

THE TIDINGS
MONTE VISTA GROVE HOMES
2889 SAN PASQUAL STREET
PASADENA, CA 91107
March 2019

(626) 796-6135

www.mvgh.org

"All the news that fits"



2019

MARCH CONVOCATIONS

Thursdays at 4:00 pm in Marwick Place

March 7 CURRENT REPORT ON MARS – NEIL MOTTINGER from JPL

Neil Mottinger from Jet Propulsion Lab will present an update on sending Insight to Mars. He says “It was a bumpy ride to Mars but a soft landing. Two instruments have been deployed to the surface and we’re waiting to record the first Mars quakes and pound a heat probe 16 feet into the Martian soil to measure the internal temperature.” His talk will include a PowerPoint presentation and a video. He has spoken at MVGH several times and his talks are outstanding.

March 14 SLOVENIA & WORLD DAY OF PRAYER – JANE VÁSQUEZ & FRIENDS

Slovenia- where is it? In central Europe, between the Adriatic Sea and the Danube River, bordering Italy, Austria, Hungary and Croatia. A part of Yugoslavia until 1990, Slovenia is now independent. It is known for its biodiversity, filled with beautiful rivers, lakes, mountains and forests. Come and learn more in a worship service written by the Christian women of Slovenia. “Come—Everything is Ready!” is the theme, based on Luke 14: 15-24. World Day of Prayer is supported by offerings taken around the world. If you wish to make a donation to help women work together to plan these yearly celebrations, write a check to World Day of Prayer U.S.A. and bring it on March 14.

March 21 NEW RESIDENTS: HELEN BAATZ & MERILIE ROBERTSON

It is always exciting to welcome new residents to the Grove. Please join us as we listen to the life stories of Merilie Robertson and former Grove Executive Director Helen Baatz.

March 28 NO CONVOCATION (MARWICK IS UNAVAILABLE)

DAYLIGHT SAVINGS TIME

On March 10 at 2 a.m. most of America will be “springing forward” as clocks are shifted forward an hour, giving us more daylight in the afternoon. While many look forward to more daylight hours in the afternoon, more states are deciding they want to opt out of the twice-a-year time changes (we “fall back” in November). Why do we do this? Here’s a look at why we started using DST and why we continue to do so.

How it started

We can blame New Zealand entomologist George Hudson for Daylight Saving Time. He wanted extra hours after work to go bug hunting, according to National Geographic, so he came up with the idea of just moving the hands on the clock. According to the BBC, William Willett in his work “British Summer Time,” arrived at the same idea a few years later and proposed moving the clock forward in the spring and back in the fall.

Willett’s idea was picked up a few years later by the Germans, who used it during World War I as a way to save on coal use. Other countries would soon follow suit. In the U.S., DST was signed into law by President Woodrow Wilson in 1918.

(Continued on page 13)

LENTEN PRAYER

Merciful God, in the gift of your Son you have hallowed our lives and drawn us close to yourself. Nothing that can happen to us lies outside the scope of your caring for us. You are close to sustain and teach us at all times. Yet we do not see the hallowedness of the earth and the mystery enveloping us at every turn. Jesus has told us that divine presence is as enmeshed in our lives as yeast in bread, as fruitful in our lives as the great bush grown from a tiny mustard seed. Even events such as death, which seem to signal God's absence, shall with your love yield a harvest of the Spirit. God, open our eyes to the tantalizing richness and sacred love with which you uphold all creation. Help us to truly trust Jesus' word that as his death was fruitful for the life of the world, he can redeem all hopeless situations in our lives as well. Amen.

-- From *All Seasons of Mercy* by Diane Karay

PRAY FOR AFRICA

Join us as we continue to pray for the vast and varied continent of Africa on the first Tuesday of each month in the Gamble Room at 1:00 pm. Our next gathering will be **Tuesday, March 5 in the Gamble Room at 1:00 pm.**

-- Paul Pierson

MVGH Men's Prayer Fellowship

When: Monday Mornings
9:00 am – 9:30 am

Where: The Hearth Lounge
(All MVGH men are welcome)

March Leaders

4 – Dudley Woodberry	11 – Dick Dosker
18 – Bill Hansen	25 – Gene Terpstra

Come share this time for thanksgiving, intercession and fellowship with one another as brothers in Christ.

