

Left Handed Thoughts...



“The right half of the brain controls the left half of the body. This means that only left handed people are in their right mind.”
—Anonymous

Reason is our soul's left hand, Faith her right”
—John Donne

A guy invented a left-handed hammer. Didn't sell. No left-handed nails!

Granny Sez

Well folks I moved into The Glen well over three years ago and I remember writing about the “moving in experience” being somewhere between surviving the San Francisco earthquake and Armageddon. I’m sure you have those memories too. Then as time went on, life settled down to the more mundane. Here’s what I was thinking a little later. *February, 2010 reprint:*

I was pondering the other day...(now that I’m settled in here at The Glen my life offers time to ponder) ...anyway I got to thinking that what goes around comes around.

You know how we had ground rules for raising our kids:
-eat your vegetables and watch your table manners,
-drink nourishing beverages,
-mind the curfews and early bed-times,

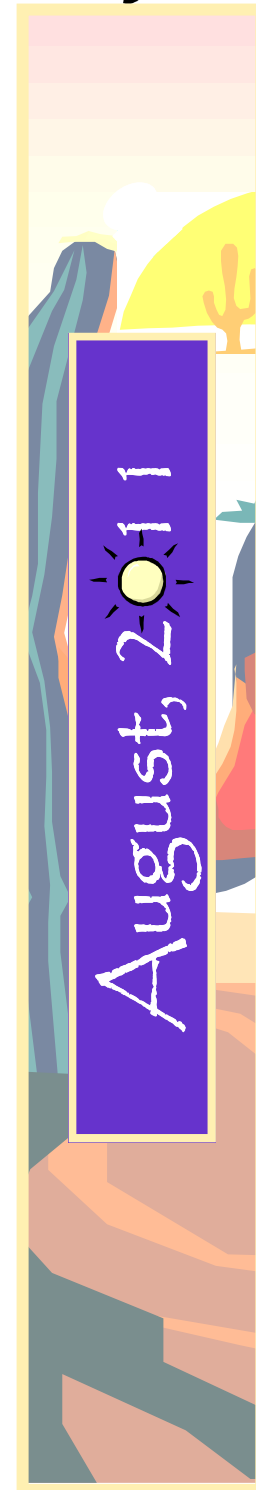
-be careful when driving and never speed
-keep like-minded friends

Does that sound like we might be having a second childhood experience here? Didn’t our folks tell us, “early to bed and early to rise makes a man healthy, wealthy and wise?”

I figure if you’ve got one of those attributes at our age you’re ahead of the game; and more than one of them, and you’re in orbit. I give myself a 1.5, but I met someone the other day who is probably a 3. If he was 30 years younger, the women would be all over him. Ask me no questions; I’ll tell you no lies.

‘Til next month, hang in.

Love, Gran
(Bunny Anderson) 



A Giant Leap for Estelle

By Betty Cortus



It was almost a year ago that LCG resident **Estelle Eisenberg**, realizing that her next birthday would place her in the ranks of the nonagenarians, decided to mark that momentous event with an act of daring—a 1,300-foot parachute jump from a plane. On her 90th birthday, July 6th 2011, true to her resolve, she fulfilled this audacious ambition!

Estelle, a strong-willed, self-assured woman, made a conscious decision to put aside her natural inclination to take charge of events in her life by putting herself physically and mentally in the hands of the experts, and vowing to follow their instructions to the letter. This served her well.

Once aloft she felt no fear, and awaited in a state of composure, until the rush of wind upon the opening of the door through which she was about to leave the plane gave her a momentary gasp of alarm, wondering why on earth she was doing this! This quickly passed as she realized the reassuring arms of her instructor were around her through the breath-taking tumble of free fall. Now a lifetime of healthy living stood her in good stead, giving her the youthful flexibility to assume the three different bodily postures required for each separate stage of the descent. Next came the opening of the chute, happily far less jolting and bruising than she had anticipated. Then the heavenly, dreamlike float earthwards brought her the peace to absorb the beauty and wonder of a panoramic vision of mountains to the east and the city below. A pinpoint landing to accept the accolades of admiring friends, newspaper reporters, and television crews and Estelle had lived through a few minutes of glory and euphoria few 90-year-olds could hope to duplicate.

