



SARASOTA BAY CLUB'S **SCOOP**

News of the Residents - By the Residents - For the Residents

November —December 2022



Merry Christmas





My Prayer at the Western Wall

By: Carol DeChant, Unit #1120S

You probably know that by counting my steps by walking North and South hallways, I've worn out the carpet. While it's being replaced, I've decided to sit for awhile, and I had dinner with Bill and Helene Myers. When our conversation led me to tell them of my prayer at the Wall. Bill said I should send it to Scoop.

One's story of prayer is uniquely her own, of course. My Buddhist friend Renee recites a mantra at her computer every morning before work. Some Chicago cab drivers stop for lunch and worship at a restaurant with a Muslim temple upstairs. I even knew a dog that prayed. In the 1950s, my dad bought a boxer dog for his recently widowed father. This Irish Grandfather prayed out loud every night. Sitting at his feet, Bosco would start his doggie-drone-response to every Hail Mary. It sounded like Grandpa's voice without words. So as a child, Bosco showed me that prayer doesn't need language. Later in life, a sister-in-law told-and often showed—me that mitzvah is prayer in the form of a deed.

Are prayers for a pay raise, or for victory at a football game too trivial? In a more serious vein, Father Fausto asks his downtown St. Martha parishioners to "Pray for the one who broke your heart." Make of my prayer what you will.

My husband Stan and I were in Jerusalem at Hanukkah/Christmas, 1992. Our guide Yussi was driving us to the Western Wall, where visitors tuck prayers into its cracks. Yussi, who didn't take this seriously, told of tourists asking: "Is it OK to write my prayer in English?" or "Does the women's side 'work' as well?" Yussi and Stan were surprised when I said I'd written a prayer to put in the Wall. Neither expected that (though why would a person go to the Wall just to watch other people do it?)

My prayer thirty years ago was: "that our six children find worthy spouses, if and when they desire them." None of our grown children seemed to have a serious marriage prospect, but I was guessing some might wish for one to appear.

Two days after our return home, my daughter Meredith (then twenty-nine) called to compare New Year resolutions. She'd been living with David for years, but she bridled at the idea of marriage so often that David vowed never to mention it again. That day, she opened her journal and found "get Married" - in Dave's handwriting—squeezed into her list of New Year's Resolutions. Because she laughed when telling this, I knew this marriage would now happen. Meredith then told me that her brother Brian (then age twenty-seven) was in love. Within the hour, my step-daughter Linda, (then thirty-six) who had been computer dating, called to tell us she was engaged.

That night I faxed Yussi in Israel, telling of the dramatic "results" for three of our six children—the very first week after my prayer in the Wall!

Our two other children took longer. My never married step-daughter Debbie, at age fifty-seven, signed onto computer dating, and met and married Michael. Daughter Beth, who'd been a single mom of three boys when I was at the wall, married Jim when she was fifty-two.

My prayer—like love—had not been time-sensitive. I'd lost touch with Yussi, but I wished I could tell him that God does answer a prayer tucked into the woman's side of the Wall. But then, why wouldn't She?

FYI: You can now text a prayer, which will be collected and inserted into the WALL: <https://thekotel.org/en/send-a-note/>

If you were like me (Lynne Minguez), after reading Carol DeChant's article on the wall, I was curious to know some facts about it. This was taken from the internet in an article entitled "7 Interesting Things to Know about the Wall".

Over 2,000 years old, the Western Wall is a limestone wall in the Old City of Jerusalem. It is a sacred site to the Jewish people and many come to the wall to pray on a daily basis. It is a very popular tourist site, attracting millions of visitors every year who shove hand-written notes for God into the spaces in the wall. So, whether you are planning a visit, or just curious to learn more, here are some of the most interesting facts about the Wailing Wall in Jerusalem.

The Western Wall is a retaining wall of the Temple Mount compound.

The Western Wall is a pilgrimage site in the Old City of Jerusalem. It is the western retaining wall of the Temple Mount compound. The Temple Mount is the holiest site for Jewish believers and was the site of the First and Second Temples of Jerusalem. The Babylonians destroyed the First Temple in 587–586 BCE and the Romans destroyed the Second Temple in 70 CE. The Western Wall is considered sacred due to its proximity to the site of the Holy of Holies, the most sacred location in the Temple for the Jewish people. There are restrictions on Jewish people entering the Temple Mount platform.

The Western Wall is over 2,000 years old

The Western Wall dates from about the 2nd century BCE. Construction started circa 19 BC. It measures about 488 meters long and about 40 meters high though it once rose to 60 meters high. This above-ground section of the Western Wall is 19 meters high.

Much of the Western Wall is underground

Made of limestone, The Western Wall consists of 45 stone courses (rows). Of these, 28 are above ground and 17 are underground. The first seven above-ground rows date from the Herodian period. The largest stone in the Western Wall is 13.41 metres (44 feet) long and weighs 570 tons.

The term the 'Wailing Wall' is offensive

The term the 'Wailing Wall' came into use as it described the Jews who wept at the site over the destruction of the temples. During Christian Roman rule over Jerusalem (ca. 324–638), Jews were not allowed to enter Jerusalem except on Tisha B'Av, which begins on the ninth day of the Hebrew month of Av. Tisha B'Av is considered the saddest day on the Jewish calendar and is a national day of mourning for the destruction of the Jewish Temples. On this day, Jewish people would weep at their holy places. This is how the Western Wall got its nickname the 'Wailing Wall'. Many consider this a derogatory term that mocks the pain of the Jewish people.

The Western Wall was off-limits to Jews for 19 years

For nineteen years, from 1948 to 1967, Jerusalem was cut in half and east Jerusalem was under Jordanian rule. Eastern Jerusalem contained the Old City, including the Temple Mount and the Western Wall. During these 19 years, the Western Wall was off-limits to Jews.

The Wailing Wall gets more than one million notes a year

The Western Wall is a place of prayer and pilgrimage and it is sacred to the Jewish people. Each year, visitors to the Western Wall leave millions of hand-written notes in between the cracks of the ancient stone. These are notes to God, prayers and personal wishes.

A Rabbi removes the notes twice a year

During Passover and Rosh Hashanah, Rabbi Shmuel Rabinowitz removes the notes from the wall and buries them at the nearby Mount of Olives. Rabbi Shmuel Rabinowitz is the Rabbi of the Western Wall and the Holy Sites of Israel.