For more information, contact Cecil Hoffman, Facilitator

MVGH Women's Prayer Group

Every Wednesday morning from 9:00 – 9:30 am, women gather in the Hearth Lounge to read the day's entry from the PC(USA) *Mission Yearbook for Prayer and Study* and then pray for needs in our world, for mission efforts, for our MVGH family, and for relatives and friends.

(All MVGH women are welcome to attend.)

(AD) MINISTRATION

PRESIDENTIAL PONDERINGS

Do you have trouble saying “no?” This is my personal way to respond.

I had a hard time saying “no” when I was younger. Now my philosophy is that I have a chance to choose. I have the opportunity to say “yes” and the freedom to say “no.” I love to sing. When I first arrived at MVGH, I enjoyed singing for the Queen and her Court. I love to preach, but my lungs tell me I can’t any longer. After about 10 minutes my voice gives out. In the past it was difficult when asked to volunteer or give for some special needs. Yet, as I grow older I have the freedom to choose on any request that comes my way. I used to have “self-inflicted guilt” but no longer.

This Christmas I received more requests for donations than I ever have in my life. Now, often included, is a nickel or a dime with a request that it be returned with a donation. I am aware that this is a part of a marketing plan that has been budgeted. So, I keep the money rather than sending it back, costing me a \$.55 stamp. Sorry!

I continue to assist many wonderful requests. Now, however, my major contributions are to my church and MVGH. (By the way, since you elected me as President, when I ask, I expect you to say “yes”!) Thank you for your prayers and understanding.

-- John Toay, Residents Association President



RESIDENTS ASSOCIATION ANNUAL DUES.....DUE

It is that time of year again.....time to remind you of the Residents Association dues for 2019. The amount for 2019 is \$57 for each single resident and \$114 for each couple (a slight increase over 2018). It helps to receive as much of the annual dues as possible, early in the year..... so that there are sufficient funds in the general account to underwrite all of the programs sponsored by the Residents Association, such as our weekly Convocation. (A hearty thanks to those who have already paid their dues in response to the last Minders’ reminder.) You can simply put your dues in the Residents Association lock-box located adjacent to the resident mailboxes. Checks should be made out to MVGH Residents Association (and marked "dues").

In advance..... THANK YOU!

-- D. T. Tomlinson, Treasurer

FROM THE CHIEF EXECUTIVE OFFICER, *Deborah Herbert*:

The term "wellness" is frequently used these days in a variety of contexts. We have a Wellness Center and talk about the importance of wellness, but what is this whole wellness thing anyway?

The definition or model that MVGH has chosen to adopt is from the U.S. Department of Health and Human Services, Substance Abuse and Mental Health Services Administration (SAMHSA).



1. **Emotional**
2. **Environmental**
3. **Financial**
4. **Intellectual**
5. **Occupational**
6. **Physical**
7. **Social**
8. **Spiritual**

As the diagram depicts, there is overlap between the 8 dimensions resulting in other areas being impacted when one area is in need of attention. Wellness is much more than the absence of illness or stress. It is being all that we are meant to be at each age and stage of our life. This is unique for each individual but there are some habits and behaviors that are helpful for all of us.

As a means of promoting these concepts and seeking ways to partner with San Marino Community Church (SMCC), I have agreed to serve on the Wellness Ministry Committee at San Marino Community Church. We are focusing on 3 dimensions of wellness in 2019: *Physical, Spiritual and Financial*. The plan is to spend approximately three months on each concept. The first quarter of 2019 is dedicated to physical wellness. In January, the Registered Dietician that serves MVGH, Deborah Westgate, spoke on nutrition. February presented an opportunity to experience chair yoga and hear a presentation by the owner of Greenheart Yoga in San Marino, Clarisa Ru. On March 17th at 10:30 am at SMCC, we look forward to a presentation on the importance of sleep by Dr. Martin Hsia. Please join us!

-- Deborah Herbert, CEO

PHILANTHROPY CORNER

95th ANNIVERSARY

2019 marks 95 years since Monte Vista Grove Homes was founded in 1924! How blessed we are to have the roots that we do, and to continue to grow and thrive as an organization and a community. We look forward to celebrating this milestone all year long and reflecting on our history as we build our future.

