

## Saving Our Time in a Capsule

By Patricia Bradley

On Tuesday, March 24, the Londonderry Community shared in the beginning of an activity that only the youngest among us will be able to see completed. But that's okay. I am referring, of course, to the filling of the Londonderry Time Capsule which celebrates our community's 35-year existence and the subsequent opening of



that same capsule 35 years hence. It will be opened, hopefully, by residents of a thriving Londonderry community that is equally as proud of what they have become over the years as we are proud today.



This ceremony, which was preceded by a few sing-along tunes from Londonderry's ukulele players, above, was orchestrated by our Director of Community Engagement, Erica Hardeo, with lots of support from staff and residents. It could not have been more inspiring. There were

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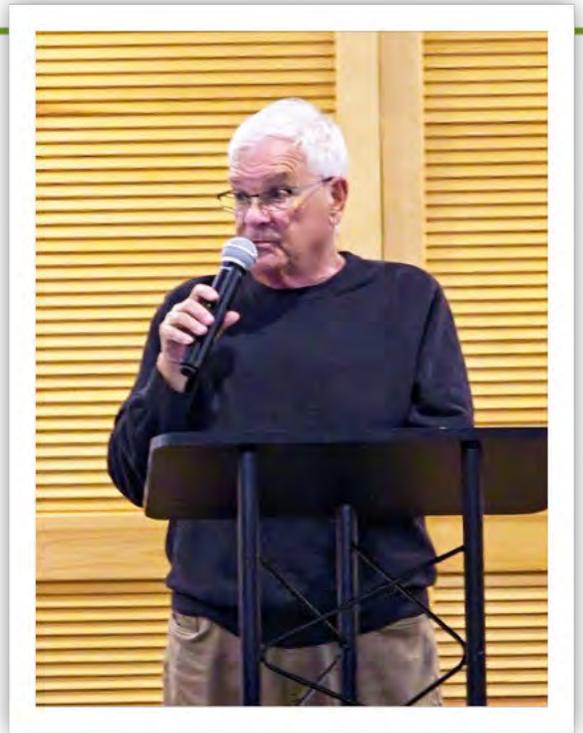
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## Capsule (cont. from page 1)

more than 35 items placed in the capsule, a large shiny metal canister that had clamps on the side and a tight-fitting lid, designed for keeping flour dry. It's perfect. Considering those items in total, one had to reflect upon and appreciate the varied and full life we really do live here. And listening to the comments made by the people Erica had invited to speak, one could only feel affirmed and grateful and terribly lucky.

Everyone who spoke offered words that resonated in the hearts and minds of those of us who love this place. In her opening welcome, CEO Christine Harrington spoke of sending a message across time to say we were here, we were community, and these are things that mattered to us. Warm relationships, sure connections and shared purpose were hallmarks of our time here. Then, with an eye to the future as well as the past, a poem was read by Kaye Dutrow that was fashioned by AI ChatGPT from words carefully chosen by Erica.



Representing the residents, Bruce Kranz, above, spoke of shared vision and community spirit in this flourishing community—"Much more than a home." Susan Andrews chose to reminisce about a particular resident-run activity, in this case a humorous fashion show, and had pictures of the outfits like her pillbox hat (made from a box and pill bottles) to go into the capsule. The outfits were hilarious, all in good fun.

Next, Pat Lewers spoke of the early days when nursing homes were falling out of favor and retirement homes were beginning to show up on the scene. Londonderry was the result of people wanting to live in a resident-owned community with fellowship, where they could, hopefully, age gracefully. John Foss spoke next and thanked his daughters for finding this place with its park-like campus, and residents' art work on all the walls, among other things. He called it "the most caring place I have ever been associated with." Margaret Bryan, left, spoke with authority, having lived here over 21 years, when she used the words "kind", "friendly", "convenience" and "comfort."

(continued on page 3)

## Capsule (cont. from page 2)

The staff was represented by Jennifer Hughes and Savannah Snyder. Jen had a long list of historical episodes over the years that she had witnessed in her long association with Londonderry; she had been on the waitstaff before college and then was offered an office job after graduation. She now occupies the extremely important office of Controller. Savannah is one of the youngest and most recent hires at the Security and Transportation Department, and she spoke briefly about her pleasure at being here and the warm welcome she has received. Then she added, with a broad smile, “Yes, I do hope to be here when the time capsule is opened in 2061.”



Rachel Smith, below, from Marketing and Rich Williams, Security and Transportation, were tasked with taking the pieces out of the capsule so all could see and then putting them back in. (A list of the items included is available from Erica for those interested.) Then Erica sealed the flour canister/capsule, having invited Pat Bradley to step up and help, and it was time for Christine’s closing remarks. Along with other heartfelt expressions, she simply said Londonderry is the result of people living in community who want to take care of each other.

The Time Capsule will reside in a special hole in the wall opposite the front door of the Clubhouse. There is a plaque that covers the hole with the following inscription:

“ . . . . a resident-owned community,  
a place where neighbors become friends,  
independence is celebrated,  
and community truly comes first.  
When opened in another 35 years,  
may it celebrate the  
enduring spirit of this community  
we proudly call home.” ♦

*More photos and the full plaque inscription can be found in Parting Shots on page 27.*



# Shake Your Shamrock

By Jay Craig

St. Patrick's Day honors the patron saint of Ireland. Originally observed as a solemn religious occasion marked by church services and feasts, it has evolved into a day of vibrant celebration. Beginning in the United States many years ago, St. Patrick's Day became a festive event by Irish immigrants, reflecting their joy at being in America and making their lives and contributions to this country meaningful.

As the St. Patrick's Day celebrations grew in scale, the fun of visiting multiple pubs on the same day grew as well. These were called "bar crawls" or what may be known today as "pub crawls." These activities were valued for their community connections, entertainment, and for exploring multiple venues offering a variety of atmospheres and social interactions.

With this in mind, the staff at Londonderry was not about to allow the



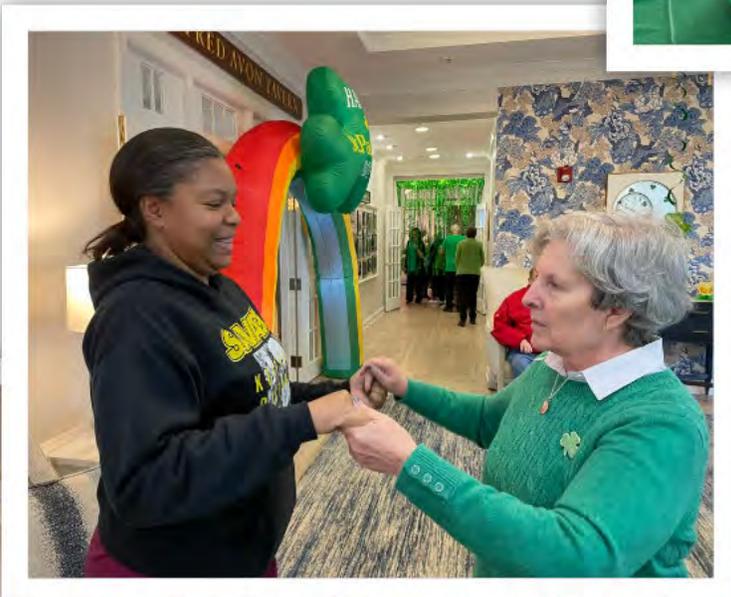
day to go by unnoticed; so the creative mind of Erica Hardeo, Director of Community Engagement, in collaboration with Brendan Keegan, Director of Dining Services, and other staff, created the Londonderry "Shake Your Shamrock" pub crawl.

