

# THE ACORN

SHERWOOD OAKS NEWSLETTER  
100 Norman Drive, Cranberry Twp., PA 16066  
[www.sherwood-oaks.com](http://www.sherwood-oaks.com)

May 2018 “For the residents, by the residents” Vol. 19 No. 5

*You are as welcome as the flowers in May*

*~Charles Macklin*



Photo by Julie Eden

## FROM THE EDITOR

Spring is supposed to be here but like many of you, I have my doubts. So, let's pretend that Spring is here. Based on that supposition, this issue looks at the Landscape Committee and all things growing here at Sherwood Oaks. If that is not of interest to you, move from page five to page eleven and continue your reading. For those of you who garden and/or are new to Sherwood Oaks, DO NOT SKIP pages five through eleven. These pages contain a lot of gardening related information dating from the start of Sherwood Oaks to present day. Our resident-involved landscape interests not only make our campus beautiful but also provide enjoyable and healthy activities for our resident gardeners.

If playing in the dirt is not your thing, continue to page eleven to learn about the many programs and forthcoming activities available here for everyone.

Lastly, your *ACORN* is about to take a small summer vacation. The Summer issue will come out in mid-June (send your summer photos to Tabby) then the next issue will be the September newsletter, always full of upcoming Fall events and information. Contributors, please mark your calendars so that your news items are in to me by the May 25 and August 15 deadlines. Also, many thanks for everyone's efforts to submit your articles in the requested format. It really helps, believe me!

Barbara Dixon



## WE'RE ON VACATION!

The ACORN staff will be on a much deserved "vacation" in June, July, and August. If you have anything that needs to be advertised for these months, please forward them to Barbara Dixon before the deadline below.

Tabby Alford

### THE ACORN

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**Summer issue (June, July,  
August) copy deadline  
is May 25th.**

## RITA AND JOE NOWAK

213

Interviewed by Connie Brandenberger



Photo by Diane Setzenfand

Rita and Joe Nowak are Pittsburghers through and through. Even though Joe's career took them to Ohio, Chicago, Louisiana, and Sharon, PA, they have lived in Marshall Township for 27 years before coming to Sherwood Oaks.

They have known each other since childhood and starting dating in high school. Rita attended St. Benedict's Academy in the North Hills and Joe graduated from North Catholic High School.

Joe earned his B.S. degree at Duquesne University, MBA degree at the University of Pittsburgh and attended a program for executives at CMU. His career was interrupted when he served as an officer in the U.S. Air Force Strategic Air Command during the Korean War. He retired as Executive Vice President of Specialty and Stainless-Steel producer, Cyclops Corporation, in 1992. Joe has served on the boards of Weirton Steel, Penn Power, Armco Kawasaki L.P., and McDowell Bank.

Rita was employed at U.S Steel before the arrival of their children. Except for their daughter who lives in Sharon, PA, three other children live in Maine, Chicago, and Philadelphia. They have ten grandchildren and one great-grandchild. Rita was totally involved in all the children's activities, sports, and school events. But she has always found time for her passion – gardening. There is a large photo in their home displaying the impressive garden in their former home. It is worth a visit to their home just to see this amazing project titled "Rita's Garden."

Retirement for Joe and Rita has not slowed them down in their activities. Twenty-five years ago, they were founding members of Saints John and Paul Church in Franklin Park, PA. Joe is a member of the building committee, Chairman of the Finance Committee and is involved in all areas of operation while Rita is part of many activities and events. During the week he makes many visits to the church helping in any way he can. Rita enjoyed being a hospital volunteer and working at a rehab center for children. Family and church are the foundations of their 66 years of marriage. They spend as much time as possible traveling to visit family.

Joe enjoys golfing, quail hunting and fishing. Rita hopes to do some gardening, relaxing with the art of pencil coloring, and she still likes to cook. They are enjoying their new patio home and the friendliness of our residents. Joe especially likes the maintenance-free living and Rita is enjoying her kitchen. They have only been here three months, and their friends here are certain they will find many more reasons for joining our Sherwood Oaks family. Welcome, Joe and Rita.

## WHAT'S NEW WITH SORA?

### [COMPLETE MINUTES ARE POSTED IN THE MAIL ROOM]

Reports and actions at the April 3, 2018, SORA Board meeting included:

#### **Treasurers' Reports:**

Gary Brandenberger reported the current balance of the Memorial/Special Projects Fund is \$79,996. The Employee Appreciation Fund has a balance of \$25,772. Ray Friedel reported the SORA bank balance is \$25,325.33. Committee budgets for 2018-19 are due May 1. Please give Ray your check requests for payment on 8 1/2" by 11" paper.