A SNAPSHOT OF KATHLEEN RHEM

By: Margo Howard, Unit 901N

Her title is “Lifestyle Assistant.” Though this sounds like being a “life coach” in the outside world, on the good ship SBC I think of her as our cruise director. Un-failingly pleasant, usually smiling, it is she who roams the halls and the Dining Room ginning up interest in the evening’s entertainment or maybe a game of “Trivial Pursuit.” She is the cheerleader for fun.

I asked how she regarded old people? We certainly are not everyone’s cup of tea, career-wise. And I, myself, am ambivalent about even *being* one. “I had older parents,” she explains. “They were older than those of my friends, and I, myself, am the youngest of five. I have a sister who could live here.” Her mother actually does live in a place like this. And it was there she noticed that “the activity per-

son wasn’t doing much.”

Kathleen says it was not only her family experience that attuned her to older people, but her previous work life augured well for her position at SBC. Coming from advertising and marketing gave her the tools she uses. “Everything I’ve ever done applies here: arts, creative writing, games.” I admit to having my own Sally Fields moment when she said, “I like this age group. I find the people appreciative.” I couldn’t help but think: “She likes us! She really likes us!” (Feel free to factor in my own ambivalence here.)

Kathleen experiences a sense of service being here. “I find it useful,” she adds, “for putting my own cares aside.” (This idea resonates with me because my own mother believed that doing something for someone else was the answer to a great many things.) “I’ve met more amazing people here than anywhere else,” she says, “and we have real relationships. The SBC residents project their personalities — and many have great backgrounds. I don’t think I’d find young people as interesting.”

Who could ask for anything more?

New Poetry Reading

Residents Judy Benfari and Linda Albert will be reading their new poetry on Sunday, January 8th from 2 p.m. to 3 p.m. for the PoetryMic in the loft at Bookstore 1, 117 S. Pineapple. They would love to have you come. Admission is free. Register online to be sure you have seats or call the store.



A Tale of Trees—Christmas Tree Trivia

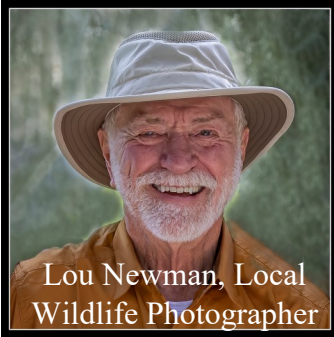
1. The use of evergreen trees to celebrate the winter season occurred before the birth of Christ.
2. The first decorated Christmas tree was in Riga, Latvia in 1510.
3. The first printed reference to Christmas trees appeared in Germany in 1531.
4. Besides evergreens, other types of trees such as cherry and hawthorns were used as Christmas trees in the past.
5. Using small candles to light a Christmas tree dates back to the middle of the 17th century.
6. Thomas Edison's assistant, Edward Johnson, came up with the idea of electric lights for Christmas trees in 1882. Christmas tree lights were first mass-produced in 1890.
7. In 1900, large stores started to erect big illuminated Christmas trees.

8. The tradition of an official Chicago Christmas tree was initiated in 1913 when one was first lit by Mayor Carter H. Harrison in Grant Park.
9. The official Christmas tree tradition at Rockefeller Center began in 1933. Since 2004 the tree has been topped with a 550-pound Swarovski Crystal star. And since 2007, the tree has been lit with 30,000 energy-efficient LED's which are powered by solar panels.
10. Every year since 1947, the people of Oslo, Norway have given a Christmas tree to the city of Westminster, England. The gift is an expression of good will and gratitude for Britain's help to Norway during World War II.
11. Since 1971, the Province of Nova Scotia has presented the Boston Christmas tree to the people of Boston, in gratitude for the relief supplies received from the citizens of Boston after a ship exploded in 1917 following a collision in the Halifax, Nova Scotia Harbor. Part of the city was leveled, killing and injuring thousands.



Presidential Christmas Trees

1. In 1856 Franklin Pierce, the 14th President of the United States, was the first President to place a Christmas tree in the White House.
2. President Coolidge started the National Christmas Tree Lighting Ceremony on the White House lawn in 1923.
3. Teddy Roosevelt banned the Christmas tree from the White House for environmental reasons.
4. From 1948 to 1951, President Truman spent Christmas at his home in Independence, Missouri, and lit the National Community Christmas Tree by remote control. Truman agreed to stay at the White House for Christmas 1952, and personally lit the tree.
5. In 1963, the National Christmas Tree was not lit until December 22nd, because of a national 30-day period of mourning following the assassination of President Kennedy.
6. Since 1966, the National Christmas Tree Association has given a Christmas tree to the President and first family for display in the Blue Room.
7. In 1979, the National Christmas Tree was not lit except for the top ornament. This was done to honor the American hostages in Iran.
8. In 1984, the National Christmas tree was lit on December 13th with temperatures in the 70's, making it one of the warmest tree lightings in history.



HERRING GULLS

By: Dr. Lou Newman

Dr. Lou Newman, retired large animal veterinarian, now professional nature photographer graciously provides us with some of his spectacular photos.

“What the heck is going on here? Why are they doing that? Turns out they are just having fun. Drop-catch behavior is play for Herring Gulls.”

Behaviors with no apparent adaptive function are sometimes described as play. The drop-catches were performed by younger birds, not over a hard substrate and with non-food items. The playing birds took advantage of the high winds making flight less expensive. Object play is often stimulated by the presence of other individuals, in this case several Herring Gull juveniles. Reference: *Drop-catch behavior is play*; Jennifer R. Gamble & Daniel A. Cristol, *Animal Behavior*, 2202, 63, 339-345.

Tossing the shell and catching it immediately was frequent.

Squabbles and competition for a shell occurred occasionally.



Perhaps attempting to entice another juvenile Herring Gull to play?



Thank you to Dr. Lou Newman for his generosity in sharing our local wild life and his talent with us!

DEBUT OF REAL ID

By: Excerpts from the New York Times Article by Debra Kamin, provided by MaryLou Winnick, Unit 227S

“It’s a change nearly 20 years in the making: a post-Sept 11 law requiring that U.S. travelers carry more than a standard driver’s license to board a domestic flight.”

“Beginning May, 3, 2023, U.S. travelers flying within the United States will need to show Transportation Security Administration agents either a security-enhanced driver’s license that’s Real-Id compliant or another T.S.A. approved form of identification like a passport. A state driver’s license that does not contain the Real ID seal will no longer be accepted.

