



# The Messenger

Published for the Residents

Masonic Homes of California at Union City

## Flag Raising Event

Written by Kim Hegg, Community Relations & Event Manager

On Friday, May 22, residents and staff gathered at the flagpole in front of the Main Building to raise our new American Flag.

The event started with a welcome from Gary Charland, President and, CEO of the Masonic Homes. Chaplain Joel Ingram lead us in an invocation and resident Richard Fiechtner shared a tribute to the Flag, giving attendees a glimpse into various stages in his life where the raising of the American Flag has had an impact on him.

Rio Castillo, EVS Lead, raised the Flag to full staff with the assistance of Matt Patrick, Raul Ting, Rhoel Frieria, and Nicholas Cunningham. Soledad Martinez, Executive Director, led us in the Pledge of Allegiance and then explained the special flag protocol observed on Memorial Day. The Flag should fly at half-staff until noon, and then be raised to the top of the staff for the remainder of the day.

This custom, unique to Memorial Day, honors the war dead in the morning of Memorial Day, but then the flag is raised to full-staff at noon by the living, “who resolve not to let their sacrifice be in vain, but to rise up in their stead and continue the fight for liberty and justice for all.”

The flag was then lowered to half-staff and Chaplain Joel and Ray Hoffman placed a spray of flowers and the Masonic Memorial Emblem in remembrance of those who lost their lives to ensure our freedom.

Gary Charland shared his remarks and then introduced a message from Grand Master, John Trauner. The event closed with a benediction from Chaplain Joel Ingram.



*June 2020*

## Father's Day—Written by Dietary Department

# HAPPY FATHER'S DAY!

Growing up with a loving and caring Father can be one of the greatest gifts anyone can cherish.

Your dad is someone who can stand as a symbol of inspiration for your entire life, who you draw your strength from, a strong pillar in your life. For that, we thank all the Fathers out there from the bottom of our hearts.

The Dietary Department will be planning a special Father's Day meal, complete with Bloody Mary's served. We hope you all have a nice, relaxing, well deserved day!

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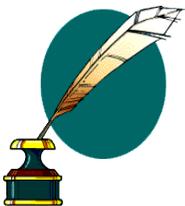
## Celebrating Fatherhood

Written by Joseph Pritchard, VP Clinical Operations

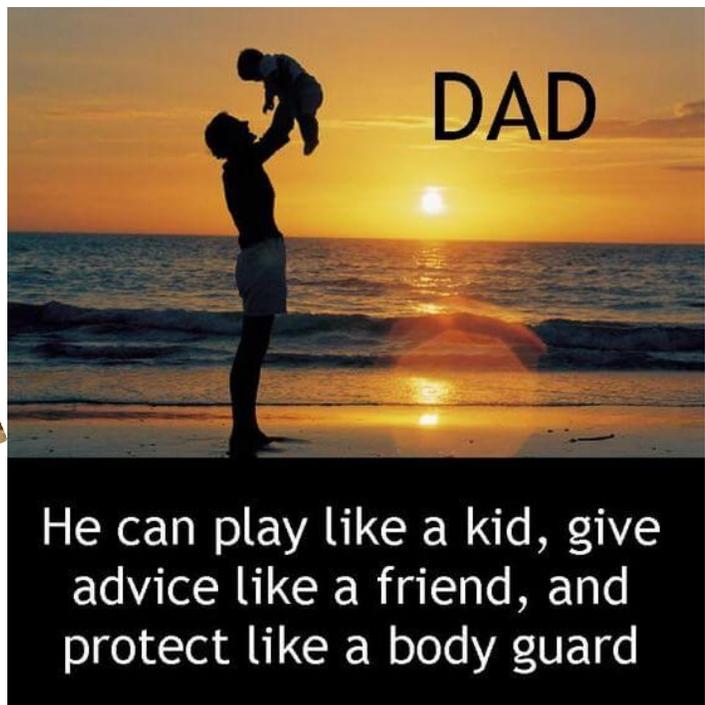
Father's Day has always been special to me. I had an amazing father that helped me start my journey and gave me the foundation to build my future. I have three beautiful children who have made me a father, which is perhaps the scariest and most amazing job in the world.

And finally, the Masonic Homes has given me the chance to meet a great number of amazing fathers who have mentored not only their own children, but also thousands of young Masons and DeMolay boys.

Fatherhood is akin to brotherhood and the men of the Homes are all examples of how a father's influence makes the world a better place. Happy Father's Day!



