

The Breakwater Buzz

Issue 2

Independent Living Rocky River

February 2024

Campus Directory

Main Number 440-333-5401

Breakwater ext. 3

Fax - 440-356-9039

Lakeside Assisted Living ext.4

Care Center Rehabilitation ext 5

Department Heads

Kelly Riley - Executive Director

Kim Zdanowicz - Marketing Director

Ken Penny- Resident Accounts

Ignacio Tellez- Executive Chef

Nicole Gulak- Dining Services Manager

Ashlee Wilson- Business Office Manger/
Housekeeping Manager

Tracey Swisher- Life Enrichment
Coordinator

Breakwater Hair Salon

Tini Filippi - Stylist

Gloria Gonzalez - Nails

440-356-6659

I'm Not Just February

I'm not just February
With winds that blow
All day, and piled-up snow;

I'm Washington and Lincoln, too,
Who kept our country's flag for you!

I'm Valentine of airy grace—
With golden hearts and hearts of lace
And pretty cards that people send,
Quite as a secret, to a friend.

Though I am short of days and small,
I'm quite a big month, after all!

by Annette Wynne



Love



Our mission is to encourage the active, vibrant and independent lifestyle of our residents while providing a homelike atmosphere to enrich our community and the lives of those we serve.



Normandy Logistics

Westwood Lane

"A Building Rooms"

WTR: Theater Room

WP: Westwood Pub

WGR: Game Room

Riverwood Lane

"B Building Rooms"

RKA: Riverwood Kitchen & Arts

RWS: Riverwood Studio

RS: Riverwood Salon

Avalon

"New Atrium Section"

ADR: Avalon Dining Room

APD: Avalon Private Dining

AVH: Avalon Hall

AH: Avalon Hearth (in Atrium)

Other

LC: Lakeview Cafe

FC: River Fitness Center

L: Lobby

CMC: Cove Media Center

TL: Thurber Library

Daily Dining Schedule

Lakeview Cafe

Breakfast (LC)

7 days a week

7:30am to 10:30am

Lunch (LC)

7 days a week

11:30am - 1:30pm

Avalon Dining Room

Dinner (ADR)

5:00pm seating & 6:00 seating

Pick Up (ADR) &

Delivery Times

4:30pm & 6:00pm

Current Scams Targeting Seniors

Protect Yourself and Your Loved Ones from Scams

Cuyahoga County Office of Consumer Affairs

Sign up today to receive free Scam Squad alerts by phone, text or email.

When you sign up, you'll get periodic information to help you spot and avoid scams.

Scam Squad alerts are great for people who:

- Receive suspicious offers or robocalls,
- Have paid or revealed personal information to a scammer, or
- Want information on current scam threats

Scam Squad alerts are delivered through Cuyahoga County's Ready Notify emergency management system.

To sign up online or by phone:

Sign Up Online

Visit readynotify.us and click on "Register or Login." Create a managed account and add "Scam Squad Alerts."

Sign Up Via Phone

Call Consumer Affairs at **216-443-7035** or the Office of Emergency Management at **216-443-5700**.

Report Scams:

Scam Squad at [216-443-SCAM \(7226\)](tel:216-443-SCAM) or use our online form.

MUSIC feeds the soul

Monthly Musical Entertainment

Avalon Hall



Tuesday, February 6th @ 3:30 pm

Singer Greg Piscura: AVH



Thursday, February 8th @ 7:00pm

**Debbie Darling & David Strieter
Musical Story of Jule Styne : AVH**



Thursday, February 22nd @ 7:00pm

Mike and Molly Cornwell : AVH





Current Events

Stay in the know.
All are welcome .
We meet every Thursday at
10:00am in the RWS

Notes from Nicole Dining Room Manager

nicole@thenormandy.com

Food Service meeting is
Wednesday, February 21st at
2:00pm in the Avalon Hall, please
join us and bring your questions for
Chef Nacho.

Saturday Series

1:00 pm in the Theater Room

Julia

2 seasons



Exploring the life of television chef
Julia Child, who pioneered the
cooking-show genre, during an
evolving time in American history.

*Missed an
episode?
Let us know
and we will
turn it on for
you.*

Tidbits by Tracey

tracey@thenormandy.com

Being the new kid on the block is challenging
no matter your age, I encourage new residents
to pop your head into as much as you can to get
a taste of the full enriching activities we offer,
this is the best way to get your sea legs and
who knows, you might actually find a new
interest or hobby!

