

Celebrating Our Independence

By Jay Craig

The 4th of July is Independence Day, commemorating the adoption of the Declaration of Independence on July 4, 1776. It is also the perfect day to celebrate the independence of our residents here at Londonderry. After all, one of the most important goals of our community is to ensure its residents stay as independent as possible as long as possible as we progress through our senior years.

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Barbecues are a staple of the 4th of July with millions of Americans firing up their grills and enjoying hot dogs, burgers, corn on the cob, potato salad and more. Our dining staff was not about to allow residents to go without these staples. Chelsea Harris, Director of Dining Services, and her team of valued kitchen and service staff were, as usual, at their professional best, making sure that Londonderry residents and guests had a great experience in the dining room.

Approximately 77 Londonderry residents and their guests gathered there to enjoy a great 4th of July barbecue. Diners had their



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Independence Day (cont. from page 1)

choice of hot dog or hamburger along with baby spinach salad, home style baked beans, macaroni salad, corn on the cob, and red, white and blue vanilla cake.

The dining room was adorned with the same festive colors, and every table displayed the American flag. As the food was being served, residents enjoyed the soft, mellow vocals and earthy tones of musical notes performed by Rick the Guitarist. Rick is a local musician known to Erica Hardeo, Director of Community Engagement, and was a perfect complement to the festivities.

While quite a few hot dogs were consumed during the Londonderry meal, that paled in comparison to the



150 million hot dogs consumed nationwide, according to the National Hot Dog and Sausage Council.

Celebrating the 4th of July in Londonderry's dining room allows for fellowship and camaraderie, and the staff is always at its professional best during these

occasions, making events even more enjoyable. Chelsea and her dining staff deserve our gratitude, and by allowing for occasional midday holiday meals like this, the staff is able to enjoy spending time with friends and family of their own.

If you think about it, the 4th of July is the busiest travel day of the year, with people heading to beaches and family gatherings, while the residents of Londonderry have the luxury of meandering up to



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Independence Day (cont. from page 2)

the community center to experience great food and entertainment. No need to travel to Philadelphia to witness the 13 taps on the Liberty Bell in honor of the original 13 colonies or to Boston to witness a reenactment of the Battle of Bunker Hill, a prelude to the full-out war between the colonies and Great Britain. An interesting fact about the date is that three presidents have died on the 4th of July, with two signers of the Declaration of Independence, Thomas Jefferson and John Adams, dying on the exact same day—July 4th, 1826—exactly 50 years after they affixed their signatures to one of America's most precious documents.

So, let's be grateful for what we have and thankful for those who work hard to keep us independent in our lives here at Londonderry and make it such a positive experience. It would be great to acknowledge the exceptional efforts of our professional staff from Londonderry's

administrative personnel to the maintenance crews, cleaning staff, clerical employees, dining room and kitchen staff and the folks in security who make our lives much easier. The 4th of July is but one of many events at Londonderry that make this vibrant, independent living community the magnet it is within this region. ♦

Cyndy Carrington Miller contributed to this article.



Finding Peace on the Fourth of July

An essay by Patricia Bradley

It was back in 1986. Finding ourselves close to Boston on the Fourth of July, Jim and I did what hundreds of citizens, including visitors like ourselves, do on that day. We rode the MBTA into town to attend the Boston Pops concert and celebration at the Esplanade on the Charles River. The area was already so crowded when we got there, we had trouble finding a place on the grass for two people to sit side by side. People were enjoying each other, but it was noisy. Not everybody was paying attention to the music; they were there to celebrate with friends. That part was a bit disappointing, because we didn't have friends with us—and we did want to hear the music.

That was the concert that traditionally ends with Tchaikovsky's "1812 Overture", which was written to gloriously celebrate resistance and victory and independence. Played by the Boston Pops, it is famously accompanied by church bells ringing and cannon fire booming and brass instruments blaring from the orchestra; on cue, the fireworks burst into the sky and explode with the brilliance of tiny stars of all colors lighting up the world. That part was decidedly not disappointing. That part was awesome!

