

Decisions, Decisions

by Cyndy Carrington Miller

It has been a summer of decisions for residents and stockholders of Londonderry on the Tred Avon affecting the future of our community. Not only have we had to make the annual decision of which residents to elect to fill vacancies on the Board of Directors, but we also have had to make the even more consequential decision of whether to incur the debt necessary to purchase an addition to our property. It all came down to the votes recorded on August 27.

A quorum was declared on that date in the clubhouse at the Annual Meeting, votes tallied, and **STEVE CADES** and **CONNIE LAUFFER** were elected to fill the two open resident seats on the board. Peggy Sloan and Jane Ward were the other two candidates, and we congratulate and thank all four for stepping up to the challenge of serving the community. Residents enjoyed opportunities to ask all the candidates questions and hear their thoughts on board service and Londonderry's strengths and needs at two Meet & Greet sessions on August 7 and 10 in the clubhouse.

Each of the candidates first spoke in answer to questions previously provided by the Election Committee, then residents were able to ask each one questions of their own as



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the candidates rotated among discussion tables (right and below). The sessions were well-attended and the conversations lively. Thanks go to this year's



Election Committee members—Pat Crane, Nancy Henry, Barbara Pratt and Helen Pritchett—for coordinating the recruitment of candidates and the information sessions.

Property Decision

Also at the Annual Meeting, Londonderry stockholders voted NOT to approve authorization for the Board of Directors to borrow an amount in excess of \$250,000—in essence, voting not to approve the purchase of a 9.25-acre parcel of land adjacent to the community.

Such authorization, according to Londonderry bylaws, requires approval by two-thirds of the votes of its stockholders (not necessarily residents, but those actually holding in title

the shares of the cooperative community, who may or may not be residents.) The vote count was 70 for and 63 against, with 89 needed for approval.

This vote would not have committed the community to any specific plans for its development, only to purchase the property, giving Londonderry control over what happens to land whose fate can have significant impact on its residents. Whether and how to develop the land—or even to ultimately resell it to someone else—would have been decided later on, once Town of Easton annexation and zoning issues were finalized. With the decision not to move forward with the purchase, the land will now be sold to someone else, purchaser as yet unknown.

The decision was not taken lightly. Numerous meetings were held following the original presentation of the proposal to residents at a board meeting on June 3. Opportunities for residents to ask questions, express opinions and hear more details included two All Things Londonderry sessions, four Finance Committee meetings, four additional board meetings, three Residents Meetings, and three

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Decisions (cont. from page 2)

days of open tabletop discussion sessions (right). The final packets of information and voting instructions were mailed to non-resident stockholders and distributed to residents in early August.

All of the meetings and sessions were open to all residents, and all were well-attended with wide-ranging participation. It is rare that such an important issue arises that can have such significant effects on a community like Londonderry, and it was gratifying to see how broad the participation was in the decision-making and the thoughtful and respectful comments brought forward in the process. When returns were counted, there was more than 90-percent participation in the vote.

Commendations and thanks should go to all involved—CEO Christine Harrington for her dogged pursuit of the opportunity; Controller Jennifer Hughes for the hours she spent juggling numbers for the numerous financing questions; staff members who set up the meetings, took minutes and produced packets of information; the board and the Finance Committee for their careful consideration of recommendations for the community; and the residents and shareholders for their participation in the information sessions and their own careful consideration of their votes for the future of Londonderry.

The summer of decisions now gives way to an autumn of celebration of Londonderry's 35 years. Time to relax and enjoy! ♦



Cruisin' with Women Connecting

CEO Christine Harrington sat down with Ann Yonkers, Bonnie Codrington, Connie Lauffer, Kaye Dutrow and Isobel Tascher to talk about Women Connecting for her latest edition of "Cruisin' with Christine" for *Talbot Spy*. Watch the episode at:

<https://talbotspy.org/2026/08/27/cruisin-with-christine-women-connecting-at-londonderry/>



While the Votes Were Counted...

by Cyndy Carrington Miller

While the votes were being counted at the Annual Meeting, other perhaps less consequential but definitely more joyful activities took place. The Annual Meeting is always the time to recognize both residents and staff who make Londonderry the extraordinary community it is.

Ingerson Award

Board President John Flohr presented this year's Ingerson Award, bestowed annually on a resident who epitomizes the spirit of service to the community exhibited by Tom and Ruth Ingerson, who played an important role in Londonderry's early years. Recipients have made significant contributions to Londonderry and demonstrate the shared values so important to the community.

LARI CALDWELL was this year's well-deserving recipient, having demonstrated an extraordinary breadth of involvement in Londonderry life. When leadership was needed, she served as President of the Board of Directors and has served on the Finance Committee and Election Committee. She served on the Activity Advisory Group, participates in the Art Group and the Jammers, and helps oversee Bingo. She welcomes and eases the transition for new residents as one of our Ambassadors and has helped research community issues when needed. She has served as president of Londonderry's Satellite Rotary Club and has extended that same volunteer spirit into the greater community through her involvement in various organizations.