Quotable



He can play like a kid, give advice like a friend, and protect like a body guard



# The Chaplain's Corner

By Chaplain Joel Ingram

## Will be or Am I?

I was speaking with one of our residents who recently lost her spouse. We talked about their relationship, some of the ways she missed him and her concerns for the future. At some point, I asked how long they had been married. "In June we'd have been married sixty-seven years," she said with a sigh. Later, I thought about the way she'd chosen to answer my question. Clearly, her sixty-six years had been good, but she wanted more. What a wonderful testament to the vitality of their love!

If you ask a child how old they are they often say something like, "I'm almost 8" or "Next month I'll be 10". Adults rarely speak this way. "How old are you?" someone asks the 82-year old. "I used to be 35," comes the reply. That's a little joke, but at some point, tagging on can lose its fun. Maybe we just stop being optimistic about our future or greedy for what lies ahead. Maybe, we give ourselves over to longing for the past or settling for whatever the present allows. It happens.

But, who's right? The child who looks forward or the adult who looks back? Neither of course. Both instead. As wise old Solomon said, "There's a time for everything". Certainly, well, I think certainly, the day will come when a majority of my great and meaningful life experiences *WILL* lay in my rearview mirror. (Hopefully it wasn't yesterday!) Life's cup isn't bottomless to be sure and as life holds less, I think it's only natural to increasingly look to our past, Yet, it's important for our mental, emotional and physical wellbeing to keep looking forward as well. Not to just expect tomorrow, but to wish for our "sixty-sevens"; to look to our tomorrows expectantly, with a hope that tomorrow holds something good in store. After all, our great "yesterdays" were tomorrows at some point. Though life sometimes surprises us with blessings, more typically, the things we find are things we have a mind to look for. So, the question becomes, "What *AM* I looking for?"

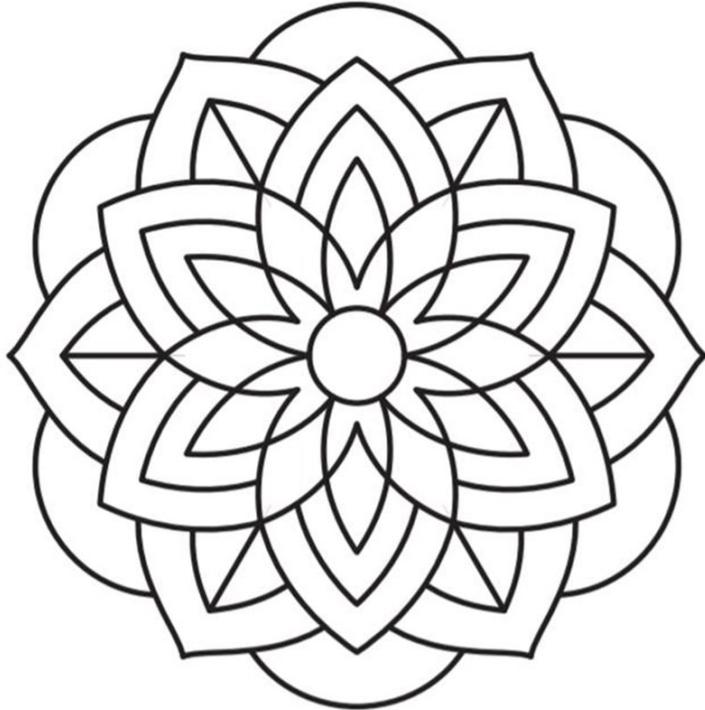
There's a reason my car tires need to be balanced every now and again. Without balance, something starts to wear unnaturally, and the quality of the ride is affected. If it gets bad enough, I'll find myself headed for a ditch. Life balance works the same way. If I only look to the past, or if I only think of the future my viewpoint is out of balance and the quality of my "life ride" will suffer as well.

This month I'm hoping I can find a nice middle ground – life balance if you will. I wish the same for you. Until next month – *Chaplain Joel*

*P.S. In December, I'll be 35!*



## Mandalas For Your Mind—Written by Lorber Recreation Team



As we continue our shelter in place, one way to get our creative minds active is by coloring Mandalas. The word “mandala” means “circle” in the classic Indian language of Sanskrit. It is described that circles are representative of nature: the moon, sun, flowers, and the cycle of the seasons.

Mandalas are geometric circles with various patterns that build from the center; it has no hard edges or angles, no beginning or end. When coloring these patterns, it can become a form of meditation. Research has found many benefits of using mandalas such as increasing

focus, promoting relaxation, improving attention span, and promoting positive well-being.

