



## A BIT from BITSIE

HomeHaven is holding its Annual Membership drive and we need your help. Do you have a friend or a neighbor you think would benefit from knowing more about HomeHaven and its services? Do you know someone who is beginning to plan for the future and wants to consider staying at home? A newly retired couple looking for a way to do meaningful volunteer work? A person who has downsized and just moved to your neighborhood and wants to meet new people? Or maybe you know someone who has elderly parents and is concerned about how to care for them. We would love to hear about all of these people and invite them to a gathering or visit them in their homes to tell them about our program. Just call the office with their names and contact information and we will send them information about HomeHaven's program and services.

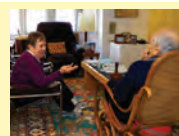
Membership fees are HomeHaven's major source of income for our \$150,000 operating budget for 2013-14. Every year we set a goal for the number of members we need to retain and recruit to meet our budget projections. To meet this year's goal, we need 15 new memberships by September 30th. We are offering a special incentive of an extra month free for new members. Individuals or couples joining before September 30 will have their renewal date extended by one month — a 13-month membership for the price of 12.

If HomeHaven has helped you with home maintenance issues, if you have used the services of our Advanced Practice Visiting Nurses from All About You or engaged a home care aide from Griswold, had computer or transportation help from one of our volunteers, learned a lot at a lecture or had a great time on one of our trips—please share your enthusiasm with others and help us meet our membership goals. We send you many thanks for all your help with this important effort.

Frances T. "Bitsie" Clark, Executive Director



HomeHaven members care about each other... AND they know how to have fun!



**Over 1100 people in Connecticut turn 65 each month.**

**HomeHaven needs YOU – your talent, and your enthusiasm – to keep us going and growing stronger!**



for more information, call 203.776.7378

[HomeHavenVillages.org](http://HomeHavenVillages.org)

### Summer Special

**Join HomeHaven by September 30, and receive an extra month's membership free!**

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# Farewell Soonil – Hello Shannon

by Bitsie Clark

For the past two years, HomeHaven has been extremely fortunate to have had Soonil Chun keeping our books and managing our financial records. Soonil, who is Director of Finance for the Arts Council and worked for me there for 18 years, is now retiring and moving to California. Beyond keeping our books straight, Soonil has been devoted to helping HomeHaven, providing patient answers to our many financial questions and suggesting ways to reduce our expenses and improve the management of our financial affairs.

In the summer of 2012, when Soonil began working for us, we were about to become HomeHaven and needed a very experienced financial manager to keep two sets of books — one for East Rock Village and one for HomeHaven — until we received our nonprofit designation from the IRS, as we did this spring. She has done an outstanding job of keeping track of what was very complicated bookkeeping.

The Finance Committee did an extensive search for a replacement for Soonil and engaged the services of A+ Accounting and Tax Prep LLC of Hamden. The firm has assigned Shannon McKane to manage HomeHaven's finances and we could not be more pleased. Shannon has had extensive experience in bookkeeping and office management over the last 22 years in a variety of businesses and has already spent several weeks learning about HomeHaven's finances from Soonil.

We say a very sad farewell and grateful thank you to Soonil for all her hard work on our behalf and a delighted welcome to Shannon!!

## HomeHaven News

Ellen R. Brainard, *Editor*  
[erbrainard@gmail.com](mailto:erbrainard@gmail.com)

Jane Jervis, *Associate Editor*  
[hh.jervis@comcast.net](mailto:hh.jervis@comcast.net)

Published by HomeHaven, Inc.  
291 Whitney Avenue, Suite 103  
New Haven, Connecticut 06511  
203.776.7378  
[info@homehavenvillages.org](mailto:info@homehavenvillages.org)

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# Sharing our Stories

What makes HomeHaven tick? What keeps it humming? How does it help us to thrive and stay in our own homes as we age? These are questions potential members ask. What are your answers? How is HomeHaven working for YOU?

This month two members shared their stories.

