

# LOS GATOS

# *Living*

An exclusive magazine serving the residents of Los Gatos

The Heart of Los Gatos

**Secretary  
Francis J. Harvey—**

HONOR, FAITH,  
FAMILY, COUNTRY



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**COME DOWN AND MEET**

Secretary Harvey at the  
Red White Blue Block Party,  
July 1st, from  
1:00 pm-4:00 pm  
at the Veterans  
Foundation Booth

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 Los Gatos Fire Station: 306 University Ave., Los Gatos 95030  
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 Emergency: 911  
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 Administrative Offices Hours of Operation: Monday - Friday 8 AM - 5 PM  
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<b>Content Due:</b> .....	<b>Edition Month:</b>
January 10 .....	February
February 10 .....	March
March 10.....	April
April 10.....	May
May 10.....	June
June 10.....	July
July 10.....	August
August 10 .....	September
September 10 .....	October
October 10 .....	November
November 10 .....	December
December 10 .....	January

If the submission deadline falls on a weekend,  
 please submit by the Friday before no later than 5pm.

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## Dear Residents,

Summer is finally here in beautiful Los Gatos and in a big way! It's as though we went from cool damp weather to full on summer fun. There are so many wonderful summer activities to enjoy with friends and family and even solo, and you'll get some great ideas in this month's issue.



One of the many joys of growing up here as a kid was going on the Billy Jones Railroad with my parents, and then experiencing that same joy with my son when he was a little guy and now that he's twenty three, having a great time riding on the train last Fourth of July. Come out and start a new tradition or share it with the next generation. I assure you, those memories will last a lifetime.

In this issue you'll meet an AMAZING Los Gatan, Secretary Fran Harvey. His story will truly inspire you and I believe that's what he does best, he motivates people to be their best and feel accomplished.

Feeling accomplished and community participation is what it's all about in Los Gatos. You'll be taken by what young people from Los Gatos do to make a global difference. Meet Kate Parsons and learn about her adventure in Peru, and how students from Los Gatos High School have helped students in Peru.

There are so many things to do and participate in here in Los Gatos this summer. Just look around. Whether it's hiking or dining or music venues, Los Gatos offers it all, so get out and enjoy!

From all of us here at *Los Gatos Living*, happy summer and we'll see you around Town.

With my warmest regards,  
 Stephen Guruwaiya, Publisher  
[sguruwaiya@bestversionmedia.com](mailto:sguruwaiya@bestversionmedia.com)

### EXPERT CONTRIBUTORS - To learn more about becoming an expert contributor, contact BVM at [sguruwaiya@bestversionmedia.com](mailto:sguruwaiya@bestversionmedia.com).

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Dr. Nava Fathi is a graduate of the Arthur A. Dugoni Pacific School of Dentistry as well as the USC School of Dentistry graduate school of Endodontics. She currently serves as an associate professor at the Dugoni School of Dentistry. Dr. Fathi is a trustee on the California Dental Association and the American Association of Endodontists. She currently practices endodontics in her private office in San Jose, CA.



**Colin Triplett**  
 408-370-1739, [www.mintconditionfitness.com](http://www.mintconditionfitness.com)

Born and raised in Los Gatos, Colin Triplett, owner of Mint Condition Fitness, has a passion for helping others maximize life and health. When he was young, his long-time mentor passed away after a long battle with his physical and mental health. In his memory, Colin dedicated his life to ensuring others not fall into the same downward spiral as his mentor.



After earning his bachelor's degree from Santa Clara University, Colin went on to found Mint Condition Fitness, which specializes in fitness over 48. Now as the #1 rated personal training studio in Los Gatos, he and his Mint team help members get more out of life by teaching them how to lose unhealthy weight, regain movement and stamina, and increase FUNCTIONAL strength.

