

Looking Lovely, Ladies!

By Kaye Dutrow

On Thursday, June 26, eight residents and one team member brought out their brightest smiles and perfected their graceful walks and dance moves as they participated in the Fashion Show held at the Clubhouse. This is a popular event with many residents coming early to shop and then staying for the show. Often residents stay after the show to purchase clothing they have seen modeled. This year's models were (left to right, below) Londonderry receptionist Kathy Ross, and residents Barbara Hargroves, Lari Caldwell, Kaye Dutrow, Peggy Brownrigg, Merrilie Ford, Jean Ross, Dee Craig and Helen Pritchett.

The models are asked to arrive by 10:30 to choose two outfits. We are encouraged to wear dress pants in neutral colors in case they do not have our exact size or fit. We then choose two different blouses or jackets to model. We may bring another pair of comfortable shoes, too.

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Fashion Show (cont. from page 1)

Maryann Priddy and her associate Diane, along with Erica Hardeo and Lorraine Flisher, help us choose styles we may like and then help us accessorize with jewelry and scarves. We enjoy trying on different styles that we don't usually wear. One time we all loved a white denim jacket, but only one of us could model it since they try to get a variety of outfits in the show. We often ask other models if something looks good or not. We are very honest if something is not flattering—"No, it's not you."

Once we have selected our outfits, we tell Maryann if we wish to purchase. As a thank you for volunteering, we receive a 15% discount.

Around noon we take a break, and Erica provides us with a delicious lunch before the show begins at 1:00. Maryanne asks us for a "fun fact" that she will use when introducing us.

Once we are lined up, Lorraine Flisher, who could moonlight as a DJ, plays music which amps up both the audience and the participants. As each model dances down the runway, we are met with our friends and neighbors smiling and cheering us on.

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Fashion Show (cont. from page 2)

Most of us didn't know what to expect when we agreed to participate in the fashion show. Afterwards, we agreed that we tried something different and enjoyed ourselves. First time model Peggy Brownrigg jokingly commented, "I came for the free lunch and stayed for the fun."

Thanks to Erica for organizing this popular event and to Lorraine for providing the snappy soundtrack. ♦



Celebrating America

By Susan Andrews

On Friday, June 6, more than 50 residents gathered in the living room for the opening of **THE GALLERY's** sixth display, Celebrating America. This display was an "all call" with all residents asked to contribute items for the cabinet. Nancy Henry explained that the items in this display ranged from America's beginning, conflicts, the ongoing fabric of families and current items celebrating America.

Nancy highlighted the items that were not in the case. Over the mantle is a photo of a sampler of Charlie Yonkers' family tree from the 1700s beginning with his great-great-great-great-grandfather. To the right of the fireplace is an original painting by Jane Bollman. This painting was on the cover of the Tidewater Times, July 2021 (the pamphlet is in the cabinet). Hanging on the door to the sunroom was the flight jacket of Larry Ulm from the Vietnam War. The other uniform was from 1914. It was the uniform of Beth Elkins' great-grandfather who was 19 at the time.



Lynn Kranz was asked about the letter from her father that is in the cabinet. She explained that her father wrote this letter to his parents on June 6, 1944, the date of their silver anniversary. In the letter he described his flights over the beachheads of Normandy and his emotions and prayers.

The reception continued with snacks on the sun porch and discussions about the amazing items shared by residents.

Be sure to check out the many items in the cabinet and talk with the residents who contributed them.

