

THE ACORN

SHERWOOD OAKS NEWSLETTER

100 Norman Drive, Cranberry Twp., PA 16066

www.sherwood-oaks.com

September 2024 “For the residents, by the residents” Vol. 43, No. 7



Photo by Jesse Komara

HAPPY SCHOLARSHIP WINNERS 2024

(see page 9 for more information)

Dear Readers,

It takes a village to raise a child, and to produce *The Acorn!* Our previous Editor, Rosemary Coffey, is a professional editor. Although I have a master's degree in journalism, my working life was spent as a nurse.

Fast forward to the Summer of 2024. I scrambled to learn Microsoft Word as I received and sorted through the really great photos and articles you sent my way. Thank you. This newsletter lives up to the tagline on the front page: "By the residents for the residents."

But, as the deadline loomed, it became clear I needed some expert help in formatting your contributions. So, a shout out to Jason Lyle, Scott Desmond, Dian Shandick, Bill Leffler, Tabby Alford and others who coached me. But special kudos to Rosemary Coffey, whose aborted trip to Canada marooned her at Sherwood Oaks, where she gave *hours* of her time to help make this edition possible. I am grateful.

Keep sending in your articles and photos. We are doing this together!

- Jan Wendt

Memorial Donations and Remembrance Cards

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

SEPTEMBER CALENDAR

Labor Day	Sept. 2
National Grandparents' Day	Sept. 8
Mayflower Day	Sept. 16
Aging Awareness Day	Sept. 18
International Day of Peace	Sept. 21
First day of Fall	Sept. 22
National Voter Regist. Day	Sept. 24
Ancestor Appreciation Day	Sept. 27

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

September 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.

Joan Rauso June 25, 2024

Heather Dills July 24, 2024

Carol Kaufman August 8, 2024

Jean Wasniewski August 17, 2024

TOM AND JANIE CINDRIC - #224

By Rosemary Coffey - #113 (Sept. 2024)



Photo taken by Security

Tom Cindric and Janie Rohrbacher grew up in Greensburg, PA, in the late 1940s. They both went to Greensburg High School, where they met in Home Room 126. They began dating as seniors. When they finished high school, Tom headed off to the US Military Academy at West Point, NY, while Janie decided to work and take college courses. They married when Tom graduated, beginning their lengthy stint with the US Army. Their first assignment was to a Field Artillery unit in West Germany, where Janie began a quick adaptation to military life.

Their next assignment was to Ft. Lewis, WA, where their first son, Tom Jr., was born. Janie decided to move nearer to home to be with family, when he was assigned to Vietnam. Their second son, Christopher Paul, was born during that time. When Tom returned to the US, the family resettled in Fort Sill, OK, followed by Tom's assignment to graduate school at the University of Illinois in Champaign-Urbana. Subsequent assignments were to Ft. Leavenworth (KA), Turkey, West Point, and the Pentagon. While Tom was in Turkey, Janie attended Saint Mary's University in Leavenworth, KA, to finish her degree in elementary educa-

tion; later, she earned her master's degree in special education from CW Post University. Following a brief assignment at the Pentagon, Tom retired from the US Army after 21 years of service.

The family decided to settle in Woodbridge, VA, where Tom was hired to teach mathematics at the local high school. Janie began an elementary teaching position in Manassas, VA, but eventually transferred to the same school district as Tom, so that they would have similar calendars. Tom eventually moved on to teaching physics and coaching girls' softball. The couple enjoyed golfing, gardening, and going to Myrtle Beach. Janie became a Master Gardener, with their property exhibiting her talent.

As their sons' families grew to give them seven grandchildren, they decided to move to Robson Ranch in Denton, TX, to be near Tom Jr., who – with his wife – was homeschooling their three elementary-school-age daughters. They continued to enjoy golfing and other activities.

Then, after 15 years of aging in Texas and 59 years of marriage and life in a large home, Tom and Janie decided it was time to simplify their lives. They have always loved the hills and valleys of Pennsylvania, which brought them to Sherwood Oaks. The fact that Tom's brother Dan Cindric and his wife Deborah Darnbrough (#107) already lived here was an added attraction! In addition, Janie has a brother in Hermitage, PA, and other relatives nearby, enabling her to reconnect with her extended family. Meanwhile, the Cindrics' Australian Labradoodle Maisie is with them as well.

Welcome, Tom and Janie! We'll expect to see more and more of you as you settle into your new place, after several weeks of living in a "guest unit," awaiting the final renovations to provide your real home.

DIANA CUNNINGHAM - #322

By Harriet Burress - #112 (Sept. 2024)



Photo taken by Security

Moving to Sherwood Oaks in April, Diana Cunningham knew what she wanted: she has settled into her lovely patio home and is calling the move a great decision. “My husband would have loved it, too,” she said. Several years ago, she attended a marketing tea and planned to move here from her condo in Ross Township.

Growing up, Diana lived with her grandparents in a large three-story home in Homewood. Her room was on the third floor, and her love of antiques began with her old iron bed. She spent the summers in Bradford, enjoying visits with her two brothers and two sisters with whom she is still close.

