

THE ACORN

SHERWOOD OAKS NEWSLETTER

January 2014 "For the residents, by the residents" Vol. XV No. 1



Photo by Ed Borrebach

Happy New Year!

NORM AND HARRIETT RITCHIE

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Interviewed by Harriet Burress

What a pleasant surprise it has been to have a new resident at Sherwood Oaks with the same name. We have agreed that it is a bit old fashioned. Norm and Harriett Ritchie moved into patio home 176 after much encouragement from Howard and Marietta Eklund "to come West". With their daughter Ann nearby, the Ritchies heeded this "call of the West". They moved from Fleetwood, PA, a small town near Reading, well known as the home of the Fleetwood Cadillac. Fleetwood had been home to the Ritchies for 30 years.

Harriett was born in York, NY, where she and Marietta became close friends in grade school— a friendship that has lasted many years. She graduated from the State University of New York at Geneseo and attended the National College of Education in Evanston, Illinois. She taught kindergarten for a number of years and loved the little children. She and Norm met at a dance class in E. Aurora, NY, while she was teaching there. "I knew his parents who attended the folk dancing class before I knew him." Norm was working and living at home. His Mom didn't want him "just popping in for meals"; so she insisted that he attend a class. He and a friend finally complied. "The class was nice and the girls were nice. Being gentlemen, my friend and I walked the ladies home and stopped for ice cream on the way."

Norm was in the Navy ROTC at Penn State. He lived in a fraternity house, wore uniforms, learned celestial navigation and had military training to become an officer while studying chemical engineering. The Navy anticipated great losses of manpower in the Pacific. Since Norm's training was specific (pre-flight) and the losses were

not as horrendous as first thought, he remained on "Reserve Holding" status.

While at Penn State, Norm did take a year off to work for Storage Battery Co. He was asked to travel to subsidiary plants while his boss stayed in the office. Being young and innocent looking, he could wander into and out of the plants he visited, taking notes on their manufacturing processes and not be taken too seriously. "I drifted in, analyzed and discovered shortcuts being taken. Sears wouldn't like an inferior car battery - one made by our company but bearing Sears' name." He returned to the same company after graduating, and although it was sold a number of times, "technical expertise was needed in engineering even though different people were in the front office."

Harriett began playing the harp about 15 years ago and although it has not yet arrived here, it is coming. Norm was a clarinetist with the Reading Philharmonic Orchestra. They also served as volunteers for the Kutztown Folk Festival, the Hay Creek Festival, with their church youth groups, Pioneer Girls and Christian Service Brigade.

The Ritchies have two children. Son Bill (Donna) lives with his family in Michigan, and Ann (Rick) and family reside in Ross Twp. Both children graduated from Moody Bible Institute. Norm and Harriett have six grandchildren - three in each family.

Having moved to Illinois with Norm's work and living there for 25 years, Harriett said, "I enjoyed every place we lived. We were not uprooted - just moved on - and it always worked out to our benefit." We hope this is their assessment of their new home at Sherwood Oaks many years from now. Welcome.....

CHARLES AND MARILYN BROWN

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interviewed by Barbara Scruggs

Spend some time with Charles and Marilyn Brown, and one can't help coming away smiling. Better known as "Charlie Brown and Marilyn Monroe", this charming, extroverted couple with their infectious sense of humor is a most welcome addition to our population.

Marilyn grew up in the North Side and graduated from Shaler High School. She married young and raised four children. At age 41, she took her first college course at CCAC. At age 48, she earned a BS from Robert Morris. After working as an accountant, bookkeeper and office manager, she retired in 1993.

Charlie grew up in Etna. He attended Carnegie Tech, part-time, then went on to study electronics at Penn Tech and Pittsburgh Tech. Unable to find a position to his liking in electronics, he ultimately found his forte in sales. He worked for Radio Shack as a manager and general manager. He left there to go to Duquesne Light Company as a traveling operator, ultimately retiring in 1994.

Both Browns have many interests. Charlie plays the trumpet with the Brass Staff and with Pine Creek Community Band. Once he played with four bands at the same time. He has performed in settings from hospitals and senior residences to Ross Park Mall and Memorial Day parades in Troy Hill. Another major interest is foreign cars—from buying them, fixing them up for sale, to showing them at classic car events.

