The Inverness "I"

Vol. 7. No 1.

From the Editors

A Gala Holiday Gala: This year's celebration was outstanding, featuring a well catered meal, most enjoyable live music, a sing-along, much dancing and great socializing. (see pages 12 and 13). The Social Committee outdid themselves in ensuring a great time for all.

Change: It is everywhere we look. The natural evolution of life in an active adult community means people move in and others move on, as we are surely seeing in Inverness these days. We will miss those who are leaving, and we certainly welcome all the newcomers.

All residents are encouraged to notify the editors of new arrivals. We want to be certain they are properly welcomed. and provided with a Village directory.

It is important to remember that change can be refreshing, can be revitalizing, and offers the possibility of a richer, more rewarding life to come. We should always view change as a fundamental and natural process, not something to be lamented, but as an opportunity to expand our horizons and our quality of life.

As a new year begins, it is an opportune time for us to extend ourselves in ways that will make Inverness Village an even friendlier and happier place to live. We send Happy New Year greetings to all with wishes for a healthy and prosperous 2016.

From The Village President

A late reminder to unhook all water hoses attached to the outside of your house.

An update on the Master Association projects discussed in previous Inverness "I's"(July and October):

The Pool House Committee comprised of yours truly as chair along with Karin Fleming, president of Chatham, George Earle, president of Yardley, Carol Campanelli chairperson of the summer Pool Committee, Ed McFalls Managing Agent of the Master Association and Tom Daley and Annie Leighton of Dalev and Jaboot Architectural Associates have held seven meetings discussing various design configurations. The next meeting will be held January 13, 2016. We are working toward a presentation to the MA presidents on Thursday February 4, 2016. The discussions with East Goshen Township are beginning, and the goal is to begin renovation and construction following the pool closure after Labor Day 2016 and opening Memorial Day 2017. The finished project will have a common room usable 365 days a vear for 50 people. There will be NO IN-CREASE IN MASTER ASSOCIATION FEES for this project.

The walking trail along Chandler Dr. from the east gate to Inverness Dr. is still being discussed with East Goshen Township to determine which side of Chandler Dr. is best due to water runoff. The goal is to finish the project during spring 2016.

Continued on the next page.

Inverness Chili Supper

Bowls and bowls of delicious chili were consumed at the annual Chili Supper on October 15. About 50 residents enjoyed seven varieties of chili: spicy and mild beef chili, white chicken chili, and red chicken chili. Accompanying the chili were toppings of cheese and sour cream, cornbread, and crusty bread. Salad and beverages were offered, and a selection of desserts completed the meal. A 50/50 and the awarding of door prizes ended a fun evening.

Carol Ellis



President's Letter (continued from Page 1.)

The access to the top floor of the Community Center is still being discussed. Either an elevator or an enclosed ramp will be decided on in the near future.

The State of Pennsylvania and East Goshen Township have approved renovations to the first floor bathroom of Sullivan House. Work will begin in February 2016.

It is required to get approval from both the Architectural Committee and Council for any modifications to the outside of your house. DO NOT BEGIN ANY WORK WITHOUT APPROVAL. Alarm inspection will take place beginning March 21, 2016. The work will be done by West Chester Electric. A schedule will be forthcoming.

The open Village meetings will be held May 11, 2016, and November 2, 2016. The Council held a meeting on Wednesday, December 16, 2015.

Wishing everyone a happy and prosperous New Year and remember to look out for your neighbors during this winter.

Boyd Mackleer

Neighbor Profile

Barbara Atmore (#710) grew up in Havertown where her Dad, Colin Houston, was a Haverford Township policeman and



her Mom worked on Brookline Blvd. at different retail shops. She attended Oakmont elementary and graduated from Haverford High in 1964.

As a teenager, she worked at the Hot Shoppe in 69th Street

as an outside "Curber" (outside waitress). No, she didn't have to wear roller skates.

After graduating, she had several jobs, first working for Marsh Pontiac in Ardmore as a title clerk. Drawing on her past experience at the Hot Shoppe, she then had the opportunity to go through the Marriott Management training program and became a Manager for their Broad and Stanton Street Hot Shoppe. She loved the fast pace and the interaction with the people, however, the hours were very difficult on a young person's social life.

So, she moved on to a normal work schedule at the Penske Car dealership on Chestnut Street working for National Car Rental until she had her first child. After her divorce, she was employed by Avon as a District Manager for 10 years.