While working as a secretary for Duquesne Light, she met her future husband, John, who was an engineering student at the University of Pittsburgh and doing what today we would call an internship. After graduating, he began a 35-year career with Alcoa. As early marrieds with small children, they were

transferred to Massena, NY, for 2-1/2 years – or three winters. “One’s time there was measured in winters,” Diana said. She was told not to buy winter jackets in Pittsburgh because they wouldn’t be warm enough. Her children walked to school in boots with an inch of lining, and once her 4-year-old sank into the snow, which was deeper than he was tall. The family cross-country skied and, along the way, enjoyed her hot chocolate, which she carried in a thermos. They would stop at shelters that provided a roof and a table.

“We were very active in our Congregational Church, which was the center of our lives with its activities and fellowship,” Diana observed. Although Alcoa, Reynolds, and General Motors had plants there, Massena was a small town, and their time there was an adventure.

The Cunninghams returned to the Pittsburgh area – specifically, to Ross Township, where Diana became a Girl Scout leader. “We practiced our outdoor skills at Camp Henry Kaufman, and today I am so proud of these girls and who they are. I also served as Judge of Elections in Ross. It was my civic duty to work from 6:00 a.m. to 10:00 p.m. on Election Day; the process was so different from what it is today.”

Diana observed, “John and I had three children and, sad to say, he did not live to know his six grandchildren. My daughter has retired. I was invited to go on a cruise in mid-August with my son and his family, who live in Chantilly, VA; another daughter is a physician’s assistant.” Watching grandchildren swim, keeping up with the news, and reading are among her hobbies. Please keep your eyes open for an article in a future *Acorn* about her very unusual antiques. For now, Welcome, Diana!

DONNA DUPONT - #140

By Jan Wendt - #158 (Sept. 2024)



Photo taken by Security

Among Donna DuPont's happy pastimes are reading, playing the piano, and doing jigsaw puzzles. But one of her favorite things to do is weeding, as in weeding the garden, something many of us dread. Don't be alarmed if you come upon her on all fours in her courtyard or in one nearby. She is simply "tending to God's creation."

The lifelong resident of Economy Borough says it all began when her Aunt Mildred directed her to weed a flower bed on the family's farming compound where Donna grew up. She realized then how much she liked seeing the quick results and how much better the landscape looked when she finished.

Donna met her late husband Larry through mutual friends at a hot dog roast. Once he completed his military service, they set up housekeeping in Donna's hometown, she working as a hairdresser and cosmetology instructor, he as an accountant. A daughter and a son completed the family, which has now grown to include four granddaughters and one grandson.

For many years, Donna served as choir director and organist at Rehoboth Evangelical Lutheran Church in Baden, where she still worships. She continues to play the piano in her Sherwood Oaks unit, and is thinking about checking out our handbell and vocal choruses in the Fall.

Two friendly felines, Boo and Cat, keep her company in her new home. They keep a watchful eye on the progress being made on the jigsaw puzzles Donna often has going on her dining room table.

Donna's bright eyes and warm smile are a welcome addition to our community. Stop to introduce yourself when you see her out working in the flower beds!



If you can't think of a word, say "I forgot the English word for it." That way people will think you're bilingual instead of old.

I'm at a place in my life where errands are starting to count as going out.

I don't always go the extra mile, but when I do it's because I missed my exit.

My goal for this year is to lose 10 pounds. I only have 16 to go.

Having plans sounds like a good idea until you have to dress and leave the house.

It's probably my age that tricks people into thinking I'm an adult.

Marriage Counselor: Your wife says you never buy her flowers. Is that true? Me: To be honest, I never knew she sold flowers.

I see people about my age mountain climbing; meanwhile, I feel good just getting my legs through my underwear without losing my balance.

We all get heavier as we get older, because there's a lot more information in our heads. That's my story and I'm sticking to it.

JOHN HENNON - #165

By Connie Brandenberger - #602 (Sept. 2024)



Photo taken by Security

Born in New Castle, PA, John moved to Sherwood Oaks from Bradford Park in Economy (not to be confused with Bradford Woods in Marshall Township!). John, who is interested in local history, explained that William Bradford, a printer in Philadelphia and a contemporary of Benjamin Franklin, bought tracts of land in Western Pennsylvania, portioning them out to establish the two Bradford communities.

Hiking is a special activity for John. He has hiked part of the Appalachian Trail and many of the state and national parks in Pennsylvania, California, Florida, Arizona, and the southwest. He now continues his love of the outdoors by exploring the trails of Graham Park and joining three hiking clubs.

John is also a writer, who has had several articles published in the *Pittsburgh Quarterly* magazine. Most of the articles are non-fiction with a historical theme. He is presently working on another project for publication.

John received his doctorate in Policy, Planning and Evaluation Studies from the University of Pittsburgh. His career emphasis was on health sciences research and education, with a specialty in geriatrics and gerontology. Indeed, his first job was doing research for the Gerontology Center at Penn State University.

Later, John was the Co-Director of the Geriatric Education Center of Pennsylvania. At the time of his retirement, John worked in the VA Pittsburgh Healthcare System at all three campuses in the Pittsburgh area, with a secondary appointment in the Gerontology Program at the University of Pittsburgh.

John retired in 2020, just before the Covid epidemic. He thus found himself retired and isolated, unable to take part in the activities he had planned. With the end of Covid, he resumed his normal activities, including attending Osher Institute of Life Learning classes at Carnegie Mellon University, and studying writing, history, and music. He highly recommends Osher to all his friends.

John discovered Sherwood Oaks when he visited twelve senior facilities, with the goal of helping his older sister find a home for herself. With all that research and information, he realized that this was the best place for him. He was impressed with the size of the campus and the casual, friendly attitude of the residents. He has a son living in Arizona, where John spends the months of January and February. A daughter and her family live in Florida.

