

THE ACORN

SHERWOOD OAKS NEWSLETTER

100 Norman Drive, Cranberry Twp., PA 16066

www.sherwood-oaks.com

March 2024 “For the residents, by the residents” Vol. 43, No. 3

Winter at Sherwood Oaks



Photo by Bob Batykefer (Security)

Gentle Readers,

Occasionally, our front-desk receptionists put sweet things in our cubbies, say, at Halloween and Valentine's Day. Their offerings are certainly appreciated and savored, but consider for a moment the things these helpful women do for us every day.

They are the "air traffic controllers" of Sherwood Oaks, wizards of multi-tasking, always with a smile. They juggle phones continually, along with packages and keys. They give directions to visitors, answer our questions about **everything**, make copies, help with scheduling rooms for programs, give treats to our beloved canines, assist with mail distribution, and more.

But it's the things not exactly in their job description that mean the most: calling us by name when we come through the front door; patiently explaining something we have asked about at least once before; taking calls from residents in the nursing units who want to know the date and day or maybe just hear a friendly voice. Once I watched as a receptionist skillfully handled a call from an out-of-town daughter who hadn't been able to reach her Mom by phone. She was assured that Security was on the way to check, and the daughter would be notified as soon as they connected with her Mom. And on and on.

So, ladies, thanks for the holiday treats and the way you take care of us every day!

- Jan Wendt for the Staff

Memorial Donations and Remembrance Cards

Did you know? Donation envelopes and remembrance cards are located on the memorial table in the lobby. The donation envelope lists many options to choose from when contributing in memory of a resident or loved one. Remembrance cards can be filled out and placed in Cubby #346; they will be collected and given to the spouse/family.

MARCH CALENDAR

National Employee Appreciation Day	1
International Women's Day	8
Ramadan begins	11
Ides of March	15
St. Patrick's Day	17
First Day of Spring	19
Palm Sunday	24
Purim	24
Good Friday	29
Easter	31

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Submissions for the April issue must be sent to the Editor no later than

March 15, 2024.

IN MEMORIAM

Memories are precious possessions that time can never destroy. For it is in happy remembrance that the heart finds its greatest joy.

Catherine Wagner January 26, 2024

Emerick Zovko February 1, 2024

Barbara Harley February 4, 2024

Mary Garland February 11, 2024

Sally Hollister February 16, 2024

Rita Roth February 18, 2024

LARRY & BARBARA DIDONATO - #261

By Jan Wendt - #158



Photos provided by the Didonatos

It was a most inauspicious start to a move that Larry DiDonato wasn't wild about anyway. His wife of 32 years wanted to "come home" to her Cranberry Township roots, but they had a rough landing in December, when the movers, in a rush to get to their next job in Ohio, hurriedly stowed the last half of the truckload in the DiDonatos' garage and left without warning. Within days, Larry was felled by Covid **and** the flu, and was hospitalized.

Barb got Covid also, but was able to stay at home with their two dogs, Benjamin Button, a Schipperke, and Mr. MacGregor (aka Mac), a (mostly) Westie.

This was hardly an appropriate welcome for Barb, a third-generation resident (her parents and grandmother had lived here). She remembered Cranberry Twp. when it was farmland – some of it in her family. After finishing high school and earning a degree from Ashland (Ohio) University, she held a couple of interesting starter jobs before beginning a career with Dole (as in banana). She later became a merchandiser for the company and can tell some fun stories about traveling her territory with blow-up bananas in her car. How many of us can say we have been

to Banana Ripening School? Ask her for details!

In his part of the world, the Naugatuk Valley of Connecticut, Larry entered the Navy right out of high school. He served a total of six years, three in active duty, seeing action up close in the Bay of Pigs invasion. His work there involved escorting Russian subs in and out of the mandated three-mile zone.

Once Navy days were over, Larry fulfilled some wanderlust in California, before returning to Connecticut and graduating from Quinnipiac University. He had a 20+-year career at Stanley Works, where he was at the forefront of the electric garage-door era.

Larry and his first wife had a son, David, who now lives in Austin, Texas. Daughter Mara died at age 30 from cancer. There are three grandchildren.

After his divorce, mutual friends "encouraged" a reunion with Barb, whom Larry had known briefly when both lived in Detroit. They married a year later. Most of their life together has been spent in Texas, including two stints in Dallas and 10 years in Austin.