#### **Liaison Reports:**

Library: Computerization bar-coding is in progress. Walmart Foundation donated a 50" TV with mobile stand. Armstrong will install cable. 151 tapes were donated to Oak Grove.

Landscape: The Spring Flower Basket Sale is May 18. The whitefly problem in the Greenhouse will be addressed by a professional. Sarver Landscape will mulch the campus. Volunteers are needed for the Summer House gardens.

Dining: A special dinner party will be May 18 – Pizza Party. Residents will be surveyed for the Spring/Summer menu. Servers continue to be hired.

Civic Affairs: Primary election is May 15.

Sherwood Gifts: A donation of \$3,500 was made to SORA. Two jewelry sales are planned.

Focus on the World: May 17 will feature Don Zeigler with Vision for Life.

Trips and Tours: A trip to the Wellsburg WV military museum will be May 4 hosted by the George and Mary Kay Wallace.

Health Affairs: Dr. Kramer, a podiatrist, will go to Oak Grove to treat residents on site.

**Management Report:** Pool renovation is complete; the spa will be replaced. Repairs planned on campus include the lake fountain, the roof leaks in the Dining Room and Personal Care, and the auditorium door. Housekeeping survey cards are now in use.

**President's Report:** Bill Paul shared several of his Board activities for the month, including hosting guests of Pittsburgh Seminary and participating in the Luther/Staupitz play with resident Paul Wierman, presented twice. Seven resident visitors and one guest were welcomed and invited to speak.

The next SORA Board meeting is Tuesday, May 8 at 1:30 PM.

Jean Henderson, Secretary

### HAPPY BIRTHDAY!

Sherman and Oakley turn 3 on May 15.



Photo by Joe Asin

## SHERWOOD OAKS AND THE QUAKERS

When the founders of Sherwood Oaks were contemplating establishing a retirement center in the Pittsburgh area, they visited well-established Quaker Continuing Care facilities in the Philadelphia area and incorporated many of their practices in the new enterprise.

So, who were these Quakers?

The Quaker movement, officially known as the Religious Society of Friends, taken from the words of Jesus, “no longer shall I call you servants but I call you friends,” was begun by George Fox in England in 1620. He declared that everyone has direct access to God without the benefit of paid clergy, ritual, and creeds. A guiding principle is that “there is that of God in every person,” and that has guided our path.

Worship is unprogrammed, “believing that in silent communal prayer God can speak directly to us. Quakers through the years have been especially known for their commitment to social justice and peacemaking. Instead of creeds, we have “Testimonies,” which we follow with the help of the Spirit within. The Testimonies include simplicity, peace, integrity, community, equality, and care of the Earth. How did this translate into the development of Sherwood Oaks?

1. It is an outdoor walking community with covered walkways, related to nature with cared-for woods with wildflowers and a collection of trilliums. In addition, there are raised beds for resident use for vegetables and flower gardens.
2. The decision-making process is resident-driven and democratic. Through committees, we have access to the Administration, with programs organized and run by residents, with residents consulted on most issues.

3. There is an atmosphere of welcome, acceptance, and well-being.
4. Attention is paid to physical and mental health appropriate for the retirement population, with careful attention paid to meeting individual needs.

Of course, many faiths, cultures, and lifestyles have contributed to Sherwood Oaks fine reputation, but it may be well to remember the unique qualities that have made our home the place we love and to strive to preserve them.

Ellie Castle and Lila Cornell

## WE'RE RECRUITING!

The Civic Affairs Committee is resting for a few weeks before it will be time to set up the Candidates Night for the fall election. We sent invitations to all the candidates for the primary election, offering them the opportunity to come or to send a representative. If you attended the April 24 event, you know who came or sent someone. The committee is committed to providing you as much information as possible prior to each election, and this is one way we do it. We hope you will check the Civic Affairs space on the mailroom bulletin board, as well, for up-to-date information about important events and issues.

Now, about recruiting. In order to fulfill our mission, we need more of you who are residents to join the committee. Most of the work is done in the six to eight weeks before each election. We especially need members who have basic computer skills or who are willing to develop them. And, of course, we need members who care about government--local, state and national. Sign up with Joe Widmer, mailbox 723 or Agnes Peebles, mailbox 324. WE NEED YOU!

Agnes Peebles



## **EARLY DAYS OF THE LANDSCAPE COMMITTEE AT SHERWOOD OAKS**

In the beginning, the Sherwood Oaks campus needed additional trees and shrubs; the Landscape Committee was organized to change that situation. We took a trip to Chatham College to view their arboretum and used some of the ideas we gained to start an arboretum at SO. With only a small amount of money earmarked for landscaping, many of the trees were paid for by residents and then planted by the Grounds Crew. Because of the variety of trees, labels were used to identify them.