Life on the Beach

It was a fine day in Southern California, and I was enjoying swimming in the sparkling ocean and sunning myself on the beach. But my son and his girlfriend had left the beach a while ago, and it was time for me to go home. I looked at the rather steep bluff behind me, and although I was quite active and in my 50s, there was no path up this high bluff at this spot. It hadn’t been a problem for Steve and Jennie.

I climbed up most of the distance, but then I came to a rock outcropping that I just could not get past. As I clung there on the face of that sandy cliff, unable to go up or, even worse, down, I concluded that I’d have to wait there and pray for a helicopter rescue.

After a few more agonizing minutes passed, a young man on the beach, wearing wet socks as climbing aids, reached me and enabled me to negotiate the last few feet on my own. Then he laughingly said, “Now who is going to help me down?” His athletic ability, courage, and kind heart left one very grateful woman atop the bluffs in Del Mar.

When I reached home at last, Steve called out to me, “Mom, I hope you didn’t try to go up the bluff the way we did...it wasn’t a good route.”
More vacation/camping stories on pages 2-3!

Dentifrice

By Carole Eibelheuser

When was the last time you saw or heard “dentifrice?” The word actually comes from the French word for toothpaste.

Tooth powder was generally used among the Romans who used a variety of substances reduced to a fine powder. The earliest mention of it was in a poem:

“Calpurnius, I greet you with some quick verse. I sent you, just as you asked me to, clean teeth and a bright smile the product of Araby, a little powder, noble, fine and whitening, something to reduce the swelling of your little gums, to brush away yesterday’s leftovers, so that nothing dingy and nasty might be seen should you part your lips in laughter.”

This writer remembers pouring a little tooth powder in the palm of my hand, wetting the toothbrush, dipping it into the powder and brushing. Believe it or not, tooth powder is still made, used and sold.

Next time you travel, you don’t need to pack toothpaste, just a tin or jar of tooth powder to bring back memories of those frugal times in your life! Share some with your grandchildren!



Answer to Where was Jay Standing: On the corner of Mountainview and Gardenview looking at Bob and Mary Kelly's patio.

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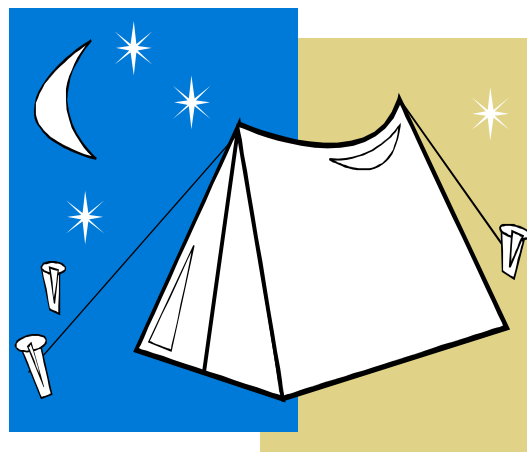
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First Time Camping

By Carole Eibelheuser

Being at Girl Scout Camp was my first time away from home. Do you remember the song "Hello, Muddah, Hello, Faddah" all about camping? Well it always brings back memories when I hear it. Lyrics can be found on Google to jog your memory...a very entertaining song.

The four girl tent I shared had a wood floor and a very uncomfortable bed. My bedside table was a good old orange crate for storage of "stuff." Before embarking on my trip to the camp, my mother and I went to the fabric store and bought a good length of oilcloth to take with me. What was it for, you ask? Well, one day we learned how to make a bedroll using the oilcloth to be next to the ground (no one had a sleeping bag). In the evening, we took the camp bus to a deserted old cow pasture to have a sleepover under the stars. The ground was quite lumpy. In the morning, I rolled up my "bed" and found I had been sleeping on at least one dried up "cow pie"!!!