From Elaine Wiig, a member of Westville Village:

*Dear Bitsie,*

*...You can't imagine how much I've enjoyed being a member during the past nine months: The Memoir Writing Group, the Book Club, the Christmas Party at Louis Audette's, the Benefit Dinner, the Iranian and Peruvian Dinners... (still regret having missed the Normandy/Burgundy dinner—have given Kate my name to attend the September dinner so I don't miss out on that one!), the Spring Picnic at Celeste's, the High Line Walk in NYC, and the New Haven Historical Society lecture.*

*Also I'm grateful for all the rides to the train station, doctors' appointments, and especially the emergency help I received from you and the HomeHaven health service in February! I thank you and the HomeHaven Board for all your efforts in making my New Haven life so enjoyable and comfortable.*

*All best, Elaine*

And the comment of a volunteer declutterer as the project came to a close:

*"...We had a lovely telephone conversation. I told her I would be happy to help with anything in particular in the future; she should just call me...I think both of us were moved by our work together. Very gratifying to know her."*

We hope you will share your own experiences, good, bad, or in-between, by calling or writing the office or the editors (*see masthead, left*). We need to know your name, but at your request your stories will be kept confidential or used anonymously.

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## PUNch Lines

Evidence has been found that William Tell and his family were avid bowlers. Unfortunately, all the Swiss League records were destroyed in a fire...and so we'll never know for whom the Tells bowled.

# COOKING IN DIFFERENT LANGUAGES

by Jane Jervis



Yes, it's a funny name, but it is one of HomeHaven's most popular and longest lasting groups, meeting monthly since October 2011 (with summers off). When we started out, we thought we would meet to learn about the cuisine of some country where we had been or wished we could go, and then we'd all go out to a restaurant together that featured that cuisine. But then we thought: restaurant, noisy, expensive, hard for a big group...and wouldn't it be a lot more fun if we experimented with cooking for each other.

Some were a little intimidated at first. What if our cooking wasn't THAT good? What if we didn't know anything about the food of the chosen country, or where to get exotic ingredients? But those fears were soon put to rest. All that's needed is a slightly adventurous attitude and an interest in exploring new foods. It turns out that you can do a Google search for "Any Country recipes" and get multiple options, usually adapted to readily available ingredients. And the public library has cookbooks of every description. So we have done France, and several regions of France; and Thailand, India, Peru, Morocco, Ireland, Sweden, and several parts of Italy; and others I can't remember or may have missed. Sometimes participants have visited the country whose food we are cooking, but not always. *Always* the food is wonderful, interesting, colorful, and plentiful, as is the drink, usually the wine of the country. (Sometimes the wine of the country is beer!)

How does it work? We meet and eat on the third Monday of each month. By the sign-up deadline (usually the first Thursday),

everyone who is interested should sign up by contacting the office. Then the names are randomly sorted by computer into two or more groups, depending on the number of participants and the seating capacity of that month's hosts. We do this so that we are continually mixing up the groups, mingling couples and singles. Then hosts inform guests, guests propose the dish they would like to bring, and the hosts coordinate contributions so that a reasonably well-balanced meal results. Both members of couples are expected to contribute.

So we eat, and we drink, and we talk. My, do we talk! Some evenings have turned into non-stop joke fests, others into quite serious conversations about international or domestic politics, families, religion, dying, or whatever is in the week's news. We argue about future countries and cuisines. We wonder what the other group is having for dinner. We identify future hosts (almost everyone takes a turn). Friendships are formed and deepened. Newcomers are welcomed and swept into the group. At the end of the evening, we exchange leftovers (if any), and pitch in to help clean up.

Please think about joining us! We now have two groups each month, but we could easily have three, or four, or... For more information, contact Celeste Markle ([c\\_markle@yahoo.com](mailto:c_markle@yahoo.com)). For details of this month's dinner, see the *Ongoing Group Meetings* listing, page 9.





## HEALTH MATTERS

### Mosquitoes: Not Just a Nuisance, by Nissa Simon

Although Labor Day marks the symbolic start of autumn, mosquitoes don't read, so they pay no attention to the calendar and will continue to annoy you until the first frost. The persistent hum of their buzzing wings at night can interrupt the soundest sleep and the itchy bump they leave after they bite can be maddening. But around New England, mosquitoes are more than a nuisance. They're carriers, or vectors, for three different viral diseases: Chikungunya, West Nile, and Eastern Equine Encephalitis.

#### CHIKUNGUNYA VIRUS

Spread by the Asian tiger mosquito, one of the world's most invasive species, chikungunya is the new kid on the block of mosquito-borne diseases. Typical symptoms include the rapid onset of fever and severe joint pain. According to the World Health Organization, the word "chikungunya" means "to become contorted" and describes the stooped appearance of sufferers. The joint pain is often debilitating, but generally lasts for only a few days or weeks.