Before Sherwood Oaks was purchased, the Oak Grove was an area with picnic tables, and the lake was rented for fishing. The area was mowed and consequently there were no seedling trees. The Committee made the decision to discontinue the mowing so that the seedlings would grow and today we have many trees, mostly White Oak Redbuds. Other spring blooming trees were planted.

Since the Grounds Crew was small, many of us did regular weeding. Norman Dewees felt strongly that Sherwood Oaks was his home and needed to be tidy. For a short time, a small area at the end of the dining room was reserved for smoking, and at that time delivery people still smoked. I remember that Norman collected cigarette butts from between the cracks in the sidewalk, as well as other trash that had blown into the campus.

The trilliums are growing in the North Woods because an early resident, Catherine Radcliff, transplanted some from her former home. As the trilliums

multiplied, they were planted in the many areas that can be seen in the North Woods today. We now have labeled trilliums at the end of a wooded path where there are benches to sit and enjoy the singing birds and the peaceful feeling of the outdoors.

We occasionally organized walks to view the wildflowers around the lake as well as the beautiful flowers people planted around their patio homes.

Lila Cornell

## **LANDSCAPE COMMITTEE**

The Landscape Committee's mission is to protect and improve the natural beauty of the Sherwood Oaks campus.

Among other things, it:

1. makes recommendations for changes or additions to the planting on the grounds, working in cooperation with the Grounds Supervisor,
2. maintains the Wimbledon and Summer House Gardens, and
3. maintains the campus as an Arboretum by identifying trees and shrubs, and occasionally giving tours, and
4. consults with the administration on any proposed landscape development.

The committee has 10 to 12 members and usually meets on a monthly basis.

Tom Gregory  
Jane Lavender  
Co-Chairs

## THE NORTH WOODS



Photo by John Totten

The North Woods is the last remnant of the Sherwood Oaks property as it once was. It is located across from Parking Area I with a prominent sign identifying it. Next to the sign is a post with a box on it containing brochures describing what visitors to the Woods will find. The basic theme is the introduction and reintroduction of open ground and woodland plants native to Southwestern Pennsylvania.

Work on its development began in late 2010 and early 2011. A six-member committee, working with John Totten and Linda Kramer of Gardens! LLC drew funding initially from a grant from the Nutter family. We discussed the various plantings we wanted to display and laid out the trails leading to them.

The trails are surfaced with wood chips. This means that people with scooters and walkers are not able to view plantings in the woods beyond the bridge which arches over the intermittent stream that flows through the property. The alternative would have been to pave the trails with something like asphalt. That would have required heavy equipment and a major disturbance to the tree root systems along the paths. We opted for the least disruption and the most natural appearance.

Planting began in earnest in fall of 2010 and spring of 2011. First, we set in meadow plants along the entrance trail and various plantings along the woodland paths. Just beyond the meadow area we developed a rocky zone with plants that thrive in full sun. In subsequent work, we did streamside plantings upstream and downstream from the arched bridge. Among other things, we have what we believe is the largest variety of trilliums to be found anywhere in Western Pennsylvania.

Adequate signage has been a problem that we believe we have now solved. We will shortly be installing legible, durable signs identifying the plants and plant communities in place. In addition, a kiosk by the bridge features pictures and information about plants as they come into bloom during the growing season.

We are grateful for continued funding from the Memorial and Special Projects Committee, the Landscape Committee, and from individual donors as we have proceeded with development.

Come and enjoy the peace and beauty!

Deane Lavender

"Ladies man your rakes" for fall cleanup."



Jane Lavender, Jeannette Lawrence, Nancy Paul, Betty Eichler and Linda Mamaux  
Photo by Bill Paul

## SUMMER HOUSE GARDENS

The Summer House Gardens were conceived as a series of themed flower beds around a walking path in front of the oldest building on campus, lovingly called the Summer House because it is only used by residents in the summer. The beds were created five years ago and are still evolving as gardeners find out what plants do best in their full sun locations as well as which plants are magnets for deer and rabbits. Comfortable benches have been placed around the path and under the arbor. These benches are a great place to relax and read a book or simply sit and watch the birds, the butterflies, and the flowers.