Coloring Mandalas is a great way to express your creativity and there is no previous art experience required to get started. You just need a quiet area, color at your own pace, and allow your creativity to flow.

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## June Facts—Written by RCFE Recreation Team



Thousands of years ago, the Ancient Romans named the month after the goddess Juno – who was the patron of marriage and responsible for looking after the wellbeing of women. The name “June” also comes from the Latin word “Juvenis,” which means “Young People.” June is a beautiful month!

Happy June, everyone! With the Shelter-In-Place order still in effect, Recreation department is working on new and exciting things for you all to enjoy! We are aware of the hardships you all must be dealing with during this time, and we want to make sure you are as comfortable as possible.

We cannot thank you enough for your ongoing understanding and support as we all try to steer our way through this together.

We are a little less than halfway through our second round of BINGO – winners are beginning to surface! Will you be the next big winner?

**June...**

*Continued from page 4*



We have also teamed up with Sprint Mobile and they have donated a bunch of goodies that were passed out to everyone during our afternoon snacks.

Here are a few pictures to show the gratitude from some of our residents.



*Thank You!*



## Spotlight on the Masonic Homes Way

This month, our Masonic Home Spotlight shines on two staff members who have made the meaningful life “Experiences” Pillar a reality in our Home. Much of Lia Gibson’s work may take place behind the scenes, but the benefit of her work (particularly with the Recreation Department) is plain to see. During our “Social Distancing” period, Lia has helped with our TGIF Toasts and Words Search puzzles for residents. She brings a great attitude and dedication to all she does, and our Home is better for her presence.

Also, Susana Vuong has been a tremendous help as she delivered our daily snacks throughout the Home. What’s more, she often offers help wherever and whenever a hand is needed. She brings a smile and cheerful spirit to her work and we give our thanks for a job well done.

## Pillars Raffle

Written by Kim Hegg, Community Relations & Event Manager

As we near the end of May, we are also getting closer to the final draws for the Pillars Raffle.

So far, we have given away one portable charger, two surprise prizes from Gary Charland, nine hand lotions, nine hand soaps, 30 multi-tools, 32 sling backpacks, 31 Bluetooth speakers, one stainless steel straw set, 32 thermoses, 32 tote bags, 30 water bottles, and 31 insulated wine glasses.

We've had four \$50 Amazon gift card winners – Rinkhu Sandher, Pablo Aquino, Mike McComas, and Sierra Nichols – draws number 1, 100, 200, and 300 respectively. Sixty-five \$10 Amazon gift cards have also been awarded.

There are still plenty of prizes left to be awarded – including the final draw of a \$1,000 Amazon gift card! Stay tuned, the last day of the drawing is June 1!

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## Modern Day Heroes

Written by Joseph Pritchard, VP Clinical Operations



During these unprecedented times, healthcare professionals have been asked to perform miracles and make significant sacrifices. At the Masonic Homes, the staff have partnered with residents to protect the campus from COVID-19. This battle has been long and successful. As of the writing of this article, we are one of the few communities that has rebuffed this deadly virus. MHC is COVID free!

In my eyes and the eyes of everyone looking at the Homes, every single staff member is a hero. Every day we ask them to not only be excellent at work, but also continue to be vigilant in their lives outside of work. At work, they go through the screening process, change into clean clothes, wear and store masks, keep socially distant, practice proper hand hygiene, and comply with all the mandates coming from the federal, state, and local officials. They do all of this while still providing the excellent care we have all been accustomed to.

At home, our staff are asked to be even more disciplined than normal citizens. They are asked to adhere to stricter guidelines than the normal shelter in place. We ask them to keep track of the status of all their contacts, we ask them to always stay at home, to change their routine to reduce their contact with the wider community, and to report to management any possible undue exposure. They have been asked to work from home, take COVID-19 tests, and wear personal protective equipment even while not at work.

## Modern Day...

*Continued from page 6*



Just as most heroes, our staff do all of this without much complaint. They square their shoulders and bravely continue to fight this battle. The burdens that weigh on the staff are larger than ever before, but the team is stronger than any obstacle.

However, these modern-day heroes are not invincible. They suffer the same stressors and worries that we do. They are afraid. Their courage is seen when they overcome that fear and continue to serve. I ask you all to remember that our staff heroes are still human. They perform superhuman feats, but are still just as human as you and I. They are going through the same issues as all of us. When you have the chance, give them a big smile and some words of encouragement and praise. Watch how your words and actions help make them stronger. Support our heroes and let's continue to help them save lives!