(continued on page 5)

**Shamrock** (cont. from page 4)

On March 17 at 2 PM, the community center was transformed into a festive, colorful and celebratory environment with food, music and drink. With a cheerful touch of mischief and connection with neighbors and friends of Londonderry, there could not have been a better place to gather.

Because no Irish celebration is complete without music, the beloved Paddy-O Players performed a variety of well-known Irish songs. This was their third consecutive year entertaining Londonderry, and their knee-slapping, foot-tapping, hand-clapping Irish music renditions are always well received. The band, consisting of Randy Welch (Irish whistles and drum), Paul Derdel (fiddle), Rich Cowan (accordion), John Carricker (fiddle), and David Moore (guitar), kept a throng of residents and friends



glued to their seats—except for occasional dance moves—until the band had to stop so staff could prepare the dining room for the dinner meal.

(continued on page 6)



## Shamrock (cont. from page 5)

The “pub crawl” was spread out throughout the community center. In the library, residents and friends could enjoy pigs in a blanket, soft drinks, or a shot of Jameson Irish Whiskey, graciously offered by LaCree Brown, Director of Housekeeping Services, and Christine Harrington, CEO. It was great to see Rachel Smith, Director of Sales and Marketing, assisting.

A stroll around the corner into the dining room brought you in contact with Jennifer Hughes, Controller, who was delighted to serve you a delicious slice of Shavonte Greene’s soda bread and a jigger of Baileys Irish Cream or a nice hot cup of Irish coffee.

The final “pub” in the sun room offered all the green beer and warm soft pretzel bites you could consume, proudly handed out by James Brooks, Director of Buildings and Grounds, and Richard Williams, Director of Security. In addition, our wonderful nurse, Lorraine Flisher, was making her rounds to ensure our well-being and to assist other staff members in making this a great experience for all.

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## Shamrock (cont. from page 6)

Participants wore multiple shades of green, blending with the bright emerald green decorations throughout the venue. The atmosphere was festive and relaxing, allowing for friends and neighbors to gather together to celebrate the occasion and get to know each other better. Londonderry is less about crawling and more about connecting. I asked ChatGPT to capture the spirit of the event in a short poem:

Oh come take a ramble, ye neighbors and friends,  
Where the laughter is loud and the cheer never ends.

With a sip and a song  
and a story to share,  
We'll wander the walkways  
without worry or care.

From station to station  
the merriment grows,  
Like a bright Irish tune  
that everyone knows.

So lift up your glass,  
let the Paddy-O's play,  
For Londonderry's crawling  
in the greatest of ways!

In the end, the excitement of this event will not be found in just the drinks or



snacks, but in the shared spirit of this community and its wonderful staff. So, stay alert and keep up with events. You will not be disappointed! 🍀

# Saturday Night Social

By Kaye Dutrow

Residents gathered on March 14 as the Saturday Night Social made a welcome return, thanks to the efforts of Vita Strong and Clare Kettell. In the past, “Bubbles” was a daily social event where residents could enjoy a cocktail before dinner; unfortunately, Bubbles had to be curtailed during Covid. The initiative to revitalize this gathering was clearly appreciated by all who attended.

Sixteen residents met on the sun porch, each bringing a favorite beverage, with several also contributing delicious snacks. The evening began with introductions, as everyone shared a bit about themselves and their journey to Londonderry. Some residents spoke of moving here to be closer to family, while others were drawn by the beauty of the Chesapeake Bay and the charm of Easton.

The group reflected a wonderful mix of experiences—some have called



Londonderry home for over 14 years, while others arrived more recently. Despite these differences, everyone shared a common sentiment: a deep appreciation for the community and all it offers.

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## Social (cont. from page 8)

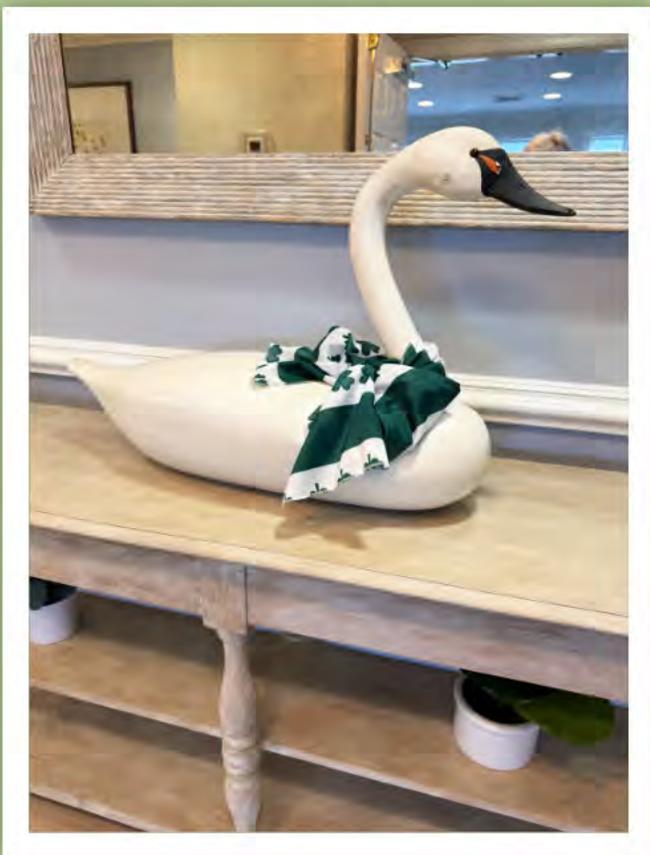
The evening concluded on a joyful note with a spirited singalong, led by Ken Sadler on his ukulele, bringing smiles to all.