What is a Real ID?

A Real ID is a driver’s license or identification card that bears a special seal, which signifies that the bearer of the card has been screened and approved according to a standard set by the federal government, rather than just by the state issuing the license.

Is My ID Already Compliant?

You can tell if your ID is compliant just by looking at it. Real ID-compliant driver’s licenses have a star, usually in gold or black. The star looks slightly different on each state’s licenses. For example in California, the ID sits on top of an image of a bear which is the state animal. The star will always be located in the top right corner. A license that is not Real-ID compliant will not have a star in the corner and might say “federal limits apply.”

Can I Get a Real ID Anywhere?

Real-ID compliant licenses and identification cards are now being issued in all 50 states as well as the District of Columbia and the majority of U.S. territories. American Samoa is not yet issuing them.

What Do I Need for a Real ID?

Each state has different processes for applying for a Real ID, so you should check your state requirements online. No matter where you live when you apply, you will need your Social Security number, prove your address through documents like a utility bill or bank statement, and verify your identity through a handful of additional documents like a birth certificate or passport. Some states charge an additional fee on top of the renewal fee.

Can I Still fly without a Real ID?

Yes. There are a number of other forms of identification that T.S.A. agents will accept for domestic air travel starting in May. These include a passport, a permanent residence card (also known as a Green Card) or the card for trusted traveler programs including Global Entry and NEXUS which allows prescreened travelers to transit quickly across the U.S.-Canada border. Some states offer Enhanced Driver’s Licenses or E.D.L.s. Some travelers prefer to opt for these because they can also be used at some land or sea border crossings. They provide proof of U.S. citizenship, much like a passport, and are equipped with a radio-frequency identification chip that can display biographic and biometric data on the owner including facial image, gender, date of birth, citizenship status.

Do Children Need a Real ID?

No. Children under the age of 18 are not required to show any identification when traveling domestically with an adult. For international travel children of all ages are required to carry passports.

DEBUT OF REAL ID CONTINUED

Do I Still Need a Passport?

To travel internationally, you do need a passport. For most travelers, becoming Real-ID compliant will be a matter of simply updating their driver's licenses. Real IDs cannot be used at any international borders, including land crossing with Canada and Mexico and they cannot be used for sea travel on a cruise either. International travelers are still required to carry a passport.

Beautiful Insults

Submitted by Ruth Gorton, Unit 223S

These insults are from an era before the English language got boiled down to 4-letter words...such elegant "put downs", huh?!

1. "He had delusions of adequacy" Walter Kerr
2. "He has all the virtues I dislike and none of the vices I admire." Winston Churchill
3. "I have never killed a man, but I have read many obituaries with great pleasure." Clarence Darrow
4. "He has never been known to use a word that might send a reader to the dictionary." William Faulkner (about Ernest Hemingway)
5. "Poor Faulkner. Does he really think big emotions come from big words?" Ernest Hemingway (about William Faulkner)
6. "Thank you for sending me a copy of your book; I'll waste no time reading it." Moses Hadas
7. "I didn't attend the funeral, but I sent a nice letter saying I approved of it." Mark Twain
8. "He has no enemies, but is intensely disliked by his friends." Oscar Wilde
9. "I am enclosing two tickets to the first night of my new play; bring a friend, if you have one." George Bernard Shaw to Winston Churchill
10. "Cannot possibly attend first night, will attend second...if there is one." Winston Churchill in response.
11. "I feel so miserable without you; it's almost like having you here." Stephen Bishop
12. "He is a self-made man and worships his creator." John Bright
13. "I've just learned about his illness. Let's hope it's nothing trivial." Irvin S. Cobb
14. "He is not only dull himself; he is the cause of dullness in others." Samuel Johnson
15. "He is simply a shiver looking for a spine to run up." Paul Keating
16. "He loves nature in spite of what it did to him." Forrest Tucker
17. "Why do you sit there looking like an envelope without any address on it?" Mark Twain
18. "His mother should have thrown him away and kept the stork." Mae West
19. "Some cause happiness wherever they go; others, whenever they go." Oscar Wilde
20. "He uses statistics as a drunken man uses lamp-posts...for support rather than illumination." Andrew Lang (1844-1912)
21. "He has Van Gogh's ear for music." Billy WILDER

Beautiful Insults Continued

22. "I've had a perfectly wonderful evening. But I'm afraid this wasn't it." Groucho Marx
23. "The exchange between Winston Churchill & Lady Astor: She said, "If you were my husband I'd give you poison." He said, "If you were my wife, I'd drink it."
24. "He can compress the most words into the smallest idea of any man I know." Abraham Lincoln
25. "There's nothing wrong with you that reincarnation won't cure." Jace E. Leonard
26. "They never open their mouths without subtracting from the sum of human knowledge." Thomas Brackett Reed
27. "He inherited some good instincts from his Quaker forebears, but by diligent hard work, he overcame them." James Reston (about Richard Nixon) - Robert Truesdell



WORTH READING

The Last Thing He Told Me by Laura Dave

A Book Review by Carol Green, Unit 321S

If you are looking for a classic "who done it" novel without blood and gore, this one is an excellent choice. We find the book's protagonist happily married, late in life. The couple is living with the husband's 16-year-old daughter from a previous marriage. Apparently, his first wife was killed in an auto accident. Suddenly, without explanation, he disappears, leaving behind a note. At this time, they discover that his company is being investigated for fraud by both the FBI and the U.S. Marshall's office. Is he involved in the fraud? Is there something else? How can they find out?

With clues that he has left behind, the wife and daughter set out to find him. They have no idea what lies ahead in their quest. This best-selling novel is one that should make it to your "to read" list. Near impossible to put down when you reach the last 1/3 of the novel, as they get close to solving the mystery of his disappearance.



WORTH WATCHING

Netflix Series recommended by Linda Albert. **"FROM SCRATCH"**. An artist finds romance with a chef in Italy and embarks on a life-changing journey of love, loss, resilience and hope across cultures and continents. Watch all you want. Sparks soar for stars Zoe Saldana and Eugenio Mastrandrea in this romantic drama based on Tembi Locke's bestselling memoir.



“MAY SARASOTA PROSPER”

By: Burt Herman, Unit 809N

When Sarasota was incorporated as a town in 1902, it adopted this hopeful city seal, “May Sarasota Prosper.”