**Dr. Christine Throm, Au.D.**  
 408-354-1312, [www.losgatosaudiology.com](http://www.losgatosaudiology.com)

I believe in the idea of always expanding and always developing. That's what motivated me to start Los Gatos Audiology and Hearing Aid Center – helping people to hear better, improving their communication, and improving their lifestyle.

For over 20 years, I've built my career in the South Bay, most recently at the Ear Nose and Throat of Los Gatos. I've always dreamed of expanding into my own private practice to serve the needs of local residents in the city where I live. In 2008, I earned my Doctoral degree in Audiology from Arizona School of Health Sciences, and in November 2013, my dream arrived when I hung out my own sign here in downtown Los Gatos.

We would love to meet you at Los Gatos Audiology and Hearing Aid Center!  
 Please contact us at 408-354-1312.



**Victor Adint, CFP®, Berkeley MBA**

Victor Adint is a Wealth Advisor and CERTIFIED FINANCIAL PLANNER™ professional with Raymond James Financial Services, Inc. Member FINRA/SIPC. Victor has a passion for helping people understand important financial concepts so that they can make smart and informed financial decisions. His approach to investment strategy and planning benefits from his corporate finance background as well as his economics and finance education at U.C. Berkeley and U.C. Davis. Victor's Branch is located at 229 West Main Street, Los Gatos, CA, 408-402-3059.



# Duty, Honor, Country through the Generations

By Genevieve Laucher

Bob Dench and his grandson Jonathan Grizzle share an extra-special connection through the U.S. Military. Bob, a longtime Los Gatos resident, has always had a passion for flying planes, and began working at NACA (the predecessor to NASA) in flight research after graduating college with an engineering degree. He then entered the Navy's aviation training program.

Bob first trained with the Marines, and then became a Naval Aviator and piloted fighter jets. Bob attended flight training in the Pensacola area, then Alabama, and ultimately Texas. Following training, Bob was stationed in Virginia Beach and was typically deployed aboard carriers in the North Atlantic, Mediterranean, and Middle East regions. He loved flying the high performance carrier aircrafts.

Bob, who still flies today, flew his last military flight in 1963, and then pursued a graduate degree followed by entrepreneurial interests. He co-founded several companies, a challenge he embraces, and continues to devote time to today, although nothing could compare to the unique comradeship he cherished within the military. Retirement, according to Bob, is not in his vocabulary.

Although Bob lived in different places while in the military, Los Gatos has always been home. He moved here in 1935 when it was an agricultural area and has seen all the changes through the years. Los Gatos was also home to his sweetheart and wife of 60

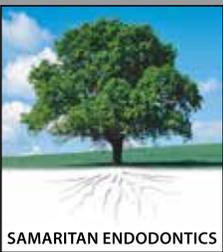
years. Both Bob and wife Mickey went to Los Gatos High School, though they didn't meet until later. Today, they enjoy spending time with their three daughters, sons-in-law, six grandsons, and three great-grandsons. All of Bob's grandsons are patriots in their own right. Philosophically, Bob believes that everyone should serve the country one way or another, whether that be through direct service in the military or via another path.

Bob has two grandsons who are fulfilling that belief by choosing career paths similar to that of their grandfather. Colton Vandermade, the younger of the two has just graduated from high school and has been accepted to the Naval Academy in Annapolis. Jonathan, the elder of the two grandsons in the military, trained during college and officially commissioned with the Marine Corps on his graduation day May 2012. One minute Jonathan was wearing his graduation gown accepting his diploma. Seconds later, the gown came off and he was wearing his formal dress blues taking his oath on stage. From there, he went through a series of training programs. Like his grandfather, he knew he wanted to be a pilot, but Jonathan instead chose to fly helicopters. Also like his grandfather, Jonathan trained at multiple bases – Quantico, Pensacola and North Carolina before joining his fleet squadron in Miramar in 2015. In Miramar, Jonathan's focus has been on aircraft readiness training in preparation for his first deployment across the Pacific scheduled to launch later this summer. In addition, Jonathan and all Marines are trained to react to a variety of situations, including providing humanitarian assistance to environmental disasters.

