

Dear friends and family, **happy 2022 holidays** from Joan Bedinghaus and Seth Foldy!

We just got home from rocking preemie newborns & playing with hospitalized children, while snow piles up on Front Range horizon. If you're bored with retirement, you might be living in the wrong place!

We've lived in Denver since late 2017, when Joan retired & where Seth led several public health functions for the county. Seth shaped responses to a huge hepatitis outbreak among people experiencing homelessness, and then COVID-19, before semi-retiring in 2021. He does odd jobs for the new Public Health Institute at Denver Health, including health screening for Afghan families recently moved here. We both enjoy volunteering with children at the Medical Center, a short walk from our home. No life-or-death decisions, and no more electronic health record 😊! Seth also volunteers on a CDC information exchange project, and as health advisor to the International Joint Commission (US-Canada water relations), and Joan is xeriscaping our yard and growing a few vegetables.



Joan is the busy president of the Denver Metro Modern Quilt Guild, and we both enjoyed the national QuiltCon show in Phoenix, visiting Monument Valley & Sedona en route. We also delivered a trailerful of supplies to Susan Hudson's Navajo Quilt Project in Sheep Springs, NM. Joan has made a few quilts this year and has been acquiring some new skills like hand quilting, embroidery and longarm quilting. We made a quilt together this spring.



We hike and ski regularly with the Colorado Mountain Club, where Seth helps teach wilderness trekking school. Seth enjoyed a 4-night hut-hike across the Sneffels Traverse (Ouray area) with local friends before joining Joan's birthday trip to Santa Fe (with her sister Annie) this September.



Travel! We helped Eva move from New Orleans to Brooklyn, and then visited David Brown & Carol Ringold in Oaxaca over Christmas 2021. Seth car-camped to SoCal in April (via Death Valley) and to the Bay Area in October (via Provo River, Pyramid Lake, Yosemite, Big Sur and Joshua Tree). It was Seth's 45<sup>th</sup> Stanford reunion, and he organized separate events for '70s student radicals and friends from Roble Hall. He also made his annual pilgrimage to Glacier and Blackfeet country with our anthropologist friend Alice Kehoe. He drove over 15,000 miles, largely on 2-lane highways ("coloring-in the map") enjoying



friends' hospitality and campsite visits. And weddings! Amy & Matt (BKLN), Maddie & Pat (Catskills), and Denna & Ben (which Seth officiated in a New Orleans venue reminiscent of *Mad Max*). It's nice to have a few weeks at home until we go to New York again at Christmas to see Eva, Ben and other family and friends.



Our daughter Eva is exploring the arts in NYC with various jobs and projects. Ben, at the Wall Street Journal, is back in NYC on the financial crime beat after two years covering the auto industry. WSJ just released his podcast "Bad Bets: the Trevor Milton Story". *[You might think a podcast about securities fraud would be boring, but it's not, and I'm not just saying that because I'm his mom. Check it out!]*

Election - phew! (But not out of the woods.) Force Multiplier (<https://www.forcemultiplierus.org>) focused our donations for greatest Congressional impact, and thanks to you who tolerated our election emails. 2023 goal is to decarbonize our home with solar electric.



We welcome visitors! We hope to see you if you are coming to the area (and can host you in our cute guest house). We are grateful this year for renewed ties to our wonderful family and friends, for good health and fortune, and for the pleasures of the plains, mountains and deserts. We are especially thankful for the workers who are keeping us fed, warm, healthy, informed and entertained (not the narcissist capitalists) and to the Ukrainian and Iranian people who are showing us how to stand up to fascists. We hope you too will be blessed in the New Year!

Women, life, freedom!

Seth and Joan

[sethfoldy@icloud.com](mailto:sethfoldy@icloud.com) [jbedingh@me.com](mailto:jbedingh@me.com)