Seasoned residents, please invite a newbie to
sit at your dinner table, move around a bit,
don't become stagnant.

Greeters (Welcome Wagon) we will have a
meeting in March, date to be determined.

Our Sunday Watercolor with Kaye (resident) is
temporarily on hold. If she is able to reinstate
the class, we will post a notice. Kaye was
excited, let's keep her in our thoughts.

If you don't see me around, I am most likely in
my office that has moved to 311B. Feel free to
pop in and say hi if you are in the
neighborhood.

See you around!

10 FACTS YOU DIDN'T KNOW ABOUT LEAP DAY

Our calendar is designed to sync with the Earth's revolutions around the sun.

The planet takes approx. 365.242189 days to circle the sun. Broken down, this is 365 days, 5 hours, 48 minutes, and 45 seconds.

This is why the Gregorian Calendar has 365 days.

1 JULIUS CAESAR EST. LEAP DAY

Roman Dictator Julius Caesar first adopted a Leap Day concept in 45 BCE (Before Common Era) for his Julian calendar. It occurred on February 24, instead of the 29. Also, February was the last month of the year in their calendar.

LEAP-YEAR-BABIES

A person born on Leap Day is given a special name. They are called "leaplings" or "leap-year-babies". Most celebrate their birthdays on February 28, or March 1, during non-leap-years.



LEAP DAY

To match up our calendar accurately, we need to add a day every four years. This day is called Leap Day, and always falls on February 29.



 WORLDTIMESERVER.COM
ANY TIME, ANYWHERE



Men's Group

Thursday, February 15th

1:30pm WGR

Billiards & Brews

Join Ken and Augie for a game of billiards and enjoy a brew or two.

Listen fellas, we know you are out numbered so best to stick together around here, **FIND A BUDDY AND BRING HIM TOO!**

Weekly Grocery Shopping

Please write your apartment number on your shopping totes.



Departure Times:

11:00 AM

1:30 PM

Wednesday, February 7th

Wednesday, February 14th

Wednesday, February 21st

Wednesday, February 28th

*Sign up sheets in Activities Book



Departure Times:

11:00 AM

Friday, February 2nd

Friday, February 9th

Friday, February 16th

Friday, February 23rd

* Sign up sheets in Activities Book



**Westlake
Location**

Departure Time: 11:00 am

Wednesday, February 14th

Wednesday, February 28th

**Now going
twice a month
per your
request!**



***Podiatrist Dr. Kane will be
visiting***

EVERY OTHER month

Next Visit:

February 7th

Please note.. if your visit is not covered by Medicare, there is a \$60 charge to see Dr. Kane.

Please sign up in the Activities Book located in the Cove Media Center.



**Connect
Hearing**

Samantha with Connect Hearing will be here every other month to change batteries and clean hearing aids.

Please sign up in Activities Book in the Cove Media Center.

March 12th

@ 10:00-11:30 am in the Wellness Center

Nurse Practitioner

Marie Grosh



Board Certified Adult and Geriatric Primary Care will make house calls .

To become a patient please call

440-427-5077

marie@housecallsofthefalls.com



Blood Pressure Checks

Every Monday at

2:30 in Thurber Library

Need Physical Therapy?

Contact Jenna Kodrin with
Freedom Therapy
440-363-3050

If you are under the weather please call the front desk and order a complimentary Wellness Tray that include GingerAle , Crackers, Chicken Soup and Jello.

**Getwell
SOON!**

Photo Gallery

Old Stone Church Tour , International Cheese Tasting ,Live Animal Show
Men's Lunch Bunch at Joe's Deli, Art Museum in Oberlin and SOUP Cook-off



LIVE LIFE TO THE FULLEST



Birthday Celebrations !