As John Flohr noted, "There are people who live in a community, and then there are people who help create the community. Our recipient is most certainly one of those people.... Lari, your service demonstrates exactly what the Ingerson Award was created to recognize.... Your involvement demonstrates Community Pride and Commitment to Excellence, but it also demonstrates something that is harder to put into words—a genuine investment in the people and future of Londonderry."

She was presented with a gift card to a local restaurant and a beautiful bromeliad in a planter etched with Londonderry's logo and the award details. Congratulations, Lari!

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Meeting (cont. from page 4)

Employee Service Awards

Another Annual Meeting tradition is recognizing the staff's service milestones. This year, 19 individuals were recognized for milestones ranging from one to 25 years. Receiving one-year certificates were Robert Heggelke, Brendan Keegan, Kyle Kibler and Tammy Moldoch. Six employees were recognized for five years' service: Chris Andrews, Jaisha Bell, John Riccio, Troy Sherwood, Logan Shockley and Brandon Spearman. Willey Cephas, Lorraine Flisher and Ron Haddaway have all reached their ten-year anniversaries. Honored for 15 years' service were LaCree Brown, Sandra Gibson and Shavonte Greene. Calvin Wilson was recognized for his 20 years at Londonderry. And Gail Graham and Duval Mills both received



Some recognized employees were unable to attend and are not pictured.



well-deserved applause for their 25-year commitment to the community. We thank them all—and all the rest of the staff, too—for making Londonderry such a pleasant home for all the residents.

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Meeting (cont. from page 5)

The Vote Count Continued...

Even after all the awards and recognition, the vote counting was still going on, so the **JAMMERS** stepped up to the front of the room and entertained us all while we waited for the results.



Beginning with John Denver's classic "Take Me Home, Country Roads," they transitioned into "City of New Orleans" before getting us all to join in with "You Are My Sunshine." They gave us "You've Got a Friend in Me" before having everyone stand to sing along to "God Bless America."

The Jammers and everyone else had pretty much run out of steam at that point, so it was mingle, mingle, mingle until finally the vote counts were in. If you've gotten this far in this issue, you know the results. ♦



The Gallery Goes “Down By The Sea”

by Patricia Bradley

The current exhibit at the Gallery was presented on August 14 at 3:30 in the afternoon in the living room/library to a very appreciative audience, indeed. The exhibit brings together the collections of three residents, and the overall effect is stunning. Five of the shelves in the display case show sea shells in their natural pearl-like beauty and a few that are crafted in silver and china as well. But there is another shelf that draws your attention to a long line of small, cheerfully painted models of lighthouses, most of which are located in the waters close by.

DIANE DINKEL has always lived by the water and has collected shells all her life. She is sharing much of her collection including the amazingly long gradated line of moon shells. She has one small shell, a Sea Biscuit fossil, judged to be between 35 and 55 million years old: it's a treasure added to her collection from a beach in North Carolina where her son



lives. I won't give you names for everything she has brought in, but I do believe I see a jelly fish on the top shelf. It is next to a painting her daughter, Sally, did when she was a student. It was lovely to have her at the reception

along with her husband, John Eiler. Diane's niece, Betsy, also made a surprise visit.

CLAIRE LIVERSIDGE is sharing her collection of shells that she has bought as she has travelled the world. Her

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Gallery (cont. from page 7)

shells are displayed in beautiful glass boxes, with a few exceptions that are hanging on special holders. Many of the shells are quite exotic, not to be found in the waters near us; Claire could name them all with details to share about each. There isn't space here to describe them all, but when you visit the display you will want to spend time with them, and you can find all the names listed on the side of the display case. If you see Claire, she'd be more than happy to talk to you about them.

The lighthouses are **HENRY NOVIAN's** special collection. He has a special affinity for lighthouses, as he lived in one for a year and a half when he joined the United States Coast Guard at age 19. There are photographs on the shelf showing him in his home on the water. Henry told tales of what that was like, some quiet, dull times when he did a lot of reading, and some times of taking risks and even saving lives. In introducing Henry, Nancy Henry read a letter that he had received from his commanding officer commending him for his outstanding service during a severe winter storm when the Chesapeake Bay froze over. His light was the Craighill Channel Range Front Light; it is located in the upper Chesapeake Bay about two miles off of Bayshore Park. There was an interesting question-and-answer time after Henry's talk.

Here's a thought. Shells and lighthouses have at least one thing in common: they are both built to be protection for the marine life that lives inside!