Socializing in the dining room and meeting new people is important to John. Hearing about his many interests – hiking, writing, gardening, continued learning – makes for stimulating conversation. He looks forward to new friends and new involvements. Welcome, John!

DIANE HORN - #203

By Jean Henderson – #346 (Sept. 2024)



Photo provided by Diane

Family is at the heart of Diane's world. It is a family comprised of her children, grandchildren, relatives; friends, and neighbors. Memories of her life with her late husband, David, are at the top of that list. Diane grew up in Highland Park in Pittsburgh and attended Sacred Heart in Shadyside for 12 years. She was a student at Cal State (PA) University, where she met her husband, David. While teaching first grade, she attended graduate school at Pitt until the adoption of their son. She enjoyed volunteering at the elementary school and sports events while her children were growing up. As a grandmother, she tutored kindergartners and also served as an ESL tutor.

FAMILY - David and Diane, who were married for 58 years, spent most of their married life in Franklin Park, with 48 years near Ingomar Middle School. Their adopted son, now an actuary living in NC, has four children. A daughter, who is a medical assistant and has one daughter herself, lives in McCandless. Those grandchildren are dear to Diane. Her parents and two brothers died too early, but her husband had many relatives, while Diane's family was small,

David was one of sixteen children! Thanks to a trust fund left by his parents, as many as 100 family members have gathered every five years since 1990 for reunions – in FL, the Outer Banks, New York, WV, and the Smokey Mountains. Older family members gather annually for a dinner together and a mid-year weekend trip.

TRAVELS - David and Diane took wonderful trips together during their marriage, starting with a cross-country trip to CA and back. Other highlights were Italy, Barbados, Bermuda, the Outer Banks, and New Orleans, to name a few.

NEIGHBORS/CHURCH - When David became ill, Diane cared for him at home, grateful to be blessed with wonderful neighbors during those years. She has been a member of St. John Neumann Church from its inception. David had served on the building committee.

HOBBIES - Diane loves to grow herbs in the summer, drying and freezing them for soups in the winter months. She is a reader, who also enjoys writing. She has kept a journal for her granddaughter detailing the years she and her husband watched her during the day, and has written several books on Shutterfly.

HER BEST FRIEND - After years of designing and drawing homes and additions for the company he and his brothers formed, David developed a brain condition that resulted in two major strokes. Then he gradually developed dementia and became legally blind. David moved to Oak Grove in April, and Diane's patio home was to be ready in June. Unexpectedly, David died of a heart attack a week after his move. It was a sad beginning to her time at Sherwood, but she has found all the residents in Independent Living and employees to be so welcoming; it has made the transition smooth for her. Welcome, Diane, to Sherwood Oaks!

JOHN AND CATHY LESJACK - #731

By Jan Wendt - #158 (Sept. 2024)



Photos taken by Security

Cathy and John Lesjack were both dating on the rebound 45 years ago. He told himself he'd go out with at least five women, in an attempt to date around, but never with anyone from work.

The first prospect he encountered after making this plan was Cathy. Their first date was for dinner at the old Blarney Stone in Etna. Talking for hours over dinner, they closed the place. The wedding was six months later. Both of John's rules were shattered, as Cathy also worked at Conrail in Pittsburgh.

They came to Sherwood Oaks in May of this year, after spending much of their lives in the North Hills and, most recently, at Liberty Hills in Freedom. John is a native of Forrest City, PA., north of Scranton, and Cathy hails from eastern PA. He holds a degree in Civil Engineering from Penn State, and she is a graduate of West Chester State, in Business Management. John finished up his career at Norfolk Southern.

Their connection to Sherwood Oaks dates to when their son and daughter worked here, during high school and college. They are also good friends with residents Terry and Carole Timblin, who were their neighbors in Liberty Hills.

They hadn't planned to move quite so soon, but when a third-floor apartment unit became available, they jumped.

Son John and his family live nearby in Mars, and daughter Mary Catherine and her family reside in Northern Virginia. The Lesjacks cherish time spent with their two granddaughters and two grandsons.

John and Cathy are members of St. Ferdinand Church, where he has served as a Eucharistic Minister. The couple has enjoyed traveling to Long Beach Island on the Jersey Shore every summer for years, where they connect with extended family, a beloved tradition.

Both are voracious readers and enjoy playing bridge. John has joined the Transportation and Security Committee and has been working in his raised garden bed, when the resident groundhog doesn't beat him to it. They have also signed up to help organize the 700s' monthly social gathering.

Cathy and John say they really enjoy the quality and variety of meals here. Make a date to meet them over dinner soon!

My tolerance for idiots is extremely low these days. I used to have some immunity built up, but obviously there's a new strain out there.

It's not my age that bothers me – it's the side effects.

I'm not saying I'm old and worn out, but I make sure I'm nowhere near the curb on trash day.

Hard to believe I once had a phone attached to a wall, and when it rang, I picked it up without knowing who was calling.

CHAPEL NOTES

By Gary Brandenberger - #602
For the Chapel Committee

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

Everyone is welcome. Bring a friend.

