite rock formations and is best known for its waterfalls. An exciting activity you can do is ride mules and horses through the trails. Few people know about its lunar rainbows and moonbows. I would like to visit Yosemite National Park to get good photographs of birds.



GRAND CANYON NATIONAL PARK, ARIZONA

Grand Canyon National Park was established on February 26, 1919. The Grand Canyon is 18 miles long and 1 mile deep, making it bigger than the state of Rhode Island. It is known for having all sorts of animals including deer, coyotes, bighorn sheep, California Condors, the Gila monster, and the dangerous rock squirrels. Grand Canyon National Park also has colorful ancient rocks, rim hiking, and an estimate of 1,000 hidden caves! I would like to visit the Grand Canyon National Park to see the mountains and red scenery. My wife and I would also like to go rafting in the river.



FYI: You can always read previous issues of *THE WAVE* by going online to the Speech-Language Clinic page of the CSUSM website: <http://www.csusm.edu/slp/clinic/thewave.html>