Jonathan attributes his decision to join the military in part due to an important conversation with his grandfather, regarding future aspirations and lifetime goals. Jonathan knew since childhood, he wanted to join the military and similar to Bob, he wanted to fly. Pilots exist in all branches of the military. Jonathan didn't know which branch of service to choose until he talked to the Marines about their opportunities for helicopter pilots. He was impressed with their leadership and something clicked. From that moment on, he was inspired to join the brotherhood of Marines.

For Bob, it has been a thrill reliving military experiences through Jonathan's eyes. Even though Jonathan flies a different aircraft and has a different mission, there are many similarities. Coincidentally, Jonathan's winging ceremony was hosted in the same chapel in which Bob and his wife were married. But perhaps the memory that bonds these two together more than any other is when Jonathan surprised and honored his grandfather by choosing him to pin Jonathan's newly earned wings on, which earmarked Jonathan with the distinction of advancing to a full-fledged Naval Aviator. The event was momentous and emotional for the two in addition to all family members present to witness the occasion.

Bob is proud of all of his grandsons and in Jonathan's case, the legacy they share. Reciprocally, Jonathan feels blessed to experience this very special connection with his grandfather. The honor to be involved with something so personally rewarding and important to America is a testimony they have in common.



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## Secretary Francis J. Harvey— HONOR, FAITH, FAMILY, COUNTRY

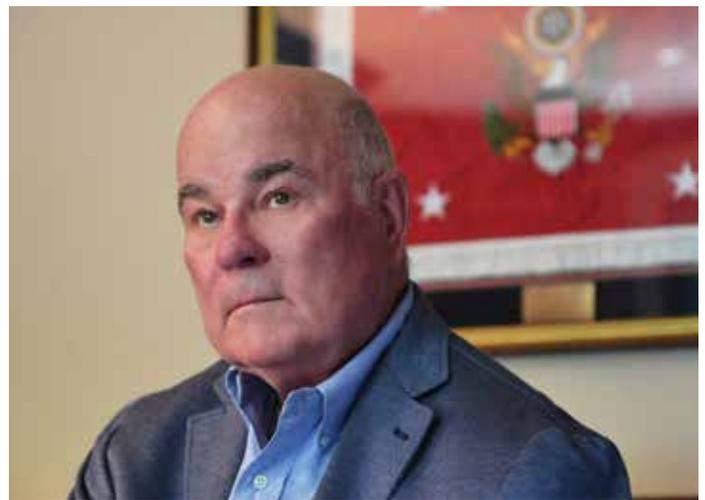
By Genevieve Laucher

Secretary Francis J. Harvey certainly keeps busy. He has had three careers—a business career with Westinghouse Electric Corporation, a career serving on 45 boards since 1997, and very notably serving as the 19th Secretary of the United States Army from 2004-2007. Through all of this, Secretary Harvey has kept a positive attitude. He lives by a quote from Charles Swindoll, which he keeps framed on his desk: “I am convinced that life is 10% what happens to me and 90% how I react to it. And so it is with you... we are in charge of our attitudes.”

Of all his accomplishments, Harvey is the most proud of his 52-year marriage to Mary Louise Harvey. Mary and Fran Harvey grew up in Pennsylvania where they were close friends since grade school. It wasn't until they were in college that they began dating, and they remain best friends to this day. They have two sons, Fran and Jonathan. Fran lives in Colorado and works for Seagate, and has two daughters: Megan, who is a freshman at Santa Clara University, and

Amanda, who is in high school. Jonathan, who is a VP of Operations for Devcon Construction, and his wife, Gigi, live in Willow Glen and have three kids: Berk, who just graduated Bellarmine, is a scratch golfer and will also be attending Santa Clara University next year, Louis, who is at Bellarmine, and Sophie, who attends Presentation High School. Secretary Harvey is very proud of his sons for being great fathers, and the family loves spending time together.