Sunday, September 1

Rev. Mike Arnold
Christ Church at Grove Farm
Sewickley

Sunday, September 8

Rev. Emily Miller
Sewickley Presbyterian
Sewickley

Sunday, September 15

Rev. Nathan Glover
Urban Impact, Pittsburgh

Sunday, September 22

Rev. Bob Cummings
Christ Church at Grove Farm
Sewickley

Sunday, September 29

Rev. Steve Hodges
Mt. Pleasant Presbyterian
Wexford

*"Riches will do you no good on the day
you face death, but honesty can save
your life."*

- Proverbs 11:5

BIBLE STUDIES RESUME

Men's Bible Group

By George Steffey - #275

The Men's Bible Study will resume on **Wed., Sept. 4, from 10:00-11:00 a.m.**, in the Chapel on the Lower Level of the Community Center. All men, clergy, guests, and staff are urged to attend.

Our study will begin this Fall by exploring the Sermon on the Mount (Matthew 5:1 through Matthews 7:29) for the first 12 weeks. We will use a study guide by

John Stott (1921-2011), a preacher, evangelist, and communicator of Scripture. His best-selling books include *Basic Christianity* and *The Cross of Christ*. He was honored by *Time* magazine as one of "The 100 most Influential People in the World."

Please mark your calendar and join us. We have found that the variety of our backgrounds makes for a rich discussion and opportunity to grow in our understanding of Scripture.

Women's Bible Study

By Janet Desko - #210

The Women's Bible Study gathers again, beginning **Mon., Sept. 16, at 10:45 a.m.** in the Card Room. It meets the first and third Mondays thereafter, with rotating leadership from those in the group. Participants are reminded to bring with them their new Study Guide related to *Proverbs*.

RECENT SCHOLARSHIP WINNERS

(See photo on front cover)

Fifty deserving employees were awarded scholarships of \$3500 each from funds donated by Sherwood Oaks residents, supplemented this year with money from the Memorial Gifts and Reserve Funds. The average resident donation, according to Charles Cullen, the Scholarship Committee chair, was \$724, with 32 gifts of \$1,000 or more.

The Scholarship Fund was initiated by the late Olive Tiller, who lived here for more than twenty years. It represents another way for Sherwood Oaks to show appreciation to deserving employees who want to further their education.

Some of the thank-you letters from the scholarship recipients have been posted on the bulletin board outside the Dining Room. It is always good to read about their appreciation for the awards.

STEEL DRUM BAND RETURNS

From the Entertainment Committee

By Alick Kennedy - #732

Mark your calendars for **Thurs., Sept. 26, at 7:00 p.m.**, when the Ambridge High School Steel Drum Band will return to Sherwood Oaks for a lively and stimulating musical presentation. You'll find it hard to sit still as these young people play their hearts out for you. Loosen up your body parts, so they are ready to respond to the music!

DON'T FALL!

By John Houston - #618

for The Health Affairs Committee

An article distributed at a recent Health Committee meeting focused the committee's attention on the risks and serious consequences of a fall. In a recent survey, over 27% of people over 65 were found to have experienced a fall. This rate increased substantially as people aged. 20% of people who experienced a fall suffered fractures or head injuries.

As a reminder, the following is a partial list of precautions we can take to mitigate the risk of falling:

1. Check with your health care provider to determine the side effects of your medications that may increase your risk of fall. Can you reduce dosage or change medications to reduce this risk?
2. Physical activity such as walking, water workouts, and Tai Chi can reduce your risk of falling.
3. Wear sensible shoes with nonskid soles.
4. Risk-proof your home by, among other things, removing hazards such as loose rugs and electrical and phone

cords from walkways. Sherwood Oaks personnel are always available to do a risk assessment for you.

5. If you need assistive devices, such as canes or rollators, be sure to use them.

The greater risk of falling as we age and its significant consequences warrant our continuing attention to reducing this risk. Please be careful!

WRITING YOUR LIFE

By Ellen Brierly - #734

Hundreds of Sherwood Oaks residents have enjoyed taking the course "Writing Your Life" over the past decade. Sadly, after 20 years of teaching that class here and in Arizona, I have decided it's time for a new teacher and fresh ideas.

There are many new residents who would welcome the opportunity to do this. If you like stories, have a good sense of humor, are a good listener, and would enjoy developing a relationship with a class of other residents, consider teaching a class.

I would be glad to meet with you and get you started! I can be reached at 724-591-5659.

I put my scale in the bathroom corner and that's where the little liar will stay until it apologizes.

It turns out that being a "senior" is mostly just googling how to do stuff.

I want to be 18 again and ruin my life differently. I have some new ideas.

Just once, I want a username and password prompt to say, "Close enough."

We celebrated last night with a couple of adult beverages; Metamucil and Ensure.

THE MANGER MAKER

By Dan Cindric - #107



Photos by Dan Cindric

Al Rizzo retired over 34 years ago from the gas company and then spent much of his time in his home workshop in the Mount Washington neighborhood of Pittsburgh. He decided to try his hand at making manger scenes, or creches, after his daughter Ellen (which is also his wife's name), gave him some appropriate figurines. His first few attempts were, as he describes them, "crude," but improvements came with each one he made.

The creches were handmade with only the tools he had available. Medical issues brought him to Sherwood Oaks Skilled Nursing Unit and to our Workshop. He signs out, gets the Workshop key from the receptionist, and makes his way to the Lower Level to continue his handmade work. He has now built over 25 creches and has a list of future work

for his family, friends, and people he has met at Sherwood Oaks.



