

## A4TD's Nugget of Knowledge

September 18, 2020

### **Greetings Everyone ~ Tidings of Comfort and Joy**

I have previously written that my father was one of 9 children. His parents each came to Pennsylvania from Italy in the beginning of the 20<sup>th</sup> century. His mother died of asthma when she was young. His father was in his early 50s when he passed away. The youngest two children were only 10 and 12 when this happened, leaving them technically as orphans. However, the two oldest sisters moved back home to help raise the younger ones. Throughout their lives and to this day, the nine siblings (three still living) remained close and supportive of one another. Most of them remained in Pennsylvania, and those who moved away visited the others often. They had a great deal of fun with each other and knew how to enjoy their lives day by day in the simplest of ways.

So, here were 9 individuals who lived through the Depression, World War II, and the premature loss of both parents. As children they had little money. Despite all of this, they were happy. Very happy.

As I – like so many others – try to find new avenues for joy and happiness while living through a pandemic, I think about what I can learn from my relatives. Like them, we are living through grim times and are trying to find ways to keep moving forward. Their example to me is the benefit of leaning on and finding support and comfort from others in the most basic of ways. To me this means enjoying the company of others in novel ways. Reaching out to old friends. Asking for help when feeling in need.

Since the pandemic began I have heard from – or reached out to – a number of friends who have always been important to me in spirit but time and distance had limited our interactions. Those contacts have bolstered my spirit. We have stepped back in time with remarkable ease, remembering the importance of our friendships and of each other in our lives.

At the same time, I am learning how to reach out to others to ask for help when I am feeling overwhelmed and in need. This has never been easy for me. How about you – are you able to ask for what you need?

There is the expression “it takes a village”, and I do think we need our village now more than ever. There is so little we can control right now, but we can avail ourselves of our village, even

if it is just virtually, by phone, or outdoors and from afar. America is a country that idealizes the independent, achieving loner, but the truth is we all need one another. So my wish for you is that you may find some unexpected joys and comfort in your own village.

***Read on and enjoy. You can look forward to the next Nugget sometime in October.***

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### **Craving some comfort food? . . .**



Speaking of comfort - I don't know about you, but I love me a good grilled cheese sandwich! Some folks say this is the way to make a perfect grilled cheese sandwich:

<https://www.skillshare.com/classes/The-Perfect-Grilled-Cheese-A-Mini-Class-to-Master-the-Sandwich-Learn-with-Plated/1695188892?via=browse-rating-all-layout-grid>

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### **Interested in learning a different kind of communication skill? . . .**



We have already introduced you to some web apps for learning a foreign language. How about sign language, is that of interest to you? Here are some interesting videos to help you learn some fundamental American Sign Language signs. Be sure to turn on the "closed captioning" function on the video menu!

Learn ASL in 10 days

<https://www.youtube.com/watch?v=Niyz8wHXZ4>

10 ASL Signs you Need to Know

<https://www.youtube.com/watch?v=iUln6weK1rQ>

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## A Training Tidbit . . .

### Resume building, step 3:



In the past two Nuggets I asked you:

a) To complete various exercises in order to gain clarity about your skills, talents and gifts, with the invitation to begin crafting your Summary of Qualifications; AND

b) To list the places where you worked for the past 10 or 15 years, with location, job title and dates of employment.

Now it is time for the next step – linking your skills to your previous jobs. Can you describe some accomplishments that you achieved by using those skills at any of your jobs?

### **Take Action!!**

- Take your list of employer for the last 15 years.
- Under the name of each employer, list the skills you used in that job.
  - For example, in my job with A4TD, I use my written communication skills.
- Next, how did you use that skill? What did you accomplish?
  - For example, I use my written communication skills to write a bi-weekly Nugget of Knowledge. Even better, I can quantify this accomplishment, as I have written 15 of these Nuggets.

In the next Nugget we'll look at how to pull this all together in your resume.

Fabulous! You are doing great! I hope you are beginning to see that you have a lot of skills and talents to offer employers.