## Bored, But No Boars—Written by Resident, Evelyn Rick

“There’s nothing to do!”

As I write this, it has been 68 days since our last big meeting, when Gary Charland announced our shelter-in-place restrictions. By now, many of us are just plain bored.

In past years, the Masonic Homes addressed this issue head-on (although perhaps not in the way you might hope). The *Rules and Regulations* for residents in 1931 contained this required rule of conduct:

“4. Idleness encourages an unhealthy state of mind; therefore, all residents, unless excused by the physician, will perform such service as may be assigned by the Superintendent. Willful refusal to obey such reasonable request will be grounds for dismissal.” *\*Apparently, there were plenty of services available to be performed to relieve the monotony--and guard against being outplaced.*

The Superintendent’s report for 1912 especially notes that the Residents, 71 men and 36 women, had helped in the routine work of the Home, including operating the shoe shop as well as the tailor shop, where men’s clothing could be cleaned and pressed, plus the chicken and hog ranch, the vegetable garden, and the carpenter shop. Ladies were especially useful for mending household linens and making sheets and tablecloth, as well as preserving the 2400 quarts of fruit that had been stored up for the winter.

As reported in 1913, the residents (75 men and 39 women) had as a matter of course been “encouraged to render some service in keeping with their strength, for the upbuilding of the Home.” There was even more to do now, since there was a new barber shop, where residents worked, and: a brooder house and several chicken houses were added to the chicken ranch. An incubator was purchased, and a large number of chickens, ducks and turkeys were hatched and raised. The chicken and hog ranch and dairy were also improved and gave good returns. The vegetable gardens were enlarged... the orchards produced a fair crop of fruit, [and] the berry garden furnished a good supply of berries.

The opportunities to keep busy got even bigger. By 1915, the chicken ranch contained 2000 chickens, the dairy herd had 15 cows, and the hog ranch had 65 hogs. Horses were kept, as they had all along, although a new combination truck/bus would reduce the number needed. The Home, of course, raised its own vegetables and animal feed. Improvements included a new blacksmith shop and a row of walnut trees planted along the entire front of the property. The female Residents



## **Bored...**

*Continued from page 8*

“much appreciated” a new, complete hand laundry in the basement of the main building, “equipped with two stationary tubs, hot and cold water, ironing board and table, clothes racks, electric irons, etc.” (I doubt that the “etc.” included any computerized, dirt sensing washing machines like the ones we have now.) How many residents assisted in the work for all this production? In total, there were 85 men and 45 women, counting 18 in the Home’s hospital. That’s less than half of the folks who live here today.

If you are among the wonderful resident volunteers who made face masks for our use in the Covid-19 pandemic, worked in the General Store, delivered mail and newspapers, or helped in other ways, thank you for your service and keeping up a great tradition. If not, and you’re bored with nothing to do, consider that in an earlier day the Superintendent might have cured your boredom by assigning you to clean up after the *real* boars in the hog farm. So be thankful.

*Source: All the quotations and information for this article are from “The Greatest of these is Charity” published by the Board of Trustees in 1987. Thanks also to Lynnette Stack for contributing the essential pun.*

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## **Comfort Food**—Written by Megan Dowd

Comfort Food, what do you consider to be comfort food? For me, I consider any food that I enjoy eating and making. Anyone who knows me well, will tell you that breakfast is my favorite food of the day and of course I never pass up on dessert. During this challenging time, I find myself cooking every day. This has driven me to look into family recipes to try different foods so it’s not the same boring meal day in and out. I also get inspiration and recipes on Pinterest.

I thought it would be wonderful to gather more recipes from our residents, family members, and even our staff. Let’s all indulge on this easy to make treat.

I’m going to share with you one of my mother in-law’s famous desserts. She would make this all the time for family gatherings, special occasions and it was a big hit, coming from a chocoholic and a sweet tooth person. In loving memory of her, I share with you her favorite and prized dessert recipe, I hope you enjoy it as much as we did.

You will need a 13x9 inch glass or nonstick pan. It looks better in a glass, as you can see all the layers.

### **Layer #1**

1 cup of flour

1 cup of finely chopped nuts (your favorite will do)

1 stick of butter or margarine

\*Blend together and press into bottom of pan. Bake at 350 degrees – allow to cool

### **Layer #2**

1 cup of sugar



***“The Best Thing Since Robert Redford”.***

*Continues on page 10*

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## Comfort Food... *Continued from page 9*

1 8 oz cream of cheese (any brand)

½ carton of Kool Whip or any brand of whip cream

\*Blend together and spread over cooled layer #1

### Layer #3

1 box of chocolate instant pudding

1 box of vanilla instant pudding

3 cups of milk

\*Combine till it begins to thicken, spread over layer #2

Spread remaining Kool Whip on top and sprinkle with your favorite nut.