So far this year, 12 cases have been reported by Connecticut residents who traveled to three

destinations in the Caribbean: the Dominican Republic, Haiti, and St. Martin.

#### WEST NILE VIRUS

Most people bitten by a mosquito infected with West Nile virus don't experience any signs or symptoms, or may experience only minor ones, such as a headache or mild fever, before recovering fully. Less than one percent will develop a serious infection. The rare disease generally hits adults over 50 and those with a weakened immune system. Although there is no specific treatment, symptoms and complications can be treated. Four cases were reported in the state last year.

#### EASTERN EQUINE ENCEPHALITIS VIRUS

Symptoms of this rare but serious mosquito-borne disease can range from mild fever and headache to high fever, muscle aches, neck stiffness, and tremors. The virus is carried by birds that live in freshwater swamps. Cases in horses occur sporadically in Connecticut, and for them the infection is fatal more than 90 percent of the time. A vaccine is available for use in horses, but there is no vaccine for humans. No cases were reported in the state last year.

***If you develop a fever after having been bitten by mosquitoes, call your doctor.***

#### DEALING WITH MOSQUITOES

Of course you know enough to empty standing water and wear long pants. Here are some other low-tech tips.

- If dinner *al fresco* is in your plans, put out a rotating fan set on high to provide enough of a breeze to discourage mosquitoes. They're not active when it's windy.
- When you garden outdoors, set up and light some incense sticks in a circle around the area you're working in.
- Try spraying your clothes and any exposed skin with the generic version of Listerine original flavor. Mosquitoes don't like the smell of eucalyptus. You may have to repeat every hour or so.
- Crush a handful of fresh lemon balm or basil leaves in your hands and rub them on exposed skin.
- Always use any herb with caution until you know how your skin will react.



***Happy Birthday to HomeHaven  
members with a birthday in September***

Louis Audette   Wendell Bell  
Bob Berner   Cecilia Berner  
Walter Cahn   Sylvia Garland  
Bob Gifford   Margot Kohorn  
Carmen Pace   Sarah Pace  
Heskel Shamoon   Flora Van Dyke  
Herbert Winer   Marilyn Zuckerman



## Tips from Bruce Lawler: Gutters

There are wire mesh gutter covers that help prevent leaf buildup, although they may get distorted and small items like maple seeds get caught underneath them. An alternative to gutters is a device called “Rain Handler”, an eave-mounted array of stainless steel vanes that reform the water sheet at the roof’s edge into a fine spray that does not cause ground impact. The best feature of Rain Handlers is that they don’t collect leaves at all; the vanes are flat and leaves simply blow off them. Call the office at 203-776-7378 if you need help with gutter cleaning or repairs or would like to know more about covers or Rain Handlers.

**203-776-7378**

by Jane Jarvis

HomeHaven has sponsored several programs dealing with preparation for the end of life, from Dr. Leo Cooney's extraordinarily frank talk at the Mitchell Library, to the series including Attorney Susan B. Nobleman's presentation on important legal documents and Dr. Scott Long's discussion of hospice care. In addition there have been several spontaneous and intimate conversations about death and dying during dinners at *Cooking in Different Languages*. And in last February's newsletter I described a *Death Café* that I had attended in Portland OR; that article prompted a number of responses from HH members.



*A word cloud of responses describing a Portland, Oregon Death Café; the larger the print, the more times the word was used.*

I invite you to participate in a *Conversation about Dying* at my house on Sunday afternoon, September 21, from 3 to 5 pm. The only guidelines will be mutual respect and confidentiality. There will be refreshments. My house can accommodate two small groups of six or seven, so I will accept the first fourteen people who email me. If more are interested, I will create a waiting list for future conversations. Please email me at: [hh.jervis@comcast.net](mailto:hh.jervis@comcast.net). I will let you know whether or not you have made the cutoff and, if you have, how to find my house.

## ERVerse: THE LINGUIST

It's been thirty-six short months  
from the day that we did meet  
Our newest lovely neighbor, who had  
moved into our street.  
She spoke a different language that none  
of us had known,  
Formed within the humid place  
where she had lived and grown.