The two have traveled extensively. Standout trips include a jaunt to Paris for Valentine's Day early in their marriage, and a most memorable trip to the Apennine mountains of Italy in search of Larry's grandparents' roots, where townspeople treated them like the long-lost relatives they were.

Going forward, Larry plans to get busy in the Woodshop, while Barb is hoping to hook up with aspiring Mahjong players. With their bumpy landing here behind them, it's time to offer them a hearty Sherwood Oaks welcome.

SORA NOMINATIONS

By Gary Brandenberger - #602
SORA President

Every year during the March to May time frame, a SORA Nominating Committee is appointed to fill upcoming SORA Officer and Board vacancies. Since SORA operates on a July 1 to June 30 calendar, Officers and Board members are elected at the June Resident Meeting. Board members can serve only two successive two-year terms, and then they are cycled off. Officers' terms are also limited. This is the design of the founders 42 years ago, in order to continue originating new ideas and opportunities with new people.

When reading the bios of our residents, we realize the amazing capabilities and experiences each person brings to Sherwood Oaks. We are all retired from our life's work, but we still have energy and ideas that we can bring to enhance our community.

If you are invited to consider serving on the SORA Board in some capacity, we ask that you seriously consider saying "Yes." It is *not* a lifetime commitment, but you will have the opportunity to improve the community with your ideas. We all rely on one another to serve in order that we may continue to enjoy the existing activities and even try some new ones.

COME ON DOWN TO THE ACTIVITIES FAIR!!

By Jean Henderson – #346

Come one! Come all! See what's happening here at Sherwood Oaks! With over 50 activities available, you can never say you're bored!! On **Tues., Mar. 19, 1:00-4:00 p.m.**, our Auditorium will be

filled with opportunities for you to enjoy, to learn, to have fun, and to meet new friends. Hope to see you there!

UPCOMING PRIMARY ELECTION

By Dan Cindric - #107

This year's primary election is **Tuesday, April 23, 2024**. The polls are open on Election Day from 7 a.m. to 8 p.m. The last day to register to vote is **April 8, 2024**, and the last day to request a mail-in or absentee ballot is **April 16, 2024**. In Pennsylvania, you can vote only for the candidates in the same political party you have named in your voter registration.

Candidates who want to run for elected office must solicit and submit nomination petitions. The last day for withdrawal by candidates who filed nomination petitions is Feb. 28, 2024. The candidates' names and their positions will be posted on the Community Center bulletin boards after that date.

This year's Primary Election will include the following Federal and State offices: U.S. President; U.S. Senate (1); U.S. House of Representatives, PA 16th Congressional District; PA Attorney General; PA Auditor General; PA Treasurer; PA Senator in the General Assembly, 47th District; PA Representative in the General Assembly, 12th District; and the Delegates to the Democratic and Republican Conventions.

The Civic Affairs Committee will have tables in the Community Center in March with Voter Registration forms and other information of interest to voters.

Pablo Picasso once said, *"The purpose of art is washing the dust of daily life off of our souls."*

CONTINUED LEARNING

Submitted by Jno L. Hunt - #308

We are excited about the slate of presentations we have scheduled for the upcoming weeks. They will all be in the auditorium, but the times and dates vary due to the availability of the site.

Mon., March 4 @ 1:30 p.m.: Dr. Jno Hunt – A Preview of Verdi's *La Traviata*

Mon., March 11 @ 10:30 a.m.: Sue Morris – "Pittsburgh's Dept. Stores, Then & Now"

Thurs., March 21 @ 10:30 a.m.: Ralph Smailer – "Creating a Legacy: Building a Grandfather Clock"

Mon., March 25 @ 1:30 p.m.: Elissa Powell, Genealogist – "How Did My Pennsylvania Ancestor Get There?: Migration Trails"

Mon., April 1 @ 10:30 a.m.: Merle Comeily – Carnegie Art Museum – "How the Carnegie, Planted in Pittsburgh in 1895, Grew and Bore Fruit"

Mon., April 8 @ 1:30 p.m.: Buzz Swank – "Raising and Farming Bees"

Do join us if you can!

LA TRAVIATA ON SUNDAY, MAR. 24

By Jno L. Hunt - #308

For many years, Sherwood Oaks has provided transportation to the Tuesday evening performances of the Pittsburgh Opera. Recently, the number of residents using this service has dwindled for a number of reasons, chiefly that many prefer not to travel in the evenings and arrive home usually after 10 p.m. Like the Symphony, the Opera does offer matinees on Sunday afternoons. Many residents have expressed a desire to attend one of these instead.