Each garden is adopted by one or more residents, and it is their responsibility to plan, plant, and maintain their respective garden. The Landscape Committee provides the funds for the purchase of new plants. Those funds come from the proceeds of the Basket Sale in May and the Poinsettia Sale in November. For the coming growing season the adoptive stewards are as follows:

|                           |   |
|---------------------------|---|
| Ornamental Grasses Garden | Tom Gregory                             |
| Tropical Garden           | Elizabeth Feil                          |
| Monochromatic Garden      | Nancy Paul<br>and<br>Jeannette Lawrence |
| Butterfly Garden          | Betty Eichler                           |
| Rock Garden               | Betty Eichler                           |
| Arbor and Rain Chain      | Linda Mamaux                            |
| Four Seasons Garden       | Don McBurney                            |
| Herb Garden               | Jane Lavender                           |

There is an established Daylily bed that needs one or more dedicated weederers to keep it looking good. So, consider this a shout out to all the new residents who would like to volunteer in some small way to start. Contact Jane Lavender x8253 or Tom Gregory x8153 for more information.

Now that the weather is getting nicer, what could be better than making several loops around the garden path to admire the varied gardens. The campus bus will drop you off and pick you up on their regular rounds if you cannot walk from your home. Sturdy shoes are a must and bring a water bottle on hot days.

Linda Mamaux



## RESIDENT PLANT SHARE

**Who:** Residents of Sherwood Oaks

**What:** Let's share plants!

**Where:** Summer House, outside

**When:** May 15th will be a plant share from 1:30 – 3:30 PM

**Why:** Meet and greet fellow gardeners here at Sherwood Oaks

**How:** Dig and split your perennials, pot or wrap in wet newspaper, and place in a plastic bag to share with fellow residents. Bring a plant, take a plant. At the end of the time take what is left over or they will be thrown out.

Divide your house plants and pot them now to share, so they are sure to survive to give to a friend.

Ann Ferguson



## THE FARM GARDENS

The Farm Gardens behind the Summer House, are a pleasant, peaceful place where residents can grow their own vegetables and flowers. The thirty-two beds are raised to a comfortable working height and filled with rich growing soil. At present, all but two beds have been assigned for this summer. Two gardeners plan to grow some things in ground outside the raised beds. The whole garden area is protected by a high fence to keep deer, rabbits and other garden pests away. Water is available at several convenient outlets.

The Grounds Department provides soil testing and fertilizer as requested and covers the paths with wood chips. Each Gardener is responsible for planting, watering and weeding their beds. Almost everyone grows tomatoes, but each person decides what they will grow. Will it be beans, carrots, onions, cucumbers, rhubarb, asparagus, peas, ...?

One never knows from one summer to the next which crops will do well and which may produce very little. Nature can be fickle. When harvest time comes, there may be an abundance of something. Then many of us share some of our produce with you. If you find tomatoes, cucumbers, squash or onions on the shelf in the mailroom, please help yourself. We garden because we love to do it, and we hope you enjoy some of the fruits (or vegetables) of our labors.

Betty Eichler  
Farm Gardens Chairperson



Photo by Barbara Dixon

## A WELCOME TO THE GREENHOUSE

You will find us on the lower level of the Center. As you come in the main entrance, bear to the left, and go down the hall between the Gift Shop and the Cafe. There is an elevator on the right. Push the LL button – take an immediate left to the fire door on the left – exit – and the greenhouse will be right in front of you.

I remember when I first came to Sherwood Oaks and was walking the campus with John Sterling. When we came to the pool area and stepped inside, I could see flowers in bloom at the far end. There was a greenhouse on the property!

To me, there is nothing more relaxing on a stressful day than just to sit in a quiet greenhouse. Thanks to Henry and Judy Smythe (pronounced “Smith”). They were avid gardeners and even planted some fruit trees before they moved in, and kept them watered.

It is a treasured gift – renewed each year in the winter to protect the flowers and seedlings, and then the plants are moved outside to start the next cycle.

Debby Jacoby

## WIMBLEDON GARDEN

Our large and beautiful perennial garden was designed in 2003 by Ron Block, a professional garden designer, to evoke the style of an English country garden with dense drifts of soft colors interspersed with pops of vivid color. This enormous project was spearheaded by Louise Frame from its inception until 2010 when the responsibility was turned over to Nancy Paul. To stay true to the original design is a never-ending task which is why you will see Nancy and her knowledgeable volunteers out in the early morning hours one or two days a week, continuously grooming the garden to keep it as pleasing to the eye as possible. Four benches are nearby so you can sit and enjoy its calming beauty. If you don't know the Garden, it is in front of the Wimbledon Court and adjacent to the Sherwood putting green. The backdrop is our handsome Oak Lodge. All this scenery makes a very strong first impression for visitors to Sherwood Oaks.