Cover and chill overnight. Enjoy...

*\*Editor's note. Residents and staff can submit their favorite comfort food. Send it to [oafolabi@mhcuc.org](mailto:oafolabi@mhcuc.org) or drop it off at the front desk.*

\*\*\*\*\*



Submitted by Resident, Zelma Campbell

### **How Do You Want That?**

A traveler sat down in a café for dinner. He ordered the “budget steak”, a steak at half the price. Yet when the traveler saw the waiter bring his dinner with his thumb planted squarely in the middle of the steak, he was appalled. “Why is your finger on my steak?” he demanded.

“Sir”, the waiter replied calmly, “You wouldn’t want it falling on the floor again, would you?”

### **I Used To...**

... work in a blanket factory, but it folded

... sell shoes, but my boss gave me the boot.

... like carpentry, but then I got bored.

... sell computer parts, but eventually I lost my drive.

... enjoy fishing before I was caught playing hooky.

... teach High School, but discovered I didn’t have enough class.

... run marathons, but couldn’t stand the agony of defeat.

... work for the railroad until they realized that I wasn’t trained.

... manage a gym, but found I wasn’t fit for the job.

... like being a CPA until it got too taxing for me.

... think I wanted to be a seismologist, but the whole profession is on shaky ground.

### **Funnies**—Submitted by Resident, Betty Caria

- ◆ Half of us are going to come out of this quarantine as amazing cooks. The other half will come out with a drinking problem.
- ◆ I used to spin toilet paper like I was on Wheel of Fortune. Now I turn it like I’m cracking a safe.
- ◆ I need to practice social distancing from the refrigerator.
- ◆ This morning, I saw a neighbor talking to her cat. It was obvious she thought her cat understood her. I came into my house, told my dog... we laughed a lot.

## Funnies...

*Continued from page 9*

- ◆ Homeschooling is going well. 2 students suspended for fighting and 1 teacher fired for drinking on the job.
- ◆ I don't think anyone expected that when we changed the clocks we'd go from Standard Time to the Twilight Zone.
- ◆ So after this quarantine... will the Producers of "My 600 Pound Life" just find me or do I find them?
- ◆ Every few days, try your jeans on just to make sure they fit. Pajamas will have you believe all is well in the kingdom.
- ◆ I'm so excited... it's time to take out the garbage. What should I wear?
- ◆ I hope the weather is good tomorrow for my trip to Puerto Backyard. I'm tired of Los Living room.
- ◆ My child just said "I hope I don't have the same Teacher next year" ... I'm offended.
- ◆ Better 6 feet apart than 6 feet under.
- ◆ My body absorbed so much soap and disinfectant that when I pee it cleans the toilet.



## **My Self-Isolation Quarantine Diary**—Submitted by Residents, Don & Charmaine Peckinpaugh

Day 1—I can do this! Got enough food and wine to last a month!

Day 2—Opening my 8th bottle of wine. I fear wine supplies might not last!

Day 3—Strawberries: Some have 210 seeds; some have 235 seeds. Who knew?

Day 4—8:00 p.m. Removed my Day Pajamas and put on my Night Pajamas.

Day 5—Today, I tried to make Hand Sanitizer. It came out as Jell-O Shots!

Day 6—I get to take the garbage out. I'm so excited; I can't decide what to wear.

Day 7—Laughing way too much at my own jokes!

Day 8—Went to a new restaurant called "The Kitchen". You have to gather all the ingredients and make your own meal. I have no clue how this place is still in business.

Day 9—I put liquor bottles in every room. Tonight, I'm getting all dressed up and going Bar Hopping.

Day 10—Struck up a conversation with a Spider today. Seems nice. He's a Web Designer.

Day 11—Isolation is hard. I swear my fridge just said, "What the hell do you want now?"

Day 12—I realize why dogs get so excited about something moving outside, going for walks or car rides. I think I just barked at a squirrel.

Day 13—If you keep a glass of wine in each hand, you can't accidentally touch your face.

Day 14—Watched the birds fight over a worm. The Cardinals lead the Blue Jays 3-1.

Day 15—The pen stopped working!!!