Sherwood Oaks already provides transportation to the Sunday afternoon matinees of the Symphony. Ken Davies, who has investigated the possibility of also providing transportation to the Sunday afternoon opera matinees, has concluded that, as long as we have the available equipment and drivers, it is doable.

The good news is that we will have transportation to the matinee of the upcoming opera, *La Traviata*, a perennial favorite. The performance is at **2 p.m. on Sunday, March 24**, and our bus will depart Sherwood Oaks at 1 p.m.

We enjoy a longstanding arrangement with the Pittsburgh Opera allowing us to purchase tickets at the group rate – a 30% discount. You can call for tickets and choose to sit wherever suits you best. **Our contact for tickets is Wendy Parkulo at (412) 281-0912, x213.**

Please consider attending my introduction to *La Traviata* on Mon., Mar. 4, at 1:30 p.m. in the auditorium (see above). As a special treat, Julia Laird, a resident artist from the Pittsburgh Opera, will be there with me to sing arias from the opera.

Staff at Wizard of Oz Birthday Bash



Photo by Jan Wendt

WHAT'S NEW WITH SORA? (SO Residents Association)

By Jane Lohman, Secretary - #717

NOTE: Complete minutes are always available for review on the SORA bulletin board in the mailroom and in the SORA binder in the library.

Data from minutes for the February 6, 2024, monthly board meeting follow:

SORA Treasurers: Memorial/Special Projects Fund balance is \$37,681.04, with \$13,182.77 in the Employee Appreciation Fund, plus a short-term CD of \$20,000. The SORA operating treasury balance and CD investment is \$88,673.92. A bequest to the Landscape Committee from a former resident's estate was received in the amount of \$2,697.85.

Liaison Reports:

Focus on the World: A video honoring President's Day will be shown in February; a speaker will talk about antisemitism in March; and there will be a talk on the history of Earth Day in April.

Technology Committee: Plans are in action to include dining menus on the "feed" button on SOAPP. Videos and movies have resumed on Channel 951. A sharp increase in printer paper usage is making free printing an unsustainable luxury. Jason Lyle is requesting suggestions for handling this problem.

Drama Club: Dinner/theater will be held on Feb. 15, with a matinee on Feb. 17.

Sherwood Gifts: The Annex will be open on Feb. 7 and 21.

Program Committee: The PWDG Gospel group will present a program in February.

Trips and Tours: Charles Cullen has stepped down as chair, and Maggie Benardo will lead this committee.

Curio Cabinets: New theme – Faraway Places/ International Travel – is now on display.

Art Studio: Art instruction classes, taught by a professional artist, will begin on Feb. 19. A \$25 fee will be charged for materials.

Book Club: *A Soldier's Tale* by Ernie Pyle is the latest selection.

Pool, Spa, and Locker Room: New filtering system is being installed, providing monitoring of bromide levels, water quality, and filter condition. Pool will be closed to do repairs and paint.

Transportation and Security: One-call system for Serious Weather Notification is operational and up to date. Bus will be available for opera performance on Mar. 24.

Executive Director: Census: IL 191/249 — 8 homes under contract. SN 35/43 (5-star CMS rating); PC 32/42; OGC 30/30.

Auditorium Wiring and Painting: In progress.

Penn Fencing: Will be on-site at Community Center transformer to fix fence.

Armstrong Cable Upgrade: Currently installing fiberoptic cable in Oak Grove.

Old Business: Committee liaisons are asked to complete registration forms to participate in the Activities Fair on Mar. 19.

New Business: Jno Hunt will chair the SORA Nominating Committee, and Peggy Rubel will also serve. Three additional residents will be asked to serve. Three members will be leaving the Board.

A book containing recent resident obituaries will be available in the lobby.

Next Monthly Board Meeting: **Tues., Mar. 5, 2024, at 1:30 p.m.** in the Card Room. A Quarterly SORA Meeting will be held on **Tues., Mar. 12, 2024, at 7:00 p.m.** All residents are welcome.

THE HUSTLER

By Dennis Lynch - #335

I hoped "The Hustler" title would make you think of the old Paul Newman/George C. Scott film. I thought that title would get your attention better than the more correct one: **THE MARK**. I was once a "mark" for a carnie guy – "You can't lose!" – and it turned out to be a good thing.