Saturday Night Socials will continue on the second Saturday of each month, and all are welcome. Many thanks to Vita and Clare for organizing such a delightful evening, and to all who participated and made it special. ♦



## Lily the Swan

By Kaye Dutrow



Lily the Swan has had an interesting past. Originally, she adorned the community center living room, resting above the television, although at that time she and two other swans were nameless and rather ignored. During the renovation two years ago, Lily was moved to various places, mostly downstairs in the apartment lobby and entranceway. As new decorations appeared, Lily was shuffled about. The other two swans landed in the dining room.

When Judy Coffren saw that Lily was put in the apartment building's small entranceway, she feared the swan's days were numbered. One day she might be permanently taken away. Good-hearted Judy decided to salvage the swan, placing her in a prominent place on the second floor. Judy named her Lily since she associated swans with lily pads.

As Lily's stylist and rescuer, Judy makes sure Lily is decked out for each holiday and season. Look for Lily sporting her spring fashions in *TAT's* May edition. ♻️

# Men's Breakfast

By Jay Craig

It was another beautiful day in the “Land of Pleasant Living” and time for the men of Londonderry to venture out for another eventful breakfast bash. Off we went to one of our favorite eateries, the Carpenter Street Saloon in St. Michaels, where the friendly staff awaited our arrival.

Lore has it that St. Michaels was the town that fooled the British during the War of 1812. The community was about to be bombarded by British cannon fire and hastily made plans to avoid the inevitable. The citizens allegedly hung lighted lanterns in tree tops and on top of ships' masts in order that the town itself not be destroyed. It was said that the ruse worked in that most of the cannon fire, aimed too high, did in fact miss the community itself. History, however, tells a slightly different story, describing how the British did in fact make a landing in St. Michaels and took control of the community.

Thinking about the story of St. Michaels, it is the perfect destination for the men of Londonderry, because we have captured its eatery called the Carpenter Street Saloon on more than a few occasions, though our conquests usually involve breakfast sandwiches rather than cannon balls.

As usual, Robin met us at the front door and seated us at a long table in the middle of the dining room. The coffee

was strong and spirits were high with the knowledge that some of us might have to loosen our belts a little and/or relax the tension on our suspenders knowing what was about to occur.

Seated below from front left and counterclockwise are Richard Williams, John Foss, Rich Morin, Lou Duvall, Steve Cades, Don Goodliffe, Roger Bollman, Ken Sadler, Jay Craig, Dick Codrington and James Brooks. As you can see, the men from Londonderry are a happy lot without eye patches and menacing swords and are treated with kindness and affection, as reflected in Robin's naming of John “Honey Bunny” Foss and Rich “Sweet Cheeks” Morin.

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## Breakfast (cont. from page 10)

The food was great and brought no complaints, with one of our scrapple enthusiasts calling it the best he has had on these trips. Ken Sadler attempted to consume a gigantic sandwich stuffed with scrapple, eggs and cheese but could not handle it in its entirety, taking half of it back home for a later snack.

Another morning, another feast and another local eatery captured by the swashbuckling men of Londonderry who departed with full bellies and smiles on their faces. As usual, we were in the safe hands of James Brooks, Director of Buildings and Grounds, and Richard Williams, Director of Security, who ensured our safe travels to and from St. Michaels.



Rich Williams, left, with Robin, Honey Bunny and Sweet Cheeks

Thinking of joining us on a future eating adventure? Keep an eye on CATIE near the end of the month for information on our next trip, which usually occurs during the first week of the following month. Director of Community Engagement Erica Hardeo does a great job in planning these events and can be contacted at any time for information on our breakfast outings. ♦

## Don't Get Scammed!

By Linda Cades

There you are, enjoying your morning coffee and scrolling through your email, when suddenly there is an email informing you that you have an unpaid traffic ticket that you must pay immediately or your driver's license will be revoked. Or, there is a phone call from someone who sounds like your grandson. He is in trouble in a faraway country and needs you to wire him money immediately. Did you ever get one of these messages and wonder, at least briefly, if they are legitimate?

Most of us believe we have become sophisticated enough to spot these frauds. However, two weeks ago, I got a message that appeared to be legitimate from my email service. It said I had to update my information or my email would be shutdown. I was tired, and it looked legitimate, so I filled out the information. About two hours later, I realized it was suspicious, canceled my credit card and notified the email service that yet another scam was making its way around our community.

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## Scams (cont. from page 11)

It can happen to any of us, and scammers are becoming more and more sophisticated. AI is making spotting them even more difficult. However, there are ways to protect yourself from becoming a victim of fraud. Recently, representatives from Burke and Herbert Bank came to Londonderry to tell us what they have learned about dealing with scams which, they said, happen every day. Jackie Wilson, Jen Hauf, and Hali Leeson offered important tips for avoiding scams.

First, avoid giving out personal information. If someone claims to be calling from an organization you know, contact that company at the number you have for them, not the one included in an email. Review your accounts every day to spot suspicious transactions. If you see one, call your bank and/or credit card company to report it immediately. Although it takes a little extra time, use multi-factor authentication and biometrics when possible. While scammers can discover your passwords, they cannot duplicate your fingerprints. Don't be upset if your bank asks questions about a transaction. They are trying to protect you and your bank account.

Review your credit bureau reports annually. All three credit bureaus provide this information for free once a year. Always be suspicious if someone asks you to wire money, to use cryptocurrency or to send gift cards as payment. Keep scammers at bay by blocking unwanted calls or texts. When



purchasing something with a credit card, it is better to tap the card than to insert it or slide it.

There are a vast number of scams out there. Most common ones include phone calls from people claiming to be from a government agency or a financial institution. Other callers may claim they have high return/low risk investments to sell you or healthcare products you don't need. Generous people are often tempted to donate to charities they have never heard of. Always check out any organization soliciting funds before donating.

Getting scammed can happen to any of us, but the more alert we are to the kinds of scams that are out there, the easier they are to avoid. ♦

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# Coming to the End

*Jane Bollman retires from TPA*

By Roger Bollman

In 1999, Jane Bollman moved to downtown Easton (Hanson St.) from Towson, a suburb of Baltimore. Part of the attraction of Easton was that it was a walkable, pretty small town; very unlike a big city suburb. In a place like Easton, you can more easily get to know your neighbors and your community and, get involved if you so choose. Jane did just that.

While walking downtown after dinner one summer evening, she walked past the Town Hall. Per the posted agenda, a Commission meeting was starting. On the agenda, was an item covering a developer

request to build more condos in a community that was already designed. Having never attended such a hearing and thinking it might be interesting, Jane and Roger went in and found seats in the back. The room was filled with outraged residents of that community who bought into the original build-out plan, not yet more condos. Needless to say, they let the politicians know how they felt. The request lost! Jane left with the impression that, in a relatively small place, citizens can make a difference.