Referred to as the “Water and Fish” symbol, our seal featured palm trees, the bay, a whale, what appears to be islands and 1902, the year of Sarasota’s incorporation.

The recent, thoughtful, inclusive process to revise our 120 year-old city seal resulted in a change approved by our city commissioners at their November 14, 2022 meeting. Our new seal retains the sophistication that pays tribute to Sarasota’s standing as a top destination, a natural paradise and a cultural hub. It features the sun setting behind our iconic Ringling Bridge, flanked by palm trees and a flock of birds.

It retains our original motto “May Sarasota Prosper,” with the addition of CITY OF SARASOTA in bold print.

There is also a desire by some of our Sarasota leaders and citizenry to change our David logo. But according to the Sarasota Herald Tribune, “Michelangelo's David is an ideal logo for a sophisticated city whose residents appreciate a higher standard of living.”

“Zara Zote” appeared on maps in the 1700’s, but the origin of the name is uncertain. Some say our name was derived from a Spanish term meaning “a place of dancing.”

There’s a map that turned up in London a while ago, showing the single word Zarazote, written across Bradenton and Sarasota when Florida passed to British possession in 1763.

Early on, we were also known as “Zara Zoya,” variously meaning life and love, alive, caring, high status and exalted.

Legend has it that Sarasota was named after Sara, a daughter of explorer Hernando DeSoto, who arrived in these parts in 1538.

Then there’s the Indian name, “saras-se-cola,” meaning “a landfall easily observed.”

The native origin of the word Zota, “blue waters,” influenced some historians to suggest that Sarasota is the “Sahara of Blue Waters.”

Whatever the origin of our name, it was pretty-well settled by the 1850’s as the barrier islands and the bay maps were already labeled Sarasota.

Familiar names like Whitaker, Burns, Gillespie, Van Wezel, Web, Palmer and Ringling were some of our early visionaries who helped Sarasota grow and prosper.

In fact, you can’t travel around Sarasota without seeing a street, a building, a bridge, a neighborhood, a theater, a college, a museum named for one of them, as each in their own way left their indelible mark on our special city and even here with our Ringling and Whitaker Rooms.

In 1925, the Sarasota Chamber of Commerce brochure waxed poetic:

“Sarasota is the land of youthful hearts, romance, beauty, the poetry of nature’s finest rhymes and the land of heart’s desire.”

In 2021, U.S. News and World Report named Sarasota as one of the best places in the nation to retire to.

As reported in the December 5, 2022, Sarasota Herald Tribune, SRQ is the fastest growing airport in the nation with an unprecedented 275% increase in passenger traffic since 2018. And for the first ten months of 2022, over 3 million travelers passed through SRQ creating tremendous economic benefits for Sarasota and our region.

Sarasota is prospering.

Resident Social Readings

On Tuesday, December 6th, the Resident Social Program featured some of SBC's very talented writers and poets. Eleven residents shared their poetry and three residents from the Play Reading group each performed short readings. It was so well received, it was decided to print them in Scoop for those who may have missed the event and because some may like to see them in print. The short readings were done by Sue Bralow, Carole Scutt Malcolm and Fiona Lohrisch. This was Carole Singer's last Tuesday Social Program after being the chair for a two-year period. So please enjoy. Thank you Carole for a job well done.

HIDDEN IN THE CREVICICES

By: Judy Benfari, Unit 913N

**She randomly places her folded poems
in the crevices of stacked rocks
to surprise the inquisitive.
Her words may rhyme,
other words may possess an attitude.**

**The multi-colored rainbow kite tails
bump along the path behind her.**

**She lifts the kite, and lets it flutter in the wind,
holding tight.**

**She flings it high to catch the swirling gusts,
releases string towards sky,
Up into the strong cool air.**

**She is ecstatic with the pull and thrill
to play the kite, yet to control,
to control the kite, to hold on forever.**

**Why not be swept away out to sea with kite in hand,
tossing, turning, dancing over salt-fringed waves beneath,
until time to leave, to fly away, to settle back
into her youth, the gaiety, the frolic.**

**Memory saves her hours, receives the windy gusts,
and folds her journey into folded paper,
a snug fit, safe and in her pockets, to set her words in place,
within the hidden crevices of her mind.**

POETRY

SNOW

By: Mario Sparagana, Unit 801N

The snow was a whiteness falling, falling
Upon the hills and valleys where all was aglow.
I was in a field, snow engulfed me.
Everything was stillness in this celestial glade.

This world had a magical beauty, which
nestled me in its embrace.

Purity of snow-white expanse roused me
through and through.

A sense of innocence pervaded me
washing evil away.

I felt levitated, free from the ills of the world.

The chill wind bit into my face rousing
a ruddy flush.

I felt that I had been kissed by an angel.
This world I relished, never wishing to leave,
But the dark night was approaching.

It was past time to return to the hearth
Though I was reluctant to leave this magical place.
I had to bestir myself to desert this fairyland,
But the memory of it would never fade away.

Managing a Planet

By: Original Poem Linda Albert, Unit 209N

I can't be the only person
to have had this epiphany;
how the circus is not an escape at all,
but instead, a mirror -

how the ringmasters in flashy suits
are sometimes just actors with big voices
who pretend to know how to run these shows;

how the clowns with painted tears
who trip over everything
and chase around in circles
have a familiar ring;

how the animals might roar for a reason;
how they could escape their bars
and trample us, shake off their riders
and stampede;

how the ladies in leotards
who fly through air above us
might not be caught one day
by the men with bulging biceps
hanging upside down
and backwards;

how all of us are doing
this high wire act
without a net together;

how all of us could fall;

how we might only be able
to swallow so many swords, juggle
so many balls, jump through
so many hoops of fire
before the greatest show
on earth runs out of encores;

how even at age four I felt disquiet
at the circus;

how the cotton candy
has been a bribe to distract us -

how the tickets don't come with
money back guarantees.