The incident I am going to relate came to my mind when Barbara and I were having dinner with an old docent friend from my days at The Carnegie Museum of Natural History: Bernie. Bern was a gambler. He played the lottery every day to the tune of \$5/day, and he was lucky enough to win enough to keep him in the game and to buy his pals a drink or two whenever he was bucks up. (He would never say whether he came out ahead in the long run.)

When The Rivers Casino opened near his house, he became a regular, often making enough to buy lunches all around. (His biggest win – he played the slots – was \$16,000. That won him a new roof.)

Barbara told him that she had never been to a casino and wanted to see what they were like. So he instructed her to bring along a minimum of \$100, and they met one Saturday morning to case the joint. (Barbara brought her SOAKS bestie with her.) Bern must have had a good Friday, because he ponied up an extra \$100 each. They cased, they bet: Barbara lost 55 cents, while the bestie won \$30 (and paid for the parking).

Neither of the ladies desired to go back.

So I was reminded: A long time ago in a small town, far, far away, a Carnival

came to visit. My kids were very young. My then wife, Barbara-One, and I decided to take them to the Midway to have a couple of rides, and we'd all make supper with hot dogs and sodas.

But a carnie led me to a game *at which I could not lose* and, for a pittance, I could win *really neat prizes* for my kids.

I had twenty bucks in my kick, which was enough for rides and supper in those days, so I peeled off a bill and —

"Whoops! Bad luck! But now that you have got the hang of it" So another bill bit the dust. And another. And

When I came to, there were very few bills left. I was chagrined beyond belief. The kids got one hot dog and one drink; Barbara-One and I split another dog for our supper.

I learned my lesson. I have never gambled since. Probably it was a lesson ultimately cheap at the price.

But a few years ago I did have to pay serious money out of my own pocket for a new roof.

Always we hope someone else has the answer, some other place will be better, some other time it will all turn out. This is it; no one else has the answer, no other place will be better, and it has already turned out. At the center of your being, you have the answer; you know who you are and you know what you want. There is no need to run outside for better seeing. Nor to peer from a window. Rather abide at the center of your being; for the more you leave it, the less you learn. Search your heart and see the way to do is to be.

- Lao-Tzu

– Shared by Ruth Lasure

THE LIBRARY LOWDOWN

By Anne Hunt - #308

This month's featured author is Louise Erdrich. She has written 28 books in all, including fiction, non-fiction, poetry, and children's books. As a member of the Turtle Mountain Band of Chippewa Indians, she has received critical acclaim for her books focusing on Native American literature. We currently have nine of her books in our library.

We also have FREE copies of the Constitution and the Declaration of Independence available in the library, courtesy of State Representative Stephenie Scialabba. They are located on the sign-out desk to the right of the book return bin. Please stop by and pick one up.

Our library volunteers will be recognized at the March SORA quarterly meeting. Since these men and women keep the library up and running, this is an opportunity to show that we appreciate them. I hope to see you at the meeting!

WORTH A LOOK

BOOKS NEW TO OUR LIBRARY

By Barbara Christy - #237

The Edge of the Plain: How Borders Make and Break Our World by James Crawford. Non-fiction. Today's obsession with national borders is nothing new: indeed, the earliest known border marker is a stone pillar in Sumeria, erected about 2400 BC. It is the result of two mythical gods who fought over possession of land in Mesopotamia. From ancient Iraq to the conflict over the "borders" of reindeer-herding Sami people in northern Norway and Sweden, to the melting border of the Alpine region where the ice-age frozen

man Ötzi was found, lines on a paper, drawn by men, have influenced how people live. This is a fascinating book that reverberates with our life and times. 320.12 CRA

The Bill of Obligations by Richard Haas. Non-fiction. "American democracy will endure only if obligations join rights at the core of a widely shared understanding of citizenship." So writes Richard Haas in this timely offering, arriving during a challenging election year. He posits that the obligations of democracy (and democratic processes) must outweigh the demands of any single policy issue, however weighty, or democracy itself will not last. This small volume, only 161 pages, could be a touchstone for all of us this year. (It can be found on the current events shelf.) 232.6 HAA

Oath and Honor by Liz Cheney. Non-fiction. We all know about Liz Cheney and her exit from Congress, but we do not know the inside story. Here you will read about January 6th from the inside, as it happened, and the sequelae over the next eighteen months, through the publication of the Final Report of the House Select Committee on Dec. 22, 2022. Detailed and fact-filled, this is an account like no other for people following the events of that day. 172 CHE