About the same time, the TPA was just getting started, galvanized by the plans for what we now know as Easton Village. First a word about the TPA or, more completely, the Talbot Preservation Alliance. This is a non-partisan, single issue advisory group that focuses on land use issues in Talbot County. Like the County's Comprehensive Plan, its goal is to preserve the County's rural character and small towns. Dirck Bartlett asked Jane to come on board as the secretary. Now, after 26 years with TPA, it's time to come to the end.

TPA was, and still is, a very active group on land use issues and "controlled growth", both in Talbot County and the town. As a result of her TPA work, Jane got to know many of the political players and the issues. And, then her organizational talent began to flower.

While not representing TPA:

She volunteered to be on one of the issue committees for the development of the Comprehensive Plan for the County.

The Town was redecorating the Town Hall meeting room. Jane arranged for photos of "old

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# NewsBits...

**Bollman** (cont. from page 13)

Easton” to be the wall decoration. To this day, it is unchanged.

Bill 808 was passed by the County Council in about 2002. This bill created a loophole in the zoning regulations that would have permitted Lowe’s and Home Depot to build out on Rte 50. Jane ran the referendum that stopped the bill until the general election. It was defeated.

The referendum resulted in a trove of signatures of citizens who recognized the importance of land use. Jane would put this trove to good use later to get “letters to the editor” on candidates and issues, “get out the vote” for candidate election and land use issues, and for candidate election “meet and greets”.

A natural transition was into running or advising campaigns for candidates who supported the concept of controlled growth. The first was Dirck Bartlett, then Andy Hollis, then Pete Leshner, then Lisa Ghezzi, then David Montgomery and, finally Bob Willey.

You might also remember the plan to replace our present hospital with a new hospital—in Queen Anne County, just north of Wye Mills. A citizen drive to stop this move by petition was initiated and gathered 10,000 signatures urging that the replacement hospital remain in Easton. The new hospital is going up right now, just north of the airport. Jane ran this petition drive!

It’s fair to say that it’s been a long and interesting journey for Jane. Funny how things sometimes just come together. ♦

- Marilyn Burns’ daughter Cathy reports that Marilyn settled into her new digs at Bayleigh Chase just in time to secure silver and bronze medals in their Olympic games. (She is petitioning to add freestyle dancing in 2030 to boost her chances for gold!) Although adjusting nicely to the move, Cathy says Marilyn and her family miss her great friends, the terrific Londonderry staff and the lovely campus. If spring ever comes, she will stop by to visit. In the meanwhile, Marilyn can be reached by contacting Cathy.
- Pat Bradley remarked to friends that it was sad to see her empty parking spot now that her car is gone. Someone suggested drawing something there with sidewalk chalk. Elaine suggested Hop-scotch; Walt even has some chalk. But the plan was ditched: no-one was able to get on their knees to draw the Hop-scotch—not to mention actually wanting to hop!
- Jane Bollman spread out two dozen colorful pansies ready for planting when the unexpected snow on March 12 gave them a warning that it was not quite spring. She said, though, that the flowers didn’t mind it a bit. ♦



# Great Decisions

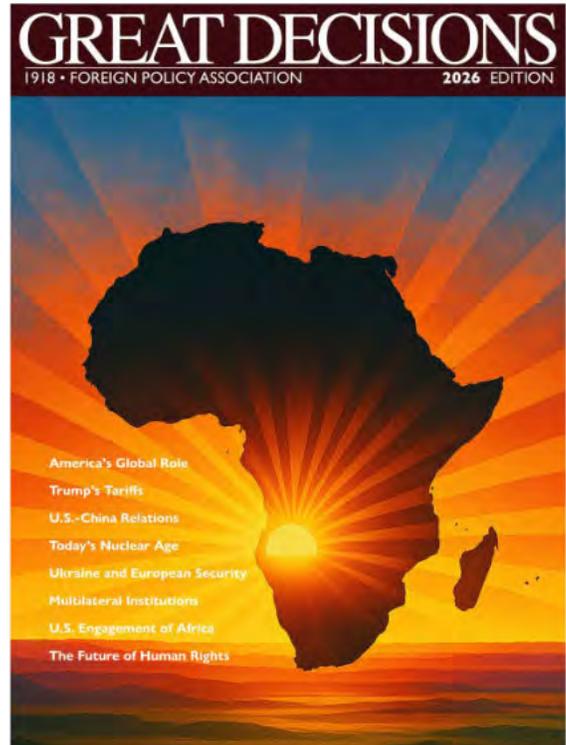
By Linda Cades

If you are like me, you probably do your best to keep up with world news, but never feel as if you really understand the many international issues that make the front pages of your newspaper. If so, consider joining the annual Great Decisions program when it begins again here at Londonderry next January.

Great Decisions is a project of the Foreign Policy Association (FPA). For over 100 years, the Foreign Policy Association's mission has been to "serve as a catalyst for developing awareness, understanding, and informed opinion on U.S. foreign policy and global issues." According to their website, "through its balanced, nonpartisan programs and publications, the FPA encourages citizens to participate in the foreign policy process."

To further that goal, they have sponsored the Great Decisions program annually for over 70 years, beginning with one group in Portland, Oregon, in 1954. Since then, it has become the nation's largest discussion program on U.S. foreign policy. This year, there were discussion groups nationwide, 18 groups in Maryland alone and two in Easton.

Each January, FPA publishes a briefing book with eight thought-provoking essays written by experts in their fields. Each essay provides background information, explains what decision makers have to consider before choosing a course of action and provides several possible outcomes. Participants each select a chapter and lead a discussion on the



issues involved. The briefing book also includes discussion questions and a helpful glossary to define unfamiliar terms. Each discussion lasts about an hour.

Great Decisions groups have been meeting at Londonderry for many years, and a splinter group is now meeting at Bayleigh Chase as well. Twelve Londonderry residents participated this year: Jane Bollman, Roger Bollman, Linda Cades, Steve Cades, Pat Crane, Merrilie Ford, Jack Harrald, Judy Harrald, Ceci Nobel, Rob Nobel, Charlie Yonkers and Calvin Yowell. Neighbors from Easton joined us including Carla Howell, Ray Van Horn and J.P. Lewis, who organized the program with help from Judy Harrald. J.P. has been participating in Great Decisions for nearly 30 years.

