

Marie Horak's Colorful International Life

Marie Horak's apartment is cozy and comfortable, filled with sunlight and soothing sounds of the courtyard fountain. That said, it also looks a little like world headquarters for an active business because everywhere you look there are colorful knitted caps ready to be distributed to family, friends, and people in need.

"This is my kingdom," Marie says smiling and gesturing to her corner chair. Here her knitting supplies, 120 classical music CDs, and the video screen for chatting with family are all in easy reach. However, what this great-grandmother is hiding behind her sweet smile is that she's kind of a genius, speaks four languages, and has lived an extraordinary life.

Born in 1928 Germany, near the French border, Marie did most of her growing up while the Nazi Party controlled her country, from 1933 to 1945. She tells before-the-war stories of Hitler's men not allowing her family to go into Jewish-owned stores and her father losing his job for helping a Jewish friend get to Southern France. Marie is the oldest of four children and in 1939, her family was sent for safety to central Germany while her father stayed to look after their house. When they returned home in 1942, the German soldiers had taken everything. Even the beds were gone, and the roof was missing.

"We lived in our cellar," says Marie who remembers her grandmother sitting down there in the dark. "In 1944, we saw American soldiers. What a relief that was!" At night they'd hear the two sides exchange gunfire. Then in the morning, Marie and her father would take their horse Max to get water and along the way Marie would pick up the packets of Nescafe coffee the Americans had dropped and bring them home for her grandmother.

Once the war was over, Marie's town was French-occupied, but at 17, she smuggled herself over the Rhine River via train to her aunt and uncle's house in Stuttgart, which was occupied by the Americans. Here she finished school, passed the final exam,



Marie Horak

and started accounting school. Because she spoke English, she got a job working for an American Captain handling payroll for Germans working for the Americans. "I learned payroll quickly!" laughs Marie.

One night, Marie went to a lecture given by a young Ukrainian man named Stephan Horak, who had just finished his Ph.D. "I sat in the front row and afterward he came over and asked if we could talk," laughs Marie. They dated for about 6 months, then Stephan proposed. "We were married two weeks when a letter arrived, handwritten in pencil, and he was told if he didn't stop working against the Soviet Union, he will be gone," Marie says softly.

They applied to immigrate and both continued working. Then in 1956 they got the call that they would be on "the next shipment." With just six-weeks-notice, she said goodbye to her parents and siblings. "It was the second time I had ever seen my father cry," says Marie. "The first time was when his mother died in the cellar during the war."

They came to America on July 23, and thanks to a glowing letter of recommendation from the American Captain, she was working by Labor Day. She worked in downtown Detroit, doing payroll for 218 employees. When she got pregnant with her first child, she told her manager that she would need to leave her job at the 5-month mark. "He

(continued on page 2)

Marie Horak *(continued from the front page)*

said ‘No, you stay until you can no longer stand.’ My daughter Christine was born on October 17, and I was working until October 4, in high heels and riding the bus every day,” laughs Marie. Their second daughter, Julia, was born just 16 months later.

Things changed when the Soviets launched Sputnik in late 1957 and colleges put out the call for professors who could speak Russian. Stephan had 10 offers from various universities. “I chose the University of Indiana in Bloomington because I knew a lot of Jewish people from the Berlin Opera had gone to their music school to teach,” says Marie. It was here their son Arkady was born and they stayed for 3 years. Stephan taught Russian and Ukrainian history and wrote eight books – in various languages – and Marie typed them. All three children went on to earn advanced degrees. Marie took her CPA exam and continued a long career in finance.

She and Stephan worked and traveled the world together until 1986 when she came home to find him on the floor. He knew he was dying and told her to say goodbye to the children and that they’d had a wonderful marriage. “It was such a loving goodbye,” she says.

At just 58, Marie was a widow, but her travels were far from over because she began moving to help look after her grandchildren – first to Las Vegas, then Kansas City, Maryland, Austin, Texas, and Detroit. This year, Marie’s Bay Area daughter, Julia asked her to come to California.

