

Valley View Voice

Valley View Retirement Village • Rock of Ages Mennonite Home • M.A.I.D.S. • McMinnville, Oregon • Spring 2025

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Valley View Voice

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Marti Bowman

by
Victoria Wilbanks

Marti was born in 1944 in Southern California, in the town of San Marino; about thirty minutes from the beach. There were two girls in the family. Marti's sister was about four years older than her, and they had a very close relationship. Because of their proximity to the beach the girls spent many happy times there in the summer. Their father was a doctor, and their mother a homemaker. Because Marti's father was a doctor, whom she looked up to, she knew she wanted to follow in her father's footsteps and join the medical community as a nurse. After Marti graduated from San Marino High school, she went on to attend San Jose State College and the University of Southern California where she began studies to fulfill her goal of becoming a nurse. Marti knew that career choices for women were sparse in the 50's. The only real choice for her was to pursue becoming either a teacher or a nurse. After four years in higher education Marti decided she wanted to enter the workforce, so she went to medical assistant school and became qualified to work in a doctor's office, where she stayed for several years.



Marti was married in 1969 at the age of 25. She and her first husband were married for 10 years, and they had one son, Rob, who became an attorney. Rob had two sons, Adam and Connor. Marti's husband was a doctor, and they moved around a great deal, as he completed his residencies. After this marriage, Marti attended Mt. St. Mary's College in LA, and finished her Bachelor's and RN degrees. She then worked in a hospital for three years.

The next chapter of Marti's life began when she met her second husband, Merlin, who she married in 1984. She met Merlin in Ventura, California. He was introduced to her by her sister and brother-in-law, who owned a sailboat, and was Merlin's friend. Merlin had three children, Tammi, Randall and Vance. The youngest child was in college when Merlin and Marti married. Marti's parents-in-law farmed, and they owned property in both California and Dayton, Oregon. Because of this, Marti and Merlin gravitated to Oregon, which eventually became their home. Merlin was a retired insurance broker, so they had plenty of time for boating and enjoying

(Bowman continued pg 3)

From Bill's Desk



Bill Blank

Spring is here! We are glad to see the physical evidence of renewal through new growth in God's creation. It is also a time to see spiritual renewal in our own lives as we celebrate Easter and God's gift of love through Jesus and the Holy Spirit's leading. The theme of "renewal" connects with our mission at Rock of Ages to be a caring community where we are nurturing friendships and serving each other, representing Jesus and His servant example to all people.

Renewal in daily living encompasses both physical and mental well-being. Focusing on activities that restore and invigorate one's energy and spirit can lead to renewed strength and energy. This can involve practices like prioritizing rest, engaging in meaningful activities, and nurturing relationships, all aimed at creating a sense of purpose in daily life.

We see continual renewal here on campus as well. It's not just the trees and flowers blooming, but

residents are re-engaging in outdoor activities and work. After a long winter, folks are out and about enjoying each other. We are a community that develops a sense of belonging through growing relationships and friendships.

The staff are continually committed to the mission of Rock of Ages. We see new employees joining our team and appreciate the hard work of all our staff. The Board and executive leadership are working together in setting a vision and seeking a clear path for the future work of Rock of Ages. It is a renewing and refreshing time for us.

As changes are happening, I hope you will continue to join in on our mission and the work of Rock of Ages.

Spring: a lovely reminder of how beautiful change can truly be. —Unknown

Chaplain's Corner



Alex
Katchkovskiy

As the first hints of green emerge and delicate rosebuds begin to unfurl, we can say it is spring. There is something undeniably sacred about this wonderful time of year—the way life stirs from beneath the earth, stretching toward the light, reminding us that hope and new beginnings are always possible. Spring is not just a season; it's a lesson. It whispers to us about growth, transformation, and renewal. It teaches us that no matter how long the winter has been—whether literal or the symbolic winters of our lives—hope and light are always on the horizon. Spring is the season when we celebrate Easter or the Resurrection of Jesus Christ, the foundation of the Christian faith and turning point of world history. This year we are going to celebrate Easter beginning with Good Friday service on April 18 at 2:00 pm, then Sunrise service at 7:00 am, Easter breakfast at 8:00 am and Easter service at 10:00 am at Shilo way

chapel. You are welcome to join the celebration of life and hope.