But then, within a single year,  
to everyone's surprise,  
She learned to speak good English  
before our very eyes.  
But that is not the only gift our brilliant  
neighbor learned,  
She mastered Mandarin-Chinese, a prize  
that she had earned!

Even those were not sufficient for her  
deft linguistic touch,  
For we soon discovered truth that she  
also learned some Dutch!  
She spoke without an accent, three  
languages with ease.  
It made my years of Spanish seem quite  
foolish, if you please.

We wondered how she learned so fast  
without Rosetta's Stone?  
Day by day and month by month, she  
listened on her own  
To multilingual parents who have raised  
her at their knee,  
For our garrulous new neighbor has  
only reached age three.

– Bob Gifford, *Doctor of Doggerel*

**REMEMBER:** Tell your friends  
about HomeHaven's  
Summer Special –



**13 months of membership  
for the price of 12!**

Details on page one.

## CARTOON CAPTION CONTEST!



Everyone's a winner! Five entries, five different takes on Jane Lederer's dog on wheels! Watch for a new cartoon next month.

*Cecilia Berner*

- Old dog after joining HomeHaven learns new trick.

*Ellen Brainard*

- Whoopee ki-yi-yay! Git along little doggies!

*Bitsie Clark*

- Just wait 'til this guy hits the speed bumps on Edwards Street.

*Susan Feinberg*

- I have a handle on it. Don't worry.

*Anonymous*

- So much for the leash law.

## Introducing New Members

*HomeHaven is delighted to welcome the  
following members who joined us  
during the summer months.*

Sylvia Van Sinderen & James Sinclair  
~ East Rock Village, Downtown

Mirjam Geismar  
~ Westville Village

Alice Simon  
~ East Rock Village, Hamden







## Scenes from HOMEHAVEN Summer Events

HomeHaveners found many ways to keep busy over the summer, from touring the Yale Art Gallery's American Decorative Arts Collection with Curator Patricia Kane (*top left*), to dining *al fresco* in Westville (*top right*), to sailing on the Sound on the schooner *Quinnipiack*.



# COMPUTER CORNER: Signposts on the Information Highway

by Christa Sammons

"Don't judge a book by its cover," people often say. But in fact you can sometimes tell quite a lot from a book's cover: who wrote it, who its intended audience is, what kind of information might be inside. With Internet sites, signposts like that are gone. Do a Google search, and you're confronted with a huge array of Internet addresses (or URLs, as we learned to call them in the last HomeHaven newsletter), all of which look more or less alike—lines of blue type. Who wrote those sites? Who published them? Are they likely to be useful or frivolous, reliable or misleading? It can be hard to tell.

Helpful signposts in the Internet world are provided by *top-level domain names*, the part of the URL that designates the broadest categories of Internet sites, such as commercial (.com), not for profit (.org), educational (.edu), and U.S. government sites (.gov). The .coms are almost always trying to sell you something, which is not to say they're bad. We all need to shop, right? Many vendors post a lot of good information on the Internet, and even the U.S. Postal Service is a .com. They're selling stamps, of course, and are competing with FedEx and UPS for your business, but you can also look up a zip code or change your address at [www.usps.com](http://www.usps.com). The major newspapers are .coms. Many useful recipe sites are .coms. Has everybody tried one of my favorites, [www.epicurious.com](http://www.epicurious.com)? One thing about the .coms: they

tend to have a lot of ads that may load slowly when you try to access the sites.

When you need truly unbiased information, for instance about pharmaceuticals or a medical condition, it's wise to select a site from the .org, .edu, or .gov domains. The Mayo Clinic ([www.mayoclinic.org](http://www.mayoclinic.org)), for instance, maintains an excellent site, with easy to understand articles (click on the first tab, patient care & health info). Other useful sites are the Cleveland Clinic ([www.clevelandclinic.org](http://www.clevelandclinic.org)) and the National Institutes of Health ([www.nih.gov](http://www.nih.gov)).

On a lighter note, there are many horticultural and gardening sites to look at. In the .com realm, for instance, White Flower Farm has posted a lot of good information at [www.whiteflowerfarm.com](http://www.whiteflowerfarm.com), although the fonts are small. I found an excellent guide to groundcovers through the University of Illinois' Urban Programs Resource Network ([www.urbanext.illinois.edu](http://www.urbanext.illinois.edu)): click on "Hort Corner" for gardening tips. And for up-to-date information about local insect and plant disease problems, there's the Connecticut Agricultural Experiment Station, right up the hill from the HomeHaven office but also on the web at [www.ct.gov/caes](http://www.ct.gov/caes).