FOUNDERS CIRCLE

We are excited to honor our 2018 Founders Circle donors at an exclusive reception at the San Gabriel Country Club later this month! In the meantime, our 2019 committee kicked-off in February, once again under the excellent leadership of Co-Chairs Tom Erickson and Michael Romo. Our first commitments have already rolled in, and we look forward to cultivating this group throughout the year.

Founders Circle is a major gift membership program that provides essential annual support to sustain the high quality care provided at the Grove. If you know of a business, individual or family member who might be interested in making a Founders Circle gift (\$1,500 minimum), please contact Robin Harvill or Lindsey Mansis, listed below.

CORNERSTONE SOCIETY

We have begun our centennial count-down by setting ourselves an ambitious goal of growing our Cornerstone Society to 100 members by our 100th anniversary in 2024. Over the next five years, we hope to bolster this segment of our support, often thought of as our “roots.” This level of giving strengthens Monte Vista Grove at the core, creating a firm foundation from which our “branches” of care and services can grow long and sturdy.

The Cornerstone Society is comprised of individuals who have made provisions for MVGH in their estate plans (\$5,000 minimum). If you have questions or would like more information about naming MVGH in your will, or about local attorneys who could update or review your will or trust, please contact Robin Harvill (listed below).

2019 FOUNDERS GALA

We are already excited for our Annual Founders Gala this summer! This year marks the special anniversary of MVGH’s 95th year in service! The first sponsorships have already been secured, and we are so thankful for this support.

Mark your calendars for June 22, 2019 and join us at Descanso Gardens for a lively evening emceed by Fritz Coleman. If you’re interested in volunteering, sponsoring, advertising, donating auction items, or otherwise partnering with us for this event, please contact Katie Hamrick, listed below.

PHILANTHROPY STAFF

Robin R. Harvill, CFRE | *Director of Philanthropy* | rharvill@mvgh.org or (626) 796-6135, ext. 437
Lindsey Mansis | *Annual Giving Coordinator* | lmansis@mvgh.org, or (626) 796-6135, ext. 438
Katie Hamrick | *Wellness and Event Coordinator* | khamrick@mvgh.org or (626) 796-6135, ext. 510

-- Lindsey Mansis

NEW DONATIONS to the LIBRARY



Since last month's new books did not get onto the "new books" rack until late in the month, they will remain there through March.

Stop by the Gamble Room to browse through them as well as the following four novels which have been added this month:

- Cleave, Chris *Everyone Brave is Forgiven* —
"Three lives entangled during WWII...a powerful portrait of war's effects on those who fight and those left behind."
- Grisham, John *The Reckoning* —
"A murder mystery, a courtroom drama, a family saga..."
- Kent, Kathleen *The Heretic's Daughter* —
A descendant tells the story of Martha Carrier's condemnation as a witch in 1692.
- Sten, Viveca *Still Waters* —
"On a hot July morning on Sweden's idyllic vacation island of Sandhamn, a man takes his dog for a walk and makes a gruesome discovery."

-- Rachel Lausch

DISASTER DRILL MARCH 6



We will have a different kind of Disaster Drill on Wednesday, March 6th. The Disaster Preparedness Team thought it would be a good idea to give YOU the time to check your disaster supplies!

- Each Independent Living household will be provided with a checklist of recommended supplies by March 1st.
- Each Independent Living household needs to take inventory of their supplies (and expiration dates) and return the completed checklist to their Area Leader by March 6th at 5pm.
- Prizes will be drawn from:
 - The area(s) with 100% participation (1 winner from each qualifying area)
 - The households with the most complete checklists (2 winners)
- Areas that have joint supplies are encouraged to check these as well.

There are many aspects of a disaster that are out of our control. It is important to focus on what we can control like having a sufficient supply (7-10 days) of essential items.

Thank you,

The DPRR Team (Disaster Preparedness, Response and Recovery)

FROM THE TREASURE CHEST



Test your knowledge of Monte Vista Grove history. Identify the descriptions of each of our MVGH FOUNDERS

- | | | |
|-------------------|-------|--|
| 1. JAMES MARWICK | _____ | A. A medical professional who inherited a fortune from Union Oil Company and built the first Care Cottage for the MVGH campus. |
| 2. DAVID GAMBLE. | _____ | B. Pastor of the Pasadena Presbyterian Church who served as an Army Chaplain in WW I and who was a published poet. |
| 3. MARY STEWART | _____ | C. Scotsman who founded the largest accounting firm in the nation. As an Elder he swayed the Synod of Calif. to support MVGH. |
| 4. ROBERT FREEMAN | _____ | D. Architect who designed the Rose Bowl, Occidental College, the Huntington Hotel and Monte Vista Grove |
| 5. MYRON HUNT | _____ | E. Businessman whose company manufactured Ivory Soap and whose family lived in a Craftsman style house. |

The key to the answers is found on page 14.

