

This month's Times is primarily limited to events occurring in the second half of the month because of the COVID lock-down. In time we hope to add more features. This month, it is recent adoptions.

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## Mister Big: The Monster

by Craig Caldwell

In academic circles he would be known as *Thaumatococcus bipinnatifidum*. In less-refined company he would be *Philodendron giganteum*. We just call him The Monster. He joined our family in the late 1970's, probably '78 or '79. We had converted a screened porch to a year-round room and needed some greenery to fill up some of the empty spaces (It was a large room) and his dimensions were compatible with the area. I'm not certain as to his age on acquisition but he was at least a teenager. Fortunately, he has not demonstrated any of their less-desirable personality traits.



His family is from Brazil, Bolivia and Argentina but since I am not conversant in Portuguese or Spanish, I have been unable to obtain any personal information from him. He seems happiest when in the direct sun but tolerates being inside, particularly when the temperature falls below 50°F. Since he is now approaching fifty years of age it is apparent that he has a very strong constitution for he has been able to survive despite our family's reputation of the black thumb disease.

He grows from a central trunk which sends out aerial roots that not only give support to the plant mass but also absorb water and nutrients from the soil. The leaves are simple, large, deeply lobed and usually drooping which can grow up to 6 feet long and are attached to long, thin stems. The Monster has not shown this ability, with leaves more on the order of 12-14 inches. Some of the stems however approach 3 feet. He requires little care other than watering when indoors and occasional sips of fertilizer.

I don't know where Mister Big Monster began his life, but he joined us in Virginia Beach and stayed with us through our relocation to East New Market and now resides with us at Londonderry. During the warm months he will be basking in the sun on the back patio. During the winter he can be found near a window in the living room. Should you wish to visit please contact his social secretary.

## **WILD THINGS**

by Florence Thompson

On January 17 Londonderry residents and staff filled the Clubhouse to the hilt, and enjoyed a visit by Paul Detrich and a few of his wild friends. Ranger Detrich is a native of the Eastern Shore. (His aunt, Betty Flavin, was in his audience.) Paul had intended to be an elementary school teacher but after a few years in that career he became a Maryland Park Service Ranger. In his sixteenth year of service in this capacity, he is still a teacher.

Aided by members of AmeriCorp, Ranger Paul brought members of his audience up close and almost personal to residents of the great outdoors. The animals he exhibited are in the care of the Maryland Park Service at Tuckahoe State Park. They are either injured to an extent that they cannot survive in the wild, or they are former pets that cannot acclimate themselves to survive in the wild.

An interesting observation from Paul was that people toss out of car windows remains of food (apple cores, sandwiches, etc.) Four-footed and winged animals are drawn to the shoulders of the roads and are maimed or killed by passing vehicles. Also, migratory birds are carriers of avian flu, the disease accountable for the loss of poultry flocks, and responsible for the increase in price of poultry and eggs.

The AmeriCorps/Park Service assistants paraded the animals around the circled audience, taking time for questions and close observation.

An American kestrel, the smallest of falcons, led off. These are migratory birds and their numbers are declining. They can hover and their diving speed has been clocked at 125 mph. Later in the program other birds of prey were introduced. The screech owl shown was injured, weighed as much as a “stick of butter” and was mostly feathers. The barred owl with an extra eyelid is an accomplished stalker of its prey. The red-shouldered hawk is a handsome specimen, often seen on power lines along highways throughout Maryland. The great-horned owl (or hoot owl) was the largest owl shown and was the most difficult to handle. One wonders if hearing the sounds of the other birds set it off. Ranger Paul recalled a rescued great-horn

living 32 years in captivity. This species dines on small animals, has very strong talons and its strength is greater than an eagle. In Maryland there are seven species of owls. Interestingly, a population of golden eagles is coming on in Maryland.



The box turtle's shell is hinged and closes like a box, hence the name. The small specimen exhibited suffers from an eye infection. It had been raised as a pet. The diamondback terrapin in this program was a larger animal, with a showy diamond patterned shell. In Maryland this animal has historically been the source of terrapin soup, a gourmet treat. Today's scarcity of the terrapin has brought snapper soup (and "don't forget the sherry") to the menu of such establishments as the Tidewater Inn in Easton. Small terrapins have been released on Poplar Island and Smith Island. Hopefully most will thrive and avoid being eaten by animals or being trapped in ghost (abandoned) crab traps.

Two reptiles were paraded around the audience, starting with a hog-nosed snake. Of the 25 species of snakes in Maryland, this is the most killed. It is not venomous and occurs state-wide. The exhibited snake was raised in captivity; under some circumstances it will play dead. (The only state-wide poisonous snake is the copperhead and in Western Maryland the rattler is venomous.) A black ratsnake was shown. It inhabits water, land and trees, and dines on mice and rats, which is of benefit to farmers. However, its diet also consists of small birds in the nest.