Fast forward to 2025, and the country still comes together to celebrate a sacred time in the history of our country, but this is a different Fourth of July celebration. John and Ginny and I go to Cambridge to see the fireworks over the Choptank River. They have been before and know the best place to settle

our chairs and wait for dark so the display can begin. We are at the park near the Municipal Marina, and it is a perfectly beautiful night; the moon is looking down on us. There is ample space between our chairs and others who have settled there: an older couple to our right and families with children spaced around on the grass. Ahead of us, a family is enjoying a small baby whom they outfit with earmuffs that will protect it from the noise of the fireworks. Older children, possibly siblings, are being very gentle with this baby as they all hold it for a while. Other children in the area are enjoying cartwheels and somersaults on the grass.

It is quiet here. We have 30 minutes to wait for the fireworks to begin, and I use the time to enjoy where I am, and to think. I'm here to celebrate independence, but I think I want to celebrate connection. I feel it here in this peaceful place, sitting with family and sitting with neighbors I don't even know but, for this one night, feel connected to. This is the scene this night in small town America, and it is a blessing. It's what I decide I want to wish for the world. It is another, rather reverent kind of awesome. ♦

D-Day Remembered

By Florence Thompson

BOB HUNTINGTON's Londonderry fans of his weekly program **Joy of Music** were delighted to hear that he had been selected to lead the All-American Community Chorus at the 81st commemoration of D-Day in France. His Queen Anne's Chorale provided 14 voices, joined by singers from Connecticut, Florida, New Jersey, Oklahoma, Oregon and South Carolina—a chorus of 43 voices. Bob reports that the combined groups had two rehearsals in preparation for performances at one ceremony and three concerts.

Bob shared his photos and videos with Londonderry residents on his return. It was moving to see French youngsters hugging elderly, white-haired American survivors of June 6, 1944, many confined to their wheelchairs. An old newsreel from the landing on Omaha Beach contrasted with shots of the beautiful beach as it appears today, with just a few crumbling bunkers remaining. It is worth noting that it is the French who won't let the world forget that it was the Americans, with tremendous loss of life, who saved them from submission to the Nazis.



The group from Queen Anne's County had located the grave of a Centreville native, PFC William H. Quillen, above, and held a graveside flag ceremony in his honor and memory.

Bob's presentation of the Chorus performing in an official ceremony and concerts outdoors and in magnificent cathedrals, ended with a performance at La Madeleine Cathedral, the group's final act. This was obviously a "bucket list" event for him.

Circulated handbills inviting local citizens to a free concert drew a large appreciative audience. After that performance, he asked for a demonstration of the famous organ in the historic building. The organist led the Americans up the winding, winding stairs for a generous mini concert, topped with his playing of the Star-Spangled Banner, giving the Americans the opportunity to sing their national anthem. Bob was conscious that they were standing where geniuses such as Fauré and Saint-Saëns had performed.

In the Joy of Music presentation, as well as at the final concert, it was fitting that the last music heard was "Let There be Peace on Earth." ♦





Yellow was the color of the day for the **Sunshine & Lemon Dinner** on July 14. Barney Willis entertained everyone with his tunes, and Chelsea Harris and her dining crew served up delicious lemony specials. A great mid-summer treat for all! ♦

Cool Treats & Hot Tunes

By Linda Cades

On a day when the local weather demonstrated convincingly that summer had finally arrived, Londonderry's Director of Community Engagement Erica Hardeo treated residents to an Ice Cream Social. While the outdoor temperatures were higher than most people like, ice cream, invented to lift spirits in those circumstances, more than made up for the heat.

Amy Cool's Ice Cream truck rolled up to the Community Center offering free Hershey's Ice Cream, sorbets and snow cones—just what everyone needed to cool off. There were enough flavors and types of treats to please everyone.

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Ice Cream (cont. from page 7)

While we enjoyed these special treats, Dale Teat entertained us with familiar tunes. Most of us remembered enough of the words to accept Dale's invitation to sing along. His playlist included favorites like "Sweet Caroline," "Fly Me to the Moon," "Country Roads" and "Margaritaville." A few hearty souls even danced.