-- Bill Hansen for the History Committee

CHANGES THAT HAPPEN TO EVERYONE AS WE GET OLDER [From the American Physical Therapy Association]

- Decreased maximal heart rate with activity
- Increased blood pressure at rest and with exercise
- Slower reaction time
- Decreased muscle strength
- Decreased bone mass
- Decreased flexibility
- Higher percentage of body fat
- Longer recover times after activity

-- submitted by Cheryl Prentice

TUESDAY! March 12

HYMN SING

4:00 PM Marwick Place

SPRING HYMN SINGS: As we continue to explore and celebrate our new hymnal we will have one hymn sing each month.

Focus for February and March: *Lenten Themes in Glory to God*

On Tuesday, February 12 we introduced hymns 162-195 covering Jesus leaving Nazareth, his baptism by John, Jesus in the wilderness, the calling of the Disciples, Jesus' teaching years, the Transfiguration.

On Tuesday, March 12 we will sing hymns with Lenten themes of Lament, Confession, Forgiveness, Justice and Reconciliation. We welcome fabulous singers, average singers, and listeners too! Come! The singing and the hymn texts will leave you both refreshed and renewed.

DO YOU HEAR A CALL?

Easter is only a couple months away. Will you be on campus Maundy Thursday, April 18th?



That is when we have our annual Maundy Thursday Communion Service at 4:00 PM in Marwick. There are between 40 to 55 in attendance. Would you consider serving on the worship team? As.... liturgist (a brief message), worship leader, communion server/usher, or greeter. Do you feel nudged to find out more? Please contact coordinator Martin Miller-Hessel in person, send an email to pamarmh@yahoo.com or call 626-393181.

Thank you for pondering this opportunity.

-- Martin MH



NEIGHBORHOOD NEWS

NEIGHBORHOOD 3

Neighborhood 3 meets quarterly on the third Wednesday of the month in the Gamble Room. In past meetings Paul Pierson has reported on N.T. Wright's book on St. Paul and Bryce Little has discussed their trip to Little Easter Island. At the most recent meeting everyone shared in the discussion. The meeting time is 4:30 to 5:30 pm just in time for dinner in the Dining Room. Lee Hawthorne is the convener and Paul Pierson serves as the contact person.

NEIGHBORHOOD 6

Neighborhood 6 meets on the first Monday of each month. Helen Baatz was introduced as a new resident at a recent afternoon meeting. The meeting was held in Mas Hibino's apartment. June, his daughter, came from Fullerton to help with refreshments. The group was amused by the challenge of introducing Helen to the Grove so instead each Neighbor shared their own personal cares and concerns.

The last meeting was held in Jim and Barbara Mathieu's home. That meeting became very memorable because Leon Fanniel made an enormous effort to be present. His presence provided a special memory for the Neighborhood. The next meeting in March will be in the home of Kathy and Dale Bruner

NEIGHBORHOOD 7

Neighborhood 7 met recently on a Friday afternoon to welcome Merilie Robertson who is the new resident in Apartment D85. Bill and Polly Craig hosted the meeting in their home. The meeting included all 21 Neighbors. Merilie shared bits of her life story and the others in the group shared their stories as well. (The group did take a break for refreshments!)

It was learned that Merilie is a native Californian. Her grandparents were California '49ers who settled in Auburn, California. They later moved by wagon and a team of horses from Northern California to Simi Valley. Merilie is a very welcome, enthusiastic addition to the Neighborhood.

NEIGHBORHOOD 8

Neighborhood 8 meets on a Wednesday evening. The whole Neighborhood has recently benefited from the abundant harvest of the Cunninghams' navel orange tree. Thank you to the Cunninghams!