Doreen M.	2/4
John P.	2/4
Ed O.	2/5
Ron D.	2/8
Dolores D.	2/9
Kathleen H.	2/13
John R.	2/14
Dolores B.	2/14
Doug B.	2/14
Brenda B.	2/14
Rose Mary Z.	2/25
Ed H.	2/26



Staff

2/5 Flutura - Server
2/7 Ron- Reception
2/7 Tracey- Life Enrichment
2/10 Amr- Server
2/20 Matt - Cook
2/21 Lize-Dishwasher
2/26 Cesar- Chef
2/26 Magnus-Server

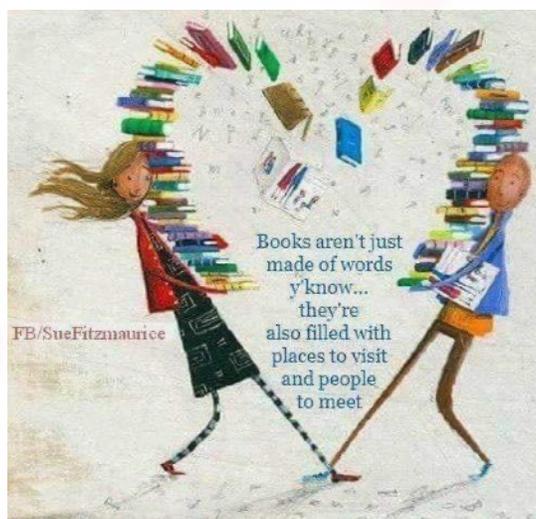


Library News



February 2024 Breakwater Library

At first thought, you probably don't think of the Library as a romantic Valentine destination yet we have so many love stories hidden away between the pages of our books. Even our nonfiction books hold true life romance stories dating back to George and Martha! If you are book lovers at heart, we hope you stop in to check out the newly donated books on our FEATURE TABLE and our new Rocky River Library selections that we receive every 3 weeks. Friendship, family connections, self love, romance and more are waiting !



Librarians

Barb Palumbo, Laurie Soc, Rose Mary Zverina

HOTELS and Rollaway Beds

Do you have friends or family visiting from out of town?

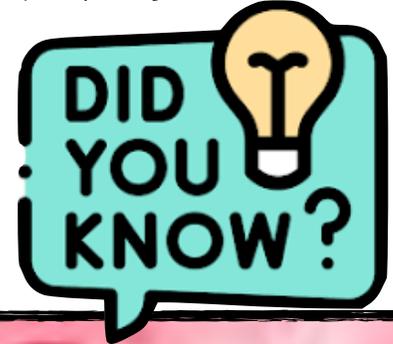
Normandy has a relationship with 2 hotels in the area ready to help accommodate! If you would like them to stay with you, we also rent Rollaway Beds with fresh linens including the pillow for only \$15 per night, call Ashlee to reserve .

Courtyard by Marriott Cleveland Westlake 440-871-3756 \$109 per night

Call their front desk when scheduling and use PROMO CODE: NORMANDY

Extended Stay America Suites 440-899-4160 \$59.00 per night

Call their front desk when scheduling and use PROMO CODE: NORMANDY



Prescription Drop Box

Located at Rocky River Police Station
Drop off old and unused or expired scripts.

Tech Support

Help that comes to your home;
set up, troubleshoot , repair ...

Daniel Anderson

440-364-3194

dan@technologyllc.com

Brian Toth

440-823-7068

**Independent Contractors*



Did you know that you can drop off your old electronics at the Library? Bring your small electronics and printer cartridges and recycle them sustainably in the collection bin in the Lobby.



Bella Mio Cat Grooming

info@bellamiocatgroom.com

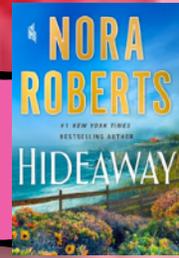
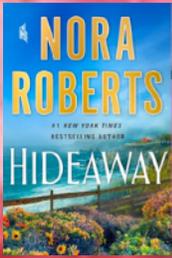
281-671-7020

Nail cutting & Grooming

www.BellaMioCatGroom.com

Normandy Notification Line

This new system will alert you of a notification such as water turn off , heat repair and or alarm testing. You will receive a text and a call . If you do not have a cell phone, you will get a phone message sent to your landline. The number you will see is (833) 478-3991



Nook Book Club

Breakwater Book Club.

All are welcome to join us on the fourth Saturday of the month at 1:00 PM in the Private Dining Room at the back of the Avalon Dining Room. ***This month our meeting is on Saturday, January 27th.***

Each month we choose the book we want to read. We welcome suggestions and encourage participants to tell us about their favorite authors.

The Normandy has a number of Nook e-readers available. Books are also available in hardcover from the library and on other e-reader devices such as a Kindle or tablet.

Please feel free to come and sit in, even if you haven't read the book. It would be a good way to see if it's a good fit for you.