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Gallery (cont. from page 4)

Some of these items are:

- Veteran's flag of Joseph Dobrenski
- Air Force medals awarded to Colonel Leahy
- USS Des Moines ship on which Ken Sadler served
- Meritorious Service Award presented to Ann Yonkers' father



- Post cards from Mount Vernon given to Stan Reed's brother about 65 years ago
- A White House photo and card signed by Mrs. Theodore Roosevelt given to Diane Dinkel's great-grandmother
- Lunar Module (Legos) and US Capitol (paper) made by John Ward
- A souvenir scarf commemorating the liberation of France by Americans (Edna Blakely)
- Picture of Lou Duval's great-great-grandfather—a surgeon in the Civil War—and his tombstone
- An eagle given to Beth Elkins' son



- Story Teller doll with American flag remembering 9/11 (Susan Andrews)
- *Iwo Jima Album* published by Cyndy Miller for her father who served on Iwo Jima
- Patriotic scarf worn by Pat Daughenbaugh when students prepared packages during Desert Storm ♦



Picnic in the Park

By Kaye Dutrow

On June 4, Paula Gervis, Jan Benvenuto, Nancy Henry, Rose Ertz, Susan Andrews, Queenie Swaren, Jean and Jack Ross, Jean Rhian, Jerry Fairbanks and Kaye Dutrow ventured to Tuckahoe State Park to spend a few hours in a lovely woodland setting. Mike Robbins drove us and then joined those of us who wanted to take a short walk before lunch.

Before Tuckahoe State Park was officially established in 1975, the area was inhabited by indigenous people. A gristmill and a small community were established on Tuckahoe Creek, and the stream valley was a route for runaway slaves on the Underground Railway. The Department of Natural Resources started buying up farmland in the 1960s. It was not uncommon for farmers to bury old cars and farm equipment in out-of-the-way places. We found a late-1940s Studebaker, an interesting relic of that past time. We walked a bit more than expected, but felt (mostly) confident we were on the right trail. Mike pointed out the big blue dots painted on the trees that were there to guide us.

When we returned to the picnic area, we enjoyed our picnic lunches provided by Easton's Ivy Café located on Dover Street (open Monday through Friday 11–2.) All agreed that our sandwiches were fresh and delicious. Ever mindful that we love sweets, Director of

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Park (cont. from page 6)

Community Engagement Erica Hardeo, who planned the outing, also ordered delicious cookies.

We had leisurely time to discuss books, grandchildren, and our wish to visit another park in the fall. I had not visited Tuckahoe in many years and was impressed with the well-kept grounds and scenic views. A short drive from Easton, it's a perfect place to bring grandchildren since there is a playground in addition to walking trails.

We all had a great time and expressed our thanks to Erica and to Mike who made sure we arrived and returned home safely. Another reminder of how fortunate we are to live in Londonderry. ♦



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Phillips Wharf Presentations

By Linda Cades

The Phillips Wharf Environmental Center is a non-profit organization that focuses on environmental education. Its mission is to encourage, educate, and engage people of all ages with Chesapeake Bay stewardship. Its vision is a healthy Chesapeake Bay with thriving fisheries, clean water, and access for all.

Originally established on Tilghman Island, Phillips Wharf is now right across the street in Easton Point Park. Executive Director Kristen Lycett, Ph.D., came to Londonderry twice recently to offer insight into native and invasive plants as well as to explain why oysters are vital to the Chesapeake Bay.

Native vs. Invasive Plants & Animals:

Kristen explained that native plants and animals are those that occur naturally in a given ecosystem and survive through many generations. Native plants support pollinators that, in turn, support the plants.

Invasive plants are defined as both non-native to a specific area and harmful to that ecosystem. They exist because someone brought them in from somewhere else. They can harm other plants as well as people by



pushing out native plants and other native species. The Blue Catfish is an example of an invasive species. Originally placed in fresh water in the Rappahannock River, they adapted to salt water and are now in the Chesapeake Bay. Capable of weighing more than 100 lbs., they eat blue crabs which are vital to the Bay's ecosystem.

In the plant world, invasive plants can include lichens, grasses and perennials as well as some shrubs and shade trees. The most problematical of these plants are classified as Tier 1 invasive plants. There are now six Tier 1 invasive species that cannot, by law, be sold in Maryland. In addition, there are Tier 2 plants like the Bradford Pear and Japanese and Chinese Wisteria that can be sold, but must be accompanied by a sign indicating that they are invasive.