Marilyn has always been active in her church—singing in the choir and helping to manage the finances. She enjoys reading, especially historical fiction, and may look into volunteering in our library. She also does needlework. She showed me some beautiful examples of her counted cross stitch. She is looking forward to "participating in the Sherwood Oaks lifestyle". Special interests include Bible study and the chorus. She looks forward to trying her hand at yoga, Tai Chi and bocce ball.

This is a second marriage for both Charlie and Marilyn. She had been alone for 23 years and "not looking for anyone". He had been a widower for two and a half years when they were introduced by a mutual friend at a Pittsburgh Banjo Club performance. They have been married for 14 years. Their large extended family includes Marilyn's four children, five grandchildren and two great-grands, and Charlie's three children and three grandchildren.

When the Browns decided it was time to move from their home in Ingomar to a senior community, they thoroughly researched five possibilities. They attended the first Lunch and Learn event here. That helped convince them to come to Sherwood Oaks. We are ever so glad they did.

Welcome

WHAT'S NEW WITH SORA?

December SORA Board report:

Treasurers' Reports – A very successful Bake Sale resulted in a donation of \$1,551.00 to the Contingency Fund. Another \$70.00 was added through Activity Fees paid last month.

Liaison Reports

Security and Transportation – Director Mike Mills reported that if two activities needing bus transportation are scheduled at the same time, it may be necessary to rent a school bus. Both a Ford Taurus and a Ford Fusion will be available for inspection to replace the car whose lease expired in November. The new security cameras in the lobby are working well and new cameras will soon be installed in Parking Areas C, D and I.

Health Affairs Committee – The new computerized ordering system for medications in the health units for patients returning from a hospital stay requires coordination with the hospital, pharmacy and Sherwood Oaks Nursing units. It provides better accuracy and safety for patients and caregivers.

Maintenance Committee – Annual inspection of the dam was completed in November. Two maintenance personnel were hired to fill vacancies in December, 2013.

Landscape Committee – Andy Moran reported that his crew and outside contractors have begun (and in some cases, completed) work on lawn aeration, deep-root tree fertilization, ten tree plantings, phase three of vinyl fence replacement and construction of nine natural stone culverts. A Swamp Oak tree, given by neighbors in memory of

Fran Hoover, was planted at the employees' parking lot opposite the entrance to the Community Center. It replaces the huge oak that had to be removed earlier this year.

Special Needs Advisory Group – The large bus will have yellow paint stripes added to the steps and the kneeling bus will have them added to the ramp.

Library Committee – In October, a cart full of books, free for the taking and not to be returned, was placed in the hallway outside the Library. All the books but one were adopted. This was so well received that it will be repeated occasionally. A luncheon for library volunteers is planned for April.

Management Report – Mark Bondi reported that the occupancy on the campus was strong and the new patio home construction project is coming along very well. He also reported that Sherwood Oaks has received a very generous gift from a resident to benefit the Sherwood Oaks library.

New Business – The Board voted to approve granting \$1,800 for activities and replacement parts for outdoor games in the Summer House area. A question regarding the copying of music for community use was referred to the Chapel Activity. A Focus Group will be formed to respond to a petition signed by thirty-three residents, requesting that the storage area next to the Cranberry Lake Grill be made useable and available for fitness activities.

Betty Eichler
Reporter



THE GALLERY

Recently the Gallery had a display of the creations of employee artists: Annette McPeck, Sallie Shipley, Michele West, Rich Foley, Christopher Cleland, Joannie Reese, Louise Varner, Debbie Katekovich and Sherry Breloch. Our thanks to them for sharing their works with us and to Denis Evans and Donna Fasone for assisting with the exhibit.

Some of the recent works of the painting class are now on exhibit in the Gallery. This group meets Monday afternoons from 1 to 3 PM in the Painting Studio which is on the lower level near the craft area/workshop/employee dining room. Join us or just visit. All skill levels are welcome. There is no instructor fee. We have some supplies for you to tempt your creative side.

Dorothy Fitzpatrick
Studio/Gallery chair

CURIO CABINETS

The celebrations are over, at least for a while. Now we are ready for a sedate, lady-like tea party (non-political, of course). So, on January 9, please bring anything that could be used for an afternoon tea (tea pots, cups and saucers, candy and cookie dishes, flowers, etc.).