In 1987 Barbara switched careers and became a realtor with Fox and Lazzo. In 1991 she was recruited to manage the Roach Brothers Real Estate office in Havertown, which eventually moved to Newtown Square.

Because of all the mergers at Roach Brothers, she became a manager for Weichert Realtors and has been with Weichert in Paoli for the last 15 years. She stepped down as a manager 3 years ago and now continues to enjoy helping people through the real estate process buying and/or selling. Barbara has been in the real estate industry for over 28 years and loves the opportunity to serve people. Her whole career has been about service to others.

Barbara and her husband, Chuck, have four children, a daughter and 2 sons who live locally and a son who lives in Washington State - They have nine delightful grandchildren the oldest is 19 and the youngest is 10. The grandchildren keep them busy with school activities and sports. There is always something to do or someplace to go.

Barbara and Chuck are very involved at The Church of the Good Samaritan in Paoli. They volunteer every Thursday at the Good Samaritan Food Closet which provides groceries to over 150 families here in Chester County. Good Samaritan will be providing Thanksgiving baskets and Christmas baskets in addition to the weekly distributions. Barbara said, "Serving God and his Church is a privilege and honor".

The thought of travel brings a smile to her face as she recalls their "fabulous" trip to Europe last May. They have good friends who live in Vienna and visited them for a few days before exploring Salzburg, Munich and Prague. The west coast is an annual destination because their son resides there and that leads to further exploration of the three states on that coast. Barbara also enthused on their winter plans to stay in Cape Coral, Florida.

They have lived in Hershey's Mill for 18 years, and Barbara has been a member of Inverness Village Council for the last 7 years. She believes it is a wonderful place to live. Working in real estate, she gets to look at other communities as part of her job. She personally feels that Hershey's Mill offers the best value and the most beautiful environment in which to live.



Inverness Ladies Luncheon – November 7

The luncheon gathering of the ladies from Inverness was wonderful and yet bittersweet. Once again, Doris Harry, Rita Cordivari and Trudi Roderick outdid themselves in planning the event, decorating the tables and arranging for prizes. From the moment one arrives, one senses that everyone is happy to be there with so many others to greet. It is obvious from the photos that a good time was had by all.

Sadly after over 25 years of being responsible for the event, Doris announced that she and her committee were retiring and she also mentioned that perhaps some others would volunteer to organize and continue the tradition. What better way to communicate to the "originals" that they organized a great event than to step up to continue a very special luncheon!





Editor's note: Dear Gramps took a much needed break to reconstitute his amazing ability to understand human nature. We welcome his return!

Dear Gramps

We regularly have lunch with friends who like to discuss politics and who hold very strong opinions. Unfortunately, we do not agree with their views but are reluctant to argue with them. After lunch we always feel bad that we haven't expressed our opinions. Should we argue at lunch or just sit silently?

Frustrated Listeners

Dear Frustrated Listeners,

Having voted for over fifty-five years, it appears to me that the current gulf between the Conservative Right Wing of the Republicans and the Liberal Left Wing of the Democrats is soooo.... huge that the extremist stated positions can instantly produce anger if not fist fights! Personally, I find it very difficult to keep my mouth shut, so I "bite my tongue" a lot.

However. I have come to the following conclusions:

You must agree up front either not to talk at all about politics or You must have equal time.

Or maybe you could all agree to discuss the U. S. Congress. For example, over the years Congress has voted for themselves unbeatable health care options as well as unbeatable Retirement Benefits. In other words should they not all RECUSE themselves when it comes to discussions of Medicare or Social Security?

GRAMPS

Dear Gramps

A friend recently told me that she has been reflecting a great deal on her past. She wondered if this is typical of older folks. I, too, have thought a lot about my past. Is this what we do when we get older?

Dreamer of the Past

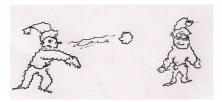
Dear Dreamer of the Past

Yes, we do talk about the past when we get older. In fact, for example, when my mother was in her waning years she frequently could not remember when she had last seen me. Yet when I asked her questions about her childhood, I learned a great deal about her and her family that I had not known.

In other words. since short term memory often seems problematic before long term memory becomes problematic, it is just logical and easier to talk about the past. If, however, it becomes too overbearing, just slowly change the topic of discussion.