I have not been camping since, not even in an RV.

George, Bear and Painter

By George L. England, Sr.

At the end of October we visited our timeshare at Lake Arrowhead. We arrived on a Friday evening, checked in, ate at the Boathouse Restaurant, and retired early. A radio playing horrible acid rock woke me up at 7:00am. I looked out the window down to the driveway and a truck with both doors open was wailing music out of the speakers.

I told my wife I was going to take the trash out, as I passed the truck I reached in and turned off the radio and then headed for the trash bins. As I approached the



trash bins, a car drove slowly behind me. I took two more steps and this gigantic bear stood up behind the trash bins. All of the color drained from my body.

Then I remembered how to approach a situation such as this. I crouched down in a line-backer's stance and screamed at the bear. It turned and ran up the mountain. I started back to my unit.

While passing by the truck, I heard the music again, so I reached in and turned the radio off. The painter came out and said, "What are you doing?"

I said, "Look Charlie, I came here to rest and you came here to work so leave the radio off and we both can accomplish our mission." He started to say something and the person who drove by me at the trash bins was his helper and he said, "I wouldn't say anything to him because I saw him chase a bear up the mountain." When I went back to my unit my wife said, "You look like you just saw a ghost." I replied, "No, it was a bear."

A Summer Vacation Tidbit

Contributed By Bill and Carolyn Lawson

Several years ago, when we checked into our hotel room in Eastern Europe, we discovered a rat skittering about the room. We immediately reported it at the hotel reception desk. The clerks apologized profusely and assured us that they would take care of it right away and that we should just go out and see the city; the problem would be taken care of while we were gone. When we returned to the room later in the afternoon, we had a cat in the room!



Library News

Contributed By Dottie Jirgal

When you pass the Gardenview Library, be sure to step in and make a hard right. Chances are you'll see a fellow LCG resident bent over a 1000 piece jigsaw puzzle whose pieces look all alike to me! If you are there in the morning, it's liable to be **Jean Robinson**. If you stop by later in the day, it could be **John Liston** or **Dan May**. It apparently is a community project and all are welcome to add a piece or two. The finished projects are often very beautiful or amazing in some way. Today it was a famous Saturday Evening Post cover by Norman Rockwell. These "Puzzle-techs" enjoy the challenge, and are always on the lookout for new puzzles, so if



you wish to donate a puzzle or two, please contact Jean Robinson or Dan May.

We have some exciting new book purchases for Lakeside and Fairway libraries. In the Lakeside Library, there will be the new Erik Larson book entitled In the Garden of Beasts. (He previously wrote Devil and the White City.) This is the true story of the American Ambassador to Germany at the time of the rise of Hitler. This will be available in both regular and large print.

The book SEAL Team Six by Howard E. Wasdin and Stephen Templin will be available in both major libraries and should be fascinating reading. The Fairway Library also will have Dreams of Joy by Lisa See.

Letter to the Editor:

Where do you start when you pick up the Glen Tidings? Do you go immediately to the back page? Do you want to guess what Granny has to tell us this month? Which homily is your favorite? I love everything she tell us. I even cut out ones to mail to my daughter. "Granny Sez" gives us laughs, inspires thoughtfulness and brings back favorite memories. My thoughts are to say a big thank you to "Granny Sez." Do you know who she is? Perhaps you'll want to give her a special thank you also.

From - A Loyal Reader

The Editor Says: We appreciate the note!



August Day Trips 2011

Thursday, August 4
Carlsbad-Oceanside Arts League Skipper Trip*
10:00am—12:00pm
A gallery featuring local residents.

Saturday, August 6
"Five Course Love"
at North Coast Rep
1:15pm—5:00pm
Five dates. Five restaurants. One chance at love. Enjoy this hilarious musical comedy.