After the hours he spends working on the creches, he visits his wife, Ellen, at the Oak Grove Center. He is grateful for the assistance provided by other members of the Workshop, which makes his work go more quickly, and he is also grateful to Amy in Grounds for providing him with wood branches of the correct diameter. The work is remarkable, not only for the detail and the care that Al puts into each one, but more so for the fact that he does all of this from his VA-supplied electric wheelchair. He is truly one remarkable manger maker!

Make yourself necessary to someone. – Ralph Waldo Emerson

Love ... is an able master; it teaches us to be what we never were before. – Molière

Family need not only consist of those with whom we share blood, but also of those to whom we'd give blood. – Charles Dickens

SHERWOOD OAKS BOOK CLUB

By Ruth Lasure - #306

Can we just call this a “book discussion group,” please? There is no membership necessary, no required attendance, and everyone is welcome to join in the program whenever they choose. Participants choose all our books. Come on in and pitch your reading choices.

We gather on the 2nd Tuesday of each month at 4 p.m. in the lower-level chapel. **September 10** we will be discussing Jared Cohen’s *Life After Power: Seven Presidents and Their Search for Purpose Beyond the White House*.

So what did Thomas Jefferson, John Quincy Adams, Grover Cleveland, William Taft, Herbert Hoover, Jimmy Carter, and George W. Bush do with their ‘encore’ years? Some of it we know all about, but other parts may surprise you. For those who love history, these are stories rarely written.

The selection for **October 8** is a controversial best seller, *The Heaven and Earth Grocery Store*, by James McBride. What makes a book a best seller? Why did this one stay on the list for over a year? H’mmm, let’s talk about that. Variety is the spice of life!

CALLING ALL PERFORMERS

By Janet Desko - #210 and
Ellen Brierly - #734

Drama Club and the Sherwood Oaks Players are producing a Variety Show. You have loved being entertained by the residents in previous shows, and this is your opportunity to be PART of the entertainment! Get out your musical instrument, your sheet music, your skits, magic

acts, solo acts, readings, and all forms of entertainment to perform in this show. The dinner show will be on **October 24**, and the matinee will be on **October 26**.

As many acts as possible will be included. There will be an initial sign-up and rehearsal, with several other rehearsals before the performance dates.

Look for more information on Channel 950 and on the bulletin board in the mail room.

CHORUS AND HANDBELLS TO RESUME SOON

By Jan Wendt - #158 and
Jean Henderson - #346

Weekly rehearsals for Sherwood Oaks Chorus and Handbell Choir will resume on **Wed., Sept. 18**, in the Auditorium. Handbell practice is **1:00-2:00 p.m.**, while Chorus rehearses **2:30-3:30 p.m.**

Auditions aren’t necessary for either group, but the ability to read music is essential. The longtime director for both groups, Lyn Marsh, will return.

Residents are always encouraged to try out singing or ringing, where the aim is to have fun together while making music.

If you have questions about either group, please call Jean Henderson (Bell Choir Liaison) at #8346 or Jan Wendt (Chorus Liaison) at #8158.

POEM BY ANONYMOUS

Behind you, all your memories,
Before you, all your dreams;
Around you, all who love you,
Within you, all you need.

MEMORIAL SERVICE SLATED

By Jean Henderson - #346

The Living with Loss team will hold its annual Memorial Service on **Saturday, Sept. 28, at 1:30 p.m.** in the Auditorium.

This event provides a time to honor and remember those Sherwood Oaks residents who have died in the past year. It will include music, readings, and a ritual with flowers to remember each resident individually.

Family members of those who have died are invited to attend, too.

CURIO CABINETS FOR SEPT./OCT.

By Janet Desko - #210

HATS OFF!

Many thanks to all the residents who contributed “National Park” mementos for the July/August cabinets. We received so many compliments on the display! Clearly, we are a well-traveled group. Please pick up your “National Park” items on **Sept. 10, 10:30 – noon** and **4:30 – 6:00 p.m.**

In September/October, we will be displaying HATS! We need your sports hats, college or university hats, vacation hats, professional hats, and just plain fun hats. On **Sept. 12**, please drop them off from **10:30 – noon** and **4:30 – 6:00 p.m.**

We are looking forward to this quirky idea for the curios. Don't let us down!

UNDISCOVERED MUSIC BOOKS

By Jno L. Hunt - #308

Did you know that there are some 100 books about music tucked away in a room labeled the “Music Room” on the Lower Level across the hall from our Li-

brary? Well, neither did anyone else. Over the years, residents have donated books about music, including biographies, operas, histories, and other writings.

We have recently moved this treasure trove of books into the Paperback Room in the Library itself, so they may be more visible and accessible to all. Feel free to browse and take books out, as you like. Return them when you are finished. They are available on the “honor” system – that is, there is no need to check them out. Enjoy them in your own time and at your own convenience!



Sign over a gynecologist's office: “Dr. Jones, at your cervix.”

In a podiatrist's office: “Time wounds all heels.”

On a septic tank truck: “Yesterday's Meals on Wheels.”

At a proctologist's door: “To expedite your visit, please back in.”

On a maternity room door: “Push. Push. Push.”

TOMORROW, AT 4:03 AM

By Dennis Lynch - 335

... in North Korea, an intercontinental ballistic missile is launched. Less than a second later, a U.S. Military satellite broadcasts:

BALLISTIC MISSILE LAUNCH, ALERT!