FEBRUARY BOOK CLUB SELECTION

Hideaway

By Nora Roberts

Reading *Hideaway* is like a mini vacation as Roberts transports you from the sun-drenched mountains of Big Sur to the rolling hills of Ireland to the bustling streets of New York City.

Caitlyn Sullivan had come from a long line of Hollywood royalty, stretching back to her Irish immigrant great-grandfather. At nine, she was already a star--yet still an innocent child who loves to play hide and seek with her cousins at the family home in Big Sur. It was during one of those games that she disappeared.

Some may have considered her a pampered princess, but Cate was in fact a smart, scrappy fighter, and she managed to escape her abductors. Dillon Cooper was shocked to find the bloodied, exhausted girl huddled in his house--but when the teenager and his family herald her story they provided refuge, reuniting her with her loved ones.

Cate's ordeal, though, was far from over. First came the discovery of shocking betrayal that would send someone she trusted to prison. Then there were years spent away from western Ireland, peaceful and protected but with restlessness growing in her soul.

Finally, she would return to Los Angeles, gathering her courage to act again and get past the trauma that had derailed her life. What she didn't yet know was that two seeds had been planted that long-ago night--one of great love, and one of terrible vengeance.

WESTWOOD PUB

Monday-Friday 3-6 pm

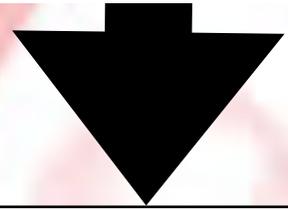
FOOD MENU

CHICKEN WINGS	6 WINGS \$6.00 12 WINGS \$10.00
PLAIN, GARLIC PARMESAN, BBQ, MILD CELERY, RANCH OR BLEU CHEESE	
ALL BEEF HOT DOG WITH KETCHUP & ONIONS WITH KETTLE CHIPS	\$6.00
CHEESE QUESADILLA	\$4.00
WITH SALSA & SOUR CREAM	
CHEESE STICKS (5) WITH MARINARA	\$5.00
PEPPERONI FLATBREAD	\$9.00
LOADED FRIES	\$6.00
FRIES TOPPED WITH CHEESE, BACON, RANCH AND GREEN ONIONS	
BASKET OF FRIES	\$4.00
FRENCH FRIES -OR- SWEET POTATO FRIES -OR- ONION RINGS WITH KETCHUP	
CHIPS & SALSA	\$3.50

BEER & WINE

PINO NOIR	\$7.00
MERLOT	ALL
CABERNET SAUVIGNON	WINE
CHARDONNAY	
PINO GRIGIO	
REISLING	
WHITE ZINFADEL	
CRAFT BEER	\$6.00
BUDWEISER	\$4.00
BUD LIGHT	
COORS LIGHT	
COORS BANQUET	
MILLER LITE	
CORONA	

LIVE MUSIC



Live Entertainment

**2/1 3:30-5 Name that Tune
with John Thayer**

2/5 4-5 Trivia with Tracey!

**2/9 3:30-5 Blues Guitarist
Freddy Hill**

**2/12 3:30-5 Keyboardist
David Strieter**

**2/23 3:30-5 Birthday
Celebration with David Strieter**

**2/29 3:30-5 Mike Daley &
Linda Weiss Singer Guitarist**

DRINK
Responsibly
DON'T SPILL IT
★  ★

Monday- \$ 1.00 off all Martini's

Tuesday - \$2 Chips and Salsa , \$3

Corona, \$5 Margaritas

Wednesday - \$1.00 off all wine

Thursday - \$1 off all beers, Wings 6

for \$4.50 or 12 for \$8.50

Friday- Half off all Appetizers !

Religious Services in the AVH



Father Keller

Sunday, February 4th at 11:00 am

Saturday, February 10th at 4:00pm

Ash Wednesday Service

February 14th 10:00am

Saturday, February 17th at 4:00pm

*Rosary Every Wednesday
4:00 pm in the CMC*



ST. PETER'S EPISCOPAL CHURCH

Last Tuesday of the Month

Father Mike Lager

Tuesday, February 27

3:00pm

AVH

Sunday Church Outings

Every Sunday | Departure in Front Lobby

8:15 AM: St. Christopher

8:45 AM: Bay Presbyterian

9:00 AM: Rocky River United Methodist

9:45 AM: St. Peters Episcopal

**Please sign up at the front desk no later than*

Adventure
IS OUT
THERE



Lakeside Assisted Living Social

An afternoon visiting friends old and new.