Thursday, August 11
Barona Casino Skipper Trip*
10:00am—4:00pm
A day of gaming. Lunch on your own.

Sunday, August 14
"Summer Pops: A Night in Russia" at Embarcadero
6:00pm—11:00pm
This concert will feature well known works by famous Russian composers. Matthew Garbutt will be conducting.

Thursday, August 18
Oceanside Museum of Art Skipper Trip*
10:00am—12:30pm
A docent led tour of the museum.

Saturday, August 20
"My Mother's Italian, My Father's Jewish and I'm in Therapy" at San Diego Rep
12:30pm-6:15pm
A comedy about life that is generating rave reviews.

Thursday, August 25
Local Sights Bus Tour of Oceanside Skipper Trip*
10:00am-12:00pm AND 1:00pm-3:00pm
A tour of Oceanside by bus.

Sunday, August 28
"Big Band & Jazz Hall of Fame Orchestra at Star Theatre
3:15pm-9:00pm
Come and hear "The Golden Age of Swing" from our favorite big band.

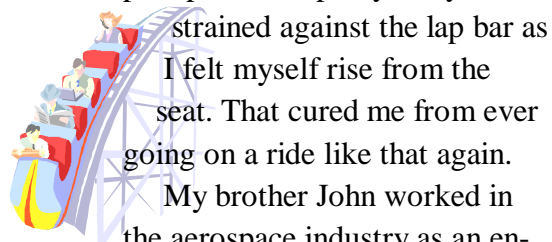
*Skipper trips can take up to 42 passengers.

Weightless

By Carole Eibelheuser

Did you ever wonder what it feels like to be weightless? Over the years we have watched astronauts in spacecraft floating around the capsule. Many of us saw the moon landing. I was in bed watching TV fighting to stay awake for the momentous occasion.

It occurred to me that the closest I came to that feeling was my first ride on a roller coaster sitting next to my Dad in Hershey Park. Going down the first precipitous drop, my body



strained against the lap bar as I felt myself rise from the seat. That cured me from ever going on a ride like that again.

My brother John worked in the aerospace industry as an engineer who helped design the landing gear for the LEM. He had the weightless experience riding once in the "Vomit Comet" airplane for his job. He told us that the plane was aptly named and he could hardly wait for the flight to end. This special aircraft flew like a roller coaster climbing up, up, up and diving steeply toward the earth where it created weightlessness in the cabin. It did this many times during the flight. It was a once-in-a-lifetime experience for him and he remembers it well.

Floating on my back in the pool is as close as I'll ever get to feeling somewhat weightless!

You Owe It To Yourself

By George L. England Sr.

One of the services at La Costa Glen that is possibly overlooked by many residents is the massage therapist. After my stroke, my right side was considered paralyzed and after some therapy I improved and was mobile. However, the muscles around my right shoulder were causing a nagging pain. I made an appointment with **Sharon Trivette**. Her treatment eased the nagging pain and allowed relief almost immediately.

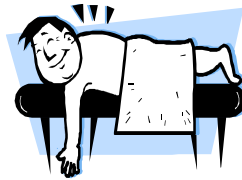
With over 23 years as a massage therapist and certified esthetician, Sharon brings a wide range of experience to her holistic health care career. Sharon has a certification in Homeopathic Health Care, a degree from the Naturopathic College in Del Mar and a degree from the International Institute of Reflexology. She has had 15 years of intensive training.

She has traveled the world and experienced massage methods in many countries. She has been

working here since 2002. Ask anyone who has experienced her facials and massages and they will tell you about the compassion and concern that she puts into her work. When you step into the comfort of her therapy room, you are taken out of your everyday existence into an uplifted world of serenity and peace.

Some of the benefits you will receive from spending an hour with Sharon are improved circulation, reduced stress, release of toxins, ease of swelling and symptoms of neuropathy, relief of shoulder, neck and back pain.