In her new, non-fiction book, *Nuclear War: A Scenario*, reporter Annie Jacobson takes you minute by minute – often second by second – through the actions, hopes, and mistakes of the people in the many government agencies (U.S. and others), as they try to figure out what is going on, what chapter in their instruction manual to turn to, and how to react. The book is a page-turner, continually enlightening and terrifying.

Four minutes after launch, we know that the target is the Pentagon (and, if the missile is nuclear, it will destroy the entire D.C. area and everyone in it). But why only one missile? And *is* it nuclear?

At the same time, Secret Service officers lift the President up by his armpits and rush him to a bunker. They have trained for this. He has six minutes to decide the U.S. response. As I kept reading, I was impressed by the enormous number of people and groups in this country which have planned and rehearsed for this eventuality. But they are like a huge machine, with so many moving parts and so much uncertainty built in that you know it cannot possibly work.

I was surprised to learn that “Dr. Strangelove” lives: Russia does, in fact, have a kind of “Doomsday Machine” that will assure that the world is destroyed even if we hit them first. But I was saddened

to read that the person with his finger on the “Big Button that Works” rehearses the least. Jacobsen details the aftermath. Less than an hour from that launch ... one missile launched ... the assured destruction of all the peoples of the world, their civilizations, and their cultures will begin. I mean, *everybody* has *all these bombs*. The Law of the Hammer: “Give a small boy a hammer, and you will find that everything he sees wants pounding.” For tens of thousands of years to come, Earth will not welcome most species. Especially us.

Have we learned nothing?

In the distant future, when the effects of Nuclear Winter and global nuclear fallout have dissipated, evolution will start again. Or that is the hope.

But we – the U.S. and other countries – are *still* dealing with problems caused by radioactive fallout from the many nuclear tests conducted 75 years ago.

And now the U.S., Russia, and China want to start testing all over again.

Indeed, as I write (June 30), China launched a missile by accident.

And on July 2, *The New York Times* reported: “North Korea said that it had tested a new ballistic missile with a ‘super-large warhead’” ...

We have learned nothing.

I only hope that I will be near Ground Zero for one of the bombs and be vaporized immediately. Einstein was right: “I don’t know what weapons will be used in the Third World War, but the Fourth will be fought with sticks and stones.”

Our library does not have the book (as of the end of June); Cranberry Library does.

COOPER'S CLIMATE CAPSULE

By Bruce Cooper - #735

Every day we read headlines about terrible events powered by a warming planet, including a monster thunderstorm that recently knocked out power to Sherwood Oaks. Hurricanes (many more to come this year because of a heated ocean), unrelenting heatwaves, rapidly-spreading forest fires – all these incidents have been magnified because we continue to burn fossil fuels. Transitioning to clean energy cannot happen fast enough.

One of the major roadblocks in the U.S. is the convoluted and time-consuming process for permitting new power lines so the many clean-energy projects waiting to connect to the power grid can do so.

Recently, Senators Manchin and Barasso introduced a bipartisan reform bill called the Energy Permitting Reform Act. It's a complicated piece of legislation that, while speeding up the permitting process, would also mandate fossil fuel expansion. As a result, there is great shouting and wringing of hands among the hundreds of environmental groups that are trying to figure out whether to support the legislation. At this moment, an overwhelming number of organizations oppose the bill, because any legislation that allows additional fossil fuel emissions is a non-starter. My organization supports the bill.

My hope is that we won't wind up with a 'circular firing squad' that doesn't allow any progress. We have no time to lose.

Watch *Preserving Peatlands* on Channel 951 on Mon., Sept. 9, at 10:00 a.m., 3:30 p.m., or 7:00 p.m. There is an encore presentation on Wed., Sept. 11, at 10:00 a.m. and 3:30 p.m.

GRATITUDE TO GARDENERS

By Jean Henderson – #346

*"Sherwood Oaks, our home so lovely,
how does your garden grow...?"*

Our public flower gardens grow so lovely, not only because of our professional landscaping staff who work all year long, but because of our resident volunteers, who currently give time and energy and hard work so that the rest of us can feast our eyes on the beauty they've created.

On behalf of the SORA Board, I offer our gratitude to residents who are currently tending our public gardens: Donna Artz, Ann Ferguson, Patsy Grant, Lois Greer, Ruth Lasure, John Bridges, Jan Kimball, Rae Zuberbuhler, Jane Lavender, Dolly O'Toole, Peggy Rubel, Joe Schulties, and Robert Stawarz.

And a special thank you to those of you who have used your 'green thumbs' for us in the past: Betty Eichler, Ruth Inkpen, Don McBurney, Jeannette Lawrence, and Nancy Paul. SORA is also grateful for all residents who care for plants around their patio homes. I'm sure you join the rest of us '*Mary, Mary, quite contraries*' in simply enjoying the gorgeous gardens growing this summer at Sherwood!

I'm not saying I'm old and worn out, but I make sure I'm nowhere near the curb on trash day.

My wife says I keep pushing her buttons. If that were true, I would have found mute by now.

There is no such thing as a grouchy old person. The truth is that, once you get old, you stop being polite and start being honest.

WHAT'S NEW WITH SORA?

(SO Residents Association)

By Rosemary Coffey, Secretary - #113

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 **Aug. 6, 2024**, monthly board meeting:

SORA Treasurers: The balance in the checking account as of July 31 was \$64,986.50. The SORA balance, reflecting the West View Bank checking account balance and the Huntington CD, came to \$104,986.50. So far, \$15,190 (63%) has been collected from donations for activities (now tax-deductible).