Pick up "Let's Celebrate" items on Tuesday, January 7, and bring "Tea Party" items on Thursday, January 9.

Pick-up and drop-off times:
10 AM to noon
4:30 to 5:30 PM

Happy New Year!

Fran Borrebach

CHRISTMAS

(author unknown)

Christmas is more than a day at the
end of the year
More than a day of joy and good cheer
Christmas is really God's pattern
for living
To be followed each day by unselfish
giving
Then Peace on Earth will come to stay
When we live Christmas every day.

*Happy New Year with gratitude to all
from Sherwood Gifts!*

Bob & Carole Fletcher
Sherwood Gifts Committee

The Acorn

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**February deadline is
January 15.**

COUCH POTATO ALERT!

Got the winter doldrums? Give yourself the gift of a Happier, Healthier New Year!

EXPRESSO S3 RECUMBENT BIKE

Did you find it difficult to exercise this holiday season? Have those holiday parties caused your waistline to expand? Do you avoid exercising because it's boring? If so, the Fitness Center might just have the answer for you.

In November, the Fitness Center purchased a new Espresso S3 Recumbent (seated with back support) Bicycle. This unique and beneficial bike is a "Cyber Cycle". Cyber cycling combines a stationary bicycle with an interactive computer monitor that allows you to experience a whole new way to exercise. Whether you're a seasoned cyclist or a brand new rider, you'll love the fun of an Espresso bike. The Espresso bike sets the gold-standard for interactive cycling. A generous digital display and a breathtaking array of lifelike terrains (you can go to the beach, climb mountains or explore dragon-hunting grounds, if that's more your style), let you lose yourself in exercise. The Espresso Bike also makes it easy to share the experience with others using the equipment by allowing you to record your workouts. I can set this up for you with your individual password.

The Espresso Bike stimulates the mind and strengthens the body. According to the American Journal of Preventive Medicine, Cyber cyclists experienced a 23% reduction in progression to mild cognitive impairment compared with traditional exercisers. Riders are comfortable and more engaged, leading to more frequent and longer workouts, better health and improved quality of life.

Don't delay...call me at 724-776-8543 to schedule an orientation to this wonderful piece of new equipment.

Bill Burtner, Manager
Fitness Center



WHAT'S WRONG WITH THIS PICTURE?

Well, for starters the picture seems to have gone missing! But you can imagine a swimming pool full of women doing jumping jacks and splashing an enormous amount of water. They were participating in the water aerobics part of the Silver Sneakers program at the YMCA.

We do the mobility/exercise part of the Silver Sneakers here at Sherwood Oaks in the Aquasize program. Bill Matlack leads the 9:30 class and Jane Mallory leads the 10:30 class every Monday and Thursday.

So what is really wrong with the picture?

First, we do not get our hair wet in Aquasize class.

Second, there are no men in the picture. Aquasize class at Sherwood Oaks used to have a number of men. That was in the days when men were men, I guess. Do they no longer need mobility exercise?

Third, you are not in the picture...Come down to the swimming pool. It is fun.

Leslie Crawford

NEW CONSTRUCTION

Bob the Builder, Episode IV



Photos taken on 12/19/13 by Joe Asin



Worth the Time *By Ed Vidt*

The Tenth Parallel

Eliza Griswold (297.2 Gri)

Ms. Griswold explores and details in simple, well written prose, interactions between hundreds of Muslim and Christian people. Jesus is born in the open under a palm tree in the Quran, and in Biblical gospels in a manger (Luke) or a house (Matthew). Those beliefs are used to help explore the wonderful and horrible ways that hundreds of millions of the faithful challenge each other in their “one true faith”. This book takes us into dozens of villages, and then into their households, in a wide band of countries along the tenth parallel from Nigeria in West Africa to the Philippines.

Predator

Patricia Cornwell (F Cor)

Ms. Cornwell has written over a dozen books that tell of Dr. Kay Scarpetta’s entertaining adventures as a forensic pathologist!? Yes, forensic pathology can be entertaining, but only if it is presented as part of an ongoing story of scientific discovery and criminal pursuit. Kay’s team of her computer expert niece Lucy, former FBI Agent boyfriend Wesley and her ex-cop and bike rider friend Pete combine to provide a fascinating diversion from our daily routine here at Sherwood Oaks.