This time of year, when the snowdrops and daffodils finally appear, the first job is to remove the winter blanket of leaf mulch which protects the plants from winter burn and heaving. The garden takes nourishment from the decaying leaves and reduces the need for amendments to the soil. As the garden comes awake and the first leaves appear; all the brown from winter must be removed. The peony stems show red, the Lady's Mantle leaves emerge, and overnight the garden is suddenly blooming. All of a sudden, the garden needs constant attention. Weeding and removing spent flower heads is labor intensive as is edging to keep grass

away. Digging and dividing clumps that have spread is the toughest job of all. What cannot be replanted is offered to the residents to take to their homes. But the result is a garden of perfection for all of us to enjoy.

The garden is anchored with a Weeping Crab Apple tree and some of the perennials in no particular order are Shasta daisies, Siberian iris, Coreopsis, Lambs Ear, Japanese anemone, Echinacea, Phlox, Salvia, Verbena and many more. In late summer, a few annuals are added, and in the fall a few chrysanthemums fill in the bare spots. Everything is added keeping the original design in mind. In the fall the garden is again put to bed under a blanket of leaf mulch. Fothergilla, Hydrangea and Caryopteris shrubs give structure in the snow. The perennial garden is a beautiful sight in all four seasons.

Linda Mamaux



Photo by Joe Asin



## LANDSCAPE COMMITTEE HANGING BASKET SALE

The annual Hanging Basket Sale is scheduled for Friday, May 16 from 11:30 – 2:30 PM in the walkway adjacent to the Scooter Gallery.

Prior to that date, residents will have received a complete listing of the flowers available. Photographs may be seen as well in the loose-leaf binder at the front desk.

Preorders with payment are available until May 10<sup>th</sup> by calling Linda Mamaux at 724-776-8284.

Proceeds from the sale will be used to purchase plants for various gardens and landscape beds throughout the campus.

Tom Gregory  
Landscape Committee

## CURIO CABINETS

Thanks to all who made "The Birds" a success. More residents donated to this display than to any exhibit so far. It is being held over until Tuesday, May 8th - items can be picked up from 10-12 AM and 4:30-5:30 PM.

Our next exhibit will recall that very special time of our lives - our school days. Please bring mementos from your high school and/or college days: Hats, scarves, mugs, banners, publications, rings, photos. Let's

see how many different institutions we can have represented. With all the academics in Sherwood Oaks, it should be a bundle.

Please bring mementos on Thursday, May 10<sup>th</sup> from 10 AM-noon and 4:30-5:30 PM.

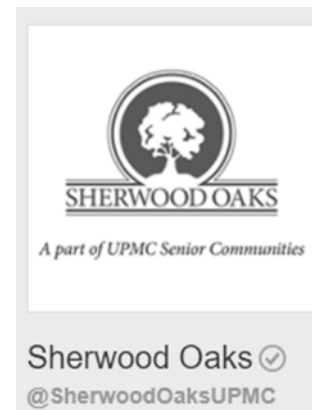
Gussie Dimmick



## SHERWOOD OAKS FACEBOOK PAGE

Sherwood Oaks has a new Facebook page to help introduce others to our thriving community. The page will feature photos, events and news from around the campus and will be updated every-other-day. The goal is to give viewers a glimpse into life at Sherwood in hopes they call for a tour, apply for a job or refer a friend.

You can find the official Facebook page by searching @SherwoodOaksUPMC on Facebook or by clicking the Facebook logo in the footer of Sherwood Oak's website. If you use Facebook, make sure to "like" our page and share the posts with your family and friends.



Look for the checkmark next to the name!

## SCHOLARSHIP COMMITTEE

Remember when you were a kid and you had an aunt who mentioned that she had put you in her will? As time passed, you realized that if she made good on her promise there was a certain incentive to remember that aunt's birthday with a nice card. No, it was not avarice. It is just that we are human, and we had a special place for people that had shown us they cared about us. It is simply how we humans operate.

It is like that here at Sherwood Oaks: we make a promise to those employees who have been serving us that we will take the role of the caring aunt and give scholarship gifts to those who seek an education. The money is distributed to colleges and professional schools for the qualified personnel.

For nearly 20 years the residents of Sherwood Oaks have been granting scholarships drawn from the Sherwood Oaks Fund. It is a mark of generosity and a vote for the value of education which is also our ideal. Your contributions are needed to replenish the Scholarship account. Checks should be made out to The Sherwood Oaks Fund with a memo: Scholarship Fund. Address the envelope to Tabby Alford and leave it with the receptionist.

Thanks for your generosity to this good purpose.

Paul D. Wierman



## MARCH CONTINUED LEARNING REVIEW

Archiving, Winemaking, Controlling, Directing, Rescuing, Advertising, Researching, and Counseling.