Sharon is available every Tuesday, Wednesday and Thursday. She does half-hour and hour massages and hour facials. Package rates are available. Her massage and facial room is located on lower level Brookside, across from the indoor pool. She can be reached at (760) 815-2216.



The Rock

By George L. England Sr.

The England family decided to venture on a two-week camping trip in August 1971. Our plan was to camp one week on Mt. Laguna then drive to Morro Bay area and camp on the beach. We packed a 10'x10' tent, necessities, and five children, and we were on our way. The first week at Mt. Laguna was nearly a disaster because of the mosquitoes, so we packed up early and headed for Morro Bay.

As we were approaching Morro Bay, the sun was bright, the sky was clear and we could see the rock. We set up campsite north of the rock on the beach. We finished the campsite around 5:00 p.m. I sent my two oldest daughters to find hamburgers and Cokes, since it was too late to start a campfire. As the girls arrived back, a heavy fog converged down on the beach and the top of the rock disappeared.

When I woke in the morning to go the restroom and shave, it was more than chilly, it was cold. As I approached the restroom, I noticed a white electrical cord going from a camper to the



Morro Bay on a clear day!

Camping with Baby Andy

By Jim Raymond

In the summer of 1961, we decided to purchase a small tent and, with our eight-month old son, Andy, went on a camping adventure in Sequoia National Park. We set up everything by the book, taking precautions to stow our equipment and food carefully. The exception was that I put a small camp stove next to the tent door with a pot of water and a cup with a tiny amount of cream and sugar. (In those days I couldn't function without an immediate cup of morning coffee.)

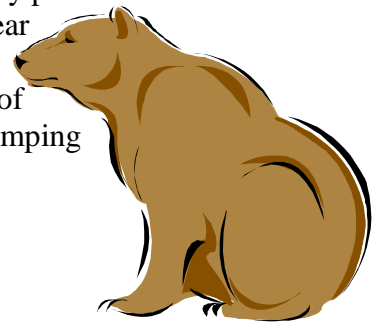
During the night Grace was sleeping away from the door, I was next to her at the door and Andy was at our heads. At some time during the middle of the night, I felt this tapping on my back as I was facing the tent door. It should be noted that Grace is very calm in a crisis but she wanted my attention!

restroom and it was plugged in. I determined that they had a heat blanket...smart people. The next morning it was colder and we still could not see the top of the rock, I followed the white electrical cord into the restroom and found that the cord cap had been cut off at the outlet... envious people.

When I came back, I was told we were leaving so we packed up and headed south. As we drove away, once on higher ground, we looked back and could only see the top of the rock due to the low fog. Wasn't that fun?

I opened my eyes and my entire field of vision was bear! It had discovered the cup on the camp stove and was sniffing to investigate the cream and sugar in the cup. At this point I realized that I had one of two choices—I could yell to scare the (very large) bear away or I could stay motionless. I chose the latter. After about a minute (which was about a year in my perceived time) the bear decided that the dab of cream and sugar was not important enough to mess with and peacefully wandered away.

I'm sure that it was well after sunrise that my pulse rate dropped to near normal. That was our first of only a few camping experiences.



WESTERN PARTY AND DANCE

Saturday, August 27

Avalon Dining—3:30pm with dancing upstairs from 4-6pm with "The Gene and Wendy Dance Band"

Special performance by LCG Line Dancers

Monterey Dining—4:00pm with dancing upstairs from 4:30-6:30pm with "The Holy Toledo Band"

Golfing at the Glen

Contributed by Tom Chapman



Not many retirement communities have a golf course, but we do. It is composed of 6 holes, 188 yards designed by Cary Bickler, who

also designed the Encinitas Ranch Golf Course. It is well bunkered with three tees for each hole and two sets of flags on each green. It is a good test of your short game. We have a tournament the fourth Saturday of each month with a prize of a bottle of wine for each of the winners in the men's and women's division. It is a lot of fun and a chance to meet other residents.