Friday, February 16th

Depart at 2:00pm

***Sign-up Sheets are located in Cove
Media Center***

**Rockefeller Greenhouse &
Botanical Garden and lunch at
Town Hall in Ohio City.**

Feb. 20th 10:00am , No Charge

The Rockefeller Park Greenhouse had its origins more than a century ago. The first plans for the City Garden, as it was originally called, were presented in 1902. Three years later the first units were completed on a portion of the 200 plus acres donated to the City by John D. Rockefeller.

Initially, the Greenhouse was used only to grow plants for landscaping City Parks and Gardens. While City beautification is still a major goal, the Greenhouse and grounds have evolved into a botanical garden with specialty plant collections, seasonal floral displays, outdoor classrooms, and theme gardens.

We will visit the indoor Greenhouse.

Lunch to follow at :

TownHall believes that healthy does not mean perfect. We believe that **BALANCE** is the key to a happy and healthy life. **WELLNESS** encompasses the body, mind and soul. **CHANGE** is ignited through passion! TownHall set out to create a **NON-GMO** menu, not because it was easy, but because it is the right thing to do. We can no longer ignore the research being published daily pointing out the dangerous nature of **GMO** foods.

Severance Hall Matinee

Kanneh-Mason Plays Schumann

Friday March 1st

Depart at 9:30am

Concert at 11:00am

\$35.00 - 13 tickets available

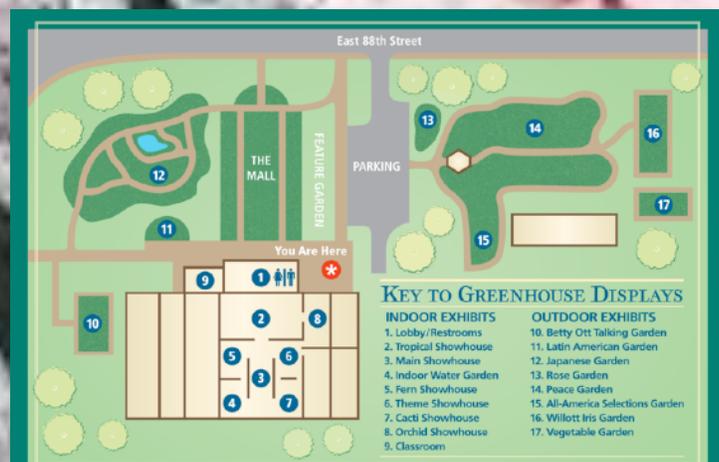
The Cleveland Orchestra

Susanna Malkki, Conductor

Isata Kanneh-Mason, piano

C.Schumann Piano Concerto

Hindemith *Mathis der Maler*



Dining Out

Sign up Sheet located in CMC



Join us as we head out on the bus as we travel around town in search of tasty bites and great atmosphere.

Ranger Cafe at Westshore
Tuesday February 6th
Depart at 11:30am

Ranger Café @ West Shore is operated by the Chef Instructors and students in the Culinary Arts / ProStart program at the West Shore Career-Technical District. Established in 1993, this hands-on, industry based program in restaurant management and food service prepares students for professional culinary programs, immediate employment, and/or further education. Ranger Café selections are prepared fresh daily.



Salty Mary's Oyster
Bar and Tavern
Thursday February 22nd
Depart at 12:00

Note: SEAFOOD ONLY

Owners, husband and wife team, Julie (Mary) and Wil Novak have over 60 years combined experience in the restaurant service industry.

With a common goal of bringing quality food & drink to the Westlake area, the Hail Mary's and Salty Mary's team is proud to have the honor to be part of an ever-growing neighborhood. We believe in an environment that everybody can enjoy. Whether you're stopping in for a quick lunch or hanging out with friends to break bread, we will always have a spot for you

"I could talk food all day. I love good food. "

- Tom Brady

Active for Life Wellness Classes

Riverwood Studio

First Friday of the Month One on One Instruction
Equipment in the Fitness Center

Easy Thai-Chi

Monday's Only 10:00am-10:55am
Instructor:Elizabeth

Tai chi is a gentle, low-impact form of exercise in which you perform a series of motions while focusing on deep, slow breaths. "It's sometimes called 'meditation in motion' because it's a series of exercises that can help harmonize your body's energy and mind."