HomeHaven is always ready to help with computer problems. Call the office at 203-776-7378, and Kate will arrange a meeting for you with one of our volunteer consultants.

## Why I'm Leaving a Gift to HomeHaven

*"Twelve years ago my husband began a slow, relentless decline which lasted for six years. We were unprepared for his sickness and had to cope by ourselves. If only HomeHaven had been available then! Now that I see the value of the Village movement and have the gratification of being a volunteer myself, I've decided to make a modest bequest to help keep this wonderful organization available for others."* – A grateful member

- Adding HomeHaven to your will is generous and easy to do.
- It does not affect your assets or your cash flow during your lifetime.
- It is revocable – you can change the provisions of your will or trust at any time, *and*
- It is private – your will is not filed or made public until your death.

**HomeHaven would be happy to provide information about planned giving.**

**Call the office at 203-776-7378**

***It's Easy to Remember HomeHaven in Your Will.***



## Ongoing Group Meetings

### PINS AND NEEDLES

**Monday, September 8, 3:00 pm**

**Monday, September 22, 3:00 pm** (places to be decided).

Meet for sewing, mending, handwork of every sort, great conversations and refreshments. New members always welcome. To register that you will be there and for further information, please contact Jeanne Drury at [jeannedrury@aol.com](mailto:jeannedrury@aol.com) or 203-281-3227.

### COOKING IN DIFFERENT LANGUAGES:

**Farm to Table: Seasonal Harvest**

**Monday, September 15, 6:30 pm**

**Signup deadline: Thursday, September 4.** (*Calls after that go to waiting list*). Host(s) will contact you with details and to coordinate the menu. Newcomers welcome. *For more information, see article on page 3.* To sign up please call the office or email Celeste Markle at [c\\_markle@yahoo.com](mailto:c_markle@yahoo.com).

### BOOK GROUP

**Monday, September 8, 11:30 am-1:30 pm** at Cecilia Berner's home in Westville for discussion of summer reading: *The Empathy Exams*, by Leslie Jamison; *The Ruby in Her Navel*, by Barry Unsworth; *The Snow Leopard*, by Peter Matthiessen. Please contact Cecilia at [ceciliaberner@sbcglobal.net](mailto:ceciliaberner@sbcglobal.net) or 203-389-8876 to let her know you will attend. New members are welcome.

### MEMOIR WRITING GROUPS

The two ongoing writing groups meet at the convenience of their members. For information on September meetings, contact Harriet Bergmann at 203-776-0703 or [hfb183@gmail.com](mailto:hfb183@gmail.com). (*For information about new groups, see story below.*)

## Memoir Writing

Would you like to set down family stories for posterity? Would you like to get your own life story down on paper for yourself? Try memoir-writing! Two successful groups are going strong. If there's enough interest we can form a third group. Harriet Bergmann, a retired professor of English, who currently teaches creative writing at Yale, leads the groups. Please call the office at 203-776-7378 to indicate that you are interested in signing up or want more information and Harriet will be in touch with you. The two ongoing groups will resume meeting in September. (*See Events, above.*)

## COMING IN OCTOBER: Harlem Tour

A private walking tour of New York's Harlem, led by tour guide Joyce Gold, is being planned for HomeHaven members and friends on **Friday, October 3**. Ms Gold has been providing exciting and insightful History Tours of different parts of New York City for 25 years, so this will be a unique treat. See more at [www.joycegoldhistorytours.com](http://www.joycegoldhistorytours.com)

If 20 people sign up, the tour will cost \$20 per person, plus train fare. Call the office (203-776-7378) now to reserve your place. The two-hour tour is on foot, with some resting spots; participants should be fully mobile. For more information, contact Jeanne Drury at [jeannedrury@aol.com](mailto:jeannedrury@aol.com) or 203-281-3227.