Dale, who has been here to entertain residents multiple times, was a solo act this time, but he also performs as part of a group called "The Glass Onion Band." You can also enjoy his music if you book a trip on the Cape May-Lewes Ferry when he performs a show called "Rock the Boat."

Those who braved the heat to enjoy the Ice Cream Social would be happy to welcome Amy and Dale back at any time. ♦



2026 Travel Opportunities

By Kaye Dutrow

Collette Tours is offering two tours for Londonderry residents, along with their friends and family:

- **Christmas Markets of Montreal and Quebec City** in December 2026, and
- **America's Cowboy Country** in July 2026.

Collette's representative, Paul Julia, met with interested residents on Tuesday, July 1, to explain the details of each tour. Collette Tours include a tour manager, a local guide, four- or five-star hotels, culinary immersion, and a bus with no more than 44 participants.



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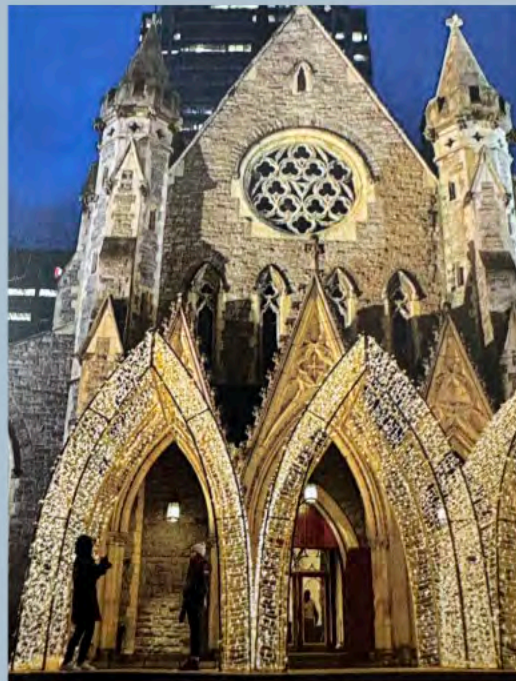
Tours (cont. from page 8)

Christmas Markets of Montreal and Quebec City

December 16–22, 2026

Activity Level 1

This seven-day tour includes nine meals, round-trip air from Washington to Montreal and transportation to and from Londonderry and the airport. The highlights include Quebec City's German Christmas Markets, Montreal's Christmas Markets, Montmorency Falls, Maple Sugar Shack, and Bûche de Noël Workshop. The tour begins in Montreal for two days and then continues to Quebec City for three days. The tour ends back in Montreal. The tour costs \$3759 per person for double occupancy; single occupancy costs \$4459; triple occupancy costs \$3709. Collette offers an optional cancel-for-any-reason travel insurance for \$549. A deposit of \$698 is due upon reservation. Deposits are refundable until June 6, 2026. Final payment is due September 17, 2026.



This tour includes gratuities for the tour manager and guides.

America's Cowboy Country

July 7–14, 2026

Activity Level 2



This eight-day tour includes 10 meals, round-trip air from BWI and transportation to and from Londonderry and the airport. The tour begins in Rapid City, SD, and ends in Jackson, Wyoming. The tour includes visits to Badlands National Park, Custer State Park, Crazy Horse Memorial, Mt. Rushmore, Yellowstone National Park, Jackson Hole, and Grand Teton National Park. The cost is \$4649 for double occupancy; single occupancy costs \$5749; triple occupancy costs \$4599. Optional cancel-for-any-reason travel insurance is available for \$429 per person. A deposit of \$698 per person is due upon reservation. Deposits are refundable until January 07, 2026. Final payment is due April 08, 2026.

This tour does NOT include gratuities for the tour manager and guides.

Contact Erica Hardeo if you have any questions or would like a brochure. ♦

Fantastic Final Summer Concert August 21

Erica Hardeo managed to secure the hard-to-book, hard-to-beat band **Pressing Strings** for Londonderry's final Summer Concert of the season on Thursday, August 21. Spread the word and bring family and friends to enjoy this critically acclaimed Annapolis trio.