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Gallery (cont. from page 8)

There is more to see: on the wall over the fireplace is a painting of shells done by a local artist. To the right of the fireplace is a picture of Henry's lighthouse. To the left of the fireplace is a petit point embroidery of the Hooper Straight Light at the Maritime Museum in St. Michaels done by Diane (right, top). Under that is a Lego depiction of Katsushika Hokusai's famous painting *The Great Wave off Kanagawa*, done by Sally and her father, Phil Dinkel. Go and see it and enjoy it all. ♦



Felting a Seaside Scene

by Susan Andrews

On Thursday, August 20, a group of women gathered to create a seaside scene out of lambswool with a technique called “felting.” Paige Davis-Perez of Farm Girl Felts in Clayton, Delaware, had a setup for each participant. It included a thick felting stand, a patch of white felt, a notched long needle, lambswool, pins, finger guards and a bandage. I think we escaped without using the bandage this time!

Several of us had worked with Paige before, making a reindeer and bunny. This was a totally different experience and probably easier. We started by creating the beach with tan lambswool. With felting, you

use the long needle and punch the wool onto the felt. Since we were creating a picture, we didn't need to punch the wool as tight as we did with the figures. We then used a blue wool for the sea, a light blue for the sky, and created a sun out of yellow wool.

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Felting (cont. from page 9)

The creative ones added clouds to the sky and white caps to the sea. To complete the landscape, we added green bushes.

The two most challenging parts of creating this scene were the lighthouse and the seagull. To create the lighthouse, we used red wool, but then we had to make white wool stripes across it. The seagull was created with white wool and very thin black legs and an eye. Paige gave us directions and helped, but there are some very interpretive looking light houses and sea gulls.



Paige hopes to offer another felting class this fall. The class lasts about two hours, and it is a fun, easy way to make something and to socialize.

Paige was our teacher; Lorraine filled in for Erica and was our staff leader. The residents and others who participated were Janet Benvenuto, Cathy Cooper, Elaine Leahy, Helen Pritchett, Beth Elkins, Susan Andrews, Lari Caldwell, Dee Craig with Taneika Stanley, and prospective residents Beth Lawton and Lee Nelson. ♦



The last step was to add sea grass. We just took some tan wool, gathered it together, felted the bottom of it, and then combed out the “grass.”

At the conclusion, Paige framed our seaside creations. This was fun and much easier than making the bunnies or reindeer. I just looked at my picture, and my bunny and reindeer look a lot better.



Cruisin' the Miles

by Kaye Dutrow

Since 1969, visitors to St. Michaels have explored the history and environment of the area from the decks of the *Patriot*. The vessel has had several owners; however, since 2023, the *Patriot* has been part of the Chesapeake Bay Maritime Museum through the generosity of former owners, John and Robin Marrah. It continues to provide “an up-close experience on the Miles River” to nearly 20,000 guests each year.”

On July 27, Londonderry residents boarded the *Patriot* for a 90-minute cruise along the Miles River. Left to right in the photo above are Kaye Dutrow, Mark Tyx, Claire Liversidge, Larry Ulm, Beth Elkins, Christine Cooke, Carole Lane, Rose Ertz, and Queenie Swaren. (Missing from photo Merrilie Ford.)



The river has been the setting for much of Maryland's history. In 1813 the British advanced up the Miles River but were turned back. They then moved on to St. Michaels to destroy its shipyards. The town's residents

successfully defended their homes, earning St. Michaels the nickname, “the town that fooled the British.” Later, the Miles River became part of the Oyster Wars (1860s–1959), a series of sometimes violent conflicts among oyster pirates, legal watermen, and law enforcement authorities.



Along the way, we viewed several magnificent historic waterfront properties, including The Inn at Perry Cabin and Ellenborough Estate, both of which were featured in the 2005 movie *Wedding Crashers*. We also passed Maiden Point Farm, a 250-acre estate owned by a

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Cruisin' (cont. from page 11)

local entrepreneur, and Kirkham, a home built in the 1700s by William Perry, who served as President of the Maryland Senate. Kirkham is also known for the legend of buried treasure hidden on the property. Another waterfront home is rumored to have once served as a Russian safe house. Queenie Swaren admired the beauty of the Miles and remarked that she is very familiar with the Miles River because her son has a home there.



As we returned to the dock, many of us commented on how fortunate and proud we are to live on the Eastern Shore, with its rich history, natural bounty, and remarkable beauty.

Special thanks to Erica Hardeo for organizing this enjoyable excursion and to James Brooks and Dane Brinsfield for ensuring that we departed and returned safely. ♦



Easy Listening to Fun Music

by Jay Craig

Without fail, dawn breaks over Londonderry at the beginning of each day, and on sunny days, the brilliance of the sun's rays brightens the sky over our community and sets the stage for another active day of camaraderie and fellowship to be enjoyed by its residents.

With an unrelenting purpose, our Community Engagement Director, Erica Hardeo, provides the opportunity for us to enjoy each and every day with activities that create resident interaction and interest as varied as the breaking dawn.