Since the last update, there have been 14 Blue Box Cards submitted as of May 22, 2020. There were 2 compliments in these cards! They are each a quick poem that one of our poets has left to help us smile. Take a look:

- ◆ Flowers on my campus walks.  
I see balcony and patio flowers abound.  
Are they a gift for me to see?  
An unwrapped present to just take home as a no-weight memory?  
As I pass another nice view,  
Maybe they just want something to care for and talk to!
  
- ◆ Twice a day he picks up our trash and recyclables.  
Stepping up to bus our unfinished meals, utensils, and other unmentionables.  
Twice the load he must now carry.  
Covering for the staff in our Commissary.  
We don't see him as he makes his rounds,  
So, let this note have our thanks abound!



There were 7 concerns:

1. There was a concern about the lobster bisque on May 24 being too salty as well as some issues with the other dinner menu items that day. This was sent to Dietary Services so that they can address the issues.
2. Another concern was regarding the Employee Appreciation Fund regarding the balance not being up to date on the board, as well as a question regarding the decision from the Resident Council regarding the fund. This was sent to Administration to forward to Resident Council.
3. There were some anonymous concerns regarding additional pay and additional time off during this time. These items were sent to Administration for review. Gary Charland has already responded with gifts, gift card awards, and time off given to all staff members!
4. There was a concern about a resident who has a political display on his scooter. It was suggested that he instead post the display on his door.

In addition, there were 6 additional suggestions:

- ◆ Recognizing Kitchen and Dining Room Staff Birthdays: I suggest John Marshall bring out staff members on their birthday. Gary has said "Our Home Family." Add anniversary, birth of child, USA citizenship, etc. (This, of course, cannot happen until we have the Main Dining Room open again, but it was sent to John for his review).

- ◆ One resident suggested putting 2 blue bows on the breezeway pillars so residents and workers can see them from the 2nd and 3rd floor walkways. This was sent to Facilities to see if they can make it happen.
- ◆ There was one resident suggestion for Gary Charland to give updates on the construction in Union City and Covina as well as announcements of any upcoming resident events. Gary will be sharing these on his video updates for everyone!
- ◆ There was a suggestion of a notice to the Veterans about the first flag raising. This event occurred on May 22, the day that I wrote this article, and Veterans were invited to attend.
- ◆ There was a request that beer be purchased for residents. John Marshall has already handled this suggestion and is providing beer with the evening meal.

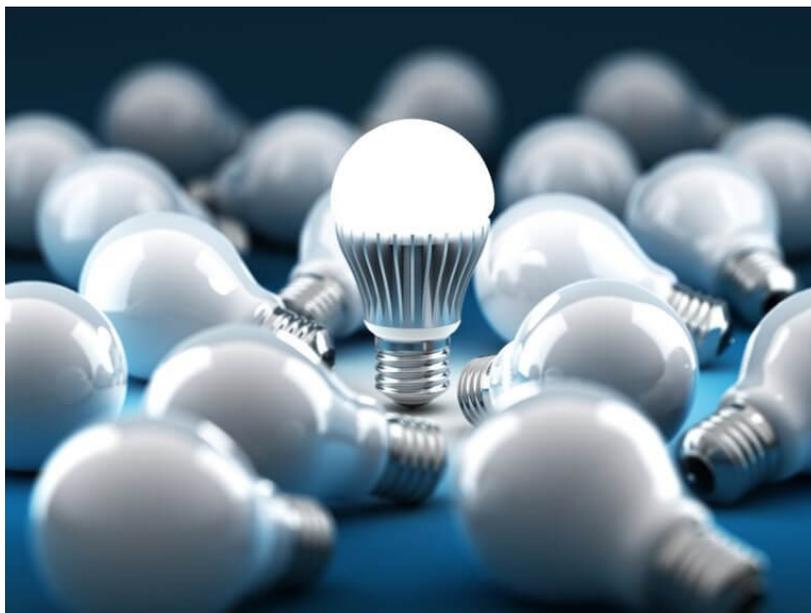
Thank you very much for continuing to use this communication tool, especially for any safety related issues. Please keep the cards coming!