Marie moved to Sterling Court just a few months ago and is settling in nicely. Her daughter, a teacher, visits in the afternoons. Chef Denis comes from a town in France

just 30 miles from where Marie was born! “He asked how I liked his Oktoberfest menu!” says Marie. “And I speak German with Dmitry, the driver.”

Marie still travels to visit family, (ask about her South Africa trips), and thanks to her large family, which includes 7 grandchildren and 2 great grandchildren, Marie receives news and photos almost every day.

And of course, she has knitted bright and beautiful caps for all of them – along with many for the needy and homeless in Detroit and Maryland!

Thanksgiving WORD SCRAMBLE

1. KTREUY _____
2. GKONIOC _____
3. ECEIPRETNEC _____
4. VAGRY _____
5. UNKPPMIOIE _____
6. VESRFELTO _____
7. MFIAYL _____
8. LFNHTAKU _____
9. RAETVHS _____
10. GIILMPR _____

Check page 7 for solution.

Mark Your Calendar

- Sunday, November 5 Daylight Saving Time Ends
- Tuesday, November 7 Election Day
- Saturday, November 11 Veterans Day
- Sunday, November 19 Pancake Bingo
- Thursday, November 23 Thanksgiving Day – Special Lunch

Don't Forget... Sterling Court is on...



Facebook
@SterlingCourt



Instagram
@Sterling_Court

Be sure to follow us and tell a friend!

Nurturing Brain Health: Activities and Foods for Vibrant Aging

As we journey through life, one thing remains paramount: our brain health. Just as physical fitness is crucial for a fulfilling life, maintaining our cognitive vitality ensures that our days are brimming with joy and fulfillment. Let's delve into some key activities and foods that contribute to a vibrant mind.

Stay Engaged

Mind-Stimulating Activities: Keep your mind active with puzzles, crosswords, and brain-training apps. Engaging in hobbies like painting, playing musical instruments, or learning a new language can also boost cognitive function.

Social Connections: Regular interactions with friends and family stimulate our minds and reduce the risk of cognitive decline. Participate in group activities, book clubs, or community events to foster connections (and Sterling Court has lots of them!).

Learning: Learning is a lifelong endeavor. Take up a new course or explore subjects that pique your interest. The process of acquiring knowledge fosters brain plasticity and keeps the mind agile.

Mindful Nutrition

Omega-3 Fatty Acids: Incorporate fatty fish (like salmon and mackerel), flaxseeds, chia seeds, and walnuts into your diet. Omega-3s support brain health by reducing inflammation and improving neuron communication.

Antioxidant-Rich Foods: Berries (blueberries, strawberries, and blackberries), dark leafy greens, and colorful vegetables are packed with antioxidants that protect brain cells from oxidative stress.

Healthy Fats: Olive oil and avocados contain monounsaturated fats that support overall brain health and improve blood flow to the brain.



Whole Grains: Opt for whole grains like quinoa, brown rice, and whole wheat. These complex carbohydrates provide a steady supply of energy to the brain.

Nuts and Seeds: Snack on a variety of nuts and seeds like almonds, pumpkin seeds, and sunflower seeds. They are rich in vitamin E, an antioxidant that supports brain health.

Hydration: Staying hydrated is crucial for optimal brain function. Drink plenty of water, herbal teas, and incorporate hydrating foods like cucumbers and watermelon.

Why These Choices Matter

Regular mental stimulation helps build cognitive reserves, which can delay the onset of memory-related issues. Engaging in social activities and learning new things creates new neural pathways, fostering mental flexibility and adaptability. Meanwhile, nutrient-rich foods nourish brain cells and support the production of neurotransmitters that regulate mood and memory.

By incorporating these activities and foods into your routine, you're actively investing in your cognitive well-being. Just as exercise benefits the body, a balanced and brain-boosting lifestyle enhances our quality of life, allowing us to savor each moment.

Remember, it's never too late to start prioritizing brain health. Let's embark on this journey together, nurturing our minds and embracing the wonders of vibrant aging.

Stay curious, stay engaged, and savor the joys of a life well-lived!