Jordan Sokel on guitar, Nick Welker on bass and Justin Kruger on drums—with all three on vocals—trace the band's origins to Sokel's fascination with some iconic influences, including Dylan, Marley, Simon, Al Green, Marvin Gaye and Led Zeppelin. He formed Pressing Strings with one of his buddies at Salisbury University in 2006, a musical career for the group that now spans six albums.

"This band has had a lot of different parts and personalities over the years and if you listen closely, you can hear that in the music," Sokel reflects.

Welker grew up in Annapolis and formed a band with some high school friends before joining Pressing Strings in 2013. Kruger, the son of two working musicians, has spent his life in music and joined the band full time in 2021, adding three-part harmonies and a new



life to older tunes as a singing drummer. Sokel says that when Kruger came on board, it brought them added impetus when it was needed the most. "We regained our focus," he said.

The renewed focus has paid off in headliner status at home in Annapolis, as well as in Baltimore, Washington DC, and Maryland's Eastern Shore. Their fame has spread to the entire eastern seaboard, with frequent festival appearances and as the opening performers for numerous other groups. They are also being featured in national radio broadcasters' top songs lists.

For Londonderry residents, it's a great opportunity to be entertained by this popular band and have some good food, too. There will be two food trucks, with your choice of Evelin's, offering authentic tacos, quesadillas and papusas, or Red Shef, serving burgers, cheesesteaks, fries, and more. Bring along your friends, family and guests to the Manor House grounds and enjoy a fantastic end-of-summer evening. ♦



Under the Sea with Rich

By Linda Cades

Once upon a time, a mermaid named Ariel yearned to become human, live on land and marry handsome Prince Eric. Her good friend, Sebastian the Crab, urges her to appreciate what she already has: the good life “Under the Sea.” Sebastian hails from Jamaica and offers his advice in an academy award-winning song which begins like this:

“Ariel, listen to me
The human world, it's a mess
Life under the sea
Is better than anything they
got up there”



Director of Security and Transportation Rich Williams knows all about that. Originally inspired by Jacques Cousteau, he now has environmental reasons for exploring the sea as well. He's a Certified Scuba Diver, as are several Londonderry residents. Recently, he

told the rest of us what we might find were we to head into the depths.

Rich spent May 1–4 diving in the Florida Keys at the I.CARE Trash Derby sponsored by the National Marine Sanctuary Foundation whose

goal is to clean up the sea. As Rich says, the derby gives his love of diving a purpose.

Over many years, the waters off the Keys have become dumping grounds for debris. Although most observers never see what's down there, this debris—along with ocean warming—has destroyed or put at risk the coral that used to flourish there. That coral, in turn, provided the habitat for over 6,000 other

species, some as small as shrimp, others as large as sea turtles. So far, nearly 80% of the coral once there has now been destroyed.

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Rich (cont. from page 11)

Enter the I.CARE Trash Derby which recruits volunteer divers to go down and clean up the mess. Lobster traps, fishing line and anchors figure prominently in the mess down there. Rich and other volunteers did two dives a day to cut away the fishing line and haul up lobster traps, anchors and other debris. Between the divers and those cleaning up shoreline debris as another facet of the derby, they removed 36,459 lbs. of trash. At the same time, other people are growing new coral in warehouses which will be planted to provide a place for more to grow.

Diving like this requires a lot of training and equipment, much of which Rich showed us. Among his most important equipment is a wet suit to protect against jellyfish. Rich also needed tanks, a dive computer, and a knife to cut fishing line. Fortunately, he also brought along a tiny camera so he could show us what he was seeing.

Rich's movie convinced the Londonderry audience that Sebastian the Crab had a good case when he tried to persuade Ariel life was better "Under the Sea."



If you want to hear Sebastian, his song and the 1989 animated version of "The Little Mermaid" are both available on YouTube. Learn more about the I.CARE Trash Derby at icaretrashderby.com ♦



Bay Country Chorus Keeps Hearts Singing

By Linda Cades

To kick off the long summer days stretching ahead after July 4th, seven members of the Bay Country Chorus, four men and three women, entertained us with songs in the four-part harmony that defines the barbershop style. Armed only with a pitch pipe, this intrepid group flies without a net, singing acapella—no band!