Fortieth Reunion

By: Esta Grocer, Unit 922S

Forty Years it cannot be
I'm not that old...no, not me

Funny, though, things I remember
As I reflect on this November

Top of my list is the thanksgiving game
We were there to cheer in sleet and rain

Remember the tunnel, a long underpass
Making us sometimes late for class

The caterpillar at Norumbega Park
As the top comes down we're in the dark

And a date so bold would steal a kiss
What a time to reminisce

The Totem Pole dancing was so slow
To the rhythmic beat of Baron Hugo

Remember Ten Acres, the Meadows too
The Talk of the Town, Ed Sullivan's shooo

Uncle Miltie's Texaco show
Hopalong Cassidy we all did know

Liz Taylor weds while still a teen
Bogart and Hepburn in African Queen

Doris Day and Jimmy Dean
A sex change for George-remember Christine?

Hemingway wrote the "Old Man and the Sea"
We wore glasses to see movies in 3-D

Remember the ads-my favorite by far:
I dreamt I went dancing in my Maidenform bra

Still looking back, I Love Lucy began
And we all swooned when Sinatra sang

Elvis Presley and his blue suede shoes
Detective Friday and his Dragnet clues

Zippo lighters, Ronsons too
LS MFT—Lucky Strikes are for you

My fellow classmates, those were the days
Of poodle cuts, and remember D.A.'s

Of felt poodle skirts and saddle shoes
And Sarah Vaughn singing the blues

Truman was ending his career
Ike and Dick would soon be there

Russian Commies a threat to our nations
Bomb shelters stacked with rations

And here we are, 4 decades later
Celebrating our alma mater

With each and every familiar face
In practically the very same place

As our Senior Prom in '52
Not only older, but wiser too!

What If?

By: Lucia Blinn, 912N

What if everyone had a place to call home
And had enough food
And nobody lived in poverty
Or shot anybody
And war was just a card game
And doctors became farmers
because everybody was well
And nobody ate animals
And we all knew the names and songs of all the birds
And kids thought a screen was part of the back door
And political leaders had a conscience
And taxes fixed problems
And everyone was kind
And after a long productive life
you went to sleep and woke up over the rainbow

What if?

Keep Well

By Laurel Cohen, Unit 706N

If something in your body goes wrong
Fixing it is not always a song
Everything has a place to belong
You have to retrofit to make yourself strong
So you can enjoy the ambiance with relaxed insouciance
In whatever circumstance
And continue moving with a rhythmic prance
Through the days and nights of life's unfolding dance

*It's Not how much we give but how much
love we put into giving.*

Mother Theresa

Defining Dining

By: Eleanor Besen, Unit 723S

Remember when making a dinner reservation at SBC was a simple task?

Of course, that was before covid and the mask.

There were plenty of staff to answer the call

Dinner was served, there was no time to stall.

But now making a reservation has become a test!

Can you get there in time to beat all the rest?

Or will they just turn you away -

Telling you dining is filled up for that day.

Of course, fewer staff are one cause,

They truly work hard and deserve our applause.

If you're lucky they'll still have 7 or 5:15

Seven makes you wonder if you'll make the entertainment scene.

And 5:15 seems much too early

But it can't be helped so don't get surly.

Let's not complain, let's be happy we're here.

And let's just look forward to a better year!

After the Storm

By: Bib Grossman, Unit 324S

**On a dark and starless night the world feels tentative,
as though it is holding its breath.**

**After the storm, the air is so heavy,
like a wet sponge waiting to be squeezed.**

The leaves on the trees whisper "be still, be still".

"It will soon be morning and a new day dawning."

**A few lights twinkle in the building next door,
some sign that the world is still turning
on its axis according to nature's laws.**

It is evening, soon it will be daybreak – a new day dawning.

**A brand new chance to try, to really try to do our little share to make this a kinder, more inclusive,
more loving, compassionate place to spend our energies and our lives or else – fall into despair.**

A new day, another chance to choose life.

A New Me

By: Shirley Fein, Unit 402N

I now walk more slowly,
No need to rush,
Tomorrow is another day.

I will enjoy the world that surrounds me,
I am the architect of my life,
The beauty of nature lifts me up.

I will engage with friends and family,
I am in the present,
I will make all my dreams come true.

I will mingle and re-vitalize my worldly outlook,
I will develop an ocean of calm,
Rhythm and Enthusiasm will walk with me.
Yesterday will help me see tomorrow.

I will continue to floss my brain to show me the right way,
No longer will I be emotionally fatigued,
I will give my life a voice with dignity and joy.

With extra time, I can strive to be more bodacious and noteworthy.
My stairway of life will continue to go up and up.
And now I will have time to say, "I Love You."

May I Help "Sir"?

By: Herb Snyder, Unit 307N

It all began when I turned fifty
My first "Sir" sounded kind of nifty
Balding on top and turning gray
Early aging was underway.

Then at sixty it was "Sir"
Accompanied by offers of help
To cross the street
Or some other need to meet.

By seventy, the "Sirs" were
Coming thick and fast
I was breathing hard, but not my last.

Then eighties, now nineties

The "Sirs" from men in their 70's
Are in disbelief
That there aren't any signs of grief.

I seriously doubt if the "Sirs"
Will go on forever
I may be smart,
But I'm not that clever.

The Popular Ones

By: Helen Shaw, Unit 307N

I sometimes feel like I'm back
Back in my high school years
Where cliques are formed
There they are, the popular ones
The girls in saddle shoes and bobby socks
Their skirts, sometimes hoops, or maybe plaid
Wearing their cashmere sweater sets

A string of pearls around their necks
Hair in perfect page boy styles
The popular ones
Those I envied and wanted to join.
How I yearned to be
With them huddling
Whispering secrets, giggling
But I was "apart"
Not a part of the group.

Ah to be one of the POPULAR ONES.

Those teen feelings are long gone,
The result
Because I'm now an adult.
But just today
I felt that way
I passed a party being held
White haired women mingling
Sipping wine, laughing
So many I knew,
I felt sad, I felt blue
No invitation had come to me
Those high school emotions suddenly reappeared
Till I discovered
The hostess was someone I did not know
So my sorrow was for naught
In this condition I will not again be caught!

“IDIOMS”

By: Burt Herman, Unit 809N

Seems I'm always “*in a pickle*” coming up with a topic for our writing group.

Well, the “light lit,” when I read the Chicago Tribune’s Sport Section last fall, quoting retired Chicago Black Hawks broadcaster, Pat Foley’s comments about calling the Cubs double-header nightcap, his first.

He said, “*I have butterflies*” and I feel like a “*fish out of water.*”

That’s it!

I had my topic.

Idioms.