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Phillips Wharf

Environmental Center

Phillips Wharf (cont. from page 8)

As our climate shifts, the range of plants and where they can grow also shifts, but the overall effect of this shift will take time to determine. Kristen concluded her presentation by taking us on a short walk around Londonderry's Clubhouse and pointing out both native and invasive species.



Oysters:

Kristen began her presentation about oysters with a history lesson. Oysters have been here for millions of years. Like us, indigenous people loved oysters too. Oysters are a vital part of keeping the Chesapeake Bay healthy, because they are herbivores that filter the Bay's water. They filter out algae bloom and form oyster reefs as they grow providing habitat for other species.

Early in our history, there were huge stocks of oysters in the Bay, because our ancestors used simple tools to harvest them. However, as people learned to use more sophisticated

tools like dredgers, oyster stocks began to diminish. During the late 1800s, skipjacks evolved to be used in shallow water to harvest oysters. Easy to build and requiring only two people to sail them (although usually carrying a crew of five or six,) there once were 800 or more skipjacks harvesting oysters. A century later, only about 30 were left.

While the stocks of oysters diminished due to overfishing, oysters were also threatened by disease and pollution. According to a paper published in 2009, there were then less than .3% of the number of oysters than had inhabited the bay historically. That has affected the health of the Bay as well as our area's economy.

Some improvements have been made in recent years to help improve the oyster stock in the bay. In addition, aquaculture has helped grow the number of oysters available.

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Phillips Wharf (cont. from page 9)

Lower levels of disease have helped reproduction as have systematic efforts to restore oyster reefs. In addition, there have been programs to seed the Bay with oysters.

The 2014 Chesapeake Watershed Agreement has also helped protect the oyster stock. Phillips Wharf runs a small oyster restoration project and supports larger projects as well. Horn Point Environmental Center hatches baby oysters to attach to shells so they can grow into harvestable oysters.



inherit a healthy Bay and an area where people can earn a good living. A healthy oyster population means a healthy economy in the Chesapeake Bay region. In 2024, the total value of Maryland's oyster harvest was around \$15 million per year.

If we are careless about our environment, we will diminish opportunities for those who follow us. As our environmentalists often warn us, there is no planet B. ♦



What can you do if you want to get involved? There are nearby sites including one right at the end of Port Street where you can deposit your oyster shells after dinner. Several local restaurants participate in recycling programs. People can also support programs to decrease the amount of fertilizer that ends up in the Bay.

If all of us become good stewards of the Bay, our kids, grandkids and great-grandkids will

Welcome

New Residents

John Barkin & Christine Cooke #322

Mark Tyx & Claire Liversidge #128

Mary Slacum #316

Treats for the Staff

About once each quarter, CEO Christine Harrington and Londonderry give the staff a surprise treat. On June 5, it was an al fresco breakfast grilled by Director of Buildings and Grounds James Brooks. Sausage or bacon, egg and cheese sandwiches were offered along with coffee and juice, a grab-and-go breakfast as staff walked by. Christine noted that they set up early so they could catch the night-shift crew as well as the staff just starting their day.

Christine said that it was the first time they had done a breakfast and hope to do a lunch in the future. Past treats have included coffee and donuts and van rides to a



coffee truck where Londonderry picked up the coffee tab.

With all that the exceptional staff does for Londonderry residents, these treats are well deserved! ♦



Men's Breakfast at the Cambridge Diner

By Jay Craig

It was Friday morning the 6th of June, and the men of Londonderry started gathering together for another monthly breakfast outing. Director of Community Engagement, Erica Hardeo, made arrangements with the Cambridge Diner to accommodate a bunch of hungry men for breakfast.