For the music lovers among us, there are live concerts spread out over the summer at the Manor House, the Joy of Music sessions occur on Monday mornings, ukulele class is available on Tuesday mornings, and there is the occasional live music available during brunch and other activities in the Tred Avon Tavern. In addition, the Jammers provide a fun time and musical entertainment from time to time, the "Under the Trees Spring Concert" performed by the Mid-Shore Community band is always a favorite, along with solo performances by "Bugle Boy" Barney Miller and clarinetist Susan Jones.



It was on August 6 that residents were entertained by Susan Jones with some "Easy Listening to Fun Music" in the activities room. Susan's extensive background consists of many years of her clarinetist career spent with the Oregon Symphony Orchestra and as a substitute and extra with the Indianapolis Symphony Orchestra. She also performed regularly with the Portland Opera Association Orchestra, Portland Symphonic Band and Indianapolis Opera.



Susan is a writer, speaker, story teller, musician and all-around entertainer with the unique ability to make her B-flat clarinet speak to its audience with a versatile range of warm, smooth and rich sounds. Reflecting her clarinet teaching skills, Susan started the session with Michael Mangani's "Pagiona d'Album," a popular contemporary piece for B-flat clarinet

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Music (cont. from page 13)

used by students for tone development. The entertainment continued with Susan's playing of "The Barber of Seville" with its slow opening and energetic middle, growing louder and louder to its conclusion. Rounding out the hour, Susan enthusiastically performed "Dizzy Fingers," which is frequently adapted for clarinet solos because of its rapid and technically difficult runs, causing the audience to respond with toe-tapping and knee-slapping enjoyment.

The 25 or so residents in the room seemed to enjoy the music and involved themselves in a question-and-answer session with Susan about the music she played and her

experience as a clarinetist. It was great to see our newest residents, Dominick and Ann Esposito in the room enjoying the entertainment with us. It is these types of socialization opportunities that make this community a vibrant place to live and a favored destination for senior citizens to reside in.

As one event concludes, another seems to follow, creating nonstop activities enriching the lives of our residents and friends, so keep an eye on CATIE, and join in the fun of fellowship and friendly gatherings as we continue to enjoy everything that Londonderry offers. ♦

Do You Like to Write?

We would like to hear from you.

The last issue of **LONDONDERRY LINES** was a spring issue. We are now collecting pieces for a fall issue which will again appear on CATIE and also on the tables at the clubhouse, outside the activities room, and in the living room/library.

Guidelines for submissions:

- Personally written by the residents
- Typed; no more than three pages long
- We're looking for stories, memoir, narrative description, history, reflection, poetry, humor, a joke well told, a letter to a friend, etc.

Submit by OCTOBER 5TH to Cathy Cooper, Charlie Yonkers or Pat Bradley

One way to think about writing is that it's a place to put your thoughts. It's also a way to share. So please think about it and share with us. ♦



Dinner at Momma Maria's

by Susan Andrews

On Wednesday, August 12, thirteen residents and staff went to Momma Maria's Mediterranean Bistro & Bar in Trappe, most of us for the first time. What a wonderful experience.

The lucky thirteen were Susan Andrews, Jo and Ginny Campioni, Ann and Dominick Esposito, Barbara Hargroves, Carole Lane, Elaine Moore, Jan Reeves, Peggy Sloan, Queenie Swaren, Erica Hardeo and Brayden Aleshire.

Wednesday is "Prime Rib Round Up" night, and one of us took advantage of that offering and ended up with leftovers. Some of the other meals were veal Marsala, seafood scampi, seafood bucatini, blackened salmon, chicken Parmesan and specials of gazpacho with crab, raw tuna appetizer, and a soft-shell crab pasta. We all loved our meals, but we really raved about the bread. An attempt to buy a loaf to take home was not successful.



We were seated at four different tables, so this reporter is not aware of the different conversations. My group had some great topics, including young great-granddaughters and granddaughters' growing up. This was also a new dining experience for Brayden; he was impressed with the restaurant and even the presentation of the takeout.

Dining with Londonderry residents and staff is always special, and with the meals, service and ambiance, this was extra special. We hope to repeat a trip to Momma Maria's when Erica can arrange another evening outing. ♦

Come Alive!

by Kaye Dutrow

On Saturday, August 1, Londonderry residents attended the Allegro Academy's greatest tradition—the Summer Sing Choir Festival at the Waterfowl Building. One hundred singers from across the Mid Shore gathered together for 10 rehearsals and created the “Come Alive” concert featuring music from stage and screen, with old and new opera and musical theatre works from American composers spanning the last 75 years.

According to artistic director Amy Morgan, “This program is particularly poignant in 2026 as America celebrates its 250th anniversary as a nation.” The program contained “themes of respect, hard work, generosity, gratitude, strength, hope, reconciliation, and vision.” She thanked those in the community who have generously supported Allegro, particularly noting Londonderry residents Rob and Cece Nobel.