This Wings and Things program presented through Tuckahoe State Park by Park Ranger Paul Detrich was an absorbing hour well spent. There were probably a few in the audience who had qualms about the proximity to snakes, but everyone expressed appreciation to Paul Detrich and his aides from AmeriCorp.

*pictures provided by Craig Caldwell*

# IT WAS A BIG PAAARTY for MARILYN'S 90<sup>th</sup> B-Day !



Photos by Rich Morin & article by Pat Bradley

And it was a happy party! Marilyn's three daughters, Cathy, Laura and Marilyn, kindly invited the whole community, residents and staff, to celebrate her 90<sup>th</sup> birthday on January 19<sup>th</sup> in the Clubhouse, and celebrate we did. DJ Dale Teat from Rehoboth Beach provided the lively music with sax, keyboard and voice and we all know how Marilyn loves to dance, so a lot of people danced, and it was the best kind of party for her. There was sparkling cider and sparkling wine, assorted goodies and a marvelous cake. The Clubhouse was full of Marilyn's friends wishing her many more happy years.

Marilyn is a very talented water colorist and the girls had brought many of her paintings to display and they were much admired. We also learned of Marilyn's interesting life by watching the revolving show of photographs with captions on display.

Before the party was over, Marilyn's daughter, Cathy, led us in a toast. As we all raised our glasses she reminded us that, "After all, it is not so much the secret to a long life that matters most, but the secret to a joyful life!"



## INCOMING



There were no new residents arriving in January

## ADOPTIONS



Nancy Burns has a new, but old, friend: DUKE. Duke's original owners passed and some friends decided that Nancy needed a companion. Duke is about 13 years old and probably mostly Scottie. Daddy was long gone.

Ken and Sarah Sadler have just adopted an elder citizen that was abandoned and rescued by the Richmond Pet Sanctuary Poppy (aka. Poopy) is a petite Shih Tzu and loves to cuddle. – Now I think Ken will have some competition.



To make a long story short: Kingston (aka. "Buddy") joined Don Parks after Christmas by way of his daughter after multiple stops from Georgia. The owner moved to a pet-free residence.

After visiting Don and Buddy,  
I am not sure which one is in-charge.

## About Pet Adoptions:

Irma says: "I have been an animal advocate for decades and I support Talbot County Animal Shelter because they are a non-kill shelter. The unconditional love and purpose an animal can bring into our lives is unmatched. We have many residents here that have adopted through our local shelters and I have been involved in many matches between senior animals and senior citizens (Duke and Nancy are a good example).

Throughout the years my husband and I have adopted several dogs and cats and I cannot imagine my life without them. As the saying goes "Don't shop, but adopt"."

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## **SING THE CLARINET**, part two

by Florence Thompson



In May of 2019 Susan Jones and her husband Bob presented a lovely program entitled "Sing the Clarinet" to a Londonderry audience. It was Spring and the music and Susan's own inspired poetry reflected the season. Sadly, Susan has lost her husband and she entertained solo at Sunday Brunch on January 22<sup>nd</sup>.

Leading off with Schumann's *Frauenliebe*, the audience realized that they were being entertained by a virtuoso musician. The story told in this music is a woman's reflection on her long life's true love. Susan's command of this music was followed with several more impressive offerings on the piano.

In 2019 Susan played her clarinet accompanied by her own recordings of the piano part. On Sunday she made use of Brazilian recordings as backup for her outstanding clarinet playing. She led off with *Bombom* by Ernesto Nazareth, a short fun piece. The rhythm of Brazilian music was an upbeat sign-off of an enjoyable brunch entertainment.

## OUT TO LUNCH

by Florence Thompson



Out to Lunch is a monthly feature for Londonderry residents. The current event at In Japan restaurant brought out the largest contingent yet. In Japan, as well as Chesapeake Landing, seem to be the most popular of these events. Chesapeake Landing is credited with

having the most authentic Eastern Shore menu.

The menu at In Japan has been trimmed down lately, probably reflecting the restaurant's experience through the years on the Eastern Shore. The Londonderry bunch found their favorite dishes still there. Using both the bus and a van, fourteen hungry people were transported to the Easton location. Ask Bea Steg, Margaret Bryan, Paula Gervis, Lois Hamilton, Florence Thompson, Karel Cooperman, Peggy Sloan, Carole Lane, Elaine Moore, the Morins, Demetri Jenkins, Marilyn Burns and Erica Hardeo: they are sure to assure you of their enjoyment of the meal and the antics of two chefs playing with fire and sharp knives.