Lead maintenance tech, Chris Andrews, along with lead security guard, John Muldowney, accompanied us on the outing in order to make sure we behaved ourselves and got to and from the diner safely. These outings have become a very popular event, and it is likely to be overbooked on occasion, leaving a few of us on the standby list. On this occasion, there were two of us on that list. Making sure that no hungry man was left behind, three of us jumped into a private vehicle and followed the van to the diner.

Chris drove the van with John as his copilot. Upon arrival, we all gathered together to

make a mad dash to our seating area in order to fill our bellies with breakfast delights and to consume all of the coffee or other beverages we wanted. All of us were in good spirits. No obvious injuries were observed, so it was assumed that all of the men on the bus behaved themselves.

Upon entering the restaurant, we were seated at a long table in the rear of the eatery which had sufficient elbow room once Chris and John decided to eat at a booth adjacent to us.



As soon as we got seated, our server Haleigh, left, introduced herself and began with our coffee orders. Within a few minutes, our coffee arrived, and our food orders were taken. While waiting for food to arrive, we discussed some important topics. Although the topics may not have been vitally important worldwide, or even nationally, they were important to us.

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Breakfast (cont. from page 12)

One of the group spoke about having a bad experience with an audiologist while being examined for hearing aids, stating that his hearing was worse after the exam than it was before. Another said, "Don't worry about not hearing things. No one else at the table can hear either." It is general knowledge that some our age are having more difficulties with driving, but that was dismissed by one who said, "It's easy to drive. You just hit the gas pedal to go and the brakes to stop."

Most of our conversations ended shortly after the food arrived, as we were too busy eating all of those tasty morsels. As you can see in the photograph above, most of the plates were empty, and there were smiles on all of the faces. Around the table from front left and counterclockwise are Henry Novian, Barney Johnson, Lou Duvall, Rich Morin, Philip Brownrigg, Jack Ross, John Muldowney, Don Goodliffe, Chris Andrews, Dick Codrington, Ken Sadler, Steve Cades, Dave Bernstein, John Foss, and Jay Craig. It was great to have Philip Brownrigg join us for the second time and for Dave Bernstein and Jack Ross to join us for their first time.

It was somewhat unusual that there was not a complaint to be heard regarding the food or



the service. In fact, one of our group indicated that his omelet was the best that he has ever had, and another, who is very particular about his scrapple, stated that it was better than most.

Another successful gathering behind us, we traveled back to Londonderry in good spirits and with full bellies. A job well done by Chris and John getting the group to and from the diner safely. These monthly dining experiences seem to be gathering more attention and becoming the thing to do. Erica Hardeo usually indicates on CATIE near the end of each month where the next eating adventure will unfold within the first week of the following month. If interested, please don't miss out on going to the men's breakfast. Keep an eye on CATIE and sign up early. ♦

Lunch at the Dock House

By Susan Andrews

The lunch group went to the Dock House on Kent Island on Wednesday, June 25th. The group consisted of Carole Novian, Elaine Moore, Janet Dwyer, Merrilie Ford, Peggy and Phil Brownrigg, Jane Ward, Queenie Swaren, and Susan Andrews, led by Erica and our driver, Michael. The Dock House has a wonderful deck overlooking the water. Due to the heat, we opted to stay inside.

What a great lunch! Erica treated us all to a Ceviche—tortilla chips with fresh crab, shrimp, tomato, avocado, and lime. Some chips were left, but the Ceviche was all gone.



Highlights from our meals were the Tuna Tostada, the Shrimp Nachos, a Blackened Tuna Wrap, and the Crab Pretzel. All were generous servings, so we had leftovers!

We tried to be on our best behavior since Christine's husband held a business meeting at the table next to us.

We contemplated going to the ice cream shop across the parking lot from the Dock House, but we were too full. However, as we drove home, we voted to stop at the Dairy Queen in Easton for our dessert. Traffic was heavy so the Dairy Queen stop was scratched.