NOT YOUR EVERYDAY STRESS

Have you ever been in a very frightening or dangerous situation, — such as a serious automobile collision, a house or car fire, a home break-in or robbery? Have you been at a sporting event or rock concert when a mass fight broke out and you felt threatened? If so, you may have relived the event time and time again, or had nightmares. You may have been afraid to get back into a car, go to another similar event, or even stay in your own home alone. If you have experienced such a frightening event or any of these responses, you will have a vague inkling of what Post Traumatic Stress Disorder (PTSD) is about.

Focus on the World is sponsoring a program to find out more about PTSD, how it affects veterans returning from an active war zone and what help is offered to them. The program will be held in the auditorium on Thursday, January 23, 2014, at 7:15 PM. The speaker will be Dr. Ro-Ann Flamm, a psychologist at the Butler Veterans’ Administration Medical Center. She treats several forms of trauma and crisis, including PTSD, sexual trauma, chronic pain, suicidal tendency and other issues related to the challenges faced by veterans when they are returning home. It promises to be a most informative program.

Betty Eichler
Focus on the World



BOOK REVIEW

Vintage Munro

by Alice Munro

Perhaps I am like some other Sherwood Oaks readers of fiction in seeking out novels rather than short stories. But when Alice Munro, an acknowledged master of the English-language short story, was awarded the Nobel Prize in Literature in 2013 for her lifetime body of work, I decided to read a sample of her stories and to write a review.

Alice Munro was born in Ontario in 1931. Her first collection of stories, for which she won the first of her many awards, appeared in 1968. To date there are more than a dozen collections. Our library has one from 1994 called *Open Secrets*. I am reviewing the more recent book, *Vintage Munro*, which is a slim paperback volume with just five stories, each drawn from a different collection.

Each story is from the perspective of a woman and written in very accessible prose filled with incidents and conversations. There are elements in the stories relating to time, place and memory that create a depth and complexity normally associated with longer, serious fiction. This is well put in the following comment about her in *The Virginia Quarterly Review* in 2006:

"Munro, maybe more than any other writer today, reminds us of the scope and scale possible in a short story. She intricately dissects and charts whole lives, replete with enormous changes, with a thoroughness we might have thought only attainable in a novel."

Two stories will serve to illustrate this comment. "Hateship, Friendship, Courtship, Loveship, Marriage" presents us with Johanna, a somewhat stolid, single housekeeper, who embarks on a life-changing journey prompted by a cruel prank played on her by two teenage girls. But her true grit in the new circumstances is rewarded by an unexpected and ironic outcome. As in the other stories, the reader's empathic understanding of the woman deepens as the story unfolds.

"Carried Away" opens during WWI when Louisa, a young librarian, receives an unexpected letter from a wounded soldier in France whom she had never met but who writes that he had seen her in the town library. The letter initiates a correspondence and eventually, for Louisa, an expectation. Later, in the mid-1950s, there is an extended conversation between the older pair, Louisa and that former soldier, but from an earlier incident, the reader knows that the conversation cannot be real. So it must be some fusion of her emotions, memories and imagination. This is a deeply interesting story: perfect for a book club discussion.

This story exemplifies what Alice Munro aims for. She has said, in an interview*:

"... life is not just made up of the facts, of the things that happened....But all the things that happen, the things that might have happened, the kind of alternate life that can almost seem to be accompanying what we call our real lives. I wanted to get all that, sort of, working together."

Tom Fararo

*The entire interview is here:
www.youtube.com/watch?v=v7SsDLN_NII

**COLETTA MCKENRY LIBRARY
ACCESSIONS**

FICTION INCLUDING LARGE TYPE:

Arctic Drift

Clive and Dirk Cussler © 2008.F/ CUS

A Book by Its Cover

Elizabeth Adams © 2012.F/ADA

By Word of Mouth

Diane Noble © 2012.F/NOB

Early Decision

Lacy Crawford © 2013.F/CRA

Eternal on the Water

Joseph Monninger © 2010.F/MON

Flight Behavior

Barbara Kingsolver © 2012.F/KIN

The Hive

Gill Hornby © 2013.F/HOR

Inferno

Dan Brown © 2013.F/BRO

Masaryk Station

David Downing © 2013.F/DOW

The Mayan Secrets

Clive Cussler © 2013.F/CUS

Select Edition-2013/5

Reader's Digest © 2013.F/REA/L.T.