All these topics were explored during the March series of Continued Learning programs. Residents who attended the programs were very enthused about the topics: however, scheduling presented problems.

In an effort to accommodate as many residents as possible, some programs were held in the afternoon. **BAD IDEA!** Residents were not happy. Because of resident input, all October programs will occur from 10:30 – 11:30 AM in the Auditorium.

The dates are as follows:

Monday, October 22

Tuesday, October 2, 9, 16

Thursday, October 11, 18, 25

Friday, October 12, 19, 26

The program topics will be announced at a later date. In the meantime, thank you for supporting your SORA Continued Learning Committee.

Kelley Noble, Chair  
SORA Continued Learning Committee

# SPRING CONCERT

SAVE THE DATE – MAY 9  
7:15 PM

After a long dismal winter, the Bell Choir and Chorus are eager to present a Spring Concert of happy, upbeat music. We've been practicing since January. The theme this year is "Sing – It's Spring!" We're hoping you'll enjoy the songs as much as we have.

Lavonne McCandlish



## SENECA VALLEY MADRIGAL CHORUS

The Program Committee shares your delight in welcoming back the Seneca Valley Madrigal Chorus. They will be with us the evening of May 24 at (and please notice the time change) **7:00 PM**. The Madrigals are a group of 20 students, each of whom have auditioned for a place in this excellent chorus. In a competition at Disney World last year they took first place competing with more than 20 other high school choirs. This year they are scheduled to compete in Chicago the first week in May.

Please come and hear this well trained and joy-filled group of young people. It will be an evening of pleasure and admiration for the talents they have developed.

Jane Lavender

# GREENFIELD PLAYHOUSE PRESENTS:

## Big Fish

Fantasy-Comedy-Drama

Saturday, May 19  
1:15 pm  
Auditorium

We have been chosen as a site for Greenfield Playhouse to run their dress rehearsal for their upcoming production.

All are invited to enjoy!

Laura Childress, CTRS  
Director of Recreation Therapy & Volunteers



## TENTATIVE MAY MOVIE SCHEDULE

**May 5 - Marshall (2017) PG-13**  
2hr

**May 12 - Jersey Boys (2014) R**  
2hr 14 min  
Sex & Nudity 4/10  
Violence 4/10  
Language 7/10

**May 19 - Breathe (2017) PG-13**  
1hr 58 min

**May 26 - Call Me By Your Name (2018)**  
R 2hr 10 min  
Sex & Nudity 8/10  
Violence & Gore 1/10  
Language 1/10

Please check the bulletin board for additional information.

## FOCUS ON THE WORLD

Focus On The World's May program will feature a review of the worldwide Mission Vision Project. The speaker will be Don Ziegler, a volunteer at Mission Vision clinics in Africa. Mission Vision is a charitable organization established in 2004 to provide complete eye care services, including free eye exams, glaucoma screens and prescription glasses to those unable to afford them. Mission Vision's mobile clinics operate worldwide.

Don Zeigler, a retired operations specialist for some of the nation's largest companies, is now putting his expertise to work at Mission Vision clinics throughout Africa.

The presentation will take place on Thursday, May 17 at 7:15 PM in the Auditorium.

Mike Rose

## YELLOW JACKET MEETING

Tuesday, May 29  
1:15 PM  
Auditorium

This meeting is for all our active Yellow Jacket volunteers, as well as for any resident wanting to find out more of what we are all about.

Let's recap how we are doing.

Guest Speaker: Suzanne Weesies  
Dementia Consultant

Questions? Call #8471

## MY FRIEND DOWN BY THE SEA

For many years I've gone to see  
A dear old friend - Down by the sea.  
Amongst the Palm trees he stands so high,  
and I talk to him as I pass by.

His leaves are shed, his bark is gone  
And yet, for him life still goes on.  
He looks so withered, gray and bare  
and seems to smile when I am there.

Above us floating clouds drift by  
under the endless, bluish sky.  
Pelicans, seagulls fill the air  
with high-pitched clatter - everywhere.

The winds have blown, the storms have raged  
for both of us, as we have aged.  
And such is life - we both agree  
As we look out over the sea.

Sometimes she's peaceful, gentle and mild,  
other times stormy, angry and wild.  
Often her waters are calm and clear,  
and then again, become like a monster to fear.

And so it goes, my dear old friend.  
I now must go - our visit end.  
It was so great to see you here,  
Let's hope we'll unite again another year.

Christiane Majeski  
at Casperson Beach, Venice, FL.





## BE A SMALL BIRD BUT CARRY A BIG STICK



Photo by Barbara Dixon

Our patio faces south and overlooks a thin strand of trees between us and the Oak Grove Center. Because of the trees, and a full feeder, we get a lot of birds.