Eve: How the Female Body Drove 200 Million Years of Human Evolution by Cat Bohannon. Non-fiction. Even at the cellular level, women's bodies are very different from men's. How did this come to be? What are the differences? Do they matter? This humorous and fascinating book is also exhaustively researched and well documented. Who would have guessed that women's distinct stored fat distribution (to hips and thighs) was important for

infant brain and retinal development? And why wasn't this known before liposuction was widely used to remove said fat? The reader of this book will gain lots of amazing new information to share, as well as a fundamentally different view of human evolution. 613.0424 BOH

My Name is Barbra by Barbra Streisand. Biography. "Frank, funny, opinionated and charming" reads the dustjacket of this highly anticipated memoir. From her childhood in Brooklyn through her years on the NY nightclub circuit and fifty years of stardom, Barbra recounts it all in exquisite detail. This book is for Streisand fans everywhere. BIO STR

Coleman Hill by Kim Coleman Foote. Fiction. Part fiction, part family history, *Coleman Hill* is the story of two black women who migrated to New Jersey in 1916 to escape poverty in the South. They marry, have children, and suffer through the deaths of their husbands, while building friendship and support bonds that enmesh their children and their children's children. But no one lives a full life without troubles – theirs make a good story. F FOO

The Little Liar by Mitch Albom. Fiction. For people tired of reading about the Holocaust, this book is not for you. Here Truth, the shadow you cannot outrun, is the narrator, and eleven-year-old Nico, his older brother Sebastian, and their friend Fannie are the Jewish chess pieces on the Nazi board. Also involved is a German SS officer. Guileless Nico, taught by his grandfather never to lie, breaks his personal rule when ordered by SS troops to convince his friends and neighbors to board a train to Auschwitz, telling them that they were going to be resettled. After telling this first lie, Nico is

never again able to tell the truth; decades of consequences follow. F ALB

Popular authors added this month:

Random in Death by J. D. Robb

Unbroken by Laura Hillenbrand. L.T.

The Edge by Baldacci

Resurrection Walk by Michael Connelly

ENGLISH

By (the late) Sheila Bridges

I take it you already know
Of tough and bough and cough and
dough;

Others may stumble, but not you,
On hiccough, thorough, slough, and
through.

Well done! And now you wish perhaps
To learn of less familiar traps?

Beware of heard, a dreadful word,
That looks like beard and sounds like
bird.

And dead: it's said like bed, not bead;
For goodness sake, don't call it deed!
Watch out for meat and great and threat
(They rhyme with suite and straight and
debt!).

A moth is not a moth in mother,
Nor both in bother, broth in brother.
And here is not a match for there,
Nor dear and fear for bear and pear.
And then – there's dose and rose and
lose –

Just look them up – and loose and
choose;

And cork and work and card and ward,
And front and font and word and sword;
And do and go, then thwart and cart.
Come! Come! I've hardly made a start.
A dreadful language? Why, man alive,
I'd learned to read it when I was five.
And yet, to write it, the more I tried –
I hadn't learned it at fifty-five!

CURIO CABINETS FOR MARCH/APRIL

By Janet Desko - #210

Thanks to all residents for your "Faraway Places" items. We are certainly a well-traveled group!

Peggy Meister and I expect many wonderful things to come in to represent our next theme of "**Treasures from the Past.**" Please bring your antiques, mementos, old family photographs, remembrances of days gone by, and anything from yonder years (china, dishes, vases, watches, clocks, books, etc.).

Please pick up your "Faraway Places – International Travels" items on **March 19** from **10:30 - noon** and **4:30 - 6:00 p.m.**

On **March 21**, please bring in your new items from **10:30 - noon** and **4:30 - 6:00 p.m.** for "Treasures from the Past."

We are looking forward to seeing everything you *dig up*!

TOYS OVER THE YEARS

By John Bridges - #125

It is interesting to note how toys have changed over the years in order to follow the latest trends of inventions and discoveries. Our great-grandparents were mostly country dwellers, and children had little time for toys or hobbies. They were kept busy collecting eggs, feeding animals, and generally making themselves useful as part of the family.