This will definitely be a luncheon recommendation in the future. Maybe then we will try out the ice cream shop or make it to the Dairy Queen. ♦



Manor House Tree Work

By Cathy Cooper

The project started when several Londonderry residents recognized that they had a common interest in the care and look of some of the trees on the campus, especially the health of some trees that buffer the Manor House parking area. They were particularly concerned because the vines appear to be choking the trees.

An informal group of residents and James Brooks, Director of Buildings and Grounds, came together to consider how best to preserve the trees that they knew were under the blanket of vines, leaves, fungi, and other debris. The work required heavy and expensive equipment.



Turns out, after meeting with Christine Harrington, CEO, and with her encouragement, James talked with the Bayside representative. He learned that Bayside, the firm that tends the Londonderry property, not only had access to a raft of equipment and men to do this work, but also they were, at the time, parked not far away and available and ready for hire.

It was time for another talk with the CEO. The finance people were consulted, and all agreed the price was within the means of available funds and specified projects.

The first step involved a survey of the trees, but even before that, it was important to know the number of trees in the immediate area, initially estimated at four to six. When the vines were removed, the trees stood out prominently from their thick skirts of porcelain berry and poison ivy(!). The informal survey showed 16 trees in a row roughly along the property line between Londonderry and Evergreen, estimated at approximately 400 feet in length.

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Trees (cont. from page 15)

We are familiar with Bayside. The extent of their heavy equipment and their vehicles is impressive. They arrived with the bucket truck, front-end loader, forest mulcher, chipper, chainsaw and pole saw, grabber and other vehicles and attachments for the work. For a while the Manor House lawn looked like a regular equipment storage yard.

The work started that mid-June day by using a bucket-truck for the men to reach and pull down vines that were tight to the tree. They would cut the vines in a circle around a tree trunk about 10–12 feet above the ground. They cut a second circle around the trunk at ground level. The vines within the two circle cuts were then pulled away from the tree and

turned over to the mulcher men who shredded them. The high vines will cling to the tree, but lacking nourishment, they will eventually wither and fall. In the final step, the mulcher spread the chipped vegetation evenly on the ground, making the area look almost like a cultivated field.

One of the team members summed up his description of the project saying, “I was thrilled, just thrilled!!”

Come and See! The new clearing is by the Manor House on the side adjacent to Evergreen. (Wear protective clothing to protect against ticks, etc.) ♦

Liberty Tree Update

The Liberty Tree sapling planted last year, donated by the Maryland Forestry Foundation to honor **JANICE AND JOHN FOSS**, is growing! The once-bare tulip poplar twig leafed out this spring and now has a plaque describing its significance. It may be found on the left as you approach the Manor House. More information about the tree and its history may be found in the January 2025 issue of *Tred Avon Times*. ♦



Spotlight:

Women Connecting

Let's Keep Talking

By Patricia Bradley

I believe that is what the ladies who attended the first **WOMEN CONNECTING** session would like to do, because everyone seemed to enjoy it a lot. I think the organizers of the group—Bonnie Codrington, Connie Laufer and Ann Yonkers—must have felt very encouraged to see the Activities Room full to overflowing at that first meeting on June 2, although Erica Hardeo and Lorraine Flisher were scrambling to get enough chairs and manage traffic.

The point of Women Connecting is to get to know each other in a meaningful way, sharing information and opinions and stories. The structure is simple, and the rules are few. A new topic will be announced in advance of the meeting, and everyone who wishes to talk will have a chance to do so: just be aware of the

clock. The topic for that first meeting was, “What Brought You to Londonderry,” and the answers were wonderfully different. There were common themes, of course, but so many versions. We all took our individual journeys to get here, but it seems everyone is happy to be here—happy with this place and the way it is run, happy with the opportunities for connection, and happy with each other.

I do want to emphasize how much laughter there was at that first meeting. I went home feeling good, and I recommend it. Meetings are scheduled for the first and third Mondays at 3 p.m., and to accommodate the crowd have been moved to the Clubhouse. Yes, let's keep talking. ♦



Using DNA to Solve Crimes

By Kaye Dutrow

On June 9, residents packed the Activities Room to listen to a TED Talk about DNA and its effect on crime solving. Rachel Smith was the moderator for the discussion.