The essays offer enough information to allow participants with little or no foreign policy experience to enjoy discussing the issues

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## Great Decisions (cont. from page 15)

involved. Some members were able to offer their own experiences to add to the discussion. For example, Judy and Jack Harrald have spent significant time in Africa and were able to share their insights when we discussed Africa. This year's topics were:

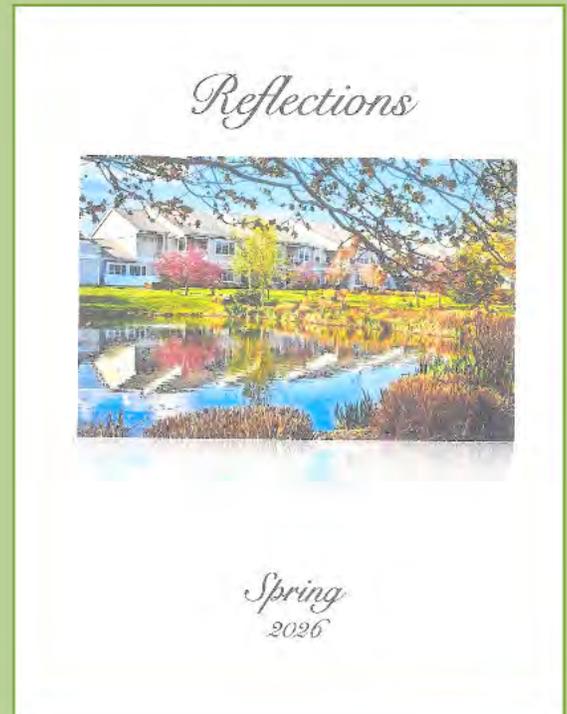
- Debating America's Global Role: America First vs. Liberal Internationalism
- The End of an Era: Trump's Tariffs in Historical Perspective
- US China Relations in the New Trump Era
- The Third Nuclear Age: Trump, the Order and the Bomb
- Ukraine and the Future of European Security
- Multilateral Institutions in a Changing World Order
- US Engagement with Africa
- The Future of Human Rights and International Law in a Divided World

The Great Decisions program "gives citizens the opportunity to learn about some of the most critical global issues facing America today. After the program, the FPA gathers participants' feedback to create a national opinion ballot report, which is shared with members of Congress." Participants in this year's program are already excited about what they can learn next year. ♦

## Londonderry Lines

The Spring 2026 issue of Londonderry Lines, essays and memoirs written by residents, is now offered on CATIE.

Tap the Tred Avon Times button and then the current year. Enjoy!



# Welcome

## New Residents

Linda Dulak #314

Ed Marcoon #105

# What Happened to the Ferries?

By Kaye Dutrow

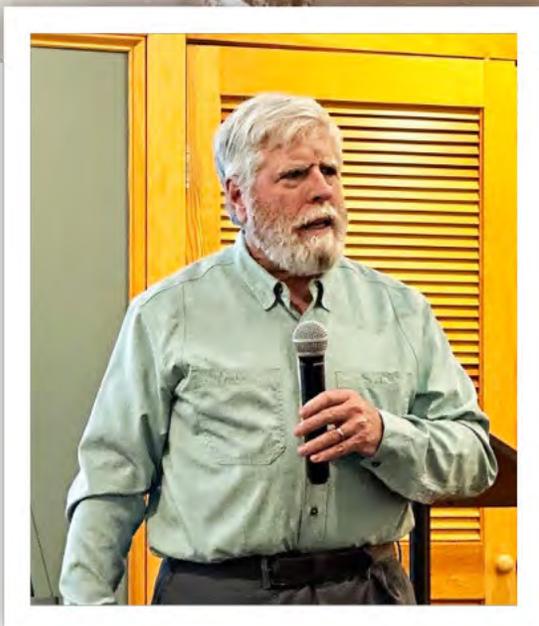
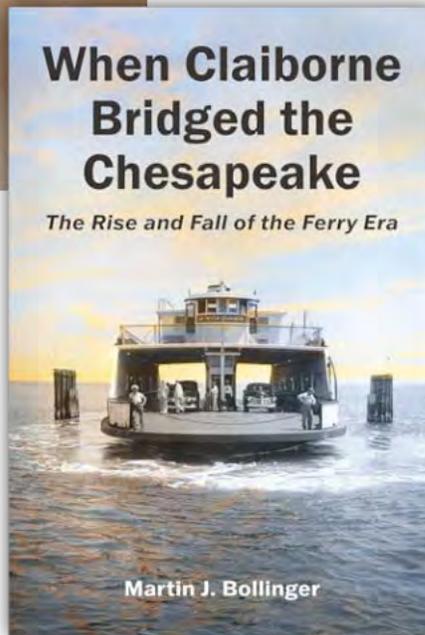
Marty Bollinger, below, a retired consultant, author, and Claiborne resident, had a captive audience when he discussed his book *When Claiborne Bridged the Chesapeake: The Rise and Fall of the Ferry Era* on March 26. Even though many of us have lived on the Eastern Shore for a long time, we were not aware of the specific details concerning the origins and demise of the ferry system which ran from the early 1800s to 1952. We wanted to hear more and were not disappointed.

It is a complicated story of bad business decisions, corporate rivalries and greed, and misplaced railroads. The Eastern Shore in the early part of the 20th century had business dealings mostly with Philadelphia and other northern cities. Businesses in Baltimore resented this and wanted to get their share of the Eastern Shore's bounty. Thus began a tug-of-war between the powerful and rich from Baltimore and Philadelphia.

During the Covid pandemic, Marty wondered why Claiborne had two different ferry terminals and why Claiborne was chosen rather than a site closer to Baltimore. His curiosity led him to research historical documents and to talk with locals whose families lived on Claiborne at that time. He thanked Margaret Bryan and her sons, Mark and Chris, for sharing their enlightening

stories and photos. Other Claiborne families also shared family histories which proved helpful. His meticulous research makes for a book which is both informative and interesting—"a maritime love letter to Claiborne."

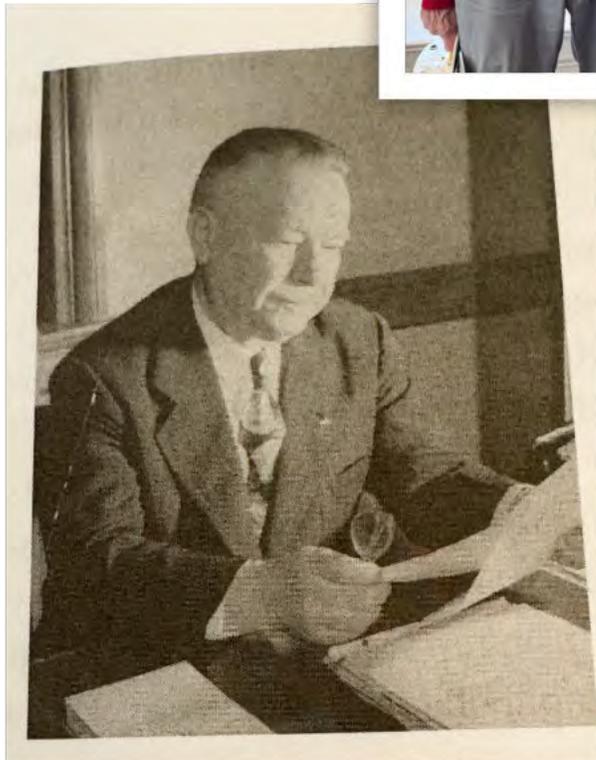
Once the Bay Bridge was completed in 1952, the ferry system ended. Some of the boats sank; some were transformed into



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**Claiborne** (cont. from page 17)

unsuccessful floating restaurants. The *Gov. Emerson C. Harrington II*, however, lasted until May 2022. It had been “transferred to Lake Champlain where it performed for another seventy years of service under the name *Adirondack*.” The former *Gov. Herbert R. O’Connor* is still afloat in British Columbia. The former *Gov. Harry W. Nice* is “aground off a private parcel on Kentron Island, Washington, and is slowly decaying.” Fortunately, the anchor from one of the first Claiborne ferries, *Gov. Emerson C. Harrington*, now rests outside the Claiborne Village Hall, perhaps a symbol of Claiborne’s slogan, “Waiting for the Second Coming of the Ferry.”