Seated Yoga Stretch

M,W,F at 11:00am -11:40am

This class consists of low-impact, safe and gentle chair yoga stretching exercises, postures and breathing techniques. The benefits of traditional yoga can be attained all while staying seated. Seated yoga stretches can improve flexibility, circulation and energy levels as well as relief from hypertension, anxiety and chronic arthritis pain on limbs and joints.

Brain and Body

M,W,F at 11:45am -12:30pm

This is one class you don't want to miss! This class is not only great for fall prevention and improving your balance, but incorporates exercises to improve posture, body alignment, memory, mindfulness, strength and flexibility. Overall, this is a well-rounded class with a collective approach to strengthen both mind and body that everyone can benefit from.

Silver Strength

Wednesday Only 10:00am - 10:45am

Have fun and move to the music through a variety of exercises designed to increase muscle strength, range of movement, activities for daily living and balance. Hand-held weights or elastic tubing with handles. A chair is used for seated exercises and standing support. This class can be adapted by the participant depending on their fitness level and abilities.

Seated Rhythm

M,W,F at 11:45am -12:30pm

This Ballroom Dancing inspired seated fitness class when attended regularly can help with muscular strength and endurance, flexibility, mental awareness & functioning, and even mood. From spicy Caribbean and Cuban beats to Colombian-style Cumbia and rhythmic ballroom dancing music- This upbeat workout is



Saturday Night Cinema at 7:00pm in the Westwood Theater Room



February 3rd "Society of the Snow" 2023 R Thriller /Adventure Spanish Dubbed in English



In 1972, a Uruguayan flight crashes in the remote heart of the Andes, forcing survivors to become each other's best hope.

*Nominated for the Best International Feature Film representing Spain



February 10th "Oppenheimer" 2023 R Thriller Starring : Robert Downey Jr. , Matt Damon, Emily Blunt



During World War II, Lt. Gen. Leslie Groves Jr. appoints physicist J. Robert Oppenheimer to work on the top-secret Manhattan Project. Oppenheimer and a team of scientists spend years developing and designing the atomic bomb. Their work comes to fruition on July 16, 1945, as they witness the world's first nuclear explosion, forever changing the course of history.

* Nominated for 13 Academy Awards



February 17th "Poor Things " 2023 R Comedy/Fantasy Starring : Emma Stone, Mark Ruffalo, Willam Dafoe



Brought back to life by an unorthodox scientist, a young woman runs off with a lawyer on a whirlwind adventure across the continents. Free from the prejudices of her times, she grows steadfast in her purpose to stand for equality and liberation.

* Nominated for 11 Academy Awards



24th "Maestro" 2023 R Romance Musical Starring : Bradley Cooper, Carey Mulligan, Matt Bomer



On the verge of securing a golden opportunity, American conductor Leonard Bernstein begins a tumultuous relationship with actress Felicia Montealegre, upturning their lives.

* Nominated for 7 Academy Awards



Let's Play!



Monday

2:00 pm Practicing Your Bridge Game - WGR

7:00 pm Corn Hole - Avalon Hall

Tuesday



1:00 pm Scrabble -WP

7:00 pm Bridge -WGR



Wednesday

1:30pm Cribbage - WP

7:00 Pinochle-WGR

Thursday



3:30 pm Bingo - WGR

Friday

1:30 pm Mah Jongg - WGR



Saturday

11:00 Wii Bowling (see calendar)WTR

1:00 Outdoor Putting (seasonal)

2:00 pm Dominoes - RKA

A little of this ,a little of that.

Lakewood Resident Volunteer Samantha challenges you to a game of Wii Bowling



**Every Other Saturday
at 11am in the WTR
2/3 & 2/17**

Sit and Knit

Every Saturday at 11:00 am in the CMS

Do you have an unfinished project and lack motivation? Well bring it on down to the Cove Media Center and we will encourage each other to finish what we started!

Wine Tasting w/Elizabeth

**Former Owner of Grady's Fine Wine
Valentine Wines - Wednesday Feb. 7th, 3pm in
the Westwood Pub**

NO CHARGE BUT REGISTRATION REQUIRED
3 Perfect Selections

1. Aime Baron French sparkling wine from the Languedoc-Roussillon region
2. IL Cuore produced by the Dreyer family Chardonnay
3. IL Cuore Cabernet Sauvignon

Your favorite Sweet Treat !