An important member of the Neighborhood is Max. Max, the dog, is the beloved pet of Barbro and Chuck Hammond. For Max's exercise Norm Thomas and Mae Gautier walk with him every day of the week but one. One day a week Judy Ballenger takes Max for his morning and evening jaunt. Judy reports that Max is a sweetheart and a very lovable pooch. This daily schedule for walking Max has lasted for more than two years. There are some very thoughtful Neighbors in Neighborhood 8!!!!

TIME OUT FROM TECHNOLOGY



I first encountered fountain pens in grade school. Decades ago in Catholic classrooms in New Jersey, taught by nuns, we kids learned our penmanship with a fountain pen. Although ballpoint pens existed then, they were heresy and thus forbidden. Of course, these fountain pens were cheap plastic models with a lever on the side that sucked ink into a rubber holder designed to leak upon first use. Even so, our ability to smear ink all over our hands, faces, and hair, was mind-boggling.

I abandoned the tribulations of fountain pens and ink-stained hands when I reached public high school. It wasn't until deep into middle age when all life, it seemed, turned high tech that a gnawing discontent began to creep into my mind. Life felt mechanized. I spent serious amounts of time in my office pushing buttons, typing, clicking, and shoving a palm-sized plastic rodent around flat surfaces. Home was not much different.

I don't recall exactly when the notion gripped me of a fountain pen as a hedge against this growing onslaught of technology. But there I was one day in a fine stationery store pondering a row of elegant fountain pens quietly reposing on satin in a glass case. Should I indulge myself? And would I even use a fountain pen in real life? Putting aside sensible but negative voices, I opted to rebel. I bought the fountain pen.

With my new pen and bottle of blue ink, I envisioned transformation. Indeed, with pen in hand my creative juices did flow more generously. My handwriting became elegant. I wrote with increased intelligence. Perhaps I exaggerate.

Bravely, I took my pen to the office and used it forthrightly. More than once someone would spot me writing a memo longhand, and with gentle pity ask, "Why don't you use the computer?" as if they had discovered me sitting there with a roll of parchment and a bird quill.

Once, a colleague smugly showed me his Bic and said, "Cost me a buck," as he wryly observed my \$150 fountain pen. And I, with a steely glint in my eye, asked him, "What kind of car do you drive? A used Yugo?" I knew the answer. He drove a Lexus, and so I asked why he would drive such an expensive car when cheaper ones abounded. As he walked away, I knew I had made a point but not a convert.

The reason we write with fountain pens has more to do with art and spirit than utility. It is to experience the subtle sensuality of an elegant pen in hand while ink flows gracefully over a gold nib. Fountain pens, they say, take on the character of the writer in a way a Bic is hopeless to reflect. We choose from small and delicate to large and heavy, from simple and sleek to wildly ornate to suit what our soul is trying to express. Over time, the nib itself bends to our unique style of writing. This cannot be said of a keyboard.

Fountain pens, treated with respect, can serve us for a lifetime. My computer, even as I write, is advancing relentlessly to senility and will no doubt need to be replaced before I finish this essay.

I do not propose either personal revolt or mass social protest against modern technology. Neither do I suggest that we abandon our computers and return en masse to fountain pens and linen stationery. Computers and cell phones and DVDs are as embedded in our lives as refrigerators and flush toilets. One cannot soberly conceive of their absence. Most of us would gladly choose a root canal over relinquishing our laptops. But, as technology grows more invasive filling every corner of our lives and seeming to alter our very brain cells, I, for one, feel compelled to carve out a small counter-cultural oasis. My fountain pens, low tech and lovely, with quirky individual personalities and a leisurely pace, fill this need.

-- Cynthia White

HEARING LOSS? THEN LISTEN UP!!

Five years ago researchers at Johns Hopkins School of Medicine, supported by the National Institute on Aging and the National Institutes of Health, discovered “a growing list of health consequences associated with hearing loss, including risk of dementia, falls, hospitalizations, and diminished physical and mental health overall.”

The reasons aren't entirely clear. While our brains shrink with aging, the structures that process aural input shrink even more with hearing loss which accelerates the rate at which the brain atrophies. Additionally, we tend to withdraw from conversations and relationships that we can neither hear nor understand, leading to further “use it or lose it” effects.

While neither Medicare nor our BCBS insurance covers hearing aids, they will cover hearing testing. Hearing aids can run from a few hundred dollars to a number of thousands, depending upon size, performance, and technological sophistication.