The program began with “Come Alive” from *The Greatest Showman*, followed by Aaron Copland’s “The Promise of Living.” Next, the chorus beautifully combined two Rogers and



Hammerstein favorites: “You’ll Never Walk Alone” with “Climb Every Mountain.” Allegra, the women’s chorus, sang Bob Dylan’s “The Times They Are a-Changing.” Two of the audience’s favorites were from *Hamilton*: “Dear Theodosia,” which featured Lucas Lowrey and Noah Thompson, and “The Schuyler Sisters” featuring Kira Callis, Katie Fitzgerald,

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Allegro (cont. from page 16)

Ta'Vea Roberts and Noah Thompson. The program concluded with "Let the River Run," made famous by singer Carly Simon in the movie *Working Girl*.

The enthusiastic audience stood and cheered this fantastic concert. Rose Ertz claimed, "It was one of the best concerts I have seen." Other Londonderry residents agreed. After the concert, I discovered that two performers had connections with Londonderry. Ta'Vea Roberts, who sang so beautifully, is Jasia Bell's younger sister. According to Jasia, who is a server in the dining room, Ta'Vea plans to study performing arts at Anne Arundel Community College. Her goal is to perform in *Hamilton* on Broadway. Quinn Parsley, who is now Londonderry's ukulele instructor, played the guitar. He enjoys working with Amy Morgan whom he describes as "very professional." Quinn owns the Parsley School of Music located in the Talbot Town Shopping Center.

Thanks to Erica Hardeo for organizing this wonderful concert and to Bob Heggelke for ensuring residents arrived and returned safely. ♦



Ta'Vea Roberts, left,
with Jasia Bell



Roll Out the Barrels!

by Stan Reed

Bill Lawton's family came to Londonderry on August 11 to host a beer tasting and lead us in a singalong of pub music. Bill's family (right) included his daughter, Beth, her partner Dick and Bill's grandson, Topher. They are a very talented group.



The activities room was filled with thirsty people. We were all given miniature beer mugs for our tasting, and after an opening song, the tasting began.

We tried six different types of beer, a German-style ale, an amber ale, an IPA, a lager and two wonderful beers made right here in Londonderry. The first beer from Londonderry was called Topless Blond Ale and the second was Londonderry Chocolate Stout. They were all well



received but the beers from Londonderry were the best.

It was a wonderful event, and we all had a barrel of fun! ♦



Dirty Rotten Scoundrels

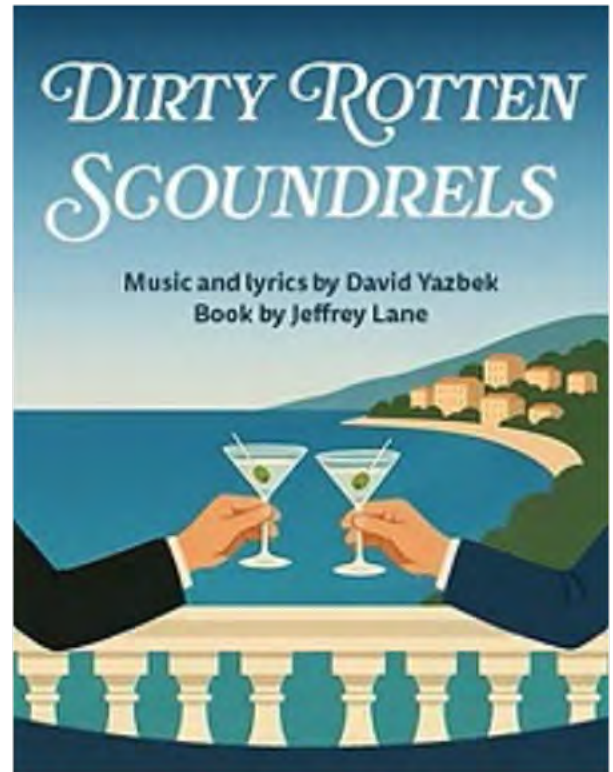
by Linda Cades

If you enjoy reading 19th century British novels, you know that many stories have stock characters known as cads or bounders. They are your classic con men who pretend to be someone they are not to separate gullible people from their money.

While their attempts to get easy money sometimes result in tragedy, their exploits can be played for comedy as well. Sometimes, despite their faults, they are wildly funny. Such is the case in the Tred Avon Players most recent production, *Dirty Rotten Scoundrels*, a musical comedy by David Yazbeck and Jeffrey Lane.

A group of Londonderry residents took advantage of a night out at the theater organized by Director of Community Engagement Erica Hardeo. Our audience members included Jack and Jean Ross, Queenie Swaren, Rose Ertz, Paula Gervis, Evelyn LoRe, MJ French, Judy Coffren, Jan Benvenuto, Cathy Cooper, Etta Redden, and Linda Cades. We were all in need of a good laugh, and laugh we did.