After earning his Bachelor's degree in Metallurgical Engineering and Material Science from the University of Notre Dame and his doctorate degree in Metallurgy and Material Sciences from the University of Pennsylvania, Harvey began his business career at Westinghouse as a senior engineer. He performed research and development in advanced energy technologies, especially solar. For one year, Harvey served as a White House Fellow. He intended to work at the Department of Energy but ended up assisting the Secretary of Defense, Dr. Harold Brown, an assignment that ultimately transformed the direction of his career.



His job with Westinghouse brought Secretary Harvey and his family to the Bay Area, first to Sunnyvale as a project manager and engineering manager, then back to Maryland, and then to Los Gatos in 1986 as a general manager of the Marine Division. It was at that point that the Harveys decided they wanted Los Gatos to become a permanent family homestead. They did move back east again to Pittsburgh when Harvey was appointed the Chief Technology Officer, but did not sell their Los Gatos home since they knew they would return. Harvey became the president of the Defense and Electronic Systems Group and eventually the Chief Operating Officer of Westinghouse before he retired at age 55.

With the return to Los Gatos, Harvey then began his second career in 1997 serving on corporate, advisory, and non-profit boards. Giving back to the community and providing service to humanity are very important principles for Harvey. He is a firm believer that those who are fortunate to enjoy success have an obligation to take the elevator back down to assist those with similar aspirations. On any given day, Harvey might be found supporting one of the several non-profits on whose board he sits or mentoring a CEO in an early-stage company, something he enjoys immensely.

In 2004, President George W. Bush appointed Harvey as the 19th Secretary of the Army. In reflection, Harvey personally views this

position as his most challenging career assignment, since this was during the Wars in Iraq and Afghanistan. Upon entering his post, Secretary Harvey found the Army severely under-resourced to meet its mission. Harvey had to get resources to the soldiers, who had only a few armored vehicles and insufficient body armor, resulting in soldiers losing their lives. Harvey also had to drastically increase the size of the army. He tackled the problem by forming task forces and initiatives to recruit soldiers. He takes pride in the fact that the Army ultimately exceeded its recruiting goals without having to bring back the draft. He and General Schoomaker, Chief Staff of the Army, led a force transformation initiative which changed the basic structure of the Army from division-centric to brigade-centric. One of the major benefits of an army comprised of stand-alone brigade combat teams was that soldiers could be deployed to theater for one year and then could return to home base for one or more years. Another initiative that Harvey led was an Army-wide business transformation based on an improvement approach called Lean Six Sigma, which reduces the cost and improves the quality of administrative processes.

In 2007, Harvey returned to serving on boards—currently five corporate, five advisory, and five non-profits. The latter include the boards of the Jesuit School of Theology at Santa Clara University,

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the Los Gatos Veterans Foundation, Catholic Charities of Santa Clara County and the campaign committee for the Defenders' Lodge on the Palo Alto VA campus that provides free housing for outpatient veterans. Harvey feels very strongly about supporting our Veterans since he experienced first hand the selfless service of Soldiers during his time as Secretary. He is an avid wine collector which pairs well with Mary's love for cooking in which she often uses her home grown vegetables as she is also known for her gardening. Mary and Fran are members of La Rinconada Country Club and devout parishioners of St. Mary's Church in Los Gatos. And when Harvey is not working hard, he and his wife Mary love to travel. "Love to travel" is no understatement for these two as Harvey reflects on the approximate 25 cruises and over 50 countries the two have visited since the early 90s. But above all else, time with family is his number one passion. Later this summer the two will join their extended family including children and grandchildren in Hawaii, an annual tradition and a special time that Harvey views as well deserved payback for the years of devotion to the US corporate realm, non-profits and America.

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who has a story to share?**

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