



Living our best lives now and in the future!

Living Her Best Life

Betty Tamm owns the [Triple Oak Vineyard](#) in historic Oakland, Oregon. She and her husband, Geoff Faraghan, tend the vineyards and manage the Triple Oak Wine Vault tasting room located a short distance from the Oakland Exit off I-5.



Visitors to the Wine Vault can taste some of Triple Oak Vineyard's award-winning wines. A couple of consistent gold-medal winners include the Red Oak blend and the Tempranillo wines. While sipping some wine, you can also soak up some old-town atmosphere and enjoy local art hanging in the tasting room.

Betty shared that growing grapes and making wine was her late husband Paul's dream. "I liked the idea from an aesthetic point of view and had degrees in biology and botany—I liked growing things. But it was really something that Paul wanted to do."

A Spirit of Adventure and Dreams Fulfilled

When Betty and Paul were young, shared a spirit of adventure and sought to live their dreams. As a young couple, they fulfilled one of their dreams by traveling around New Zealand. This dream was consistent with Betty's upbringing; as a child, she'd backpacked, hiked, and sailed. She had also learned not to be afraid of new challenges.

Following on the heels of their New Zealand adventure, they fulfilled another dream; Betty and Paul were able to adopt a baby boy and begin a new life as parents. Several years later they realized a third dream; the couple settled in rural Oregon and Paul started making plans to become a winemaker.

"We looked at purchasing an existing vineyard, but we liked the town of Oakland, so we purchased bare land in town.

Paul's background in chemical engineering actually served

him in the process of making wine, but I was surprised when he really took to the farming part.



It was mostly his ‘footsteps in the vineyard’ that nurtured the vines for the first twelve years.”

Taking on New Challenges and Meeting New People.

Betty helped with the wine harvests and events when she could; at the time, she was the CEO of NeighborWorks Umpqua, a nonprofit formed to create affordable housing and economic development. In 2007, she also began serving on the Umpqua Community College Board of Trustees, a commitment she continued until 2019.

Betty says that “community service gives you a sense of belonging and pride in one’s community. Plus, it lightens the load when everyone contributes some time and effort.” She added that taking on new challenges and meeting new people have been important to her.



Betty currently serves on several other Boards, including the Umpqua Valley Arts Association, which allows her to connect with local artists who have shared their work on the walls of her tasting room.

Loss and Resilience

When Paul passed away in 2013 after a long illness, Betty recalled, “I suddenly had a vineyard. The vines wouldn’t go on hold while I figured out my new life alone. I was still working at NeighborWorks Umpqua, so time and knowledge were both in short supply. Fortunately, Umpqua Valley vintners are a wonderful bunch, and several people helped me out that first year.”

Even though winemaking had not been Betty’s dream, it became her passion. At the same time, she knew she had to “rethink” her life after her husband

had passed away. “We had 38 years together, and we had an amazing and adventurous life, so being suddenly alone felt hollow. Once I got my feet back on the ground, I decided I wasn’t going to stagnate. I decided I would learn something new every year.”

The first things Betty chose to learn were challenging but fun. For example, she learned to ride a unicycle during year one. During year two, she learned how to juggle—though not while riding a unicycle.

A New Beginning: Living Her Best Life

That second year brought an amazing new partner, Geoff, into Betty’s life. He began to share her



passion for the vineyard and for making wine. She says Geoff also shares her sense of adventure and possesses a *joie de vivre* [a joy of living]. “I feel fortunate to have found a second great partner in life.” In November, the couple will be flying to

Nepal for a new adventure.

During the next few years, Betty learned to play disc golf and took up mountain biking. She also learned to use a spinning wheel; soon, she connected with a network of spinners who now meet at the tasting room for “Sip and Spin” time. Then she learned to knit and now offers a “Knit Night” and ‘Sit and Knit’ time during the day.

Recently, a wine judge asked Betty and Geoff to attend the American Wine Association Conference in Florida; the judge wanted them to bring their award-winning Tempranillo to the event. The conference will be held just two days before they are supposed to be in Nepal. If no flights are delayed, all will go as planned.

If you are interested in learning more about the Triple Oak Vineyard, visit their [website](#) to find information on wines available, tasting hours, and various regular activities and special events offered. You can also inquire about staying overnight at this historic location.

Visiting Oakland Oregon

For all who travel on I-5, Oakland is 162 miles south of Portland or 124 miles north of Ashland, Oregon. If you anticipate driving past the Oakland Exit, be sure to take a break from the freeway and check out this delightful, historic community.

If you happen to be on the road between Friday and Sunday, do stop at the Triple Oak Wine Vault. Be sure also to allow a little time to visit some of the antique shops and enjoy a little low-key browsing. If you get hungry, you'll find a couple of good choices for lunch on N.E. Locust Street (the main street).

For a little background on Oakland's history, you can watch a short, informative [video](#). I should also mention that one of my favorite historical figures, suffragist Susan B. Anthony, visited Oakland in 1871 and spoke at the Oakland Academy.

I live within about three miles of Oakland. I like to drive (or ride my bike) over the Rochester Bridge on my way to that neighboring community. The bridge also gets a lot of visitors and has an interesting [story](#) of its own.

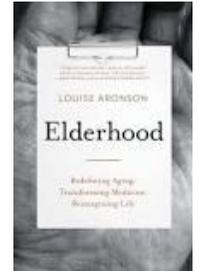


Congratulations Winner of Our August Drawing

Mary Catherine D. won the August newsletter drawing. Congratulations!

Our next drawing will be on September 30th. Be sure to [subscribe](#) to our newsletter before the 30th to be eligible.

The winner will receive a copy of Louise Aronson's new book, *Elderhood*. Dr. Aronson is a geriatrician and offers some valuable insights about medical care and aging.



Even if your name has been drawn before, everyone who has subscribed will be eligible for this particular drawing. This will be our last newsletter drawing for a while.

Are You Prepared to Live Your Best Life in the Years Ahead?

We wake up one morning and realize we're 50, 60, 70 or older. Where did the time go? Change is inevitable. But preparing for life changes could increase the possibility that some of our best years (or decades) are yet to be.

Many of us may have been prompted to do some financial planning for our 'retirement' years. However, most of us don't do much planning for all the other life considerations that are just as important as the financial ones.

When I was anticipating leaving my fulltime career, I did do a lot of reading and research on what to expect post-career. I also completed all the required coursework and became a professional retirement coach. While I am not doing individual coaching, I am sharing some of what I learned through a series of free articles on preparing for your best life.

This week's topic does happen to be on [financial considerations](#). I've offered some checklists and provided other information that could be helpful. I've also included links to the previous seven topics.