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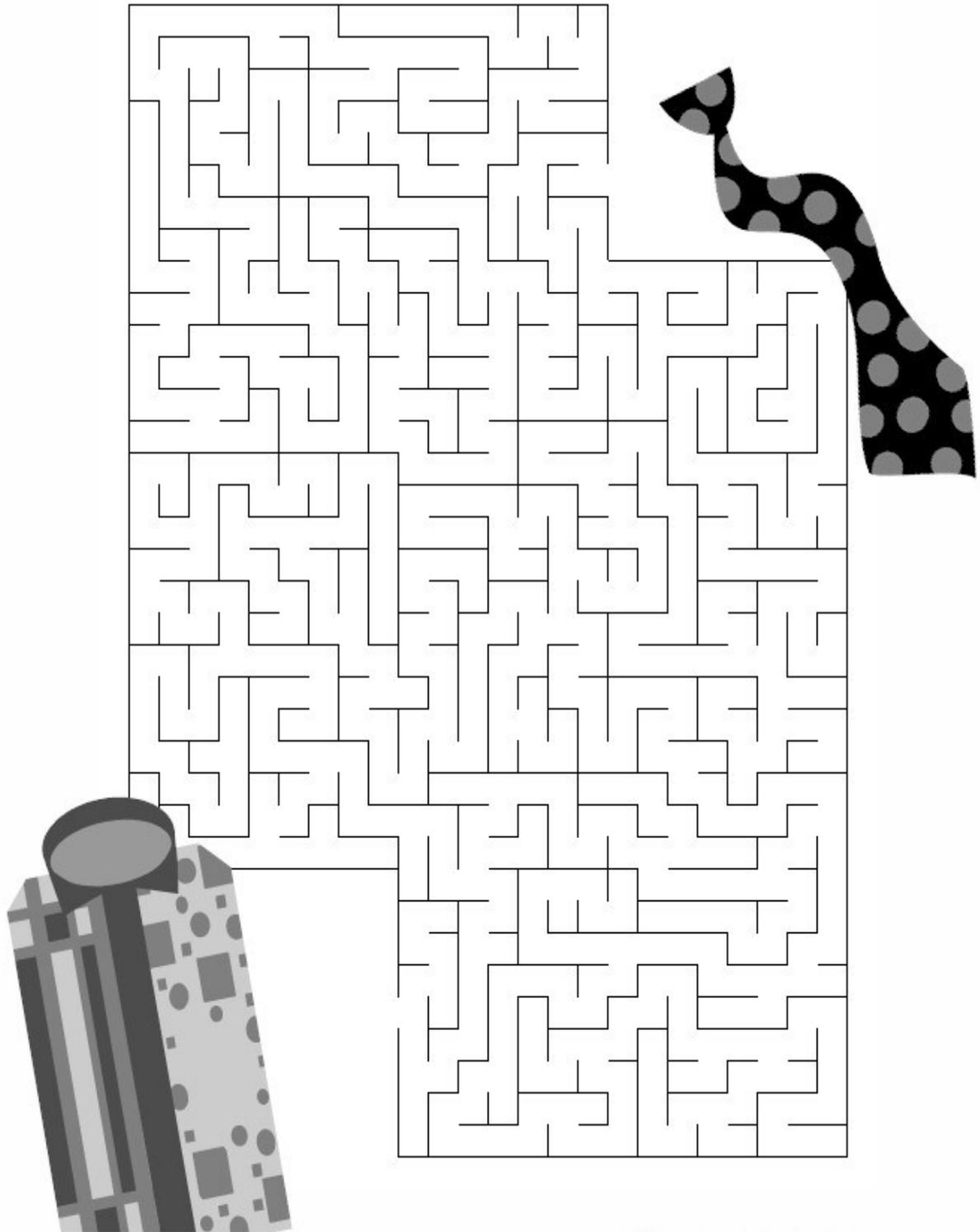
## **SAFETY CORNER**—Written by Mike McComas

Having adequate lighting in your home is a safe and an easy way to help navigate and prevent tripping. With advancements like modern LED and fluorescent lightbulbs, we now have access to more efficient and economical sources of lighting available to us.

Please always make sure that you have plenty of lighting in your room. If any of your lightbulbs burn out, please call the maintenance hotline at ext. 6750 and we will get a new bulb for you.