The Easton, Maryland, Chapter of the Barbershop Harmony Society, the chorus has been entertaining throughout the mid-shore since 1995, singing a wide range of musical arrangements of old standards, current popular tunes and doo wop.

The chorus is led by V.P. of Music and Artistic Director Lesley Aaron, who is classically trained and holds degrees in Piano and Voice Performance from Towson University. She also has extensive experience with barbershop-style quartets. Since taking the helm in 2022, Lesley has grown the chorus and enlisted female singers. She has also expanded their musical repertoire to highlight the range of the group's gifted singers.

Their performance at Londonderry included many old songs like "My Wild Irish Rose," "Let Me Call You Sweetheart" and a Doris Day hit from 1943, "Sentimental Journey." There were also more recent songs we all remember, such as "Under the Boardwalk" by the Drifters, and "Breaking Up is Hard to Do" by Neil Sedaka, as well as standards including "I Only Have Eyes for You" and "In the Still of the Night." The

Beatles also made an appearance with "When I'm 64" as did Billy Joel with "The Longest Time."

The group's motto is "Keep the Whole World Singing." They certainly kept all of our hearts and even a few voices singing. If singing barbershop looks like fun to you, the Chorus is always recruiting singers. They rehearse at 6 p.m. on Monday nights at the Senior Center here in Easton. They perform from 2–6 times a month, so you will have ample opportunity to show off your singing. Their enthusiastic audiences will reward your efforts. ♦



An enterprising squirrel stashed a kernel of corn beside the guard house door, and now Farmer Rich can't wait to harvest his crop. Someone bring the butter!



A Visit from Annie Oakley

On July 24, Mary Handley visited Londonderry in character as the iconic wild west show star Annie Oakley. Mary had her audience rapt as she related Annie's life and history, including the years she lived along the Choptank River in nearby Cambridge and her long marriage to marksman Frank Butler.

The consummate performer, Mary has been dressing up as Annie Oakley and sharing her story since she was asked to do so for a Dorchester County festival many years ago and

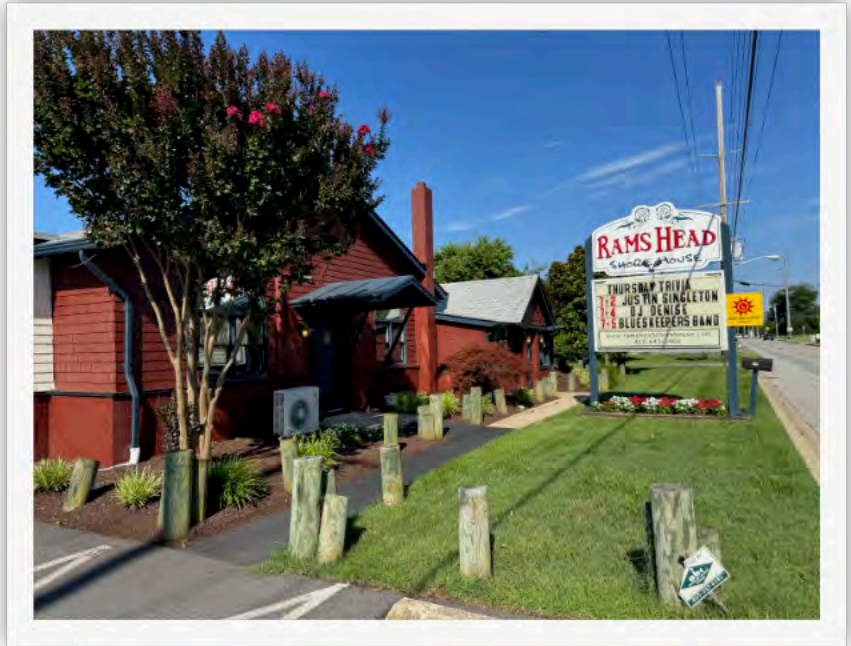
has done extensive research on the sharpshooter, making her presentations both informative and greatly entertaining. ♦



Men's Breakfast at Ram's Head

By Jay Craig

The morning of July 3rd broke sunny with warm temperatures. It was the day before the 4th of July, and the traffic on eastbound Route 50 was sure to be heavy with many thinking of cooler ocean breezes awaiting them at our great beaches here on the Eastern Shore. The Men's Breakfast outing was cutting new ground by heading to the Rams Head Shore House on Kent Island. Not worrying what the traffic would be like en route to the restaurant, our van full of hungry men began its trip.