Barbara made 2 birdhouses that we can see from our patio: one visible from my chair and one from her sofa. Last spring Chickadees made a nest in “hers.” Their activity was very sporadic so we were not sure what was going on, if anything. Then they hatched 6 babies!

“My” bird house was ignored for two weeks. Then a pair of Wrens staked it out. One showed up—the male?—I called him Jack—with a long twig in his mouth. It would not fit through the hole. He tried and tried. Hopped to the top of the house to think it over. Tried and tried again until finally an end went in. Success!

He flew off and returned with another too-long twig. The other—female?—I call her Jenny—landed on a clematis to watch. Try try try then bingo, it slipped in. The female

followed him in. Pause. The male came out with one of the long twigs in his mouth, flew to the clematis, dropped it back on the ground. He returned to the house and disposed of the other long twig in the same way. The female appeared, looking bossy.

The male returned with a smaller twig. The female blocked the hole. The male hopped around, here and there. The female remained plugging the hole.

Finally she relented and left and he was able to get his twig in. She followed him into the house. But we had to leave for dinner, so whether he was allowed to leave it in, or forced to throw it out, we could not say ... but they did fledge four babies a few weeks later.

I am eagerly awaiting their return.

Watching beats CNN any day!

Dennis Lynch

## SPRING IN NEW YORK CITY

Finally winter's browned leaves blow  
aside from the avenues of Central Park  
for a green that strains the eye.  
The Manhattan skyline glitters in  
suntanned glass again  
and then is broken into bits  
by a kaleidoscope of blooms bursting forth.  
The earth becomes a warm mat  
covered in love and laughter and dreams  
slowly awakened from a winter's coolness.  
Bridge reflections turn the world upside  
down --  
and I lift my upside down pale face  
to feast upon the sun  
and push my being higher --  
or lower (depending on the bridge).  
Children mesmerized flock to playgrounds  
and the ecstasy of it all is drowned in their  
play.

Julie Eden, 1969

## AS I SEE IT (WHAT'S TO LIKE ABOUT LIFE AT SHERWOOD OAKS)

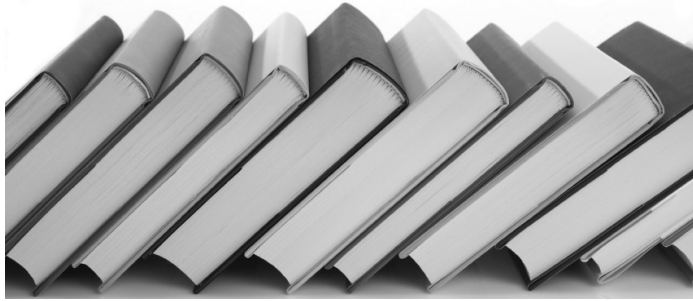
Let me give a personal testimony to Sherwood Oaks by citing 10 brief reasons why I'm grateful to live out my life here. I hope you will identify with at least some of them.

1. I'm grateful that living here means we need not be a burden to our children. The benefits we enjoy also accrue to our children who can rest assured that we will not be totally dependent on them.
2. I'm grateful for the devotion and skills of those who serve us here, and those who oversee and manage the dining services, the security, the maintenance and house-keeping, the Health Center and all the other services provided and on which we depend.
3. I'm grateful for the residents who volunteer to serve on SORA committees. Whether it is Dining Services, Continued Learning, Health Affairs, Security and Transportation, Program, Library, Landscape, Welcoming, Conservation/Recycling or Maintenance, their guidance and time invested contributes to and enriches our lives. For example: Ted Pappas' Continued Learning presentation was superb, even inspiring.
4. I'm grateful that when something breaks down or goes kerflooey in our home, it isn't up to me to fix or replace it. A call to Maintenance is sufficient. Depending on what is broken, whether in hours or days, it is either repaired or replaced.
5. I'm grateful for those who select, prepare and serve delicious food options seven days a week.

6. I'm grateful for the opportunity to develop new personal and enriching friendships. We have opportunities to learn about the previous lives of our neighbors. These, too, translate into treasured gifts.
7. I'm grateful for the variety of activities available which not only call forth our natural gifts and interests, but which entertain us as well. A perfect example was January's "Sharing Our Residents' Arts".
8. I'm grateful for the rich diversity within our community. "*Thank goodness, we are not all Presbyterians.*" Our community reflects broad religious, political, educational, vocational and economic diversity. I hope, the day will come when a more inclusive racial diversity will also be reflected
9. I'm grateful our earthly future is guaranteed. As we age and may need special care and help, Sherwood Oaks provides it.
10. I'm grateful for our professional leadership at the top. When moving here, six years ago, our CEO was Mark Bondi. For the past 2 years and four months, our Executive Director/CFO has been Annette McPeck. It's hard to imagine two persons who would be more competent, more cooperative, and more caring.