After Marty’s excellent detailed presentation, some of the residents shared their memories of the ferries. Margaret Bryan’s father, B. Frank Sherman, below in a photo from the book, was the manager of the Claiborne–Annapolis Ferry Company (later the Chesapeake Bay Ferry System). Margaret has memories of her father going to work meticulously dressed and returning after a hard day’s work looking the same. Her father rode the ferry every day for 30 years from Claiborne to Baltimore.

Walt Dominick recalled that, as a teen in Baltimore, he and his friends would take the streetcar to the Port of Baltimore and then board the ferry to Matapeake on Kent Island. Helen Pritchett remembered that, as a young child, her parents would drive to Matapeake and board the ferry to do some Christmas shopping in Baltimore.

Can you picture an adorable Helen in a bright red coat full of wide-eyed wonder crossing the Bay in December, or a fun-loving Walt laughing and joking with his friends as they felt the Bay breezes on a beautiful summer day? Imagine pretty Margaret walking an oyster-shelled path to the Claiborne pier and waving to her beloved father as he returned home on the ferry.

Marty generously donated a signed copy of *When Claiborne Bridged the Chesapeake* to Londonderry’s library. It is also available on Amazon. All proceeds go to the Talbot Historical Society. ♦

# Big Bats Lunch Outing

By Jay Craig

It was mid-morning on March 27, and the lunch bunch from Londonderry was about to depart for another lunch adventure. This month's location, Big Bats Cafe on Kent Island, was recommended by LaCree Brown, Director of Housekeeping Services, who was familiar with the location and thought it would be an interesting place to visit.

Not usually a participant in an Out to Lunch adventure, I knew this trip would be a departure from the monthly men's breakfast outings I attend and write about. I noticed immediately that the lunch bunch seemed to be a little better prepared for the trip because of their knowledge of Londonderry's van that I call "The Old Grey Lady." I noticed a blanket or two were available, if needed, because the van gets cranky sometimes and will not turn her heater on. Additionally, photos from



phones were shared depicting interesting things to be viewed, the gossip seemed to be much more interesting and there was much more chatter.

Big Bats Cafe is a popular baseball-themed sports bar known for its pub grub and sports ambiance. Established in 1997, Big Bats Cafe, according to its website, is a "casual themed restaurant where two of America's greatest pastimes, baseball and great food, come together."

Security guard, Robert Heggelke, jumped behind the van's steering wheel and fired up the engine for the 40- to 50-minute drive to the restaurant. When we arrived, we were met by our server, Sophie, who escorted us to a table in a private room and was very accommodating and friendly. I noticed that the interior of the restaurant consisted of multiple small, separated eating areas almost like a labyrinth of eating nooks all of which depicted a baseball theme.

The bar stools in the establishment consisted of Spalding baseball bats for legs and Spalding base pads for seat cushions.

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## Big Bats (cont. from page 19)

Every wall in the place was covered with photographs of baseball greats, and big-screen TVs adorned the walls in multiple locations. Although interested in the decor, the lunch bunch wanted to know what would be adorning their plates. Since the menu was so extensive, it took a little while for all of us to get our orders to Sophie.

The delivery of the beverages came first, and I thanked Sophie for mixing a splash of tonic water in with the vodka in my drink. Sodas and water were consumed as we waited for our meals to arrive. We began our eating adventure with a creamy crab dip and pretzel bread appetizer that we found to be tasty but needed to be a tiny bit hotter.

Within a short period of time, Sophie showed up with a multitude of plates filled with goodies like fish-n-chips, blackened tuna, Philly cheese steak, fajitas, coleslaw, ribs and fries. As you can see from the photo below of the lunch bunch, seated from front left and

counterclockwise, consisting of Delores Craig, Tanekia Stanley, Queenie Swaren, Susan Andrews, Helen Pritchett, Erica Hardeo (Director of Community Engagement), Jay Craig and Robert Heggelke, smiles abounded after mounds of food were ingested.

A quick survey of the group was conducted and, generally speaking, all thought the food was good, the atmosphere was comfortable, and the service was great. One of the food items that seemed to be a hit was the coleslaw. Sophie was quick to return to our table and supply an ample number of takeout containers and bags to place them in. Big Bats delivered a memorable lunch experience that seemed to be enjoyed by all.

It was interesting that on the return trip the lunch bunch wanted to stop at the Kent Island Dairy Cream for some extra delight; however, the men's breakfast group usually wants to get back to Londonderry as soon as possible to rest their eyes with full stomachs.



All in all, it was an interesting experience, and Erica did a great job in making this adventure happen. The staff at Big Bats were expecting us, they did a great job, and Bob returned everyone to Londonderry safe and sound. ♦

# Thoughts on Giving Up

By Patricia Bradley

I have been asked to write this article. I have put it off as long as I could, but no more stalling. Perhaps what I have to say might be useful to someone.

I am no longer driving, I am giving up my car. I do not ordinarily name my cars, but if I did, I think I would call her Tilly—Tilly Toyota. She's been good to me, certainly, she is not the problem. I didn't talk with anyone about it before, yet I have been in conversation with myself for some time.