Our group was in the expert hands of James Brooks, Director of Buildings & Grounds, and Richard Williams, Director of Security & Transportation. James jumped in the driver's seat, and Rich accompanied him as his copilot. Once we got to the outlet stores on Route 50, we could see that the eastbound traffic was really slowing down and backing up. Some of us were concerned about our return trip in the heavy traffic, but we continued to our destination without incident.

The restaurant was expecting us and sat us at a long table in a small private dining area. Our server, Michael, was prompt and took our beverage choices. The wait to be served was a little longer than normal, and it appeared that Michael may have been burdened with serving 11 of us along with other tables in the adjoining room.

The coffee, which usually flows like a river was, in this case, more like a still pond with no current. The coffees were at best lukewarm upon arrival, and one in our group rejected it outright. It was later learned that another one of us stated that his first cup of coffee was at best lukewarm, the second cup was almost warm, and the third cup was hot enough to drink.

From the time of arrival, approximately fifty minutes expired before our food arrived at our table. To be honest, however, the food was plentiful, warm and appetizing. One in our group did not order food because of the disaster with his coffee, but the remainder of us seemed to enjoy it, even those of us who are scrapple enthusiasts.

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Breakfast (cont. from page 15)

These outings, however, are a reminder that not all can be bad when the food is good and you are among great company. We were reminded of a time when one of us had breakfast at a local cafe and ordered a western omelet just to be told that they had none, but upon leaving, he noticed a large sign that stated “special of the day, western omelet.”

While waiting for our food, we engaged in general conversations. We discussed Rich Williams’ upcoming community talk on scuba diving in Florida, but most of our talk revolved around the trip home and the heavy traffic. Seated around the table from front left and counterclockwise are Jay Craig, Roger Bollman, Don Goodliffe, Steve Cades, Barney Johnson, Lou Duvall, John Barkin, Philip Brownrigg, Dick Codrington, Rich Williams and James Brooks.

Upon leaving the restaurant, many of us agonized about the heavy traffic we would encounter, but there was no need to worry with James at the helm. You see, James used to drive buses for his father, and he knows every navigable nook and cranny in Queen Anne’s and Talbot Counties.

He was able to expertly traverse various secondary roads, and his clever navigation skills not only got us back safe and sound, it avoided tremendous backups on eastbound Route 50. It was astonishing that the trip back did not take much longer than the trip to the restaurant.



So, all in all, it was not too disappointing of an adventure; the service could have been better, but the food was good, and the great navigation skills provided by James made an otherwise lukewarm outing into an acceptable adventure. A thank you must go out to Erica Hardeo for planning this outing and making arrangements for us. Remember that these outings occur every month—keep an eye out on CATIE, and join us for our next trip. ♦

To receive *Tred Avon Times* by email for easier reading or printing, contact Cyndy Miller to be added to our distribution list.

Breakfast and Shopping with the Ladies

By Clare Kettell

On July 18, some Londonderry ladies took a trip to visit Katie's Kafe and Jean's Jewelry in Secretary. It was an interesting trip in many ways.

Katie's Kafe is a small diner-type eatery on Main Street. The service was slow, but the patrons and our waitress, Tara, were so nice and friendly that the time passed quickly.



We realized that we were in a small country area when we all walked in and the owner, sitting on a stool at the counter and taking in the large group of us, said, "Uh oh!" The food, when Tara brought it, was good and plentiful. Corned beef hash, eggs, and on my plate five slices of country bacon, biscuits, etc.