Our scoundrels were Lawrence Jameson, played by Zachary Schlag, and Freddy Benson, played by Matthew Kimball. Setting up business on the French Riviera, these two rogues do their best to separate wealthy women from their money. Jameson, the more sophisticated and experienced of the two, agrees to help Freddy, who is trying to get into the game, by teaching him a few tricks of the trade. Hilarity ensues as Freddy, the pupil,



learns his lessons a little too well, and, all too soon, Lawrence and Freddy start competing with each other.

The women they attempt to exploit vary; the only thing they have in common is their money. Andrew and Freddy find ways to play on their sympathies long enough to collect big checks and then ditch them unceremoniously. It all works well until they meet Christine Colgate, a woman who is an even smarter scoundrel than they are, played by Katie B. Cox.

The play is fast moving and packed with funny songs and witty dialogue. Londonderry's theatergoers found themselves laughing from the first scene to the last. We all marveled yet again that our small, rural community has so many talented people who can sing, dance and act. Everyone is already looking forward to what next season's shows will be. ♦



Mid-Shore Community Band

— Founded 2009 —

Music. Community. Tradition.

**SHARE
YOUR TALENT.**

**MAKE
NEW FRIENDS.**

**ENRICH
OUR COMMUNITY.**

Join Us!



GREAT MUSIC

Enjoy a wide variety
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to our community
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Contact us to learn more!

✉ director@mscb.org

f Mid-Shore Community Band

A Team That Prepares Is a Team That Can Execute

This month's team training focused on Stair Chair Training, an important skill that helps ensure we're ready to respond when every second counts.

We are incredibly fortunate to have Jennifer, James, and Rich leading these trainings. Between them, they bring years of experience as EMTs, firefighters, or both, and they

generously share their knowledge to help keep our team confident, capable, and prepared.

Emergencies are never planned, but being prepared can make all the difference. That's why we continue to invest in consistent, hands-on training like this, so our team is always ready to provide the safest possible environment for our residents and one another.

Thank you, Jennifer, James, and Rich, for your leadership and your commitment to keeping the Londonderry team prepared and at the top of our game! ♦

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



Londonderry's Missing Osprey Nest

by Sue Betz

In March, the Osprey arrive and normally settle on the platform located on a pole in the creek in back of our cottage. The platform was installed some time ago, so the birds likely return every year. This year, there was a bit of competition with a couple of ducks but the strength and aggression of the male Osprey won the fight.

The birds build their nest one branch at a time in a haphazard manner, but it finally looks like a proper nest shape. Momma settles in with her eggs, and Dad is the occasional visitor. Every day, for weeks we watch and wait and we see no fuzzy heads. Then one afternoon, the nest and platform are gone! Just disappear in the murky creek. There's no sign of it. The next day the female Osprey perches on the empty pole for the day. The following day she visits briefly and is gone.



After some inquiring, I found the source of the platform installers, who are the Chesapeake Wildlife Heritage in Chester. We requested a replacement and were put on a waiting list. Within a couple of weeks, Pat and Sebastian arrived to install the new pole and platform. Pat explains that after several years the platforms fail and can no longer support a heavy nest and the Ospreys.

The two photos show the men setting the new pole and the completed platform on the pole.

We hope next spring you will visit the water's edge to check the Ospreys and their nest. ♦

\$ \$ \$ \$ \$ for Alzheimer's

by Patricia Bradley

\$6,762.13! What a grand amount! That's what the Satellite Rotary Club at Londonderry has raised for **COINS FOR ALZHEIMER'S RESEARCH TRUST (CART)** since the blue cups first appeared on the tables back in 2023. Generous residents and their guests at Sunday brunch have dropped their coins—and paper money, too—into the blue cups, and they deserve many thanks for supporting such a good and necessary cause. CART supports research that is deemed promising, but not yet at the stage to receive major funding.

Bob Grill was largely responsible for bringing Rotary to Londonderry in 2023. Ken Sadler was the member who brought attention to the CART project, and it was eagerly adopted. Bob was able to send a \$2,000 donation in February of 2025, and the final donation of \$4,762.13 was sent on August 11, 2026. Note the 13 cents. Every penny counts.

Although the Satellite Rotary Club has folded, it contributed in many ways to life at Londonderry. Members honored the Rotary mission: service before self. ♦



\$6,762.13



Giving Back 35

As part of our 35 Years of Giving Back celebration, our July Giving Back Spotlight focused on supporting **ENDLESS VISION'S BACK-TO-SCHOOL DRIVE**, led by our own team member, Bobby Johnson.

Thanks to the incredible generosity of our residents, families, team members,

and friends, Londonderry collected more than 30 backpacks along with countless school supplies that will help local students throughout Talbot County begin the school year prepared and confident.

For more than a decade, Bobby has

worked through Endless Vision to ensure children have the supplies they need to succeed in the classroom, and we were honored to be part of that mission.