For those who would also like regular play call **Ed Monnie** at 6551 for play every Tuesday at Encinitas Ranch Golf Course. The executive course at Lomas Santa Fe Country Club is also a favorite spot for our golfing residents. I am sure the golf shop there can help you to meet some of them.

There are at least four private country clubs within a 20 minute drive of us: Morgan Run, Lomas Santa Fe, El Camino and the very elegant Grand Del Mar hotel.

What's Age Got to do With It?

By Marian Goe

When I had the opportunity to talk with our resident **Joan Chittea**, it was difficult to remember I was talking with a resident in retirement here. She and her husband **Andrew** moved here from Rancho Santa Fe seven months ago—tricycle and all. Did I say tricycle? Yes, she has a tricycle that she rides carefully around the LCG area. Joan is a lady with many diverse interests, especially those associated with exercise and Mother Nature. When she and her husband had raised their four sons, she decided to educate her curious mind and find out what else the world had to offer. She enrolled in a wood technology course at Palomar College and it opened up a whole new future for her. For two years she worked with wood, making many beautiful pieces and eventually opening a wood shop in her barn. Among the many pieces that she handcrafted was a harvest table that



Joan Chittea on her recumbent tricycle.

won a blue ribbon at the County Fair.

There is good reason why Joan loves Mother Nature: she grew up on a farm in Ohio and grew to love all forms of nature. She loves horseback riding, hiking, biking, yes, and even fly-fishing.

If you happen to see Joan riding her "special recumbent tricycle" around campus, do say hello as she would be happy to show you her "into the future cycle" as she declares it will be the model of the future.



On June 28, a demonstration/clinic was presented at the south Bocce court in an effort to promote more participation. The event was directed by volunteer Dave Laski (who is the son-in-law of resident Jean Sharp—above in white visor). About 30 LCG residents participated.

Women of Quality Advanced E-quality

By Betty Cortus

"Women have been trained to speak softly and carry a lipstick. Those days are over!" Thus spake the redoubtable Bella Abzug back in 1971 after Congress had designated August 26 as "Women's Equality Day" at her behest. This date was chosen to commemorate the 1920 passage of the 19th Amendment granting women the right to vote. August 26 is now a day to recognize and celebrate those women amongst us who have, over the years, taken a crack at the glass ceiling, and done their part toward achieving equal status for all women.

There doubtless are a number of La Costa Glen women who fit this category, but one who comes immediately to mind is **Nancy Stratford** who recently published an account of

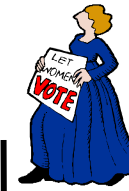


Nancy Stratford

her years as an American civilian pilot ferrying aircraft for the Royal Air Force and Royal Navy in England during World War II. As the US Government did not allow women to supply a similar support service for its armed forces at that time, Nancy and a group of women pilots volunteered to join the Air Transport Auxiliary (ATA) in the U.K. These women would encounter more hazardous situations and be called upon to exhibit more raw courage in a few years than many of us would experience in a lifetime. Not only did they endure all the hardships of living in wartime Britain, with its air-raids,

August 26, 1920—An Historic Day

By Ruth Van Wyck



In 1877, Susan B. Anthony asked for equal pay for women teachers.

From this seemingly innocent stand began the slow and agonizing process of making women's right to vote a part of the Constitution. Names associated with the early struggles for women's suffrage are: Elizabeth Cady Stanton, Julia Ward Howe, Lucy Stone, Carrie Chapman, Catt and Alice Paul.

Early in the 20th century Alice Paul and the National Women's Party began using radical tactics to work for a federal suffrage amendment to the Constitution: picketing the White House, staging marches and demonstrations and finally going to jail. In 1913 Paul led a march of 8,000 participants on President Woodrow Wilson's inauguration day.

It should be noted that along the road to winning the amendment, some states had already given women the right to vote.

California, for example, gave women this right in 1911.