Sycamore Row

John Grisham © 2013.F/GRI

Tick Tock

James Patterson © 2011.F/PAT

The Valley of Amazement

Amy Tan © 2013.F/TAN

Vintage Munro

Alice Munro © 2004.F/MUN

W Is for Wasted

Sue Grafton © 2013.F/GRA

Windmills of the Gods

Sidney Sheldon © 1987.F/SHE

The Windsor Faction

D.J. Taylor © 2013.F/TAY

NON-FICTION, INCLUDING BIOGRAPHIES:

Always a Reckoning and Other Poems

Jimmy Carter ©1995. 811.54/CAR

Beyond the White House

Jimmy Carter ©2007. 973.92/CAR

Breach of Trust

Andrew J. Bacevich ©2013. 355.009/BAC

Commonly Used Convention in the 21st Century

Audrey Grant ©2001. 795.4/GRA

Conversations with Myself

Nelson Mandela ©2010. Bio/MAN

My Boy Jack

Tonie & Valmai Holt ©2007. Bio/KIP

No Ordinary Time

Doris Kearns Goodwin ©1994. 973.92/
GOO

Sources of Strength

Jimmy Carter ©1997. 248.4/CAR

The Virtues of Aging

Jimmy Carter ©1998. 305.26/CAR

AUDIO AND VISUAL:

The Nutcracker

Mikhail Baryshnikov ©1977. 792.8/BAR/
A.V.

Calgary to Victoria

Eric Langshaw ©2000. 971/LAN/A.V.

Joseph and the Amazing Technicolor Dreamcoat

Andrew Lloyd Webber ©1999. 782.1/
WEB/A.V.

Mrs. Doubtfire

Robin Williams ©1993. F/WIL/A.V.

Panama: A Man, A Plan, A Canal by

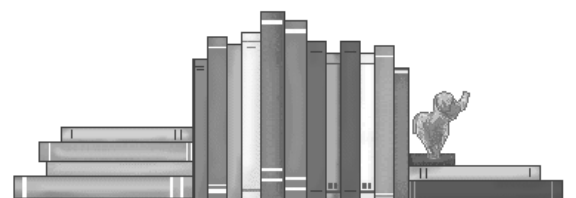
David McCullough ©1987. 972.87/McC/
DVD

Rumpole and the Confession of Guilt

John Mortimer ©1975. F/MOR/DVD

White Christmas

Irving Berlin ©1954. F/BER/DVD



Check Out a Library Book

CHAPEL NOTES

IN MEMORIAM

*The special people who cross our
paths in this life make the
journey more beautiful.*

*Mike Mordecai
November 24, 2013*

*Katherine Stevens
November 27, 2013*

*Barbara Bacheler
December 2, 2013*

*John Owens
December 2, 2013*

*Doris Bach
December 5, 2013*

Each new year gives opportunity to thank God for the past and to anticipate God's leading in the future. We thank God for the ministers who in the past have led our chapel services. Many of them are coming back in 2014. We will welcome others who have not been with us before.

Leading services during January are the following:

Jan. 5 - The Rev. Mark Bringman,
St. John's Lutheran Church, Mars

Jan. 12 - The Rev. William Jamieson,
Pastor Emeritis, Westminster Presbyterian
Church, Evans City.

This is the quarterly communion service.

Jan. 19 - The Rev. Bruce Schlenke,
Wexford Community Presbyterian
Church

Jan. 26 - The Rev. Connie Frierson,
Calvin Presbyterian Church, Zelienople

Agnes Peebles



ACTIVITIES IN THE CHAPEL

Women's Bible Study
First and third Mondays
10:45-11:45 AM

Men's Bible Study
Weekly, Wednesdays
10:00-11:00 AM

Holy Communion, Episcopal Rite
1st Tuesday of the month
11:00 AM

Quaker Meeting for Worship
Fourth Sunday of the month
10:30-11:30 AM



NEW RESIDENTS



Charlie & Marilyn Brown



Norm & Harriett Ritchie



Photos by Ed Borrebach



EGGNOG PARTY



Photos by Danielle Weber-Peters