So hearing loss matters. Google “hearing loss - dementia” and skip the ads to read the reputable articles. We probably won't get smarter, but we can wisely hear better.

-- Dave Winters

AEROBIC EXERCISE EASES AGING

Aerobic exercise like jogging, or intervals of jogging and walking, can make our cells biologically younger. That's the finding of a new study published in November in the *European Heart Journal*.

Researchers speculated that the most pervasive anti-aging effects of exercise may occur at the tips of our chromosomes, capped with tiny bits of matter known as *telomeres*. They seem to protect our DNA from damage during cell division, but after shorten and fray as a cell ages. Many scientists believe that telomere length is a useful measure of a cell's functional age. Telomeres, however, can be lengthened or shortened by one's lifestyle.

To test their hypothesis, researchers recruited 124 middle-aged men and women who were healthy but did not exercise. One-third started a supervised program of brisk walking or jogging. Another third worked out on a circuit of muscle-building machines like ours three times a week. One-third continued their customary lifestyle without exercising. Each group continued these patterns for six months.

The results showed that all volunteers who exercised in any way became more aerobically fit. But there were sizable differences at a molecular level. Those who had jogged, or alternated jogging and walking, had much longer telomeres in their white blood cells. The weight trainers did not. Their telomeres resembled those in the control group who did not exercise.

The message from this study is that exercise of any kind may slow the aging process. It's not too late to keep your cells young. Even seven minutes alternating jogging for 30 seconds followed by 30 seconds of walking will help. Just that can improve your quality of life whatever your age may be.

-- Norm Thomas

“WC”

The following was put in Nancy Lain’s inbox recently, placed anonymously and enjoyed immensely! Attached to it was a copy of the ‘Minders Week-at-a-Glance’ with every “WC” (standing for *Wellness Center*, by the way) circled in **RED**! Enjoy!

An English lady of title who was suffering from a nervous breakdown, having been recommended to stay in a small German village in the mountains, went there to enquire about lodgings and, knowing very little German, secured the assistance of the local schoolmaster who had a small knowledge of English. Securing what she wanted, she returned home to make all arrangements. Then she remembered she had forgotten to enquire as to whether or not there was a W.C. attached to the house. She wrote to the schoolmaster for full particulars and, as he had never heard of the abbreviation and did not know its meaning, he consulted the local Pastor who also knew little English. He came to the conclusion that the lady was a devout church-goer and wished to know where the Wesleyan Church was situated and he wrote the following letter:

“The W.C. is situated about seven miles from your lodgings, in the centre of a pine forest, midst lovely surroundings and is open on Tuesdays, Thursdays and Fridays. It is unfortunate for you if you are in the habit of going regularly, but you will be glad to know that a number of people take their lunch and make a day of it. Others who cannot spare the time, go by car and arrive just in time. As there are many visitors during the summer I would advise you to go early. The accommodation is good and there are 80 seats but should you at any time be late there is plenty of standing room. The bell will ring 30 minutes before the W.C. is opened. I should specially advise your ladyship to pay a visit on Thursdays as on that day there is organ accompaniment. The acoustics on the premises are excellent and even the most delicate sounds are audible. Hymn sheets are provided at the door. My wife and I have not been for eight months and this pains us greatly but it is such a long way off. I shall be delighted to reserve the best seat for your ladyship.”

(It is definitely a good lesson in making sure people know what an abbreviation stands for!) 😊

(Continued from page 2)

DAYLIGHT SAVINGS TIME

Why did the U.S. do it?

The idea of setting clocks ahead in the spring was pitched as a way to help farmers with crops and harvesting. In reality, it was department stores behind the push for adjusting clocks, looking for another hour of shopping time in the afternoon and evenings.

Others have argued that DST saves energy. A 1975 study by the U.S. Department of Transportation showed that DST accounted for a savings of about one percent a day in electricity use.

While most of the country and about 40 percent of the world use DST, there are some exceptions. Two states – Arizona and Hawaii – and several territories don’t fall back or spring forward with DST. Arizona has not observed DST since 1967 when it filed for an exemption under the DST exemption statute. Hawaii, too, opted out under the exemption. The state has never used DST.

WHO SAYS HISTORY IS DULL?