Every day we meet at 4 pm near the activity building and have a community walk. Our spiritual activities such as prayer meetings, Bible study, chapel service are available for you. Please join and participate. Bette Suderman and Mary Hill are in charge of Lady's Bible study on Mondays and Mel Nice leads Bible study for everyone on Thursdays. Our spiritual care team is available for anyone who needs emotional and spiritual help and support so don't hesitate to reach out and ask for help and prayers. Keep praying for one another and share God's love, care, and light everyday.

May God bless you!

Village Life by Jan Noland

Say NO to Plastics

A quick reminder: As a Village, we truly appreciate your recycling efforts. However, none of the plastic containers that come from the dining room or are delivered to your home go in the Red Recycle can.



Neither do plastic containers from the grocery deli, bakery, or restaurant take-out foods. These plastics either go in the

gray trash cans, or can be recycled through the Plastics Project community wide Collection Event. The next Collection Event is Saturday, May third at the First Baptist Church from 10 am – 1 pm. Several of us here at The Rock participate in the Collection Events, which helps keep plastics that never break down out of the landfill. If you would like to become a Plastics Recycler, contact Jan. It's an easy way to do.

New Gym Exercise Corner

The Rock Fitness Gym now features a mat exercise area where you can use a fitness ball, work on core strengthening, do your floor stretching/strengthening, or practice balance and yoga poses. Check it out. No appointment is necessary to use any of the gym equipment.



You can come anytime at your leisure. Remember Group Exercise Class on Wednesdays and Fridays at 9:30 AM. If you have any questions, feel free to contact Bette or Jan. Hope to see you there.

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themselves and each other, although Merlin did take time to build a second career which consisted of acquiring and managing rental properties. Meanwhile, Marti busied herself with volunteering for Hospice, something she really enjoyed doing, and where she could put her nursing skills to good use.

Marti speaks joyfully about her marriage to Merlin. They traveled extensively with other couples who shared their love of RVing and boating. They had several RV's and boats, some larger, some smaller, but they were all fun, she says. Marti talks about the wonderful times they had on the Columbia and Willamette rivers, fishing and sightseeing. She says it is so wonderful to see the countryside from the river; you get such a different perspective. Marti said Merlin really enjoyed taking people on his boat and sharing the experience and his skills with them. She also mentioned that their granddaughter Casey enjoyed traveling with them and they really enjoyed her company too. Marti reminisces about their travels all across the United States in their RV with the other like-minded couples they had met.

Because Merlin had family ties in Salem, the couple downsized from their home and acreage on Peavine Rd. in McMinnville, where they had lived for 25 years, and moved to Salemtown in Salem. They found it much easier to attend the sporting events their grandchildren participated in, and enjoyed other family members too. Salemtown suited their lifestyle very well until Merlin's death in January of 2024. Marti and Merlin had previously given some thought to their retirement years, and had put their names on the list for property at Rock of Ages/Valley View, two years prior to Merlin's death. Consequently, after Merlin's death, Marti chose to move to Rock of Ages. The fact that the couple had planned for their future, and that Marti was given an opportunity to purchase a cottage in the Valley View Community two years after they had signed up, made things very smooth for her. She went to work doing the required refurbishments, and the result is a beautiful home overlooking the valley. Marti says she feels that her life has come full circle, and she has *come home*. She has many friends in McMinnville, and is a member of the Church on the Hill. She feels very blessed with the way things have worked out for her, and she is so comfortable in her beautiful home on the Rock of Ages/Valley View campus, with her splendid view, and a community of wonderful people.

Rock of Ages

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