Activity Rooms

- BR—Bristol Room
- CY—Court Yard
- DR—Dining Room
- LB—Library
- LR—Living Room
- MV—Mt. Vernon Room
- PDR—Private Dining Room
- RR—Revere Room

- BRC—Burl. Rec. Ctr.
- SMSC—San Mateo Senior Center

The Weekly

Check *The Weekly* for current updates or changes in schedule.

The Daily

Check our main board for daily activities, located opposite the Front Desk.

Scheduled Appointments

Transportation Provided Monday–Thursday

| | Sunday | Monday | Tuesday |
|--|--|---|---|
| | | | |
| | 5 | 6 | 7 |
| | 10:00 Drive to Church 10:00 Fitnessize - RR 10:45 Fitnessize - RR 1:00 Movie - RR 1:00 Games - BR 7:00 Evening Movie - RR 7:00 Games - BR | 9:30 Donuts on Wheels 10:00 Shopping - Safeway & Walgreens 10:00 Chair Yoga w/Holly Roser Fitness - RR 11:00 Fitnessize - RR 11:00 O.L.A. Luncheon Burlingame 1:00 Movie - RR 1:00 Games - BR 3:00 Burlingame Library 7:00 Evening Movie - RR 7:00 Games - BR |  Election Day 10:00 Fitnessize - RR 11:00 Lecture w/Dick McKee - RR 1:00 Movie - RR 1:00 Games - BR 2:00 Shopping - Trader Joe's 3:00 Social Hour - RR 3:00 Eric Shifrin - Piano 7:00 Evening Movie - RR 7:00 Games - BR |
| | 12 | 13 | 14 |
| | 10:00 Drive to Church 10:00 49ers Game - RR 10:00 Fitnessize - RR 10:45 Fitnessize - RR 1:00 Movie - RR 1:00 Games - BR 7:00 Evening Movie - RR 7:00 Games - BR | 9:30 Donuts on Wheels 10:00 Shopping - Safeway & Walgreens 10:00 Chair Yoga w/Holly Roser Fitness - RR 11:00 Fitnessize - RR 1:00 Bob Wilkinson Reading "Sepia-Toned Archives" - RR 1:00 Games - BR 3:00 Burlingame Library 7:00 Evening Movie - RR 7:00 Games - BR | 10:00 Fitnessize - RR 10:00 Shopping - Hillsdale Mall 11:00 Lecture w/Dick McKee - RR 1:00 Movie - RR 1:00 Games - BR 3:00 Social Hour - RR 3:00 Michael Rabbino - Piano 7:00 Evening Movie - RR 7:00 Games - BR |
| | 19 | 20 | 21 |
| | 10:00 Drive to Church 10:00 Fitnessize - RR 10:45 Fitnessize - RR 11:30 Pancake Bingo - DR 1:05 49ers Game - RR 1:00 Games - BR 7:00 Evening Movie - RR 7:00 Games - BR | 9:30 Donuts on Wheels 10:00 Shopping - Safeway & Walgreens 10:00 Chair Yoga w/Holly Roser Fitness - RR 11:00 Fitnessize - RR 1:00 Movie - RR 1:00 Games - BR 3:00 Burlingame Library 7:00 Evening Movie - RR 7:00 Games - BR | 10:00 Fitnessize - RR 11:00 Lecture w/Dick McKee - RR 1:00 Movie - RR 1:00 Games - BR 2:00 Shopping - Dollar Tree 3:00 Social Hour - LR 3:00 Jeff Wessman - Vocal 7:00 Evening Movie - RR 7:00 Games - BR |
| | 26 | 27 | 28 |
| | 10:00 Drive to Church 10:00 Fitnessize - RR 10:45 Fitnessize - RR 1:00 Movie - RR 1:00 Games - BR 7:00 Evening Movie - RR 7:00 Games - BR | 9:30 Donuts on Wheels 10:00 Shopping - Safeway & Walgreens 10:00 Chair Yoga w/Holly Roser Fitness - RR 11:00 Fitnessize - RR 1:00 Movie - RR 1:00 Games - BR 3:00 Burlingame Library 7:00 Evening Movie - RR 7:00 Games - BR | 10:00 Fitnessize - RR 11:00 Lecture w/Dick McKee - RR 1:00 Movie - RR 1:00 Games - BR 3:00 Social Hour - RR 3:00 Randy Johnson - Banjo 7:00 Evening Movie - RR 7:00 Games - BR |