We all appreciate that idioms spice up our writings and conversations even though they may not relate to the literal interpretation of the words. Idioms are our figurative language. A language we use in our everyday communications.

These are some of the idioms we commonly evoke.

“Hit the sack. Up in arms. Scrape the bottom of the barrel. Blow hot and cold. Out in the cold. An ear to the ground. Chip off the old block. Fair and square. Hook line and sinker. Give it a whirl. Go the extra mile. Step up your game. In the fast lane. Look before you leap. Don’t shoot yourself in the foot. Play your cards right. Not my cup of tea. Cool as a cucumber. Dog tired. Cut from the same cloth. Dirt cheap. Dark horse. Dead ringer. Drop in the bucket. Fish out of water, Cry me a river. Perfect storm. Spoiled milk. Down to earth. On thin ice. Losing your marbles.”

“Eat crow. Throw caution to the wind. Take it with a grain of salt. A cakewalk. Play it by ear. Rob Peter to pay Paul. Put it on ice. Bury the hatchet. Better the devil you know. Cut corners. Under the weather. Just fell off the turnip truck. Wild goose chase. In a tight corner. Cold turkey. Face the music. Read between the lines. Writing on the wall. Waiting for the other shoe to drop. Seventh heaven. Stand on ceremony. Thank my lucky stars.”

“Bite the bullet. Eye for an eye. Upset the apple cart. My back against the wall. Barking up the wrong tree. Cry wolf. Bend over backwards. Beat a dead horse. Sells like hot cakes. Jump the gun. Blow your own horn. Makes my blood boil. Turn the tide. Take a back seat. Handle with kid gloves. Go against the grain. Stick to my guns. Wear my heart on my sleeve. A deaf ear. Have a thick skin. Toe the line. See the light of day. By the skin of your teeth. Swallow your pride. When push comes to shove. Take him for a ride.”

“On the ropes. Light at the end of the tunnel. Time and tide wait for no man. Strike while the iron is hot. Swallow your pride. Spill the beans. Foot in the door. Eat humble pie. Try my patience. Bitter pill. Walk a tightrope. Bone of contention. Fan the flame. In the same boat. Mind your p’s and q’s. On cloud nine. Pay the piper.”
And so many more.

Idioms have their own special meaning

Like “*cloud nine.*”

In the 1896 edition of the International Cloud Atlas, clouds were assigned numerical orders. The cumulonimbus cloud was assigned number nine because it is the highest reaching cloud. Thus, being on “*cloud nine*” suggests you are very happy and excited. That you are on top of the world.

I’m sure we’re all familiar with the idiom, “*Pay the Piper,*” from the fable of the “Pied Piper of Hamelin.”

It’s about the German town of Hamelin, which after years of contentment, was suddenly plagued by a huge increase in the rat population. Try as they may, the townspeople could not get rid of the rats.

Then a mysterious stranger appeared bearing a gold pipe. He announced that he had freed many towns from beetles and bats and for a cost, he would get rid of the town’s rats.

Although he only wanted a thousand florins, the people were so desperate, that the mayor promised him 50,000 florins if he could succeed. At dawn, the piper began playing his golden flute and all the rats came out and followed him out of town.



The rats were gone.

When the Piper returned for his pay, the town refused to give him his original fee of 1,000 florins. The mayor thinking the rats were all dead, told the piper he should be happy if he received any pay at all, even fifty florins.

Despite the piper’s dire warning, the townspeople went about their business, at last enjoying a peaceful night’s sleep without the scurrying and gnawing rats.

At dawn, the piper’s sound could be heard again, but only by the children, who followed him just as the rats had done. The piper led the children to a mountainous cave where a landslide sealed the entrance.

One little boy managed to escape, telling the townsfolk what happened. Although they tried, the children could not be rescued and were lost forever. The town never forgot the lesson.

While some usage of *Pay the Piper* is related to an earlier interpretation, like he who pays the piper calls the tune, today it almost always reflects the consequences of a bad act.

And with that, “*I’ll call it a day,*” hopefully without “*egg on my face.*”

According to the Brothers Grimm, **the Pied Piper lured 130 children of Hamelin away on 26 June 1284.**

The Pied Piper of Hamelin is an old German folktale about the departure or death of a great many children from the town of Hamelin, in northern Germany, in the Middle Ages.

The first two verses of the poem The Pied Piper of Hamelin by Robert Browning

Hamelin Town's in Brunswick,
By famous Hanover city;
The river Weser, deep and wide,
Washes its wall on the southern side;
A pleasanter spot you never spied;
But, when begins my ditty,
Almost five hundred years ago,
To see the townsfolk suffer so
From vermin, was a pity.

And ate the cheeses out of the vats,
And licked the soup from the cook’s own ladles,
Split open the kegs of salted sprats
Made nests inside men’s Sunday hats,
And even spoiled the women’s chats,
By drowning their speaking
With shrieking and squeaking
In fifty different sharps and flats.

Rats!

They fought the dogs, and killed the cats,
And bit the babies in the cradles,



“NAUTILUS”

By: Burt Herman, Unit 809N

Throughout history, the shell seems to be joined to mythological and religious symbolism in some eras, man’s interest in shells is based on aesthetic principles. In some eras throughout human history, the small animal’s ability to build its home with intricate beauty and unending variety embodying complex, functional architecture, was of significant importance to the mind of man. The shell was also a powerful sexual symbolism. In Greek mythology, the sea and the shell gave miraculous birth to Aphrodite, Goddess of Love and Beauty. The symbolic shell is found in some of the earliest archaeological sites in South America, especially the Mayans. During the late Renaissance, shells were used for elaborate goblets and dishes, bringing splendor to the Tables of Kings. Some very well known pieces can be seen in New York’s Metropolitan Museum of Art.

The nautilus is one of my favorite shells. You may have seen it displayed as part of my seashell exhibit.

The chambered nautilus is one of the most highly evolved mollusks with a well-developed nervous system and highly developed eyes. Naturalists, scientists and physicists have been fascinated by the spirally coiled shell’s chambers with its perfectly proportioned mathematical feat of natural engineering. Air is moved through the many chambers to control buoyancy. The nautilus is considered a living fossil, having been around 480 million years. Even before the dinosaurs.