After a late breakfast, we crossed the street to Jeans Jewelry, an unbelievable place—actually a former schoolhouse. It is huge with a large, shady, inviting porch. Jean (at left) lives in part of the building. She sells inexpensive costume jewelry, does repairs, and will make a custom piece for you. She also gives some away, and when you go to pay, will say "Here, you take it. It's a gift."

Our trip was an interesting adventure of dining and shopping in a different area. ♦





In Memoriam

By Florence Thompson

RIMA ZEVIN PARKHURST was born on January 2, 1928, in Cleveland, Ohio, and passed away on June 18 at Talbot Hospice, age 97. She leaves a remarkable legacy of accomplishments, truly a life well-lived.

In the 1960s and '70s, Rima held office and made worthwhile contributions to the administrations of the American Civil Liberties Union, the Democratic National Advisory Council, and the Kennedy Center for the Performance Arts where she attended every event. Later, she was the first woman to hold office as Vice-President of AMTRAK. She and a colleague formed a political consultancy business, Parkhurst-Spence. And before retiring to Easton, she worked closely with former Senator Birch Bayh in his law firm.

Moving to Easton in 1995, she continued her lifelong commitment to the arts, serving on the board of the Academy Art Museum, the Chesapeake Chamber Music Society, and the Talbot Arts Council. In her quest for social justice, she became a Court Appointed Special Advocate (CASA) for children. She found this work emotionally involving, but protecting vulnerable children was her favorite and hardest job. She took on roles at the Talbot County Free Library and Talbot Hospice Foundation.

Rima moved to Londonderry in 2024. Soon after her arrival, the writer introduced herself

to Rima and delighted her by being the third person in the community to understand the origin of her unique first name. Her father was president of World Publishing Company, and her mother was an editor there. Rima had a never-ending supply of books to read/devour. Her father named her for the girl in the jungle in what must have been his favorite book, *Green Mansions* by William Henry Hudson.

Rima brought to Londonderry her bright green Metropolitan scooter, well known in Easton, having ridden on it into her 90s. She soon swapped it out with a brand new blue three-wheeled vehicle, licensed to ride it within town limits.

Although Rima resided at Londonderry for a short time, her spirit infected those who came to know her, and she will be missed. She is survived by her children: Candace Julyan (David Hancock), David Julyan (Pam Julyan), Mark Julyan (Cynthia Julyan) and Brooke Parkhurst (Mary Panesis), and by her six grandchildren and her four great-grandchildren. ♦

Rima

As remembered by Nancy Henry

I first saw Rima in the dining room. Not long after, I had dinner at her table. Although she looked like every other gray haired woman in the room, her engaging personality was immediately captivating. She was drawn into every topic of conversation with obvious, genuine enthusiasm. What a joyful presence!

After that I saw Rima on many occasions moving about our campus and buildings. She walked with great difficulty that showed on her face.

Then came the day I saw her drive by me on her trike!! What a transformation. This 90+ year old woman was more than ALIVE. She was clearly in her element. Later she gave me a “tour” of her trike and pointed out the special features including the special holder she said her son had made for her cane.

I was mesmerized. I wanted to use my camera to capture this woman truly in her element. Her exuberant, youthful facial expression was what I was after.

We made a plan for a “photo shoot.” Rima was an enthusiastic participant. She loved the idea. I asked her to drive “straight at me” in the driveway. About 60 photos later, I’m proud to say that I captured what I was looking for. Rima was also very pleased with the result. I gave her a print of the photo and put a framed copy on our display board for the residents to see.

I wish we all could have activities that bring us out of ourselves and give us unbridled joy. ♦



Have ideas to share? Photos? Stories?

We welcome contributions
from our fellow residents.
Just contact a newsletter
committee member
or join us at our monthly meetings
in the Londonderry Library.
Next meeting: Tuesday, August 5, 9 A.M.



Humor in Caregiving

By Laura Sagers & Carole Butz
“The Mindful Caregiver”



When you're a caregiver, humor may not be something you can readily appreciate. Consider the phrase, “laughing when life isn't funny.” This can be a game-changer. It gives you permission to feel laughter and experience humor even in the midst of what may be a very sad and disheartening situation.