During WWI, women took up jobs in factories. President Wilson responded by beginning to support women's suffrage. In a speech on Sept. 18, 1918, he said, "We have made partners of the women in this war. Shall we admit them only to a partnership of sacrifice and toil and not to a partnership of right?" Less than a year later the House of Representatives passed a proposed Amendment to the Constitution. The Senate soon followed. The amendment reads as follows:

"The rights of the citizens of the United States to vote shall not be denied or abridged by the United States or by any States on account of sex."

Thirty-six states ratified the amendment on August 26, 1920; the Nineteenth Amendment to the U.S. Constitution became law.

Women now know that each of our votes is a precious gift. Use it wisely.

rationing, monotonous food, and dismal weather, but these pioneers also battled wartime discrimination against women pilots by demonstrating their expertise, professionalism, and sheer gallantry. Not only have they paved the way for their sister pilots, but are a lasting inspiration to all women facing prejudice in the workplace today. On August 26, "Women's Equality Day," let's celebrate them!



Where was our photographer Jay Eibelseuser standing when he took this shot? Answer on back page.

Weddings Can Get Weird

By Bunny Anderson

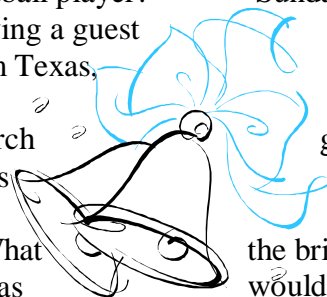
Having coordinated and executed over 900 weddings in my former life, I was asked to tell you about a doozy—the elaborate nuptials of the beautiful star of the Ice Capades to a handsome Dallas Cowboy football player! Since they were having a guest pastor flown in from Texas, I was to oversee the rehearsal in my church in Los Angeles. This sanctuary seated about 450 guests. What she didn't tell me was that she had almost that many in her wedding party. Actually, it was 27 bridesmaids and 27 groomsmen, assorted flower girls and twin ring bearers, their parents, etc. Picture the logistics.

The night of the rehearsal was a nightmare. Before I could start placing the attendants, the choreographer of the Ice Capades

suggested that she should take over. After an hour she turned the job back to me. I managed to turn the chaos into some semblance of order and finished the order of service in the pulpit area.

Sunday was wedding day. Ten minutes before the start of the service, a stretch limo arrived and disgorged an immense pastor in colorful flowing gowns. The parents of the bride notified him that I would be managing this production. Wow!! That brought on the fireworks!! He let me know in no uncertain terms that he did not take directions from any church lady when he officiated.

From then on—pandemonium! The phrase “all hell broke loose” came to mind, and my careful plans were interrupted. In the end, the bride and groom became husband and wife and that's the ultimate goal.



Our August Wedding

By Jim Raymond



Our carefully planned wedding in Madison, Wisconsin, included a reception on the lawn at **Grace's** family home. Her home was an original homestead and was located just at the western edge of the University of Wisconsin campus. This was also the site of the UW Experimental Farm.

The day before the reception they fertilized the farm and the aroma was substantial. Fortune was with us, however, and the wind was in the right direction during the reception.



Note: Our resident wedding expert, Bunny, pointed out that the most popular month for weddings is August, not June.

August Display Cases

Contributed By Jen Krail

Lakeside cases will feature two different resident displays.

Mrs. Hilde Whittlesey of Seabreeze will display her collection of birds and seashells. Some of the birds were gifts from family and others she bought on her own. When they lived in Florida, they would take their small ski boat to an island, aptly named Shell Key. Her football playing husband made an interesting sight walking with a child's toy bucket looking for shells when they visited.

Mel Kerner of Mesquite Court will display photos from the calendar he created. When he first moved to La Costa Glen, he was particularly impressed by the beautiful rose gardens. He took out his camera and photographed the flowers up close and personal. He decided to make a calendar, choosing a different rose for each month.