Oliver Wendell Holmes Poem, “The Chambered Nautilus,” is an interesting and beautiful poem that describes the life journey of the chambered nautilus whose empty shell he finds washed up on shore. Holmes imagines the shell’s lifelong maturation through its growing chambers. He thanks it for showing him that life’s lessons can be learned from nature. Like one should discard that which no longer benefits you in order to create a better and stronger house. With thanks to Carole Scutt, a cut-open version of the Chambered Nautilus is also in my seashell exhibit.

OLIVE WENDELL HOLMES NAUTILUS POEM:

“This is the ship of pearl, which poets feign,
 Sails the unchartered main,
 The venturous bark that flings,
 On sweet summer wind, it’s purpled wings
 In gulf’s enchanted, where the siren sings,
 And coral reefs lie bare,
 Where the cold sea-maids rise to sun their streaming hair.
 Its web of living gauze nor more unfurl;
 Wrecked is the ship of pearl
 And every chambered cell,
 Where its dim dreaming life was wont to dwell
 As the first tenant shaped its growing shell
 Before thee lies revealed
 Its irised ceiling tent, it’s sunless crypt unsealed!
 Year after year, behold the silent oil
 That spreads his lustrous coil;

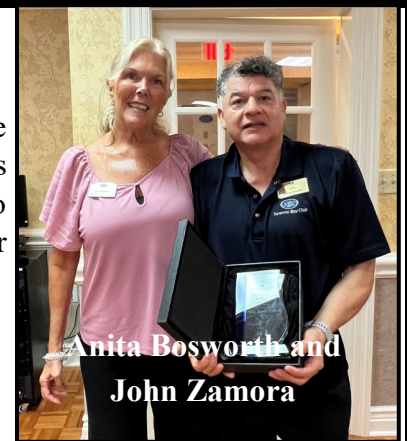
Still as the spiral grew
 He left the past year's dwelling for the new.
 Stole with soft steps its shining archway through,
 Built up its idle door, stretched in his last found home.
 And knew the old no more.
 Thanks for the heavenly message brought by thee
 Child of the wandering sea,
 Cast from her lap forlorn!
 From thy dead lips, a clearer note is born,
 Than ever Triton blew from weathered horn!
 While on mine ear it rings,
 Through deep caves of thought, I hear a voice that sings:
 Build thee more stately mansions, O my soul
 As the swift seasons roll!
 Leave thy low-vaulted past
 Let each new temple, nobler than the last,
 Shut thee from heaven, with a dome more vast
 Till thou at length art free
 Leaving thine outgrown shell by life's unresting sea!

“Walk the Talk” Quarterly Award

Congratulations to John Reyes Zamora in Dining who was recently awarded the SBC Quarterly “Walk the Talk” Employee Award. Each quarter employees nominate a fellow employee who they believe goes above and beyond to demonstrate SBC’s values of attitude, integrity and teamwork. This quarter John Zamora was the recipient of the award.

John has worked for SBC for almost 20 years and during that time has shown up daily with passion, integrity, a serving heart and hustle! As a leader for the SBC dining team, he models what it looks like to *live our values* of ‘Attitude, Integrity and Teamwork’. John’s interactions with residents, their guests and team members is always “seasoned” with kindness. There is nothing John won’t do to make sure our residents have a 5-star experience when dining at SBC. When the chips are down, John shows up. During Hurricane Ian, he stayed before, throughout and after the Hurricane. He demonstrated strong leadership during a very challenging time and worked countless hours to make sure our residents still had a positive dining experience during a Category 4 Hurricane!

We thank John for ‘walking the talk’ so consistently in his work. John received \$100 in cash, a parking space with sign identifying he is the Quarterly Award Winner and received a paid day off (8 hours). He also received an engraved commemorative trophy.



Please join us in congratulating John on a well-earned award.

CHILDHOOD MEMORIES OF CHRISTMAS AND CHANUKAH

By: Shirley Fein

When I look back through the lens of my life, I see a happy childhood that included Chanukah, the Jewish Festival of Lights, and the celebration of Christmas as well. Hanukkah, with all its beauty and tradition, was always observed in our home and our Christmas experiences were enjoyed when we visited our Christian neighbors and friends.

Our neighbors respected our religious values and beliefs and we certainly honored theirs. Now you ask, how could we appreciate each holiday and yet maintain our own identity? The answer is very simple: We cared about each other.

My parents and grandparents mixed socially with our neighbors who were primarily non-Jewish and who observed Christmas with a welcoming display of colorful twinkling holiday lights that lit up the entrances to their modest homes. Each year, they dazzled us with their bright and beautiful Christmas trees that were decorated with many attractive homemade ornaments.

We looked forward to each Christmas when our neighbors would invite us into their homes to see their lovely decorations and share fruit punch and a delicious assortment of holiday cookies. They always had a small gift under their sparkling Christmas tree for my three brothers and me. Sometimes the gift was a coloring book and crayons, or a few pencils wrapped in shiny paper tied with a bright red ribbon. I remember one holiday a long time ago when I was about ten years old, Santa Claus presented me with a Waterman fountain pen that I used



for my schoolwork until it just fell apart. I loved that pen, what a wonderful gift!

My parents always brought a present to our Christmas host family. This gift was usually a carton containing several dozens of double-yolk eggs and chocolate milk for all the children to enjoy. Our holiday visits to the neighbors were always in the afternoon as everyone had to be home by sundown to feed their chickens, dogs and cats and milk the cows. Also, if it snowed during these happy Christmas visits, we had to hurry home and shovel the snow to clear a walkway into our house, into the cow barn and the chicken coop as well.

Chanukah was a joyous time in our home. This wonderful "Festival of Lights" is symbolic of the oil in the ancient temple that was supposed to burn only for one day, but miraculously burned for eight days. My brothers and I used to tell our school friends that they only had one day for Christmas, but we were lucky, we had eight days of Chanukah.

My parents always reciprocated the

neighbors' Christmas invitations and their warm and cordial hospitality by inviting them into our home during the week of Chanukah to enjoy my mother's delicious potato pancakes (or latkes as they are called.) Traditionally, these small and crispy pancakes are served with applesauce and/or sour cream. However, no sour cream could be found in my mother's kitchen. We devoured these tasty treats with homemade applesauce and a tiny bit of sugar sprinkled on top. If cream soured, we fed it to the chickens to help them get enough calcium to produce firm eggshells. Frankly, I never knew that sour cream existed as a food until I was 21 and went to New York to live with relatives.