Our grandparents who grew up in towns had more free time to develop hobbies. Children often played with cast lead toy soldiers laboriously painted by hand in Regimental colors. Others collected birds' eggs, taking just one from each located nest and learning how to make a pin hole in each end and blow to remove the innards. Girls could dress dolls with China

heads and hands or develop needlework skills with patchwork quilts or "Samplers."

My father was growing up as Bleriot and, in Brazil, Santos Dumont made their first flights. Many subsequent developments took place in France (typified by Bleriot's first flight across the English Channel), which is why the French words *aileron* and *fuselage* are still in use today in the English language. As these developments were obviously interesting to children, my father, like many others, constructed simple airplane models powered by twisted elastic bands. Advances in architecture led to "Erector" and "Meccano" sets enabling boys to build model bridges, cranes, and skyscrapers. Later additions included gears enabling mechanical models to be re-created.

It was at this time that the production of thin tinplate enabled the start of the canning industry. But without wireless or computers, progress was slow. For instance, Western films portraying life in 1900 sometimes showed cowboys dipping into a can of peaches, whereas, when we went to Chile in 1960, we could only sometimes find a can of green beans hiding among the bags of flour and sugar. There were no other canned fruits or vegetables and no frozen foods then. But I digress!

For me, *tinplate* meant that kids no longer had to pin minute-cast metal chairs onto wooden ties to build a permanent track for clockwork trains. But we could buy ready-made tinplate track in sections that could be put together and taken apart on the nursery floor or in the garden. These trains were usually "0" gauge, and the layout was decorated with houses, signs, and fences made of machined wood that had to be assembled with glue and then painted.

Once the aircraft industry took hold, models could be laboriously built from balsa

wood and covered with tissue paper. Small gas engines had been developed, so that, if one had the money, elastic bands could be replaced by something more powerful and noisy. 1/72 scale models of wartime aircraft were available in kit form, made of wood and with wind-screens pressed from celluloid sheet. Most of these toys and pastimes were approved of by parents as a way for their children to develop manual skills. Since then, there has been an increasing tendency to foment mental powers more than physical skills.

In my son's time, model railways had changed to "OO" gauge, and electricity had taken the place of clockwork. Plastics had been developed, so that line-side accessories could be added to the layout by "clicking together" model houses and placing cows in nearby fields. Elaborate raised layouts became the norm, while time was spent on designing circuits. Radio Shack stores, which were becoming numerous, offered electronic components for radios, gadgets, and – yes – even basic computers.

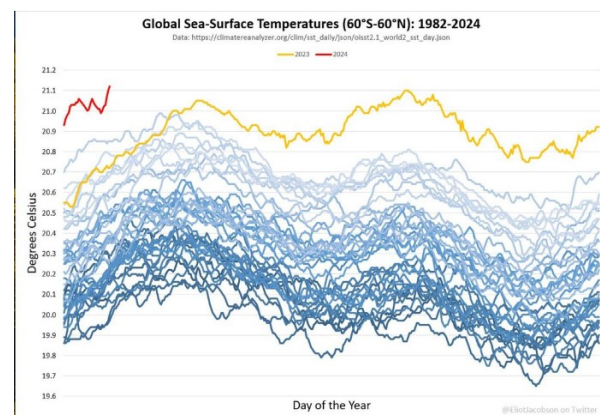
My grandsons grew up in the "Computer Age," quickly learning to use their fingers on keypads and cellphones. The Radio Shacks that had sold electronic components disappeared. The children's minds absorbed new programs with ease. On the minus side, there was much publicity regarding the need for exercise equipment and dealing with obesity, resulting, no doubt, from the gradual change of interests from physical to mental. Children today are growing up in an age when machines take over from humans, so that they no longer have to "slave from dawn to dusk." Of course, this means that they need more toys and hobbies to fill in the time between lessons. On the plus side, there has been continuing interest in having and caring for pets.

COOPER'S CLIMATE CAPSULE

By Bruce Cooper - #735

According to the Fifth National Climate Assessment, published last autumn by 14 agencies of the U.S. government, "...climate change is altering marine ecosystems and connected social systems at a scale and pace that is unprecedented in recent millennia. The combination of long-term changes in physical ocean conditions – such as warming, sea ice loss, acidification, and de-oxygenation ... and short-term extremes ... such as marine heatwaves – threatens marine ecosystems and human communities.... Numerous marine species, from phytoplankton to whales, are altering their distribution, seasonal activities, and behaviors to align with suitable ocean conditions. These changes ripple through the food web, affecting species interactions, ecosystem functions, and biodiversity, as well as conservation, management, and uses of valuable ocean resources."