Humor can have several powerful positive effects on caregiving, both for the caregiver and the person receiving the care. Here are some key benefits:

- **Reduces Stress & Burnout:** Laughter triggers the release of endorphins, reduces cortisol levels (the stress hormone) and gives caregivers a temporary break from overwhelming emotions.
- **Builds Stronger Relationships:** Sharing a laugh can deepen the bond between caregiver and care recipient. It fosters trust, empathy, and a sense of mutual humanity, which makes caregiving feel more collaborative and less one-sided.
- **Improves Communication:** Humor can ease tension in difficult conversations and help communicate tough topics more gently by creating a relaxed atmosphere.
- **Enhances Mood & Morale:** Humor uplifts both caregivers and care recipients and can bring moments of joy into the routine.
- **Boosts Immune Function:** Regular laughter is linked to improved immune system functioning. This can help both caregivers and recipients stay healthier and more resilient.
- **Encourages Perspective & Resilience:** Being able to find humor—even in challenging situations can help caregivers maintain perspective, find meaning in their journey and build emotional resilience. ♦

live laugh love

Passing the Gavel at Rotary Dinner

By Jay Craig

A Rotary club is a local chapter of Rotary International, a global network of volunteers dedicated to community and international service. Members, known as Rotarians, work to address various issues like promoting peace, fighting disease and providing clean water, among others. The organization emphasizes “Service Above Self” while fostering goodwill through fellowship and humanitarian efforts.

The Satellite Rotary Club of Londonderry strives to meet these goals and carry on Rotary traditions with a commitment to assist our local community whenever possible. One of those traditions is a yearly Rotary Club transition of leadership with the installation of new officers and directors. It is common for Rotary Clubs worldwide to celebrate this changeover in July, coinciding with the new Rotary Club year.

It was on June 26 that our Rotary Club celebrated that tradition with a change of officers dinner held at the Olive Garden. The outgoing Chairman, Don Parks, conducted the



ceremony and turned the gavel over to our new chairperson for the 2025–2026 Rotary year, Lari Caldwell.

Lari has worked for many years in service occupations. After graduation from high school, she started nurses training and eventually went back to school, earning her degree in criminal justice and psychology. Continuing her education, Lari pursued her Master’s degree in Social Work. Throughout her professional life, Lari has served on a variety of boards which she continued after her retirement.

Although she noticed Rotary throughout her life, Lari did not fully understand what Rotary was all about until she met our Londonderry neighbor and cofounder of DisasterAid USA Bob Grill. Bob was in the process of establishing a Rotary Club in our community, and Lari was all in and eventually became the club’s community service director.

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Rotary (cont. from page 21)

From her outset in Rotary, Lari became a very active member in the organization and eventually was asked to lead our club as chairperson. She accepted the challenge and went off to training which resulted in her eventual leadership position.

We were privileged to welcome Hugh Dawkins, past Rotary District 7630 Governor and past president of the Easton Rotary Club to swear in the new officers of our club. In addition, he was on hand to help present a beautifully inscribed Salisbury Pewter plate to Pat Bradley for being named Satellite Rotary Club of Londonderry Rotarian of the Year.

With appreciation to the staff of Londonderry, our Rotary club will continue to strive to fulfill the objectives of Rotary International and would welcome all who may be interested in joining our ranks. ♦



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	Jay Craig		Nancy Henry
	Kaye Dutrow		Jan Johnson
	Clare Kettell		Key Pin Kuhl
	Florence Thompson		Duval Mills
Proofreader	Kaye Dutrow		Queen Anne's Chorale
Health Corner	Lorraine Flisher		Rich Williams
	Liz Whitby		Londonderry Facebook



Parting...



Erica and Chelsea treated everyone to **Ice Cream For Breakfast** on July 22.



Above, **Jean Rhian** and **Jerry Fairbanks'** grandson Quinn caught a skate—about 21" long—off Londonderry's dock.

... Shots

Below, **June Wiechmann** celebrates her birthday with her son Marc on July 3.