GRAMPS





What are you reading?

As we prepare for the coming winter

months, and whether we are snuggled up here in Inverness Village or sunning ourselves on a beach, we can appreciate the recommendations of our neighbors for some good reading. The following suggestions may help you select books that will entertain and challenge you in the days ahead.

ALMA DELANEY – I would recommend *The Wright Brothers* by David McCullough. I have always been a history buff so when I saw one of my favorite authors had a new book out – I was in line. The beginning was slow but then the excitement of the genius of the brothers grew along with their kindness, faith and family that I was hooked. Another great read from David McCullough.

JOHN BROLLY –I just finished O'Reilly's *Killing Reagan*. This book covers the entire great man, flaws and all. The book makes you feel like you are there, observing all of his triumphs and shortcomings. I think history changed after the assassination attempt. He became a hero to the American people because of his contribution to helping end the cold war. I would recommend *Killing Reagan* and *Killing Patton*.

PHIL HAMILTON – I enjoyed *The Presidents Club*, by Nancy Gibbs. It is a history of the private relationships among the last thirteen presidents, including the partnerships, private deals, rescue missions and rivalries among them. A really good read.

DEREK STEDMAN - All the Light We Cannot See, by author, Anthony Doerr, is a most compelling read. The author weaves in parallel the lives of a blind Parisian girl and a Nazi youth to a climax where they must meet. It is a page turner, the plot is inexorable, and so the reader can participate in experiencing this book by asking questions of the author as she or he reads along and actively appreciates the author's writing skills. For example: why doesn't Werner "see" the damage his invention is doing, and how does Marie-Laure behold her many boundaries?

AMORY STEDMAN I've read several unremarkable books so far this year, so my favorite one isn't surprising nor was it current. I heard that *Far From the Madding Crowd*, by Thomas Hardy, was coming out in a new movie version and the previews looked wonderful. So I decided to read the book first, and it was such a good read! I'm loving "period" books right now partly because of *Downtown Abbey* but also because the genre is just so endlessly interesting and well written and deep and nuanced. If you are looking for something delightful, romantic and historical, read something by Thomas Hardy – even if you already have.

GINNY KETTENRING – The setting of *The Paris Architect* is the German occupation of France in 1940. Lucien is a French modernist architect who is looking for work as the life of Paris, and all of France, is being crushed by the Germans. A wealthy French businessman, Manet, offers him a job. These jobs are for the German war effort. In return Lucien begins private jobs for Manet which change his life as he comes to work for his country and save some local Jewish people. *The Boys in the Boat* is the long, passionate journey of the University of Washington's rowing team of 9 men and their amazing quest for the Gold at the 1936 Olympics. The team was training at the time of the harsh Depression. These strapping boys were sons of farmers and loggers. Many of whom were without jobs. Their strength and the art of rowing add to this great book. *The Aviator's Wife*, which explores the dual personality of Anne Morrow Lindbergh, is a true story. At first she is overwhelmed! She is shy, passive and frustratingly loyal to a man who doesn't deserve it. She flies a plane to meet his demands. Their marriage has many trials. Losing their son so tragically is world news. Dealing with all the challenges and fame she embarks on a passionate affair.

BOB BELL – *The Rosie Project*, by Graeme Simsion, I found to be an interesting diversion from serious stuff (*Dead Wake* by Erik Larson). Totally funny, laugh out loud escape from reality. Could not put it down!

BECKY BELL – *The Art of Hearing Heartbeats*, by Jan-Phillipp Sendker, is a magical story told by Julia as she travels from Manhattan to Burma looking for her father who mysteriously vanished. I was totally absorbed in the characters and in the story development from the beginning. (continued on the next page)

What Are You Reading (continued from previous page)

BOYD MACKLEER – A recent read was *DECEMBER 1941* by Craig Shirley. It gives an entertaining history of the month of December in the United States prior to and after Pearl Harbor. It not only gives the news but also American life during a fateful month in American history. Another recent read was *Patriot Games* by Tom Clancy, an engaging thriller with great emphasis on "THE TROUBLES" as the political difficulties between Northern Ireland and Great Britain are known. Terrorism is a key component in this fictional account.