# HELP THE TIE FIND THE SHIRT.





Resident Birthdays	
Gayle Field	6/1
Kay Hankins Marilyn Waste	6/3
Bonnie Schoenemann	6/4
Fred Bryan	6/6
Bill Stringfellow	6/8
John Alden	6/9
Grayce Charland	6/10
June Graham Wyn Selwyn Ann Shields	6/12
Bill Carn Dale Cochran	6/13
Orrin Benedict	6/15
Jane Washington Alice Walker	6/16
Jeanne Benedict	6/22
Charmaine Peckinpaugh	6/24
Cecil Mahurin	6/27
Dodee Hill	6/29



## ANNIVERSARIES

Residents	Ann. Date	Years
Richard & Marla Cummings	6/11	20
Barry & Barb Brown	6/18	54
John & Tricia Dahle	6/20	27
Jim & Sharyl Leggate	6/26	38
Hans & Ilse Straub	6/30	64

## In Memoriam

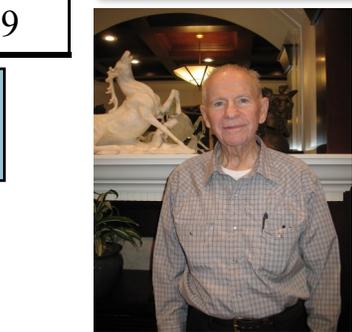
Ketty Sorenson  
March 7, 1932—April  
30, 2020  
Sponsoring Lodge: Van  
Nuys #450



Sally Hartley  
May 24, 1927—May 1,  
2020  
Sponsoring Lodge: San  
Bernardino #178

## In Memoriam

Chuck  
Whitworth  
June 10,  
1933—April  
24, 2020  
Mason of:  
Yount #12



Bill Hornbeck  
November 6, 1932—May  
11, 2020  
Mason of: Vesper #84



Ralph Campbell  
June 29, 1931—May 25,  
2020  
Mason of: Alameda #167

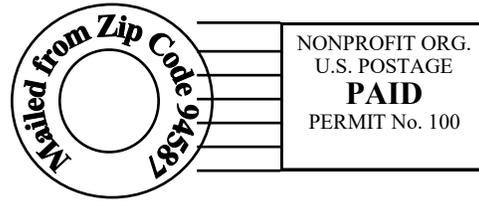
Birthdays, Weddings, Anniversaries, In Memoriam



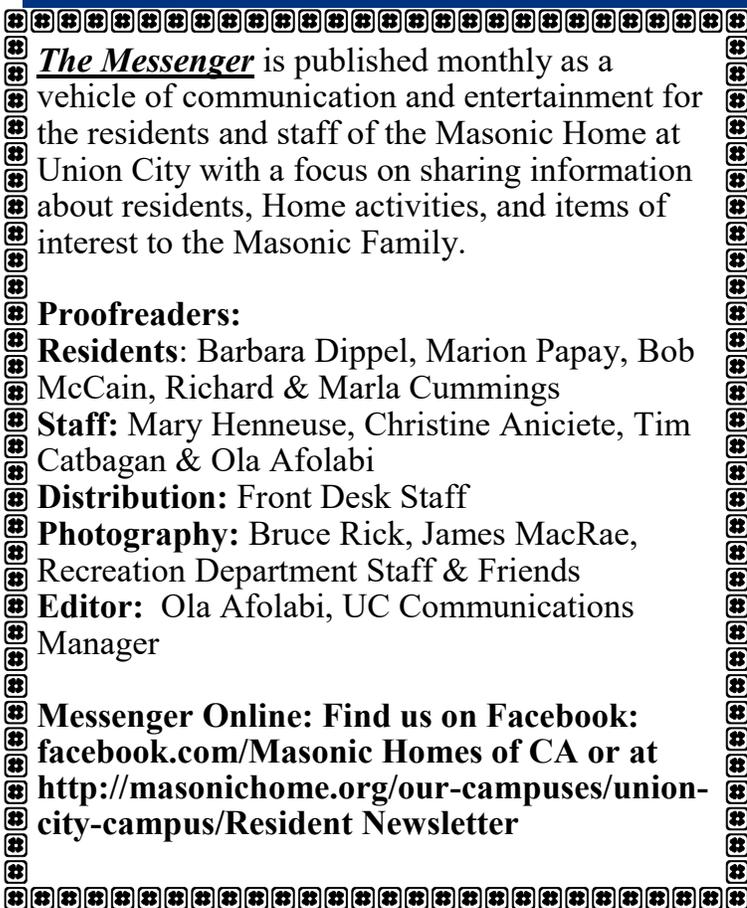
# The Messenger

Masonic Homes of California

34400 Mission Blvd., Union City, CA 94587



**Address Service Requested**



**The Messenger** is published monthly as a vehicle of communication and entertainment for the residents and staff of the Masonic Home at Union City with a focus on sharing information about residents, Home activities, and items of interest to the Masonic Family.

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*“Together we create meaningful life experiences that make a profound difference.”*

***The Pillars: Safety, Personal Connection, Experience & Efficiency***