

On the Prom

Fall Edition

Promenade Towers Quarterly

October 2011

The Grand Opening



Promenade Towers Fitness Room

It seems like every time you pick up a newspaper or magazine you see an article about the health benefits of exercise. You want to control your weight, reduce blood pressure, increase muscle strength? Regular exercise will help you achieve these goals and more. Exercise will also give you more energy and relieve stress. Some studies even say it will improve your memory. Maybe you know all this, but say, "I don't want to join a gym. It's too hard to fit into my schedule. I don't want to get in the car and go out if the weather is bad." Another common excuse is "Exercise is boring."

Well, it just got easier to fit a workout into your schedule. You can exercise right here in our own new fitness room, and it won't be boring. The time goes by fast when you're listening to music on your favorite FM station or watching TV while working out on a treadmill or other equipment.

Joan Cushman was at the Grand Opening of the fitness room and said, "I've gotten away from exercising. I'm hoping this will motivate me." Joan was one of many residents who attended the Grand Opening on August 23. She came to learn more about the equipment at one of the half-hour training sessions conducted by Chris Brewer from the Workout Fitness Store. Chris explained programming options and demonstrated exercises on the machines.

While waiting for the next session, residents gathered in the Community Room for refreshments

and viewed a display of before and after photos of the room. After the first session, Marilyn Peller said, "I thought Chris gave us a lot of good information." Marilyn added, "The room is great. It's quite a transformation." Others at the party agreed and toasted the new room and the volunteers who worked on the project.



Chris Brewer Explains Treadmill Programming Options at a Training Session



Carol Patterson and son Ben at the Party

Know Your Neighbors Contest

Yes, that was me, Judith Rastl, in last edition's photo. Congratulations to Barry Glew who won the contest drawing. Others who recognized me in my second grade school picture are Len Ney, Gunnel Hansen, Einar Juhlin, Margie Thomsen, Nan Dewing, Carol Reynolds and Cynthia Widdows. Here's another challenge. If you recognize the young sailor in this picture, email or call your guess to Judith Rastl (jrastl@earthlink.net or 775-1190).



Quarterly Profile



Edith Toegel - #115

Do you remember when you were a little kid and you'd daydream about the future? You and your friends would say, "When I grow up I want to be a movie star," or "I want to be a fireman." You probably changed your mind a few times and maybe pictured yourself as a nurse or a soldier or a doctor. Edith Toegel, who has been teaching for thirty years, says, "Since I was a little girl, I always knew I wanted to be a teacher."

Edith was born in Vienna, Austria and after high school came to the United States as an au pair. She lived in North Carolina for a year with the family of a Duke University professor. The following year she went to Tufts University in Boston and began studying American literature. After completing two degrees at Tufts, she got her Ph.D. at the University of Washington in Seattle.

Edith has taught in Oregon and New Hampshire and now is teaching German language and literature at Hamilton College in upstate New York. Her son, Alexis, grew up there and has just returned to the U.S. after working in the Peace Corps in Kazakhstan for two years.

Edith still has family in Vienna and says she'll go there next spring. She spends her summers in Portland, though, where she owns a condo at Promenade Towers. She also comes here for Thanksgiving and Christmas and other times when she has a break from teaching. Before buying her condo in Portland, Edith spent ten years looking for just the right city. "I wanted a city with easy

access to an airport. The bus and train to Boston are important to me, too," she said.

"Portland is the perfect size city for me," said Edith. "There are bookstores, a nice library and the museum. I can walk downtown or take the bus." She compares living in Portland to when she lived in Europe where "we had stores all over the place. We didn't have to rely on a car." She likes going to the Old Port Festival in June, and when friends or relatives visit in the summer, she packs a lunch and takes them out on the Mailboat.

Here at Promenade Towers Edith appreciates the sense of community. She sometimes visits with neighbors in the condo library and says the library, where she can pick up a book or magazine, is a big plus. She's also a fan of the new fitness room. She describes the room as a fabulous amenity and says, "To me, personally, it's a wonderful addition."

Edith enjoys sitting on her balcony and loves to look out at the trees. "It's a pleasure to the eyes," she says. "It's very calming." She also likes being by the water and says, "Our building has the best location in Portland. It's incredible!"

Annual Meeting Held on September 14

Association members met in the Community Room on September 14 for the Association's Annual Meeting and reelected Len Ney and John Rastl to the Board of Directors. President Jim Zafirson (in photo) thanked Len and John for their work on the new fitness room and reported on that project and other building improvements during the past year. Treasurer John Rastl talked about projects planned for the coming year, including Community Room renovations and new mailboxes. Directors reelected officers: Jim Zafirson as President and John Rastl as Treasurer and Acting Secretary.



Hello to New Neighbors

Welcome to new residents: Denise Moriba; and Bernie Schwab