Senior Court Calendar of Events

| Wednesday | Thursday | Friday | Saturday |
|---|---|--|--|
| <p>1</p> <p>9:30 Chat w/Chef Denis - RR 10:00 Chair Yoga w/Holly Roser Fitness - RR 11:00 Fitnessize - RR 1:00 Movie - RR 1:00 Games - BR 2:00 Bingo - DR 3:00 Nintendo Wii - RR</p> | <p>2</p> <p>9:30 Donuts on Wheels 10:15 Fitness w/Lisa - RR 11:00 Fitnessize - RR 1:00 Movie - RR 2:00 Scripture Study w/Martha, Rebecca & George - BR 7:00 Evening Movie - RR 7:00 Games - BR</p> | <p>3</p> <p>10:00 Shopping - Safeway & Walgreens 10:00 Fitnessize - RR 11:00 Chair Yoga w/H.R. Fitness - RR 1:00 Games - BR 2:00 Communion w/Father John - RR 3:00 Social Hour - RR 3:00 Halloween Costume Winners Announcement - LR 3:00 Alex Bootzin - Piano 7:00 Evening Movie - RR 7:00 Games - BR</p> | <p>4</p> <p>10:00 Fitnessize - RR 10:45 Fitnessize - RR 1:00 Movie - RR 1:00 Games - BR 3:00 Nintendo Wii - RR 7:00 Evening Movie - RR 7:00 Games - BR</p> |
| <p>8</p> <p>10:00 Chair Yoga w/Holly Roser Fitness - RR 11:00 Fitnessize - RR 1:00 Movie - RR 1:00 Games - BR 2:00 Bingo - DR 3:00 Nintendo Wii - RR 7:00 Evening Movie - RR 7:00 Games - BR</p> | <p>9</p> <p>9:30 Donuts on Wheels 10:15 Fitness w/Lisa - RR 11:00 Fitnessize - RR 1:00 Movie - RR 1:00 Games - BR 2:00 Arts & Crafts - VR 7:00 Evening Movie - RR 7:00 Games - BR</p> | <p>Veterans Day  10</p> <p>10:00 Shopping - Safeway & Walgreens 10:00 Fitnessize - RR 11:00 Chair Yoga w/Holly Roser Fitness - RR 1:00 Movie - RR 1:00 Games - BR 3:00 Social Hour - RR 3:00 Joan Connolly - Piano 7:00 Evening Movie - RR 7:00 Games - BR</p> | <p>11</p> <p>10:00 Fitnessize - RR 10:45 Fitnessize - RR 1:00 Movie - RR 1:00 Games - BR 3:00 Nintendo Wii - RR 7:00 Evening Movie - RR 7:00 Games - BR</p> |
| <p>15</p> <p>10:00 Chair Yoga w/Holly Roser Fitness - RR 11:00 Fitnessize - RR 1:00 Movie - RR 1:00 Games - BR 2:00 Bingo - DR 3:00 November Birthday Bash 3:00 Book Review w/Cindy - RR 4:00 Nintendo Wii - RR 7:00 Evening Movie - RR 7:00 Games - BR</p> | <p>16</p> <p>9:30 Donuts on Wheels 10:15 Fitness w/Lisa - RR 11:00 Fitnessize - RR 1:00 Movie - RR 2:00 Scripture Study w/Martha, Rebecca & George - BR 7:00 Evening Movie - RR 7:00 Games - BR</p> | <p>17</p> <p>10:00 Shopping - Safeway & Walgreens 10:00 Fitnessize - RR 11:00 Chair Yoga w/Holly Roser Fitness - RR 1:00 Movie - RR 1:00 Games - BR 3:00 Social Hour - RR 3:00 Tom Shaw - Piano 7:00 Evening Movie - RR 7:00 Games - BR</p> | <p>18</p> <p>10:00 Fitnessize - RR 10:45 Fitnessize - RR 1:00 Movie - RR 1:00 Games - BR 3:00 Nintendo Wii - RR 7:00 Evening Movie - RR 7:00 Games - BR</p> |
| <p>22</p> <p>10:00 Chair Yoga w/Holly Roser Fitness - RR 11:00 Fitnessize - RR 1:00 Movie - RR 1:00 Games - BR 2:00 Bingo - DR 3:00 Nintendo Wii - RR 7:00 Evening Movie - RR 7:00 Games - BR</p> | <p>Thanksgiving Day 23</p> <p>9:30 Donuts on Wheels 10:45 Fitnessize - RR 12:00 Thanksgiving Special Lunch - DR  1:00 Movie - RR 1:00 Games - BR 5:20 49ers Game - RR 7:00 Evening Movie - RR 7:00 Games - BR</p> | <p>24</p> <p>10:00 Shopping - Safeway & Walgreens 10:00 Fitnessize - RR 11:00 Chair Yoga w/Holly Roser Fitness - RR 1:00 Movie - RR 1:00 Games - BR 3:00 Social Hour - LR 3:00 Kathleen Nelson - Piano 7:00 Evening Movie - RR 7:00 Games - BR</p> | <p>25</p> <p>10:00 Fitnessize - RR 10:45 Fitnessize - RR 1:00 Movie - RR 1:00 Games - BR 3:00 Nintendo Wii - RR 7:00 Evening Movie - RR 7:00 Games - BR</p> |
| <p>29</p> <p>10:00 Chair Yoga w/Holly Roser Fitness - RR 11:00 Fitnessize - RR 1:00 Movie - RR 1:00 Games - BR 2:00 Bingo - DR 3:00 Nintendo Wii - RR 7:00 Evening Movie - RR 7:00 Games - BR</p> | <p>30</p> <p>9:30 Donuts on Wheels 10:15 Fitness w/Lisa - RR 11:00 Fitnessize - RR 1:00 Movie - RR 2:00 Scripture Study w/Martha, Rebecca & George - BR 7:00 Evening Movie - RR 7:00 Games - BR</p> | | |