The oceans absorb almost 90% of the sun's energy. The following chart shows the global sea-surface mean temperature; the warmer the water, the greater the chance of Category 5 & 6 hurricanes around the planet.



The yellow line is 2023; the red line is 2024. Hang on – it's going to be a rough year!

Watch *Global Renewables – Pioneering the Energy Transition* on Channel 951 on Mon., Mar. 11, at 10:00 a.m., 3:30 p.m., or 7:00 p.m. Encore presentation on Wed., Mar. 13, at 10:00 a.m. and 3:30 p.m.

HEALTH AFFAIRS COMMITTEE ACTIVITIES

By John Houston - #618

With the recent uptick in Covid cases, at the January meeting of the Health Affairs Committee we sought clarity for actions to be taken regarding those exposed to a Covid-positive person and those who have themselves tested positive for Covid.

Those exposed to a Covid-positive person are asked to practice *Exposure Management*. This means to always wear a mask outside your residence and refrain from eating in the Dining Room or Café. Exposure Management should continue for 10 days from the date of exposure.

Residents who have tested positive for Covid should quarantine. This means normally not leaving your residence for 10 days after testing positive. However, if you are feeling better after 6 days, you may move from quarantining to practicing Exposure Management (see above) until the 10th day from the date you tested positive for Covid.

As a reminder, the Committee is sponsoring health-related videos on Channel 951. These videos may be seen on the third Wednesday and third Friday of each month at 10 a.m. and again at 3:30 p.m. Present videos cover how to walk safely and the health benefits of walking. Future topics, among others being considered, are dementia and fall prevention. Any comments you may have about the existing videos or suggestions of topics for future videos are always welcome!

*What did the surgeon say to patients who insisted on closing up their own incisions?
Suture self.*

JAMMIN' HONEY

By Jane Lavender - #253

Yes, that's the catchy name of the group that will be here to entertain you at **7:00 p.m. on March 21.**

Three good friends have discovered the sheer joy and fun of old-time fiddle sounds as featured in American folk music.

So much of our folk music has its roots in Europe that there will surely be tunes in keeping with the Celtic tradition, appropriate to St. Patrick's Day and all the greenery of March.

Come tap your feet and enjoy good old fiddlin' of jigs, reels, and polkas.

You'll find it almost impossible to sit still – and then there will be that smile on your face, too!



CHAPEL NOTES

By Gary Brandenberger - #602
For the Chapel Committee

Sunday Services begin at 2:00 p.m.
in the Card Room.

Everyone is welcome. Bring a friend.

Sunday, March 3

Rev. Jeff Sterling (Ret.)
St. Paul's UMC (Allison Park)

Sunday, March 10

Rev. Ben Robbins
Northmont Presbyterian (Wexford)

Sunday, March 17

Rev. David Paul
Calvin Presbyterian (Zelienople)

Sunday, March 24 (Palm Sunday)

Rev. James Gascoine
Dutilh UMC, Ret. (Cranberry Twp.)

Thursday, March 28 (Communion)

Rev. Alick Kennedy
Sherwood Oaks (Ret.)
Maundy Thursday, 4 p.m.

Good Friday, March 29

Rev. Jean Henderson
Sherwood Oaks (Ret.)
Tenebrae Service – 4 p.m.

Easter Sunday, March 31

Rev. Ron Hoellein
St. Paul's UMC (Ret.)
Allison Park

*"This is the day that the Lord hath
made; let us rejoice and be glad in it."
Psalm 18:24*

*I've started telling everyone about the
benefits of eating dried grapes. It's all
about raisin awareness.*

WINTER SCENES AND POEMS

By Julie Eden - #290



black and white winter
trees and creek along the road
the only sound
creaking snow-covered branches
in the gentle breeze flakes fall



winter hills rolling
along as bare trees hold tight
a creek flows briskly

*Eventually you will reach a point when
you stop lying about your age and start
bragging about it.*

*The older we get, the fewer things seem
worth waiting in line for.*

*Being young is beautiful, but being old is
comfortable.* - From Will Rogers

MUSICAL TERMS

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ALLEREGRETTO: When you're 16 measures into the piece and suddenly realize you set a too-fast tempo

ANGUS DEI: To play, with a divinely beefy tone

A PATELLA: Accompanied by knee-slapping

APOLOGGIATURA: A composition that you regret playing

APPROXIMATURA: A series of notes not intended by the composer, yet played with an "I meant to do that" attitude

APPROXIMENTO: A musical entrance that is somewhere in the vicinity of the correct pitch

DILL PICCOLINI: An exceedingly small wind instrument that plays only sour notes

FERMANTRA: A note held over and over and over and over and...