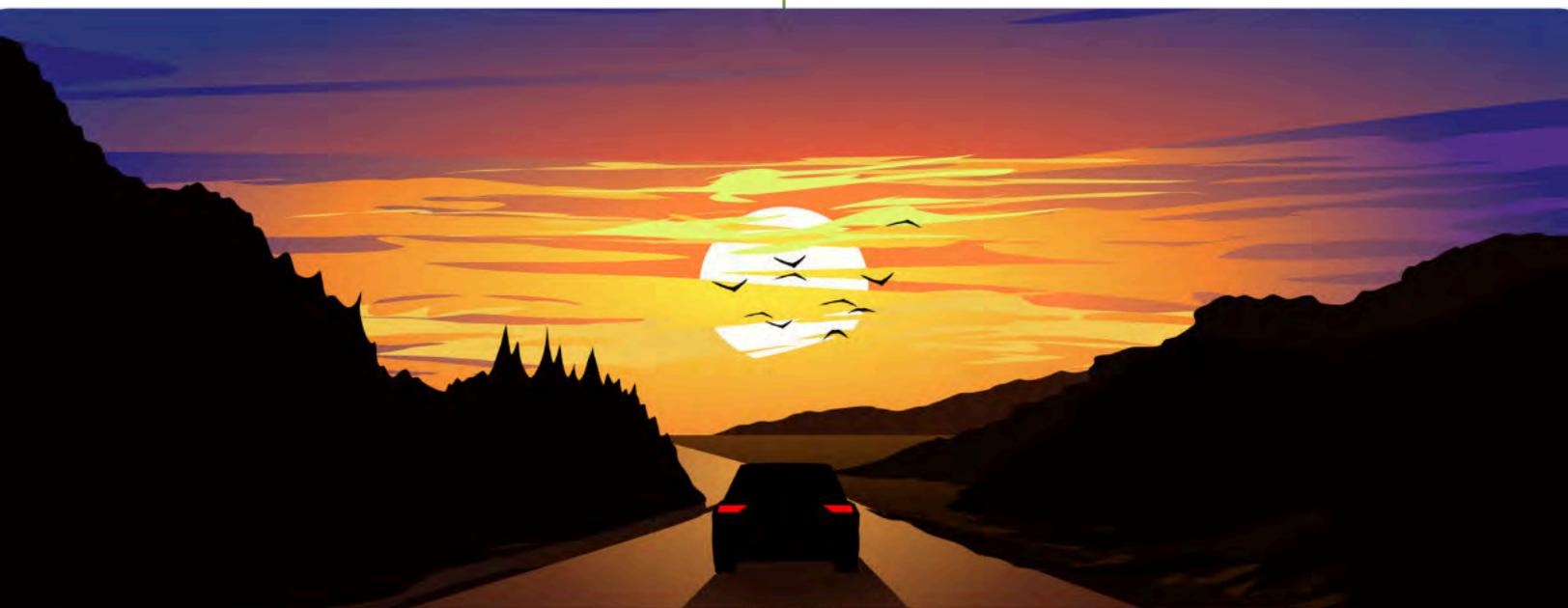
I had already quit driving at night, I no longer drove far, and I would not drive in heavy traffic. But then the conversation with myself got serious, and I had to face up to why driving was becoming so worrisome and what to do about it.

I have to say, I'm relieved. My record as an accident-free driver is still intact, and that's the whole point. It means more on-line

shopping. I can order groceries to be delivered if I have to. There is so much to be offered at Londonderry, one can live a pretty full life right here.

But the most essential thing that makes giving up my car easier than I thought it might be is the transportation service right here that is just a phone call away. I would like to shout out to every one of the men and women who answer that call and will take me wherever I need to be. They are all good drivers, dependable, always pleasant, helpful and supportive. Rich Williams and his team will always have my admiration and my gratitude.

There are bound to be times I am sorry to have that empty parking space outside my window, sorry not to be able to take Tilly and get up and go; but I think I can get used to it. It may take a while. It may not be a piece of cake—but it will be peace of mind. ♦



*The following is a history of former CEO Irma Toce's time with Londonderry, researched by Pat Lewers and Lari Caldwell from board minutes and written by Lari for inclusion in David Hazen's history of the community, Londonderry Air.*



## The Era of Irma

During the economic slowdown of the early two thousands, Londonderry experienced the same housing crisis as the rest of the country. The real estate market on the campus suffered a lack of growth which led to the need to hire a consultant who could help the community rebalance and deal with a number of issues, especially flagging sales, building out new residences, healthcare for residents and the image of our community. The thought processes resulted in a reimagining of the physical structure of some buildings and redecoration of others, as well as providing new programming, including winemaking and beer brewing. In order to intertwine all of these new ideas for sprucing up the offerings, a new brand was offered to entice potential residents to look at the property.

The combined efforts of the Board of Directors, working with a detailed Strategic Plan, and the Executive Director, Andy Hollis, hiring a consultant for a for a three-month trial, resulted in the tide beginning to turn. A few months later, Andy left to accept another position, and Irma was welcomed by the Board of Directors and introduced by President Nancy Orr as the new Executive Director, eventually named Chief Executive Officer.

So a whirlwind named Irma Toce came aboard and things began to improve. She worked on every level, with the staff, the

residents and the outside community to enhance the way everyone interacted and viewed our community. Within a matter of months all the units were occupied. As the new CEO, she enacted the existing strategic plan, wrote our mission statement and shared values and changed the culture of the staff with weekly staff meetings and operations meetings with supervisors, emphasizing the role of mentoring and teaching the staff that they supervised. She put Londonderry gear on their backs, pride in their jobs and our new name on the map, while she improved communications in every direction.

Sales and Marketing was given a predominant role in promoting Londonderry. Advertising was expanded. Irma was proud of their accomplishments and made certain they were celebrated. She stressed the importance of manager training and team building. She planned events for staff that made coming to work enjoyable.

She supported the health and welfare of the residents, terminating the home health program that was expensive and inefficient and hiring a Director of Health and Wellness Services, Lorraine Flisher. She had great

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**Irma** (cont. from page 22)

compassion for staff and residents alike. She knew everyone's family circumstances. She supported her workers through challenges, while she ran a tight ship. She made time for fun activities for staff while emphasizing teamwork and efficiency. She also made sure our schedule was filled with lots of joyfulness.

Irma was an animal lover and people person. She walked the campus daily, greeting everyone with her broad smile. She walked residents' dogs if they were in the hospital and found cats for folks if they lost theirs, encouraging residents to adopt pets to prevent loneliness. She visited with people in the hospital or nursing home and often sat with the family as their loved one departed this life. She was warm and empathetic, having the heart of the Social Worker she was trained to be.

Irma loved music. Before she had been here very long, she started the singing group, Jammers. She loved to sing and play the guitar. She had a flare for the dramatic and often led the staff in skits. She could hold a conversation with anyone. She implemented a fitness program and started a caregiver's group for spouses. She encouraged physical activities and supported bocce and croquet. She loved the outdoor entertainment sponsored by Activities.

Irma had an incredible business sense and sales acumen and was a brilliant negotiator, improving staff salaries and increasing the budget to support the growth of the organization while being respectful of everyone's needs.

She kept a tight watch on finances and wanted a clean audit each year, and she and Jennifer achieved it every year. Contributing to the physical design of the new structures in the 500s and the clubhouse, she was very proud of the opening of the new buildings.