Every backpack filled and every notebook, pencil and folder donated represents an investment in a child's future. Thank you to everyone who contributed and helped make this drive such a success!

Together, we're continuing our tradition of giving back and making a difference—one backpack at a time. ♦

Sometimes It's the Little Things That Make the Biggest Difference

It's not always easy to capture the countless ways the Londonderry team goes above and beyond. Our team members don't do it for recognition; they simply do it because they care. Last month, we were lucky enough to witness one of those moments.

A family mentioned they were looking for moving boxes, and at the same time, one of our newest residents had just finished unpacking and no longer needed theirs. Michelle Pepper immediately knew how she could help. She reached out to the resident, who graciously agreed to share the boxes, and Michelle quickly picked them up and called the family to let them know, "I've got some boxes for you!"



It may seem like a small gesture, but acts of kindness like this happen every day at Londonderry. Whether it's lending a helping hand, solving a problem, or simply making someone's day a little easier, our team is always happy to help.

Thank you, Michelle, for reminding us that kindness is at the heart of everything we do. ♦

Stay Hydrated, Londonderry!

Check out our new water fountain with a convenient water bottle refill station located in the Clubhouse!

You may be wondering, why the Clubhouse? It's the perfect location because so many of our favorite activities happen nearby! From exercise classes and time spent in the gym to Londonderry Jammers rehearsals in the Multipurpose Room, staying hydrated is an important part of staying active and healthy.

Now, residents, families, and team members can easily refill their water bottles before or after exercising, before making music with the Jammers, or anytime they are passing through the Clubhouse during their daily walks.

Small improvements like this help support an active lifestyle and make everyday life at Londonderry even more convenient. Stop by, fill up, and stay hydrated! ♦



In Memoriam

by Florence Thompson

EUNICE BOIN SHEARER was born on August 7, 1929, and passed away on July 29, 2026, just short of her 97th birthday.

Born, raised and educated in Baltimore, Eunice was a graduate of the University of Maryland, with a degree in Early Childhood Education earned in three years. It was at Maryland that she met her husband-to-be, Morton Louis Shearer. Married shortly after her graduation, the couple moved to Easton where his father, the long-established owner of a jewelry store, passed away. Morton, with his mother and Eunice, took over the operation of the store.

Eunice and Morton became active in their new community. A founder of Temple B'nai Israel in 1951, she was the last surviving founder. Her membership and service to the community included leadership in the Temple Sisterhood and treasurer of both the Women's Club and the American Association of University Women. She was a member of the Board of the Friends of the Library and volunteered at the Academy Art Museum, Memorial Hospital Auxiliary, Partners in Care, the Waterfowl Festival, and Talbot Hospice. After Eunice's retirement, she became a beloved volunteer in kindergarten classrooms at Easton Elementary School.

Family was cherished, and Eunice and Morton were blessed that their children and grandchildren lived nearby. The couple were travelers: the Bahamas, Bermuda, Israel and much of Europe. After Morton's passing, Eunice continued her travels with her children



and friends: China, Australia, New Zealand and Europe.

Eunice moved to Londonderry in 2017. She organized mahjong and card games and appreciated sharing meals and socializing with fellow residents.

Eunice was preceded in death by her parents, Goldie and Oscar Boin, her beloved husband, Morton Shearer, her sister, Bette Dahne, and her great-granddaughter, Margot Vietor.

She is survived by her three children: Ann Beth Shearer, Stephen Marc Shearer (MaryKay), Sara Shearer Koch (Christopher); granddaughters: Kendall Shearer Schrage (Matt), Rachel Koch Manning (Taylor), Emily Morgan Shearer, Hanna Koch Vietor (Tommy), Melanie Ryan Destieux (Raphael); and great-grandchildren: Heyward, Beau and Caroline Manning, Charlotte and Summer Schrage, and Lisette and James Vietor. Also surviving are many nieces and nephews and her sister-in-law Tootsie Eisenberg.

(At least one granddaughter has a friend who considers Eunice her bonus grandmother.)

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Eunice Boin Shearer's family will remember her for her great appreciation of others. Ever grateful, she remembered to thank all who attended her in her final days. Londonderry friends join her family in mourning their loss and remember her for her warm and welcoming spirit. ♦

In Memoriam

by Florence Thompson

JACQUELINE “JACKIE” CHRISTOPHER was born on August 2, 1952, and passed away on August 16, 2026, at the age of 74. She was the daughter of Kenneth and Anne Morris Short. Graduating from Catonsville High School and having attended Salisbury State University, she married Richard “Dickie” Christopher in 1973.

For most of their marriage, they lived in Preston, Dickie's hometown, and Kent Island. Jackie was a bank teller, becoming head bank teller; she worked at a newspaper; at Anne Arundel Community College, she was budget assistant for non-credit courses; she was administrative assistant for the five-county Mid-Shore Special Consortium, handling issues such as physical and occupational therapy and vision and hearing assistance to students. It was from the latter position that she retired after ten years.