The tradition of Chanukah is a holiday of miracles; lighting the candles each night, playing games, eating potato pancakes and enjoying chocolate candy in the shape of coins that were called Chanukah Gelt (money). But most of all, it was a time of family togetherness.

During the school day, my brothers and I took part in all the Christmas activities with our teachers and classmates, yet in the evening, we enjoyed our wonderful Chanukah celebration at home. We were lucky! We had the best of both worlds and learned to honor others with beliefs that were different from our own.

Our parents taught us well!

THE EARTH'S POPULATION STATISTICS PUT INTO PERSPECTIVE:

The population of Earth at this minute is constantly changing, but it's around 7.9 billion at this very second.

For most people, this is an unfathomable figure. However, if we condense that 7.9 billion into 100 persons, and then condense it further into various percentage statistics, the resulting analysis is relatively much easier to comprehend:

Out of 100 people:

11 are in Europe	83 can read
5 are in North America	17 are illiterate
9 are in South America	
15 are in Africa	33 are Christians
60 are in Asia	22 are Muslims
	14 are Hindus
49 live in the countryside	7 are Buddhists
51 live in cities	12 are other religions
	12 have no religious beliefs
75 have mobile phones	
25 do not	26 live less than 14 years
	66 died between 15-64 years of age
30 have internet access	8 are over 65 years old
70 do not have the availability to go online	
7 received university education	
93 did not attend college	

Think about this - If you live in your own home, are able to eat full meals & drink clean water, have a mobile phone, can surf the internet and went to college, you are in a miniscule percentage of the population and are a highly privileged person this day.

(This equates to being in the less than 7% category)

Amongst 100 persons in the world - only 8 will live or exceed the age of 65.

If you are already over 65 years old - be content, grateful and thank God; cherish life, grasp every moment.

If you did not leave this world before the age of 64, like the 92 persons who did pass before you, you are truly blessed amongst mankind. Take good care of your own health. Cherish every remaining moment.

If you think you are suffering memory loss, it's called anosognosia and gets interesting.

In the following analysis the French Professor Bruno Dubois, Director of the Institute of Memory and Alzheimer's disease (IMMA) at La Pitié-Salpêtrière - Paris Hospitals, addresses the subject in a rather reassuring way:

"If anyone is *aware* of their memory problems, they do NOT have Alzheimer's."

1. You know you forget names of families.
2. You know you don't remember where you put some things, but you remember you had them.

Earth’s Population Statistics Continued

This often happens in people 60 years and older and they complain they are losing/lacking their memory. "All information remains in the brain, but the "processor" is lacking."

This is "Anosognosia" or temporary forgetfulness.

Half of people 60 and older have some symptoms due to age rather than disease.

Some of the most common cases are:

- forgetting the name of a person,
- going to a room in the house and not remembering why we were going there,
- forgetting a movie title, actor or actress, and
- searching for where we left our glasses or keys.

After 60 years most people have some difficulty, which indicates that it is not a disease but rather a characteristic due to the passage of years. Many people are concerned about these oversights, hence the importance of the following statements:

1. "Those who are conscious of being forgetful have no serious problem of memory."
2. "Those who suffer from a memory illness or Alzheimer's are not aware of what is happening."

Professor Bruno Dubois, Director of IMMA reassures the majority of people concerned about their oversights: "The more we complain about memory loss the less likely we suffer from memory sickness."

Now for a little neurological test: Only use your eyes!

1- Find the C in the table below!

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2 - If you found the C, then find the 6 in the table below.

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 999999999999999999999999999999999999
 999999999999999999999999999999999999
 699999999999999999999999999999999999
 999999999999999999999999999999999999
 999999999999999999999999999999999999

3- Now find the N in the table below. Attention, it's a little more difficult!

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Earth's Population Statistics Continued

If you pass these three tests without problem:

- you can cancel your annual visit to the neurologist
- your brain is in perfect shape!
- you are far from having any relationship with Alzheimer's.

We are truly blessed, so share this with your over-65 friends, and remind them to enjoy life and be reassured.

Trivial Pursuit Questions

Prepared by Harriet Buckman, Unit 106N

1. What unusual musical instrument was featured in the Third Man Theme?
2. What musical instrument did Lionel Hampson play?
3. What is the second highest Himalayan peak after Mt. Everest?
4. What is the name of the gardens made famous by Monet?
5. Who is Norway's most famous composer?
6. What is name of the music from Detroit made famous by Diana Ross and the Temptations (to name a few)?
7. What is the capital city of El Salvador?
8. What is the widest street in the U.S. and where is it located?
9. What is the longest (uninterrupted) street in the U.S. and where is it located?
10. In what country did the fame of Trivial Pursuit originate?
11. After whom was the month of August named?
12. The Rosetta Stone is housed in which Museum?
13. Which state is the second largest cattle producer behind Texas?
14. What Confederate general's house is located adjacent to Arlington National Cemetery?
15. What was Richard Nixon's middle name?
16. What university compiled the first "complete" dictionary?
17. As the unsuccessful presidential candidate who was photographed with a hole in the bottom of his shoe?
18. Residents of what state are humorously referred to as "cheese heads"?
19. What railroad built a chain of hotels to stimulate usage of its services?
20. What industrialist used his fortune to promote libraries in the U.S.?

See answers on page 25.

TRIVIAL PURSUIT ANSWERS

- | | |
|--------------------------------|------------------------|
| 1. The zither | 11. Caesar Augustus |
| 2. The xylophone | 12. The British Museum |
| 3. K2 | 13. Florida |
| 4. Giverny | 14. Robert E. Lee |
| 5. Edvard Grieg | 15. Milhous |
| 6. Motown | 16. Oxford |
| 7. San Salvador | 17. Adlai E. Stevenson |
| 8. Canal Street in New Orleans | 18. Wisconsin |
| 9. Western Avenue in Chicago | 19. Canadian Pacific |
| 10. Canada | 20. Andrew Carnegie |

RESIDENTS DO YOU KNOW??

Did you know we have on campus:

a spa/massage salon (941-822-3115)

a podiatrist (Dr. Sutton 941-921-3000)

and an audiologist (Dr. Nalu, 941-552-3291)

and medical rehab/personal trainer (Rehab Select,
Michael ext. 346 or 941-552-3298)



We also welcome your contributions to future issues of SCOOP at any time! Please place your articles in Lynne's mailbox located in the North or South Tower Mail Room.

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