The presenter, Claire Glyn, shared that she had been a curious child who liked to solve puzzles. She was adopted and had extensively explored her genetic background. When she was introduced to forensic science, she found a perfect match for her interests in DNA and crime solving.

New techniques allow investigators to do things never thought possible. The explosion of interest in genetic tests from websites like Ancestry and 23andme have given investigators more data. Approximately 42 million people have volunteered to have their genetic information registered in a data bank. With a small sample of hair, skin, or saliva perpetrators have been identified using these data banks. Another benefit is that innocent people who have been convicted of crimes have been exonerated. With this new data, forensic scientists can build family trees involving thousands of people who may not know each other even though they are genetically related. With these advanced techniques, unidentified dead people have been identified which has brought some solace to families whose loved ones had been missing.

As with all new technology, there are some concerns that there may be a loss of privacy or perhaps a misuse of the genetic



information. Presently, investigators are restricted to uploaded information only from GenMatch; however, those who have genetic data on other websites can give their permission to share data with GenMatch. Some pending court cases are concerned with how police obtained genetic information.

Rachel is very knowledgeable and interested in court cases which have relied on DNA information. She told us about Bryan Kohberger, a 30-year-old criminology PhD graduate, who has been accused of killing four Idaho college students in 2022 after his DNA was found on a knife sheath. His trial is slated to begin in August. If found guilty, Kohberger may face a firing squad.

The residents were very interested in this topic and offered some personal experiences. After the presentation, I remembered an experience I had last fall when I took a Band of Brothers trip which followed the 101st Airborne through Europe in WWII. While visiting a British cemetery in Arnhem, Netherlands, my fellow travelers and I solemnly watched a military funeral for a WWII British glider pilot, Lieutenant Dermot Green Anderson, whose remains had been identified through his great-nephew's DNA. His great-nephew was also there to honor his great-uncle.

Thank you, Rachel Smith, for presenting this informative and thought-provoking subject. ♦



In Memoriam

By Florence Thompson

JOAN HAGY GREEN, born to John Emerson Hagy and Virginia Lee Cooper Hagy in 1931 in Philadelphia, Pennsylvania, lived in Westchester County, New York; Manchester, Connecticut; Westfield, New Jersey; and Bucks County, Pennsylvania.

Graduating from Hatboro High School in Pennsylvania in 1949, Joan was further educated at Grove City College in Pennsylvania, Goldey Beacon Business School in Delaware, and the University of Delaware in Newark. Joan Green was a single professional woman for 37 years, and held administrative management positions in religious education, law, banking and corporate pharmaceutical reporting.

Joan was deeply involved in the study and development of the Analytical Psychology Movement originally created by the Swiss psychologist, Dr. Carl Gustav Jung. In her final years she became the administrative coordinator for Woolger International, dedicated to eclectic spiritual teaching and training, with primary focus on Jungian psychological concepts. At the death of Dr. Woolger in 2011, Joan was recruited by Dr. Michael Conforti, prominent Jungian psychoanalyst, as consultant to him and his Assisi Institute. Joan organized one of Dr. Conforti's meetings held at Londonderry, the participants gathering from far and wide.

Joan's personal life was enhanced with her love of music. Early on in the introduction of Bob Huntington's Joy of Music program, he was invited to bring his audience to Joan's home for the use of her piano.

In 1989 Joan married Joseph Hugh Green and moved to his home Sharon-at-Miles. Widowed in 2000, she moved to Londonderry in 2002.

Joan lived a very private life at Londonderry. At her death at age 93 on May 26, friends and neighbors recalled rare interactions with her. She was buried in Denton, Maryland on June 10, 2025. ♦



Londonderry resident **RIMA PARKHURST** passed away on June 18. We offer our condolences to her family and friends and will publish a memorial in the next issue.