Classes & Lectures

Lecture Series with Dick McKee

Dick McKee host series on Tuesdays at 11:00 a.m. in the Revere Room.

The Wonders of America's State Parks

This course is taught by Joe Yogerst, a journalist and travel writer with many projects for National Geographic.

November 7 *California's Coastal Redwood Parks*

November 14 *Washington's Orca Islands:
The San Juans*

November 21 *Alaska's State Parks: The Last Frontier*

November 28 *Hawaii's Primeval Napali Coast*

Scripture Study

Thursday, November 2, 16 & 30 at 2:00 p.m. with Martha Saul, Rebecca Padulo, and George Pappas in the Bristol Room. All are welcome.

Library Book Review

The third Wednesday of the month, November 15 Cynthia from the Burlingame Library, reviews books for us. You can also check books out and keep them until next month. Meet at 3:00 p.m. in the Revere Room.

Arts and Crafts

Please come and join us in the Mount Vernon Room on Thursday, November 9 at 2:00 p.m. for a fun afternoon with Mary. Our theme for this month will be announced with more details, we will supply all materials along with help for whoever needs it. No experience needed!

Wellness Support

Manicurist/Pedicurist

Cindy Gonzales does fantastic work and is very popular. Call for appointments at 650-834-2878.

Beauty Shop

Call Nina Delgadillo, our hairdresser for an appointment at 650-863-0413. She does new-fashioned and old-fashioned hair styles.

Fitness & Exercise

Chair Yoga with Holly Roser Fitness

Holly, John and their team stress the importance of exercise for all stages of life but especially for seniors as regular exercise can help make you stronger, prevent bone loss, improve balance and coordination, improve your memory, reduce the symptoms of many chronic conditions, and boost your mood. Join the class every Monday and Wednesday at 10:00 a.m. and Friday at 11:00 a.m. in the Revere Room.