JUDY AMAND – My favorite of the recent books I have read is *The Little Paris Bookshop*, a novel by Nina George. Monsieur Perdu provides books to suit the emotional needs of customers from his book barge anchored on the Seine in Paris. After twenty years, a long ignored letter from the lover who broke his heart causes him to embark on a river and road journey to the South of France to find her. The characters in this novel are wonderfully real, funny and poignant. I also love reading mystery series. It is essential to read these books in chronological order because it is the main characters, their complexity and their interaction that make me want to read the next book and follow their interesting lives. Of course the mystery must be good.

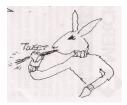
A list of a few authors - Elizabeth George authors the Inspector Lynley series- Scotland Yard. Her first of the series was written in 1988, *A Great Deliverance*. I just finished her latest – what a journey her wonderful characters have taken. Louise Penny writes about Chief Inspector Armand Gamache, Surrete du Quebec. Her first of the series is *Still Life* which like most of the series takes place in the Village of Three Pines and is full of eccentric characters. Jacqueline Winspear writes the Maisie Dobbs, psychologist and investigator series. Her first book is *Maisie Dobbs*, The journey from housemaid to intuitive investigator in England 1920's sets the stage for her growth as an educated investigator. Martin Walker, whose central character is Bruno Courreges, municipal police of Saint-Denis in the Perigord region of France. Each book includes his life, as well as insight into the different local industries, historical sites and the varied cultures and people of the region. Donna Leon follows Commissario Guido Brunetti in Venice, Italy. Brunetti's extended family is important and ages through the series. Lots of insight into Italian culture, the differences Italians see between Northern and Southern Italy, some small details of life in a water bound and sinking city, and why you must always carefully examine any bill you are asked to pay in Italy.

PHILLIP J. BANKS – I would recommend the following books which will go a long way in explaining the British and how the Middle East situation came to be what it is today: *Emma*, Lady Hamilton by Flora Fraser; *The War That Ended Peace*, by Margaret MacMillan; *The Guns of August*, by Barbara Tuchman; *Paris 1919*, by Margaret MacMillan; *Lawrence In Arabia*, by Scott Anderson (probably the most historically accurate book written about these times). Compiled by Carol Ellis



Halloween Wanderers

Some strange creatures were seen roaming Inverness Village on All Saint's eve. These Two claimed to be homeless out-of-work indigents in need of TLC. If you know them, we suggest you give a donation.



PETS RULE by WILBUR B. AMAND, VMD (and of course MacGREGOR)

Winter Guidelines - Now that winter is here, it is time to remember these few guidelines to keep your pet healthy and safe during colder weather.

- Remember that some pets need more food during cold weather; however, don't overdo it and cause your pet to become overweight or obese. Watch those treats!!
- Outdoor exercise on good weather days is recommended; however, watch the snow, salt, and chemical de-icers which can hurt their paws. Some pets will tolerate canine "booties" that can protect the paws. Otherwise, be sure to clean the paws with warm water following a walk outside.
- Some pets, particularly small pets or those with short coats, may be reluctant to go out in winter simply because they are cold. Invest in a warm, waterproof, well-fitting coat that covers your dog's back and underside.
- Remember when walking in grassy or wooded areas, ticks may still be a problem (even in cold weather), so check your pet regularly for ticks following an outdoor stroll for fear of Lyme Disease.

Dental Pain - Since your pets are unable to tell you when they are suffering from dental pain or for other types of pain, be aware of the following and contact your veterinarian for an examination:

- Bad breath often associated with periodontal disease
- Altered behavior chewing on one side of the mouth, dropping food, running away from the food dish, not grooming themselves, and generally acting "grumpy"
- Bleeding usually due to periodontal disease, but would also be associated with a fractured tooth, lacerations/ulcers on the tongue or gum tissue, or an oral mass
- •

In some instances companion animals may show few, if any, signs of dental/oral pain. But once the veterinary team addresses your pet's oral issues, the pet may rapidly return to normal activity.

Motion Sickness - With some dogs, especially when they are puppies, motion sickness can make traveling with your pet less than enjoyable. Signs of motion sickness often include drooling, panting, yawning, restlessness, lip licking, pacing, listlessness, dry heaving, and shaking, whining or actual vomiting. If this is happening with a puppy or new dog, I often recommend taking the dog on frequent short trips (5-10 minutes) and as the dog accepts these short trips begin to lengthen the time of the trip. Be sure to withhold water for 20 - 30 minutes before the planned trip and do not feed the dog prior to the trip. Frequently this will help your dog get used to travel with little side effect. When problems continue, check with your veterinarian who may be able to provide a mild medication (sedative) you can give prior to the trip.