*pictures provided by Rich Morin*

### Vocabulary Word of the Month

**Lexophile** -- Lover of words, especially in word games, puzzles, anagrams, palindromes, ...  
Lexophile describes those that have a love for sentences such as:

- You can tune a piano, but you can't tuna fish.
- To write with a broken pencil is pointless.

Some results from the 2022 New York Times contest will be included.

## A TED TALK: THE ESSENCE OF GEOGRAPHY

by Pat Bradley



Cathy Cooper brought us a TED Talk on Monday, January 23<sup>rd</sup>, and promised to take us on a “quest” to discover “The Essence of Geography: What’s Where, and Why and . . . (so what?).”

The presenter of the TED Talk was an educator speaking to an audience of high school students and he made the case for them to consider a geography-based career if they wanted to make a difference for the good in the world. He gave them examples of projects going on currently that school children were involved in that used mapping and data collection, and it sounded exciting to me. In schools today, students are using maps to solve practical problems, and are making geographical decisions in order to do so. That would be much more engaging than what I remember about my geography class, which was largely memorizing ten major rivers in the world, etc.

Following the TED Talk, Cathy took up the quest to find out what geography is all about. Of first importance is to learn about the power of maps and the prodigious amount of information a detailed map can provide. After introductory remarks giving a lot of general information, she followed up with a story, which is what good teachers do. There was a debacle at the Bay of Pigs when two American bombers entered what was thought to be a temporarily safe area, and were shot down and all the crew were lost, all because they ignored *a difference in time zones*, (something that perusal of a map could have told them.)

On our quest the next thing to consider was physical geography, the features on a map, mountains being just one of them. After general remarks about this facet of geographical study, Cathy once again gave us a story. The 1830’s in America was a time of great migration west. Word got out that, *considering the terrain*, the South Pass over the Rocky Mountains was the easiest, best way to go. The location of that pass resulted in thousands of migrants landing in the Oregon Territory and settling there. When the time came to establish the international border with Canada, the Oregon Territory remained in the United States because of the large population already there.

Consider Human Geography, determined by different cultures, different religions, areas of economic interests, politics etc. Cathy’s story illustrated the difference in one candidate’s political fortunes when *a change of lines on the map* changed the politics of the districts within the new boundaries. This is called gerrymandering.

Cathy's last story gave an example of taking a regional approach when considering geography. In 1944 American forces were engaged in the Battle for Hurtgen Forest, the longest single battle in the history of the United States which eventually resulted in fifty five thousand casualties from both sides. The proposed advance through the heavily fortified forest in order to reach the river and cross over into Germany turned out to be a disaster, and American forces finally had to retreat. If someone had realized the significance of the fact that *the river flowed to the north*, and that strategically placed dams would be south of there, they might have devised a better plan, avoided the forest, taken control of the dams and even scored a victory for the good guys.

Geography turned out to be a popular subject, the living room was filled, and the question period afterward revealed people's personal connection with the topic. It also revealed a lot of nostalgia among some of us for good old fashioned road trips using good old paper maps.

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### **Our New Resident Board Member — Congratulations Steve Cades**

The Londonderry Resident Board members were given the responsibility to interview candidates for the open spot on the Londonderry Board of Directors.

Four candidates applied for the position. They each presented a resume' and also expressed how they felt they could contribute to the Board of Londonderry.

We had four residents respond. Their resumes were excellent. The Resident Board members interviewed each candidate. There were three questions asked of each candidate. The questions were given in advance to each candidate and they were all the same for each candidate.

After interviewing, the Resident Board voted on them individually. The vote for each candidate was private. The names were placed in a box mixed up and opened. It took three rounds of voting to get a majority.

The committee does not know who voted for which candidate. The count will not be revealed. This was done out of the respect for the candidates as well as the Resident Board members.