Liaison Reports:

Chimes & Choir: Rehearsals are planned to begin on Sept. 18.

Dining Room: Online ordering was to be available at the end of July. There were 1500 take-out meals in May.

Curio Cabinets: The September theme is HATS.

Resident Arts & Crafts Wall: Additional artwork is needed for the Scooter Room exhibition walls, such as drawings, paintings, needlework, weavings, etc.

Crazy Crafters: Pottery classes are expected to resume in September.

Sherwood Gifts: The financial report as of July 10 indicated sales amounting to \$10,142 for the fiscal year, with a profit margin of 86%.

Billiards Committee: The pool table has been completely refurbished. The door to the room is unlocked, and lights are on all day. Tuesdays have been designated for women, and Thursdays are for men. Call Dick Jones (724-612-3248) to set up a meeting to be introduced to the game.

Maintenance Committee: Gary Whoric reported that all walkway repairs, painting, and cladding of posts was to be completed by mid-August. Walkway lighting upgrades are ongoing, copper line pinhole leaks have been noted, and heat pump routine maintenance is being performed twice a year.

Living with Loss: The annual memorial service will be held on **Sat., Sept. 28, at 1:30 p.m.** in the Auditorium.

Security & Transportation: The large bus may be sold and replaced by a second small bus, with resulting savings in insurance and operating costs. Scooter users are encouraged to stay on the wider walkways for their regular excursions.

Pool, Spa, & Locker Room: A problem related to the ceiling remains. The committee is looking for a new chairperson.

Administrator's Report: Census: IL 197/260; SN, 32/42; PC 29/42; and OGC, 30/30. As of Jan. 5, 2025, all SO staff will be employed by Presbyterian Senior Care Network, not UPMC.

Old Business: The Summer House is being renovated and playground equipment installed. A new garden irrigation system is underway. The dog park proposal is awaiting Township approval; it will be located across the drive from the pickleball court. A renaming contest is underway for the Summer House itself.

New Business: Jason Lyle made several announcements, including that the movie time slot on Sat. night is now being used to fulfill resident requests; residents must not choke the walkways with outdoor furniture; Trips & Tours needs to advertise on Channel 950.

Future Board Meetings: The next Monthly Board Meeting will be held on **Tues., Sept. 10, 2024, at 1:30 p.m.** in the Card Room. The next SORA Quarterly Meeting will take place on **Tues., Sept. 17, at 7 p.m.** in the Auditorium.

WORTH A LOOK
BOOKS NEW TO OUR LIBRARY

By Barbara Christy - #237

Birnam Wood by Eleanor Catton. Fiction. Birnam Wood, an extra-legal gardening collective that plants on unoccupied land on South Island, Australia, is struggling to survive when a landslide in a mountain pass cuts off a town and a large farm. Now abandoned, the farm becomes the last hope of the collective to become solvent. But an American billionaire also has eyes on the property, where he wants to build a survivalist bunker. When Mira, the collective's leader, encounters him exploring the land, they discover that they are worlds apart in values and philosophy but might benefit from joining forces against a common enemy. Then, as they work together, they begin to realize that neither is quite what they seemed, and distrust begins to build. A psychological thriller that will grab your attention, this book is also about intentions and unintended consequences. F CAT

Stranger in the Lifeboat by Mitch Albom. Fiction. What if desperate people, crying out to God for help, actually encounter Him? On Montserrat, the island's chief inspector is given a notebook from a washed-up empty lifeboat. In it the narrator describes a shipboard explosion, ten passengers in a lifeboat increasingly desperate for help, and the incredible discovery of a man floating in the water who claims to be God. It becomes Inspector LeFleur's job to uncover what really happened. Albom, the author, has written best-selling novels about Heaven; in this book, he is writing about what might happen if God appeared in unexpected form to answer prayers. F ALB

The Bomber Mafia: A Dream, a Temptation and the Longest Night of the Second World War by Malcom Gladwell. Non-fiction. The lead-up to the deadliest air raid of WWII was not a simple affair. In this volume, Gladwell provides the characteristic details, as only he can, about the rivalry between two Air Force generals, the slippage from good intentions into the use of technology because-we-have-it, and the incalculable costs of war. Side trips into the development of the Norden bombsite, the moral judgments required in all-out combat, and developments in warfare since WWII make this a fascinating book. 940.54 GLA

Until August by Gabriel García Márquez. Fiction. Ana Magdalena is a middle-aged mother who leaves her mainland home every August for an unnamed Caribbean island. The nominal reason for her trip is to lay flowers on her mother's grave. After an accidental hook-up the first year, the real reason for her annual journey is that she plans – and achieves – a one-night-stand every year that thrills her and balances her boredom with her otherwise normal, dull, 27-year marriage. Over the years, she experiences supernatural pleasure, dangerous humiliation, and guilt. This controversial novel was published after the author's death and against his wishes by his sons and literary agent. How would you rate it compared to his Nobel-prize-winning novels? F MAR

Prayer for the Living by Ben Okri. Fiction. This collection of short stories will take you around the world, shifting perspectives and genres while speaking in a wide variety of voices: young/old, male/female, terrorist/victim, folklore/reality, royalty/peasantry. Most are rooted in ordinary events with recognizable locations

and situations, but deal with complex subjects with emotional intensity, including universal truths related to what it means to be alive. It is a compelling book. F OKR