Senior Fitness Video

This video is a completely balanced workout in chairs. The program incorporates Hatha Yoga techniques, gentle weight training, leg and abdominal strengthening, exercises to improve balance, stretching, deep breathing and relaxation. Join us every day, please see "The Weekly" for more details.

Nintendo Wii

Join us to play bowling with Nintendo Wii, some of the benefits are to improve balance, coordination and strength. Wednesdays and Saturdays at 3:00 p.m. in the Revere Room.

Beginning Functional Fitness

New Class with Lisa Kemp, a NASM certified personal trainer, a few words from Lisa "Sports and fitness have always played a role in my life, but it wasn't until after experiencing the tangible benefits of working with a strength coach myself that I was inspired to make a career change and become a personal trainer. I aim to bring that same passion and excitement to my work".

This class focuses on building strength and mobility; both of which help us to move through life with a greater sense of ease and add confidence to daily activities. All levels are welcome. Exercise modifications will be offered so that all participants will feel successful. Join Lisa every Thursday at 10:15 a.m.

Bus Trips

Drive to Church

Dmitry will take you to St. Catherine of Siena Church and Burlingame Presbyterian Church for the 10:30 a.m. mass on Sundays, at 10:00 a.m.

Please sign up for all events in the Activity Book located at the Front Desk

Program Highlights

Daylight Saving Time Ends

Turn your clock one hour back the night of Saturday, November 4 before you go to bed.

Our Lady of Angels Burlingame – O.L.A. Luncheon

Senior Outreach Luncheon, Monday November 6. Departure time at 11:00 a.m. Please sign up at the Front Desk.

Pancake Bingo

Pancake Bingo begins at 11:30 a.m. in the Dining Room. After a breakfast of pancakes and eggs enjoy a lively game of Bingo. The cost for Bingo is \$2.00 and includes a delicious breakfast. Sunday, November 19.

Thanksgiving Special Lunch

We will Celebrate Thanksgiving Day with a special traditional Thanksgiving Luncheon on Thursday, November 23 at 12:00 Noon, Chef Denis and his staff will prepare a delicious meal for your enjoyment.

Thanksgiving WORD SCRAMBLE SOLUTION

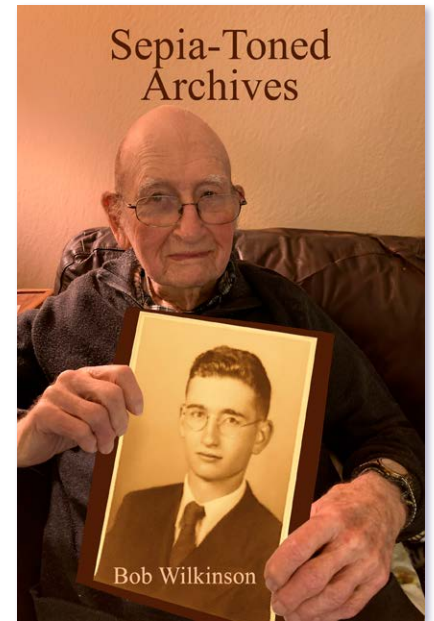
1. TURKEY
2. COOKING
3. CENTERPIECE
4. GRAVY
5. PUMPKIN PIE
6. LEFTOVERS
7. FAMILY
8. THANKFUL
9. HARVEST
10. PILGRIM

An Author Among Us

Our very own Bob Wilkinson will read from his newly published memoir *Sepia-Toned Archives* Monday, Nov. 13, at 1:00 p.m. in the Revere Room. There will be a Q & A and book-signing at the end. Books will be available for purchase.