**Grab a Donut Day
Friday, February 9th
7:30am-10:30am LC**

Sponsor - Adele & Don Wheeler



THE NORMANDY PRESENTS ...

**TECH FRIDAYS
WITH TAK**
AT BREAKWATER
**Friday, February 2nd
at 2PM**

Tak has over 30 years of experience. Holds Bachelor of Science in Computer Information Science and Executive MBA from Cleveland State University.

Fall Detection



Primer on:
Smartwatches

Health Vitals
Monitoring



**Trivia with Tracey
Monday, February 5th
4pm-5pm -WP**

**Test your knowledge to win a gift certificate
for free lunch! New handheld buzzer system,
teams may be assigned.**

Town Hall Meeting

THURSDAY FEBRUARY 8TH

**8:30 AM BREAKFAST - 9:30 AM MEETING
COMPLIMENTARY BUFFET BREAKFAST
FOLLOWED BY MEETING**

**COMMENTS ACCEPTED IN BOXES LOCATED IN
MAIL ROOM**

ECLIPSE TALK WITH TRUDY E. BELL

Thursday February 29th at 7:00 pm AVH

Just after 3 PM on Monday, April 8, the greater Cleveland area—including the Normandy—will be visited by a rare event: a total eclipse of the sun lasting nearly 4 minutes! Are you ready? Come hear about the Normandy's plans for everyone to see it, what marvels to anticipate, and fascinating tidbits about historical adventure astronomy eclipse expeditions that "discovered" the sun.

Breakwater's own resident Trudy E. Bell has observed six total solar eclipses since 1970, including ones that occurred above the Arctic Circle and in the Sahara Desert.

TUESDAY, FEBRUARY 13TH, 2024

MARDI GRAS!

Join us in the Avalon Dining Room on Tuesday, February 13th, 2024 for Cocktails, Music and a Themed Dinner!

David Strieter Jazz Trio will be playing from 4PM - 6PM! Cocktail hour will start at 4:00PM, the bar will include beer, wine & the speciality Hurricane cocktail.

Dinner will start promptly at 5:00PM. There will be NO up-charge for this meal!

Hope to see you there!



Valentine's Day Dinner

Join us for our Valentine's Day Dinner party on Wednesday, February 14th, 2024. Mary Beth Ions will be playing from 4:00 PM - 5:30 PM. Cocktails will start at 4:00PM, Appetizers at 4:45 and Dinner at 5:00PM.

Don't forget to RSVP to Nicole!
Hope to see you there!



2017 Solar Eclipse Viewing from Wyoming - Photo taken by Trudy



Resident Spotlight



MEET TRUDY 510B

I received a master's degree from New York University in American intellectual history and history of science (1978). Earned a living for 45 years as a science and technology journalist, mainly as a magazine editor and freelance writer, covering astronomy and other physical sciences, engineering, and instrumentation. Was an editor for Scientific American (7 years), senior editor for IEEE Spectrum (14 years), and senior writer for the University of California High-Performance Astro-Computing Center (4 years), with shorter gigs as founding senior editor for Omni magazine and as a communications specialist for McKinsey & Co. Also wrote freelance for NASA's popular website Science@NASA and a wide variety of print magazines, including Sky & Telescope, Air & Space/Smithsonian, Family Circle, Adventure Cyclist, and Ohio. Working now (about half time) on a reference book on 19th-century U.S. observatories, telescopes, telescope makers, and philanthropists; on the side, also noodling on concepts for a science fiction novel and a cookbook (early days yet).

If you would like to share your story in next months edition of the Buzz; please submit a self-written copy to Tracey's email, tracey@thenormandy.com , you may also include any photos you want.

SUPERBOWL SQUARES

SALE DATE: Thursday February 8th

3pm-6pm in the Pub

\$2.00 per square

Please bring exact change if possible.



Breakwater



superbowl sunday

February 11th, 2024

**Join us in the Westwood Pub on Sunday, February 11th
at 6:30PM to watch the Super Bowl game!
We will open the Pub at 6:00PM.**

**There will be Hot Dogs, Chips, Queso, Salsa
("all you can eat") for \$5.00.
Beer, Wine & Pop will be available to purchase!
Hope to see you there!**