FIDDLER CRABS: Grumpy string players

FLUTE FLIES: Those tiny insects that bother musicians in outdoor gigs

FRUGALHORN: A sensible and inexpensive brass instrument

GAUL BLATTER: A French horn player

GREGORIAN CHAMP: The title bestowed upon the monk who can hold a note the longest

PLACEBO DOMINGO: A faux tenor

SPRITZICATO: An indication to string instruments to produce a bright and bubbly sound

TEMPO TANTRUM: What an elementary school orchestra is having when it's not following the conductor

AFTER TEACHING EIGHTH-GRADERS, 1990-1991

By Rosemary Coffey - #113

Frustrated, angry, longing to flee,
Helpless and hostile – my students ...
and me.

Enclosed in a classroom, engaged in a
war,
Sometimes we struggle, forgetting what
for.

The students have learned to deal with
defeat:
They ignore or defy the teachers they
meet.

But what of the teachers? We cannot
succeed,
As long as the schools aren't meeting
the need.

We're just more adults telling kids to
obey,
So why should they listen to what teach-
ers say?


And yet we come back, in spite of our
fear,
Day after day, and year after year.

The students return, because they've no
voice;
They must go to school, they've no other
choice.

Some of the teachers feel just the same:
They have to show up, they must play
the game.

But I have a choice: to remain or resign;
When asked to stay on, I may opt to de-
cline.

And that's what I do: I decide to depart,
With regret and relief combined in my
heart.



*A person travels the world over in search
of what is needed, and returns home to
find it. (George Moore)*

*The family is one of nature's master-
pieces. (George Santayana)*

*I have learned that to be with those I like
is enough. (Walt Whitman)*

*Family connections were always worth
preserving, good company always worth
seeking. (Jane Austen)*

*It is not flesh and blood but the heart
which makes us parents and children.
(J. Schiller)*

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ON BEING THE BELOVED COMMUNITY

By Barb Christy (#237) & Ellie Castle (#307)

We are facing a tumultuous year ahead – certainly a contested national election, probably effects from climate change, and possibly economic upheaval. It can all seem troublesome, even frightening, when you stop to think about it.

Worrying about what's to come is, of course, of little use. We have heard admonitions to stay positive, appreciate the good things in our lives, practice deep breathing and/or meditation. But is that enough?

If you heard Rev. Ralph Lowe on Jan. 17 at Focus on the World, you heard him reflect on our trying times and the challenges of staying connected to others in a polarized world. When he spoke about the aspiration of Rev. Martin Luther King, Jr., for the "beloved community," it resonated for us.

What is the beloved community? The title suggests that people treat each other with kindness, go the extra mile to help others, encourage the best in others, and go beyond our differences to find common ground.

Sherwood Oaks is an example of such a community – one that strives to be more beloved.

Many of us chose Sherwood for our final years for just those reasons. But Covid has challenged us. The dining room is often half-empty, committees lack new members (and new ideas), and outreach to our friends in Personal Care and Skilled Nursing has diminished.

What can we do to enhance the beloved community here at Sherwood Oaks? Some ideas are reaching out to new people, getting involved in community life, and taking action to make a difference. This way maybe we can all enjoy the rich blessings of the beloved community here at Sherwood Oaks.

For those who would like to follow up on the topic of the beloved community, Ruth Lasure has suggested discussing David Brooks' recent book, *How to Know a Person: The Art of Seeing Others Deeply and Being Deeply Seen*. Interested people will be gathering the first week of April at a time and place to be announced on the bulletin board in the mailroom.

Life at Sherwood Oaks

WHITE SQUIRREL ATOP BIRD FEEDER



Photo by Ruth Lasure

SHERMAN & OAKLEY ON THE LAKE



Photo by Ruth Lasure

FIRST SIGNS OF SPRING FEBRUARY 2024



Photo by Jim Mauch

SCENE FROM DRAMA CLUB'S "ARMS AND THE MAN"



Photo by Jan Wendt