The jester dolls are back, after a two year rest, for the benefit of the new residents, and those who enjoyed them previously! Fairway display cases will feature these beautiful dolls belonging to resident **Grace Manning** of Lemonberry Lane. Her collection started when her granddaughter was born, after three grandsons. The jesters are colorful and historical, and seemed to be everywhere once she started searching for them. Enjoy the rascals!



Dr. Jeremy Stone

Addresses Moscow

Audience

By Betty Cortus

In a May 16-22 visit, LCG resident **Jeremy Stone** and his wife **B.J.** traveled to Moscow, where Jeremy gave a plenary address at a conference memorializing the 90th birthday of the late Andre Sakharov, winner of the 1975 Nobel Peace Prize for his support of human rights in the Soviet Union. Stone argued that the apathy of the Russian public in regard to human rights could be best countered, in the first place, by a campaign against the corruption so rampant in that country. In subsequent discussions Stone was given assurance that his proposal to fight corruption was a good one, and was an ideal consistent with the spirit of Andrei Sakharov.

In a second paper, presented during a panel discussion on the topic of disarmament, Stone urged both major world powers to reduce strategic nuclear warheads to 1,000 rather than the currently planned 1,500. In a further discussion of this topic at the Gorbachev Foundation, Stone stressed how important Mikhail Gorbachev's unusual and “new way of thinking” had been to the subsequent release of Eastern Europe, and how vital a role it had played in reducing the risk of nuclear war. After his decades-long crusade in support of nuclear disarmament Stone returned home feeling reassured that his mission to Russia had been both productive and rewarding.

MURDER MYSTERY SERIES: DEATH IN THE GARDEN—PART 1 BY HUGH DUNNITT

(Issue #1 of three monthly installments)

Mary Redlaw leaned over lamb shanks to hear the prattle her friends, Lucy Bumble, Kate Harris and Ruth Hawkins, directed at each other while they dined. They were telling unflattering secrets about their deceased husbands. Southern California sunshine flowed into the elegant dining room at the Sunny Knoll retirement home. Suddenly, Mary thought, the prattle stopped and the three looked at her expectantly.

“Tell us a secret about your husband.”

Mary hesitated, and then thought, he's dead now, what's the harm? “Well, he was an immigrant from Ireland to the US in 1957.” She quieted, then continued, “He was an important leader of the IRA. He fought Royal troop facilities.”



Her listeners stared, surprised. Just then, the new dining room supervisor stopped at their table.

“How was your meal?”

“Fine,” said Lucy, eager to hear more of Mary's tale. “What happened, Mary?”

Mary lowered her voice. “When the government began arresting IRA members, he fled. He changed his name to Bruce Redlaw when he arrived here, to prevent discovery of his whereabouts. That's all.”

The next morning, Ruth walked to the rose garden where she usually met Mary for a morning walk. She turned onto the path between Brigadoons and Fames and stopped in her tracks. Mary lay in the gravel path flat on her face. “My God! Mary!” She needs help, Ruth thought. Mary did not move. Then Ruth saw the blood.

(to be continued next month)

Scripps Encinitas Activities

Compiled by Gloria Wolf

The Tidings recently featured an article on Carlsbad Fire's cooperative effort with the La Costa Glen Safety Department. The third leg of the very important safety triangle is Scripps Encinitas. The following activities are noted for your interest.

Reception August 6—Enjoy a pre-concert reception to thank you for your continued support of Scripps Encinitas. Scripps will be hosting wine, coffee and dessert from 6-7pm at Catalina Patio, before the concert.

Tour of Scripps Encinitas September 1—Get a behind-the-scenes tour of Scripps Encinitas! There are two tours throughout the day for you to come see the hospital as a VIP and be guided by a physician through the departments. Sign up in Activities.

End of Summer Thank You Celebration – September 22—To celebrate the end of summer and to commemorate the amazing generosity that La Costa Glen has provided the hospital with, all are invited to a party in Catalina Hall! More details to follow.