The following hysterical facts were reported by teachers from history tests given to 5th and 6th graders in Ohio many years ago. There are unverified reports that several of these former students are now serving in Washington.

-- Gnu Mi

- The Greeks were a highly sculptured people and without them we wouldn't have history. The Greeks also had myths. A myth is a young female moth.
- Socrates was a famous old Greek teacher who went around giving people advice. They killed him. He later died from an overdose of wedlock which is apparently poisonous.
- In the first Olympic games Greeks ran races, hurled biscuits, and threw the java. The games were messier then than they show on TV now.
- Joan of Arc was burnt to a steak and was canonized by Bernard Shaw for reasons I don't understand. The English and French still have problems.
- Queen Elizabeth was the "Virgin queen." As a queen she was a success. When she exposed herself before her troops they all shouted "hurrah!" and that was the end of the fighting for a long time.
- Sir Francis Drake circumcised the world with a 100-foot clipper which was very dangerous to all his men.

(Bill Van Ness has some contacts who shared with him this fairly unbalanced reporting of events and persons.)

ASH WEDNESDAY, MARCH 6, 2019



ANSWERS FOR FOUNDERS QUIZ

1.- C / 2.- E / 3.- A / 4.- B /-5. - D

THE GIFTS THAT KEEP ON GIVING

Have you ever wondered about the boxes that occasionally are piled up in the carport nearest to the garages at the back of the Wellness Center? Most of them will have on them the label, **ACTS**. Since we are such a Christian community you may think that these are all boxes of books about the Acts of the Apostles that someone has donated for our edification. But this is not the case.



Here **ACTS** has nothing to do with the title of a book of the Bible but very much with the message of the Bible.

The boxes in fact contain items that have been donated to our Monte Vista Grove Store but for various reasons after several sales have not sold. With the limited amount of storage space available to the Auxiliary, these items are boxed up and labeled, **ACTS** as they await pick-up from the ACTS Thrift Store, which is an agency of Lake Avenue Community Foundation with a store at 1311 N. Altadena Drive in Pasadena. Gifts that are given to our Monte Vista Grove Store keep on Giving even if they have not sold in our store after several sale dates as we share in the mission of the ACTS Thrift Store. On its website it states, "It may not be something you think about every day, but at ACTS Thrift we think about ourselves as a form of recycling for the community. *You* and the rest of our neighbors bring us well-loved clothes, home goods, toys, books and whatever it is you no longer need, and we provide those things back to people who need or want them for just a few bucks. And all of those dollars you spend go back to the community to organizations, partners and your local ACTS employees. It's a virtuous circle of giving, buying and giving that helps everyone in Pasadena and the surrounding area." When you see those **ACTS** boxes in the carport remember that your gift and all gifts to our Monte Vista Grove Store keep on Giving.



-- Huw Christopher

BOOK REVIEW

Jill Lepore, *These Truths: A History of the United States*. (W.W. Norton, 2018).

Jill Lepore (b. 1966) is a hyperactive, rapid-speaking scholar who gesticulates as she speaks. She is a Harvard University historian of the United States; she also has written for the *New Yorker* for a decade. Her history of America is more like that of Howard Zinn's (1922-2010) *A People's History of the United States* (Harper Perennial, 1980) focusing more on ordinary people, especially the dis-franchised, but more intensive in depth. Unlike other historians of the US, Lepore does not mention American presidents (except Lincoln) over the decades. Instead, she prefers to include what most historians tend to leave out and which most Americans tend to relegate to amnesia. Lepore covers the entire history from 1492 when Columbus first set sail for the new world and ending with the 2016 election of Donald Trump as president.

Lepore is a comprehensive story-teller. In *These Truths* (words first articulated in the Constitution) she tells about some history books that "fail to criticize the United States; others do nothing but. This book is neither kind. The truths on which the nation was founded are not mysteries, articles of faith, never to be questioned, as if the founding were an act of God, but neither are they lies, all facts fictions, as if nothing can be known, in a world without truth." She quotes Lincoln, "We cannot hallow this ground, we are obliged, instead, to walk this ground."

Starting with 1492 she tells of Columbus discovery of Haiti and saw "naked people who were poor in everything; they lacked weapons, lacked tools, and even lacked a faith. I will take six of them from here (addressing to the monarchs of Spain) that they may learn to speak." (Later, Columbus admitted the truth that "None of us understands the words they say.")