The committee worked well together to complete this assignment. Pat Lewers

## 5 Healthy Aging Resolutions for Older Adults and Caregivers

from Lorraine Flisher

- **Eat healthier:** Feeling good as you age starts with a proper diet. Strive to incorporate healthy options like fruits, vegetables, whole grains, low-fat dairy and healthy fats in every meal or snack. These foods are packed with nutrients to benefit your whole body. Consider eating with loved ones, even virtually, to help promote better eating habits. According to our [research](#) 65% of aging adult men and 56% of aging adult women feel they eat more nutritiously with others compared to eating alone. Making a point to enjoy regular meals together is an easy way for family caregivers to help their loved one stay on track. If you're concerned about [dietary restrictions](#) or finding [foods to suit a diabetic diet](#), there are modifications to consider.
- **Be more active:** Activities such as aerobic exercise, walking or swimming, are great simple ways to get moving. Start small and build up slowly. This will allow your body time to adapt and provide opportunities to celebrate your progress throughout the year. If virtual classes are more your speed, try video workouts [online](#) or join a [virtual fitness program](#) to stay active while engaging with others.
- **Prioritize relationships.** It's important to stay socially active and connected. Though it is discouraged to gather in person at this time because of COVID-19, staying socially engaged is possible and has been shown to keep the mind engaged. Use technology like video calls or social networks to maintain communication and regularly visit with friends and family.
- **Stay mentally sharp.** Mental health is just as important as staying physically fit. Consider doing daily activities that keep your mind sharp such as puzzles, trivia games, crosswords and more. To keep things fun, ask your loved ones to join in, or [explore new games online](#).
- **Embrace a new skill.** Why not try something new? Consider learning more about a skill you've always wanted to pick up such as painting, poetry, mastering a new language or another passion. Dedicating a certain amount of time out of your day or a few hours a week to learning a new skill can lead to a sense of accomplishment.

Planning for the future and setting new goals can add excitement and provide a newfound purpose for older adults. Not only will an aging adult's mind and body benefit from this commitment but setting and achieving personal goals boosts confidence and results in a better quality of life.

**Note:** Anywhere you see *blue ink* in the above article, it is a "link" to a website where you may read in-depth information on the subject being identified. If you want to access the various referenced websites, send me an e-mail at [calvinyowell@goeaston.net](mailto:calvinyowell@goeaston.net) requesting a PDF (Adobe file type) for this article.

## ALL ABOUT . . . MATCHES

by Pat Bradley



Jane Ward gave us a talk on January 26<sup>th</sup> about the history of matches, and although I don't presume to now know "all about matches", here are some interesting things I learned. Matches were invented when folks were wanting to have an easy way to bring fire

into the house, for cooking and eating, of course. The development of matches depended largely on finding the right chemicals, particularly the discovery of phosphorus. White phosphorus on the end of the stick ignites quickly but can be dangerous, and the toxic fumes in the match factories caused serious disease in the workers there. Red phosphorus is safer and is now used.

Once matches came into use the problem to solve then became how to keep them handy. Gentlemen might carry a metal box on their person that would have a rough surface for striking. These boxes could be handsomely decorated. Metal boxes, usually black, were also kept by the stove and by the fireplace. But as matches became so easy to use, so the habit of smoking pipes and cigars became more popular. Ash trays might also incorporate match holders in their design. The invention of book matches meant they could be easily and safely carried in a pocket along with one's cigarettes. Book matches became a good advertising tool, as the covers could be printed with logos or advertising slogans. They were often distributed for free or could be purchased in bulk.

In Victorian times there were many large match making factories hiring mostly young women and girls. Today there is only one Diamond Match Factory making matches and it is in New Hampshire. The development of table lighters, and then pocket lighters, such as Zippo and Bic became popular. And now smoking is definitely on the wane, and book matches have become hard to find. A collector of book matches today might find their collection is quite valuable.

Erica is hoping to have many more "All About . . ." talks in the future. She announced this as a new activity and hopes other residents will sign up to give a talk on some subject of particular interest to them. Give it some thought!



## HAPPY BIRTHDAY IRMA

We were please to help IRMA celebrate her 65<sup>th</sup> Birthday last Friday afternoon in the Community Center library. Refreshments and many well wishes were shared and many new toys were collected for the Humane Society critters.

### HAPPY, HAPPY BIRTHDAY, IRMA

by Florence Thompson

Irma declares it really was a surprise party. She began to suspect about mid-afternoon, January 27. First, there was a breakfast with staff, then lunch at In Japan. The absolute highlight of that event was the presence of her daughter, an airline flight attendant from Texas, who left to return to Texas. Line-dancing with staff at the Clubhouse followed. Irma says when she saw the balloons being gathered from the Clubhouse she began to suspect that there might be more to follow.

The invitation to the surprise party included the request for pet food and toys for the Humane Society, a pet project for Irma. The bounty of gifts was stacked high in the lobby of the Community Center. The living room and sun porch could hardly contain the many guests/residents. The crowd enjoyed light refreshments, the sociability, and the singing of “Happy Birthday, Irma.”

Irma estimates that she has had fifteen to twenty pets in her life. Currently she and her husband have a rescue dog and have given a home to a stray neighborhood cat which had to be lured in with food. Her devotion to animals is an inspiration and her example is contagious, to the benefit of all animals.

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