One final thought: Is life at S perfect? Of course not. No place on earth is. But, that said, I wonder sometimes whether our lives together here may be about as close to perfection as any place on earth can be. Whatever, let's count our blessings and be glad.

William M. "Bill" Paul  
President, SORA



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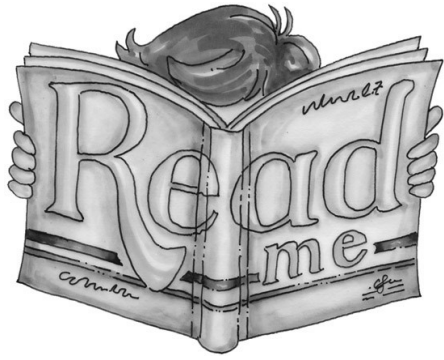
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## SPOTLIGHT ON NEW BOOKS THE BOOK SELECTION COMMITTEE

These recently purchased books will be on the new book shelf in our library. If a book you seek is not there, you can fill out a reserve slip.

**Memento Park** by Mark Sarvas. Fiction. An established Hollywood character actor gets a call about the return of a painting said to have been stolen from his family by Nazis in 1944 Budapest. His reclusive father, after escaping to America, has raised him without connection to his religious and national heritage. But now his life is thrown into a personal and spiritual turmoil. “A lively, thoughtful, psychologically compelling novel about the ties that bind, and the ties that fail to” (*Kirkus Review*).

**The Punishment She Deserves** by Elizabeth George. Fiction. This 20<sup>th</sup> Inspector Thomas Lynley novel tackles a number of emotionally charged social issues with sensitivity and grace. Exquisitely rendered characters and a powerful sense of place enhance the meticulously crafted mystery, which satisfies as a stand alone while furthering the series arc (*Publishers Weekly Starred Review*).

**The Escape Artist** by Brad Meltzer. Fiction. In this best-selling thriller, a plane crash unveils a covert government operation with links to escape artist Harry Houdini. “The rare novel that one wants to read fast while also needing to go slow to savor every word.” (*The Associated Press*).

**Winter Sisters** by Robin Oliveira. Fiction. A fierce blizzard blasted the city of Albany in 1879, and in its wake, two young girls go missing. But then the girls show up and tell a story of being held captive and possibly raped, leading toward a sensational trial. The *Historical Novel Society*, calling the book “a must read,” welcomes its strong female characters. “Entertaining at times, deeply political at others; a perfect example of a historical novel that also illuminates present-day issues” (*Kirkus Starred Review*).

**Enlightenment Now: The Case for Reason, Science, Humanism, and Progress** by Steven Pinker. Nonfiction. The author, noted for his optimistic take on history, presents an evidence-based argument in favor of the four big ideas of the subtitle. “An excellent book, lucidly written, timely, rich in data and eloquent in its championing of a rational humanism” (*New York Times*).

Tom Fararo

### LAST MONTH'S WORDS ON THE MONTH

**Nudiustertian** — “the day before yesterday”

**Nychthemeron** — “a full period of a day and night: 24 hours”

## CHAPEL NOTES

Leading Chapel Services during May will be the following: (All services at 2 PM in the Auditorium.)

Sunday, May 6 - The Rev. Joe Toomey,  
Lifepointe Alliance Chapel

Sunday, May 13 - The Rev. James  
Moran, Cranberry Community United  
Presbyterian

Sunday, May 20 - The Rev. Karen  
Slusser, St. Paul's United Methodist

Sunday, May 27 - The Rev. Rosalyn  
Kummer Retired

We continue to seek additional pianist help for our chapel services. If any resident is willing to help, please contact Agnes Peebles or me. We try to limit your service to one Sunday a month for one hour.

Gary Brandenberger  
Chapel Committee

### *IN MEMORIAM*

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

*Marianne Davis  
March 28, 2018*

*Ralph Gibson  
March 31, 2018*

*Norman Howenstein  
United States Navy  
April 14, 2018*

*Edward Vidt  
United States Navy  
April 16, 2018*

## 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  
Second Monday of the month  
11:00 AM

Rosary – Led by Chester Ludwicki  
Weekly, Fridays  
9:30 AM

Quaker Meeting for Worship  
Fourth Sunday  
10:30 – 11:30 AM







Photo by Barbara Dixon



Photo by Nancy Paul



Photo by Tabby Alford



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Archive photo



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