The Lincoln Conspiracy – The Secret Plot to Kill America’s 16th President and Why It Failed by Brad Meltzer and Josh Mensch. Lincoln is on the train on his way to Washington to be sworn in as President. Meanwhile, members of a secret society of white supremacists are plotting to assassinate him in Baltimore, as he passes through on his way to the inauguration. But Allan Pinkerton and his famed undercover agents, including Kate Warne, one of the first female private detectives, are on their trail. This is a chance to read about a true but little-known episode in Lincoln’s life and to ponder how our history could have been very different. 973.30 MEL

James by Percival Everett. Fiction. This is a retelling of the esteemed novel *Huckleberry Finn* by Mark Twain. It is narrated in the first person by Jim, the enslaved runaway who travels with Huck down the Mississippi River. But, while Huck thinks they are having “larks,” and his version of events reads like a fun time was had by all, for James it was deadly serious. Endangered by the very fact that he is literate, James nevertheless revels in reading and teaching others to read, in translating white man’s speech into slave lingo that he can hide behind, and in freeing other slaves with planning and trickery. This book will give you a whole different perspective and make you want to reread Twain’s enduring novel. F EVE

A Gentleman and a Thief: The Daring Jewel Heists of a Jazz Age Rogue by Dean Jobb. Non-fiction. During the boom years of the 1920s, while the rich were getting richer and enjoying the good life,

suburban Westchester and Long Island were being disturbed by jewel robberies among friends and neighbors. Arthur Barry became notorious as the greatest jewel thief who ever lived. Born to a working-class family, he learned to speak, act, and present himself as a gentleman and scholar, meanwhile casing the homes of his hosts for future heists. As he became successful, he also became bolder, waking his victims and asking them politely to hand over their valuables. Lord Mountbatten and the heiress to the Woolworth fortune were targets of his escapades. Caught, he ended up behind prison bars, but his adventures did not stop. He led a prison riot and was a person of interest in the Lindbergh baby kidnapping. Never dull, the story of this man’s life will keep you entertained while giving you a different look at the Roaring Twenties. 364.16 JOB

Why is there a 'D' in fridge, but not in refrigerator?

As I've grown older, I've learned that pleasing everyone is impossible, but ticking everyone off is a piece of cake!

I'm responsible for what I say, not for what you understand.

Common sense is like deodorant. The people who need it the most never use it.

On a plumber's truck: "We repair what your husband fixed."

On another plumber's truck: "Don't sleep with a drip. Call your plumber."

On a church's billboard: "7 days without God makes one weak."

THE COLETTA MCKENRY LIBRARY ACCESSIONS

FICTION, INCLUDING LARGE TYPE AND DVDs

The 24th Hour	Patterson, James	c. 2024	F PAT
A Calamity of Souls	Baldacci, David	c. 2024	F BAL
Camino Ghosts	Grisham, John	c. 2024	F GRI
City in Ruins	Winslow, Don	c. 2024	F WIN
Clete	Burke, James Lee	c. 2024	F BUR
Endless Summer	Hilderbrand, Elin	c. 2022	F HIL
Eruption	Crichton, Michael	c. 2024	F CRI
First Lie Wins	Elston, Ashley	c. 2024	F ELS
The Great Divide	Henríquez, Cristina	c. 2024	F HEN
James	Everett, Percival	c. 2024	F EVE
Knife River	Champine, Justine	c. 2024	F CHA
The Last Murder at the End of the World	Turton, Stuart	c. 2024	F TUR
One Perfect Couple	Ware, Ruth	c. 2024	F WAR
The Raging Storm	Cleeves, Ann	c. 2023	F CLE
Still See You Everywhere	Gardner, Lisa	c. 2024	F GAR
Think Twice	Coben, Harlan	c. 2024	F COB
The Truth About the Devlins	Scottoline, Lisa	c. 2024	F SCO
Women and Children First	Grabowski, Alina	c. 2024	F GRA
You'd Look Better as a Ghost	Wallace, Joanna	c. 2024	F WAL

NONFICTION, INCLUDING BIOGRAPHIES

Arnie and Jack: Stories of my Friendship with Two

Remarkable Men	Mechem, Charles S. Jr.	c. 2022	796.352 MEC
The King of Late Night	Gutfeld, Greg	c. 2023	791.45 GUT
Knife: Meditations After an Attempted Murder	Rushdie, Salman	c. 2024	928 RUS
Why We Read	Reed, Shannon	c. 2024	028.9 REE

LIBRARY LOWDOWN

By Anne Hunt - #308

Now that summer is winding down and we're getting back to our regular activities, why not visit the SO library? We have many new books and DVDs, and if you are wondering if we have a book you're interested in, you can access our online catalog by doing the following:

Bring up the Uniguest app on your device and click on the "Library" link. At the bottom of the page, click on the blue link.

This will take you to the red and white online catalog screen. From there, you

can use the search box in the upper lefthand corner to find a book by title, author, or subject. It's easy!

On a different note, we have recently received a prohibitive rate increase from the *Wall Street Journal*, which would deplete approximately 20% of our annual budget. Consequently, the library will no longer be able to supply this paper for residents. The current copy available on our library "newsstand" is a donated copy which has limited time left on its subscription, after which it will not be renewed. We will continue to supply the *Pittsburgh Post Gazette*.

SUMMER VISITORS



Photo by Nancy Smith



Photo by Jan Wendt



Photo by Jim Blum



Photo by Jim Blum



Photo by Monika Dalrymple



Photo by Kathie McCormick