For cats, motion sickness does not seem to be a real problem. However, some cats will be very restless and vocal during the trip. The use of a crate/carrier to which the cat has been acclimated is recommended rather than have the cat free in the car. Again, your veterinarian may be able to prescribe a mild sedative which will make the trip more enjoyable for both you and your cat.

Xylitol Toxicity - It has recently been shown that xylitol, a natural sugar alcohol sweetener popular for its low glycemic index, is the cause of hypoglycemia (low blood sugar) and hepatic (liver) necrosis in dogs, and perhaps other pets. Xylitol may be found in sugar-free chewing gum and certain specialty peanut butter and nut butter brands. Dogs fed straight peanut butter as a treat or fed treats baked with xylitol-containing peanut butter may be at risk for harm. Check the ingredient label and look for words such as "sweetened naturally" or uses a "natural sweetener". If these words appear, look closer to see if xylitol is listed (classified as a sugar alcohol). Other sugar alcohols, such as erythritol, glycerol (glycerine), maltitol, mannitol and sorbitol are not known to be toxic to dogs. To be on the safe side, if a food product for your dog does not list the specific sugar alcohol used, don't use it.

"LOVE YOUR PET, TRUST YOUR VET." Jack Hanna

January Recipe:

CHICKEN MANHATTAN

3/4 cup Italian bread crumbs1 egg, slightly beaten4 skinless, boneless chicken breast halves, pounded to 1/4 " thickness1 pkg. (10 ounces) frozen spinach thawed and drained

2 tablespoons vegetable oil1/2 cup chopped onion1 clove garlic, minced4 slices provolone cheese

2 tablespoons butter 1/2 pound mushrooms, sliced 1/2 teaspoon nutmeg 1/4 cup dry white wine

Place bread crumbs and egg in separate shallow dishes. Dip chicken in egg, then dredge in bread crumbs to coat.

In a large frying pan, heat oil over medium heat. Add chicken and cook about 4 minutes on each side until lightly browned. Remove pan from heat and cover to keep chicken warm.

In another large frying pan, melt butter over medium heat. Add onion and saute' until beginning to soften (about 2 minutes). Add mushrooms and garlic; saute' until mushrooms are tender (3 to 5 minutes). Add spinach and nutmeg. Mix well and cook until heated through.

Top each chicken breast with one quarter of spinach-mushroom mixture. Arrange provolone cheese slices on top. Return pan to medium heat. Add wine and cover. Cook 5 minutes until cheese is melted and chicken is tender.

Maryjane Hahn

1940's TRIVIA: WWII ERA

by JIM ELLIS

Most of us were at least kids when World War II was happening. How much do you remember ?

1.The U.S. Navy Carrier Hornet was the starting point for what famous attack on Japan?

- 2. Where did the planes from the Hornet land?
 3. How many of the five beaches from D Day can you name?
 4. Name the famous Japanese fighter plane.
 5. What were German submarines called?
- 6. Why is the U.S.Army bomber "Enola Gay" famous?
- 8. What does the Navy eat for dinner?

- 7. What is the symbolism of the first four notes of Beethoven's Fifth Symphony?
- 9. What Big Band recorded the song "The American Patrol?

10. Who was the movie star with great legs who inspired the "girlie" paintings on the noses of US bombers?

Answers on Page 13 possibly

ADVANCE HEALTHCARE DIRECTIVES by Tom Delaney of the law firm Delaney and Scott.

The discussion of healthcare decision-making and end-of-life issues is an important part of estate and incapacity planning process. If a person ever becomes incapable of making healthcare decisions, the decisions still have to be made. Through effective planning a person can ensure that the health care decisions will be consistent with his or her philosophy and values.

While it is generally agreed that incapacitated patient retains a right to consent to or refuse medical treatment, this right is sometimes difficult to implement appropriately and effectively. One way to allow an individual to exercise some voluntary control over the process in advance of serious illness is to leave specific advance instructions and/or delegate decision-making authority to another person. Such advance instructions are referred to as "Advance healthcare directive". Pennsylvania law currently provides for the use of several forms of written advance healthcare directives, including "living wills"; appointment of healthcare agents; out of hospital "do-not resuscitate" orders (DNR) and mental health declarations and powers of attorney.