The Healing Power of Nature

In the article “How Nature Heals” from the May/June 2025 issue of *Reader's Digest*, Charlotte Hilton Andersen explores the profound impact of nature on human health and well-being.

The article highlights how immersing oneself in natural environments can serve as a powerful remedy for various mental and physical ailments.

The narrative includes personal accounts of people who experienced transformative healing through nature. Their stories underscore the therapeutic potential, aligning with a growing trend in medicine where doctors prescribe time in nature to address health concerns.

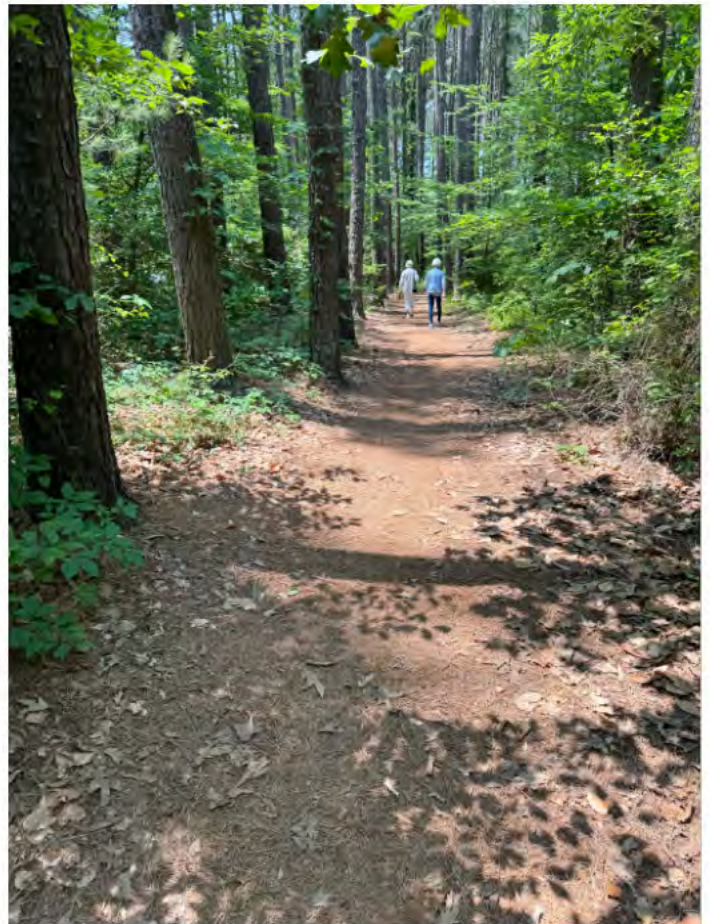
These “nature prescriptions” are not merely anecdotal; they are grounded in scientific research.

Studies have shown that spending time in green spaces can reduce stress, lower blood pressure, and boost the immune system. The article emphasizes that nature's healing properties are accessible, cost-effective and come with minimal side effects.

Anderson also discusses the broader implications of reconnecting with nature, suggesting that regular exposure to natural settings can enhance overall life satisfaction and mental clarity. The piece encourages readers to incorporate nature into their daily

routines, whether through walks in the park, gardening, or simply spending time outdoors.

The article, “How Nature Heals,” serves as a compelling reminder of the innate connection between humans and the natural world. It advocates for embracing nature as a vital component of a holistic approach to health and well-being. ♦



A few shots showing our Pride and Joy!



John Dalton, our latest Knit Witch (or would that be Knit Warlock?), shows off the hat he knitted for his great-grandbaby.

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, July 1, 9 A.M.

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Parting Shots



"God set the North Star
in the heavens; He gave me
the strength in my limbs;
He meant I should be free."

- Harriet Tubman, 1865

Turn the dial and follow the
movement of the Big and Little
Dipper constellations across the

SPRING

A visit to the Harriet Tubman Museum