“*Sepia-Toned Archives* is a beautifully articulated memoir that chronicles nearly one hundred years of life in the San Francisco Bay Area, from a bare-bones childhood in the Montclair hills of Oakland during the Great Depression, to masked senior living during the COVID pandemic. As a child, author Bob Wilkinson delighted in the

excitement of the San Francisco World’s Fair in 1939, which previewed television and celebrated the completion of the Golden Gate and San Francisco-Oakland Bay Bridges. Drafted into the Army just after World War II, Wilkinson observed racial tensions and atrocities preceding the 1948 desegregation of the military. A Caucasian man who married a Chinese woman from Hawaii shortly after interracial marriage was legalized in California, Wilkinson recounts with amusement his initiation into multicultural family delicacies, his lifelong love of cooking, and his backpacking adventures with his kids. As a social worker, he bore the responsibility of placing a ten-year-old orphan of the Jonestown Massacre in 1978. Later in life, Wilkinson prioritized anti-war activism, travel adventures, and life as a wood sculptor. Punctuated with poetry and humorous musings on aging, *Sepia-Toned Archives* is sure to both entertain and enlighten. Available on Amazon.”



Musical Notes

Enjoy a live musical performance on Tuesdays and Fridays at 3:00 pm in the Living Room

Friday, November 3

Alex Bootzin—Piano

Friday, November 17

Tom Shaw—Piano

Tuesday, November 7

Eric Shifrin—Piano

Tuesday, November 21

Jeff Wessman—Vocal

Friday, November 10

Joan Connolly—Piano

Friday, November 24

Kathleen Nelson—Piano

Tuesday, November 14

Michael Rabbino—Piano

Tuesday, November 28

Randy Johnson—Banjo



HISTORY: VETERANS DAY – November 11, 2023

On November 11, 1918, an armistice (or ceasefire agreement) was signed between England, France, and the United States with Germany to end World War I. The first Armistice Day celebration was held on November 11, 1919, the anniversary of the signing of the armistice. Many celebrations included (and still do) observing two minutes of silence at the same hour that the fighting had stopped: 11:00 a.m. (on the 11th hour of the 11th day of the 11th month).

On Armistice Day in 1921, a casket of an American soldier that had been brought from an unmarked grave in France was taken in a procession to Arlington National Cemetery where it was placed in a 50-ton block of Colorado marble inscribed with these words: "Here rests in glory an American soldier known but to God." Since then, the remains of an unknown soldier from the World War II and Korean War have been added to the Tomb of the Unknowns. Due to advanced means of identification,

it wasn't until 1984 that the remains of an unknown soldier from the Vietnam War was added. In 1998, his remains were recovered and identified as Lt. Michael J. Blassie. He was reburied in Jefferson Barracks National Cemetery in St. Louis, MO on July 11, 1998. The Tomb of the Unknowns is guarded 24 hours a day by soldiers from "The Old Guard," the Army's U.S. 3rd Infantry.

In the 1920s and 1930s, it was a tradition to honor the dead soldiers from World War I on November 11. In 1938, Armistice Day was proclaimed a legal federal holiday. Because of World War II and the Korean War, not as many people celebrated Armistice Day because of its significance with only World War I. In 1954, Congress passed and President Eisenhower signed a bill that designated November 11 as Veterans' Day and to include veterans of World War II and the Korean War, as well as future wars.



November Birthdays

November Birthday Bash will be on Wednesday, November 15.

- November 3 Antoinette Friedlin
- November 3 Linda Thomas
- November 4 Erna Brown
- November 8 Lorie Bross
- November 8 Sally Solari
- November 9 Mary Pioreschi
- November 17 John Satter
- November 20 Don Nelson
- November 21 Irene Hassler
- November 23 Shirley Massoglia
- November 25 Joan Brown
- November 26 Bruce Lewy
- November 26 Greg Currivan
- November 26 Jean Burch

Anniversary

Happy 62nd Wedding Anniversary to Ed & Arleen Johnson on November 4.

Welcome

Please give a warm welcome and introduce yourself to our new residents:

- #202 Carol Willard
- #249 Jim Thompson
- #331 Peggy & Bruce Lewy
- #338 Delores Sternick
- #400 Bob Rubenstein
- #409 Richard Heiman
- #433 Bill & Eleanor Briete