When considering directives, people usually think of end-of-life decisions - terminal illness, permanent coma or vegetative state. Of course, these directions could be needed at any point in life. Medical advances have increased our ability to extend life which can be a great blessing if it allows for meaningful continued existence. There are times, however, when artificial continuation of life is not desired if existence has degenerated to a point where a person would say "STOP" if not incapacitated and unable to make decisions about medical care.

The existing law allows methods for competent adults to provide for these decisions. It authorizes family members and other informed adults to make decisions for people who have not appointed a designated agent. The priority of such persons would be (1) spouse (2) child (3) parent (4) brother or sister 5) grandchild or; (6) an adult who has personal knowledge of the patient's preferences and values. The agents need direction and guidance by the principal while he or she is able to set it forth in written form.

"Living wills" were an early legislative attempt to devise a method by which incapacitated individuals could exercise their right to refuse unwanted treatment or on the other hand, to document a desire to continue treatment. These documents and the related law are very much misunderstood.

The person signing the declaration is called the "principal". He or she must be 18 years old, of "sound mind" which is presumed. The document must be dated and signed by the principal and witnessed by 2 individuals.

There is no required form or format for a living will. It may be in any written form that expresses the wishes of a principal regarding the initiation, continuation, withholding or withdrawal of life-sustaining treatment. It may include other specific directions and may designate an agent to make healthcare decision if the principal is incompetent.

The "living will" becomes operative when a copy is given to the attending physician and the principal is determined by the physician to be incapacitated and the principal has an end-state medical condition or is permanently unconscious.

It is suggested that the individual give a copy of the living will to the healthcare provider to be made part of the medical record. A living will does not become ineffective solely due to passage of time. It is valid until it is revoked by the principal. Living wills do not have to be updated.





(continued on next page)

ADVANCE HEALTHCARE DIRECTIVES (continued from previous page)

Living wills were the first and remain the best-known and most widely used form of advance health directive. However, living wills are not operative or relevant about day-to-day care, placement or treatment options and other health decisions that need to be made for patients who lack capacity but are not yet at the end of life condition. That is why, in addition to the living will, a person needs to appoint, by use of a medical power of attorney, a trusted agent to make decisions for him/her in the event of incapacity.

The agent should be someone the principal trusts with his/her well being. It provides clear identification of the person who will shoulder the responsibility to act. The appointment of an informed and forceful agent can ensure the principal will receive appropriate healthcare. It is more important to specify who makes decisions instead of what should or should not be done. The person appointed will be a person who can review the changing circumstances, consult with providers, consider the prognosis and apply the principal's value as set forth in the document or otherwise known to the agent when making decisions.

The use of comprehensive healthcare advance directives will ensure that the principal will receive appropriate healthcare, be treated with dignity and respect, be able to limit pain and avoid treatments not needed or desired.

Holiday Gala - Dec 12th at the Community Center

The annual Inverness Village party, presented by the Social Committee under the direction of co-chairs Marge Brolly and Carol Ellis, was an outstanding success. While a two-entrée catered buffet dinner was being enjoyed, an excellent four-piece band provided background music. This was followed by a sing-along, and later by both slow and spirited dancing by many residents. A salute to all who worked to make this event so memorable!



The Inverness "I" Page 13.

Holiday Gala photos (cont)









This bear who took a ride in our sleigh by the entrance to the village is a creation of our staff artist, **Jim Ellis**.

The Inverness "I" Staff

Co - Editors Barbara & George Colby Associate Editors Carol & Jim Ellis Artwork Jim Ellis Village Council Members

President Vice President Secretary Treasurer At Large Managing Agent Boyd Mackleer Wilbur Amand Barbara Atmore Tom Delaney Janet Emanuel Jeff Bevan

New Neighbors

Theresa and Victor DeCosta #746 (484) 999 8159

In Memoriam

Diane Heald November 5th 2015

Our sincere condolences to her family.



(TRIVIA ANSWERS: 1. Doolittle's Raid. 2.China 3. Omaha, Utah, Gold, Sword, and Juno. 4. Zero 5. U-Boats 6. Dropped the first A -Bomb 7. dot, dot, dot, dash= Morse Code. V for victory. 8. Sea Rations. 9. Glenn Miller 10. Betty Grable.)