When 2020 came, and with it the horrors of Covid, Irma was extremely vigilant, enforcing a strict quarantine, which some did not understand nor appreciate, but she and Lorraine strictly followed the Health Department requirements. Though a few people skirted the rules, and some fell ill, no one died on their watch and the services were continued. We were in and out of quarantine throughout the next year. The staff were wonderful and provided lots of little extras, like morning snacks, a costume parade and holiday celebrations as they were able.

Throughout her ten years as CEO the organization received many Best of... awards from regional publications and she received accolades for her leadership. She was known for articles and talks called "Ask Irma" in the *Spy Magazine* in which she shared her vast knowledge of Aging and Senior Living. She was nationally known for her expertise in Alzheimer's Disease and Dementia. She supported the idea of housing specifically designed for individuals with memory issues that would allow them to lead as normal an existence as possible in a Dementia Village, noting that her homeland of Holland was far advanced in using this concept.

After 10 very successful years at Londonderry, Irma decided to retire. She and her husband moved into a new home in Lewes DE. ♦

## This Muscle Is the Unsung Hero of Longevity

*Building your butt muscles will help you stay injury free and independent in midlife and beyond.*

By Hilary Achauer, *The New York Times*, March 25, 2026

America has had a long obsession with gluteus muscles. From the “Buns of Steel” workout in the late 1980s to Connor Storrie in “Heated Rivalry,” our culture has spent decades fixated on firm and prominent backsides.

However, experts are increasingly finding that having a powerful posterior isn’t just about looking good in jeans. The glutes are the largest muscles in our body and are closely tied to stability, balance and aging well. They act like shock absorbers when we walk or climb stairs, and building a strong butt can help prevent and manage back pain at any age and reduce the risk of falling for older adults.

“Glutes are so important” for independent living, said Theresa Marko, a physical therapist in New York and adjunct professor of physical therapy at Touro University. “Do you want to get off the subway? Do you want to get off the toilet?”

Long periods of sitting are bad for your whole body, but they can weaken your glutes in particular, leading to what’s called dead butt syndrome. Despite this, many people neglect these muscles in their workout, said Sandor Dorgo, a professor of kinesiology at the

University of Texas at San Antonio, adding that it’s especially important for older people to focus on their lower bodies.

Here is an argument for paying more attention to your butt.

### **If your glutes are weak, other muscles overcompensate.**

Your glutes are made up of three muscles: the gluteus maximus, medius and minimus. These muscles work together to help you sit, stand, walk, run, jump and lift heavy objects. They also help stabilize the pelvis, which can prevent knee and low back pain, as well as hamstring strains and ankle sprains.

The glutes don’t act alone; they are part of the posterior chain, which runs from the backside of the body, all the way from the heel up to the neck, said Dr. Dorgo.

“Glute strength is important, but glute strength is only important together with the entire lower body,” he said.

If your glutes are weak, your body can overuse your hamstrings and back muscles, which can lead to strains and joint pain or cause you to arch your back while walking or running.

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## Emergencies (cont. from page 24)

Perhaps less obviously, weak glutes can affect how confidently you move, one of the reasons they can lead to more falls, said Costanza Cortes, an assistant professor at the USC Leonard Davis School of Gerontology.

While fear of falling is a complex issue that involves our vision, balance and power, Dr. Dorgo said you need to have good lower body strength to stay upright.

### How to tell if your glutes are weak

The size of your glutes is not necessarily an indicator of their strength. The way you move, and how you feel while doing it, is often a better guide, experts said. For instance, if your hips sway side-to-side or you waddle as you walk, that can be a sign of a weak gluteus medius, Dr. Marko said. Slouching, or pain in the hips, knees or lower back can also indicate weak glute muscles.

Weak glutes can make it difficult to get out of a chair without using your arms, squat to the

floor or walk up or down stairs, Dr. Cortes said. People with weak glutes will often lean slightly forward while climbing stairs, and they may also rely on the handrail.

Tight hamstrings or calves can also

be warning signs as they take over the job of your glutes when you're walking, running or squatting. Weak glutes can even cause pain as far away as your feet or heels. Discomfort in your hamstring when doing a bridge exercise is a dead giveaway, Dr. Marko said.

### How to build strong, functional glutes

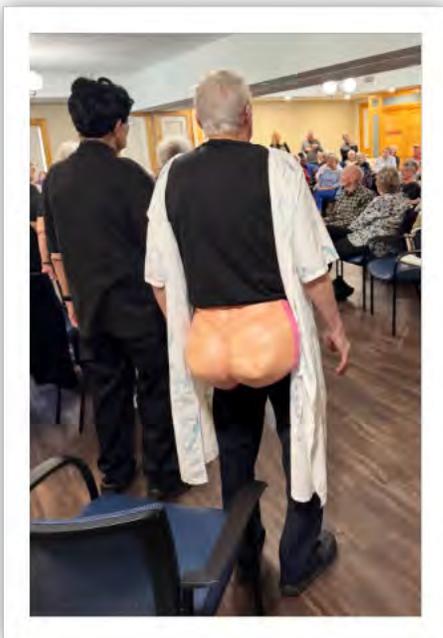
The key to building powerful glutes for strength and stability is finding exercises that require them to work alongside the hamstrings, quads, lower back in a natural way, Dr. Dorgo said.

“What they need to do is mimic movement patterns that we would see in everyday life,” he said.

Glute bridges, hip thrusts, squats and deadlifts are particularly useful, experts said. If you already strength train regularly and want to isolate your glutes, clamshells, glute kickbacks, donkey kicks or the hip abduction machine are also good options.

To strengthen your gluteus medius, try monster walks, either with a band or without. Step-ups—which can be performed on a box, bench or stair—are another excellent way to target your glutes, hamstrings and quads. Walking backward, especially up a hill, also works the glutes more than walking on a level surface.

“Glute work is so important,” Dr. Marko said, adding that it doesn't even have to be hard. “When you're standing at the stove, try some side leg kicks and some back leg kicks—or just stand on one leg.” ♦





Isobel Tascher, Cathy Cooper and Mary Davis enjoy the last (we hope!) snow of the season on March 2.



Londonderry resident **JUNE TERRY** passed away on March 26. We offer our condolences to her family and friends and will publish a memorial in the next issue.

### 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, April 7, 9 AM

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# Parting Shots



## Time Capsule



## LONDONDERRY

RESIDENT OWNED FOR 35 YEARS

Sealed on March 24, 2026 by the residents and team members of Londonderry on the Tred Avon

To be opened in the year 2061

This time capsule commemorates 35 years of Londonderry as a resident-owned community— a place where neighbors become friends, independence is celebrated, and community truly comes first.

When opened in another 35 years, may it celebrate the enduring spirit of this community we proudly call home.