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## Summer with Westvillians

by Cecilia Berner

A group of Westvillians has been taking tai chi this summer at the Mitchell Branch of the New Haven Free Public Library from Dana Brozinsky, a nurse with the VNA Community Health of Hamden. The program focuses on fall prevention and features a special eight-form tai chi developed by Dr Li of the Oregon Research Institute to improve older adults' balance and mobility. Our little taste of tai chi (five sessions during July) and our wonderful instructor have encouraged us to enlist her for a full eight-week class this fall.

The Westvillians begin again on Wednesday, September 17, and will meet every Wednesday through November 5, from 1:00 - 2:00 pm. The class, led by Dana Brozinsky, will continue to meet at the Mitchell Library. The cost is \$56.



# Events: September

**Saturday, September 6, 11:00 am-10:00 pm**

**Connecticut Folk Festival and Green Expo** at Edgerton Park. Free.

A fantastic array of regional folk groups on the main stage all day; contra dancing with Bill Fischer and Wry Bred; 75 booths with exhibitions, educators, and vendors, including HomeHaven. Workshops and activities for adults and children, a fabulous food court and much, much more. To sit with HHers, look for our reserved spot for your blankets and chairs.

Volunteers are needed to man HomeHaven's booth. If you can help, please call the office.

**Thursday, September 11, 2:00 pm-3:00 pm**

**"Safety in Our Homes and Community." Mitchell Library in Westville**

**Sgt. Renee Forte**, manager of the Westville substation of the New Haven Police Department, will lead a workshop on ways to make yourself safer at home and in public. Do you have proper door and window locks? Good indoor and outdoor lighting? When you are away from home, are you safer parking in a lot or a garage? Do you have "street smarts"? This is your chance to learn from an expert. Please call or email the office if you plan to attend. This event is co-sponsored by Mitchell Library.

**Sunday, September 14, 1:30 pm**

**Second Sunday Concert at the Audette's**

The first concert of the season will feature the leading regional bluegrass band, **Big Apple'achia**. Originally conceived in New York City, the band has matured in Hartford under the leadership of Nick Novia, who hosts the Sunday afternoon shows at the Firebox Restaurant. In a testament to his regard for our Second Sunday house concerts, Nick is bringing his group of exceptional musicians to New Haven for what will be an exciting kickoff to a great live music lineup for 2014-15!

Seating is limited, so please reserve your place by emailing Louis Audette at [24everit@concentric.net](mailto:24everit@concentric.net). The concert is at 24 Everit Street in New Haven. Park on the street and walk down the driveway between 22 and 32 Everit. Donation is \$15, payable at the door and refreshments will be served.

**HOMEHAVEN OFFICE**

**☎ 203-776-7378 ☎**

**hhkateh@gmail.com**

**Saturday, September 20, 2:00 pm (plus travel time)**

**Visit to Lynden Miller's Garden in Sharon, CT**

This lovely, 30-year old country garden belongs to Lynden Miller, a public garden designer and a director of the Conservatory Garden in Central Park, which she rescued and restored beginning in 1982. Her work may be seen in many other public gardens in New York as well as at several universities and in Washington D.C. Her own garden features a curved yew hedge, a raised garden and a cottage garden. It has a pond and recirculating stream, a woodland with moss paths and many hardy hydrangeas. Certainly "well worth the trip"!

The garden will be open for this one-day only event, sponsored by the Garden Conservancy, from 2:00 pm-6:00 pm. Entrance fee \$5.00. We will carpool, stopping for lunch along the way. If you plan to go, please call or email the office **no later than Thursday, September 11**, so we can arrange carpooling and travel plans. Driving time to Sharon is approximately 1-1/2 hours.

**Sunday, September 21, 3:00 pm-5:00 pm**

**Conversation about Dying** at the home of Jane Jervis. This event is limited to 14 people. If you wish to attend please email Jane at [hh.jervis@comcast.com](mailto:hh.jervis@comcast.com). (For more information, see article on page 5.)

*More events on pages 5 and 9...*

## Laughter, The Best Tonic BACK TO SCHOOL?

Some engineers are trying to measure the height of a flag pole. They only have a measuring tape and are quite frustrated trying to keep the tape in place along the pole. It falls down all the time.

A mathematician comes along and asks what they are doing. They explain the problem to him.

"Well, that's simple," the mathematician says. He pulls the pole out of the ground, lays it down, and measures it easily.

After he has left, one of the engineers says, "That's so typical of these mathematicians! What we need is the height – and he gives us the length!"