Between 1600 and 1800 two and a half million Europeans migrated to British America and two and a half million Africans were carried by force. Africans died faster because of diseases such as small pox of which Europeans with centuries of living with animals were immune. Lepore tells about this same period when two and a half million Europeans moved to the Americas; they carried twelve million Africans, and as many as fifty million Native Americans were slaughtered. Europeans had claimed in the Americas five times the size of Europe, ended famine leading to four centuries of economic growth as most Europeans claimed to be the "grace of God." Thus, readers will find the irony in Lepore's *These Truths*.

Lepore says that in 1492 sixty million people lived in Europe, fifteen million fewer than lived in the Americas. Before 1492, Europe suffered from scarcity and famine, after which the vast wealth carried to Europe from the Americas and extracted by forced labor of Africans granted new powers that contributed to the rise of nations states. The American colonists told their rebelling Native Americans that unlike the cruel Spaniards, that because of their English background, they were much more "civil." Lepore underscores for readers some hidden historical facts (many of which could not be included in this short review).

– Franklin J. Woo

RACHEL'S RECOVERY

When Rachel and I first heard of the "New Me" Challenge from our Wellness Committee we just ignored it because we knew that Rachel would soon be having surgery for her breast cancer. After her surgery on December 13, though, her surgeon encouraged not only stretching exercises but also staying active. This prompted both of us to look at this challenge more seriously. We appreciate all that the challenge has done to help with her recovery from surgery and in keeping her active now with her chemotherapy treatments. We were happy that before the end of the challenge on Saturday, February 2 we were both able to complete 100 hours of this challenge. Most of those hours were spent in walking and in the recent rains we found our new Wellness Center to be a great place to walk in the rain, when it is too sunny and after dark. Thanks to all who help provide such a wonderful Wellness Center and this "New Me" Challenge to help Rachel with her recovery.

-- Huw Christopher

HOW MANY STANZAS SHOULD WE SING?

On several occasions in using the *Glory to God* hymnal and the *Presbyterian Hymnal* we have experienced different stanzas included or omitted between the two hymnals. Some stanzas have different wording. In many cases the additions or omissions in *Glory to God* have driven me to look first at the footnote to the hymn. If this did not provide the answer, I to the *Companion to Glory to God* by Carl Daw, Jr. found in our Gamble Room.

In the case of the hymn, *Blest be the Tie That Binds*, the additional stanza, stanza 4 in *Glory to God*, No. 306, reflects much of the situation out of which the hymn was written. As Carl Daw points out the stories surrounding the hymn all relate to the writer, John Fawcett, call to leave his poor Baptist church in Wainsgate, Yorkshire, England to become pastor of the prestigious, wealthy congregation at Carter's Lane in Southwark, London. Eventually his own sorrow and the sorrow of his wife at leaving combined with that of his church members prompted him to decline the call to London and to stay with his congregation.

The hymn was originally titled by John Fawcett as *Brotherly Love*. It has been and continues to be a popular expression of Christian fellowship, including the fellowship we share here as residents of Monte Vista Grove and the fellowship that has been shared by residents who have had the privilege of living here since 1924. *(For those who are more concerned with the content of the stanzas than about how many we should sing, you may want to look Walter Brueggemann's theological reflections on this hymn in his new book, "A Glad Obedience.")*

-- Huw Christopher



MARCH

Marilyn Manning	March 02
Tom Erickson	March 03
Anne Tomlinson	March 11
John Toay	March 13
Dave Winters	March 13
Barbara Mathieu	March 16
Mary Brassard	March 19
Mary Hamburger	March 19
Jim Mathieu	March 20
Agnes Duntley	March 26
Norm Thomas.....	March 29

THE TIDINGS 2019 GUIDELINES

- **Articles to be submitted in Arial - 12 point type**
- **Articles to be to the point with content and information**
- **Personal experiences, ponderings, thank you notes, other news are wanted**
- **Informational news, ideas and stories from committees and individuals**
- **Articles due on the 15th of month prior to publication**

NOTE: All submissions will be reviewed for inclusion. Content and opinions expressed in an article are the author's own and do not reflect those of the Tidings Team.

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CEO: Deborah Herbert
 President of the Residents Association: John Toay
 Publisher: Marilyn Manning
 Editor: *The Tidings* Team
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