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## **Work that Brain! . . .**

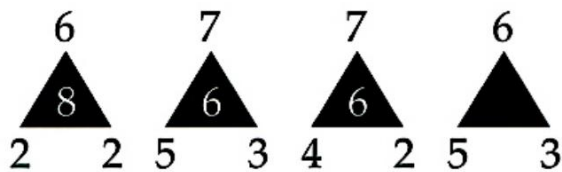


I hope you are enjoying these brain teasers as a fun way to keep your mind engaged, your brain cells growing, and your attention focused on something other than COVID 19. So, drumroll please, I now present to you this week's brain teasers!

### **Brain Teasers**

#### **1. The Empty Triangle**

**Question:** What number should be placed in the empty triangle?



#### **2. Find the Homographs.**

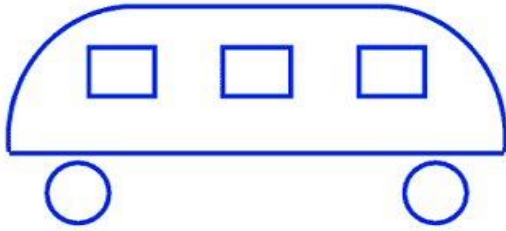
Many of you seemed to enjoy the homographs last time, so here's another set to puzzle over! What is the homograph that links the following pairs of words? For example, the homograph linking *Lock* and *Piano* is *Key*!

BED — PAPER  
ARMY — WATER  
TENNIS — NOISE  
EGYPTIAN — MOTHER  
SMOKER — PLUMBER

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Here are the answers to our previous challenge:

1. *In which direction is the bus pictured below traveling?*



***The answer is LEFT. We know this because we can't see the bus door! I believe school children figure this one out the fastest.***

While no one shared this answer, some other good submissions were Forward and Standing Still.

2. *Can you find the homograph that connects the following pairs of words?*

***The answers are below.*** (Kudos to Josette M., Lucille P., Sharon K., Shiva S., Stephen T.)

LOCK – PIANO (key)

SHIP – CARD (deck)  
(Some other good submissions were – “Board” from Lucille P.,  
and  
“Member” from Sharon K.)

TREE – CAR (trunk)

SCHOOL – EYE (pupil)  
(Some other good submissions were – “Exam” from Lucille P., and  
“test” from Sharon K.)

PILLOW – COURT (case)

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**Fun facts . . .**



**Did you know that** in each episode Mister Rogers would narrate himself feeding his fish by saying “*I’m feeding the fish*” because of a letter he received from a young blind girl who was worried the fish were hungry.

**Here is a little quiz for you:**

What technique has the Royal Navy used to scare off Somali pirates?

- a) Dropping shark nets from a helicopter
- b) Dropping tons of liquid bleach from a helicopter
- c) Loudly playing “Oops! I Did it Again”
- d) Shooting them with paintball guns while nude

Stay tuned for the answer next time. Feel free to submit your own fun fact or quiz for inclusion in the next Nugget!

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Last time we gave you this little quiz:

***“What was the name of the unrecognized republic that existed between Canada and the United States during the period of 1832 to 1835?”***

***The Answer: Republic of Indian Stream*** (Kudos to Josette M., Stephen T.)

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**In case you need a break . . .**

Unbelievably, the first day of autumn is just a few days away. How did that happen? Living in the Northeast, we are all lucky enough to be surrounded by fall foliage in some fashion. Vermont is especially known for its foliage, and since I live here, I would like to share it with



you. So grab a cup of apple cider and maybe a cider donut and enjoy!

<https://www.youtube.com/watch?v=j135Mhvx5o>

If there is a point of interest in your area that you would like to share with your peers in SCSEP and A4TD, please let me know.

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### **A Final Thought . . .**

***“Discovering more joy does not, I’m sorry to say, save us from the inevitability of hardship and heartbreak. In fact, we may cry more easily, but we will laugh more easily, too. Perhaps we are just more alive. As we discover more joy, we can face suffering in a way that ennobles rather than embitters. We have hardship without becoming hard. We have heartbreak without being broken.”***

~ Bishop Desmond Tutu, South African Anglican cleric and theologian known for his work as an anti-apartheid and human rights activist.

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### **Ask A4TD . . .**

Finally, remember that if you have a comment or a question for A4TD, “reply” to this message and share your thoughts or questions.

***Until next time, may you find comfort and joy in the little things – like the changing colors of a maple tree! Keep safe, be well and don’t forget, we are here for you as part of your village. Don’t hesitate to reach out and tell us what you need.***

***Sincerely,***

***All of us here at A4TD***

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