In retirement, Jackie especially enjoyed her grandchildren, taking pride in all their accomplishments. She enjoyed reading and pool-sitting. She also served for two years as treasurer of the Preston Historical Society and four years as treasurer of the Community Club of Preston.



Jackie and Dickie were married for 48 years until his death in 2021. Their two devoted sons, Matthew and Daniel, survive as well as her beloved seven grandchildren: Mandy, Abbey, Cameron, Rowan, Ainsley, Parker, and Edie, as well as one great-grandchild, Elio. She is also survived by her two brothers, Ken and Steve.

Jackie Christopher moved to Londonderry in 2024. She has been described as having a nurturing spirit and kind heart. A staff member at Londonderry who knew her over several years is quoted, “Jackie was a great person and a real gem. Her infectious, bold laugh and bright smile always put me in a better mood! I loved her realness and tell-it-like-it-is attitude.” Her smile and laughter will be missed. ♦

In Memoriam

by Marianne Dalton

JOHN DALTON, aged 97, passed away peacefully on August 16, 2026, with his son Matthew and daughter-in-law Marianne by his side. His daughter, Catherine Hollis, and his three sons, Nicholas, Matthew, and Andrew, survive John. His grandchildren Genevieve, Christian, and Megan also survive him, as well as a great-grandson, Cameron. After John's wife Freda passed in 2022, John looked to his family "up north in New York State" to fill the void she left.



John was born in Kent, England, to Alfred and Doris Dalton in 1929. At age 18, the Royal Navy conscripted him. Shortly thereafter, he entered medical school at University College London. After graduating from medical school, he became a "One Pound Pom" traveling from England to Australia with his young family: wife, Freda; daughter, Catherine; and son, Nicholas, in tow. His second son, Matthew, was on board and born in Australia five months after their arrival. His youngest son, Andrew, was born three years later.

John wasn't just any general surgeon in Australia. It was a time when surgeons operated on the whole body, from head to toe, while providing trauma coverage for a wide rural area out of the Base Hospital in Wagga Wagga, New South Wales. He made a name for himself as one of the first general surgeons in this rural region of Australia. He also worked as a missionary surgeon for a short period in Papua New Guinea in 1971. Two years later, John said it was time to immigrate to America. John and Freda and two younger sons landed in Syracuse, New York. In Syracuse, he became a house officer

at Community Hospital and prepared for a new residency at Jefferson Medical College in Philadelphia, specializing in urology. He practiced in Philadelphia until his retirement in 1995.

After retiring from surgery, he traveled the United States with Freda, working for the Joint Commission in medicine for four years while living in an RV. He says this was a highlight of their married life. After doing that for several years, they moved to Wye Mills, Maryland. That's when John started making furniture. He made dozens of beautiful pieces, from carved French Provincial to oak Stickley and Prairie styles. All impeccably made, and some meticulously carved. There wasn't anything that John would not try. In fact, last November, he took up knitting, as he had the idea that his great-grandson Cameron, living up north, would need a warm hat and mittens. He went off to the shop to buy wool and knitting needles. He was so proud of the mittens and hat. John perked up as he placed the enormous hat on baby Cameron's head and giggled like a child, announcing, "Oh well, the little nipper will just have to grow into it!"

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John loved living at Londonderry, to which he and Freda moved in 2013. There you would easily find John walking or riding his bike on his way to one of his activities, a favorite being his winemaking class that he started over a decade ago. Days before he passed, he made sure the wine group received his detailed handwritten instructions so they could continue after he was gone. As John walked or pedaled his bike through the Londonderry campus, he would greet anyone in his path with his jolly, upbeat British voice announcing, "Good morning" as he continued his way. It is an understatement to describe John as a social man. He thrived on making others happy with chit-chat or humorous stories of his many life's adventures.

One of John's greatest joys in his Londonderry community was hosting Quiz Time. There you would find him as the MC challenging his neighbors with a game steeped in fun and camaraderie. His ever-present boyish charm, coupled with his British accent, boomed as he playfully hosted the event once a month, often to over 60 participants. John introduced Quiz Time to Londonderry over a decade ago. Many joked with him, saying he never needed a microphone. And John would retort, "I'm not loud, I'm British." He could keep the youngest of us on the edge of our chairs as he'd pop a question from his fun yet challenging quiz game. The last quiz he hosted was on July 9th. He canceled his quiz for August, which was scheduled just three days before he passed away. John handed over 100 handwritten pages to his daughter-

in-law Marianne, asking her to edit them in book form in the future. The memoir includes much of his work as a surgeon; it's also sprinkled with funny stories of his adventures along the way.

John touched the lives of many and lived life to its fullest. He was a man of many lists and to-dos his entire life, and he made sure that all his affairs were in order before he passed. His impeccable memory inspired all who knew him, literally forever young in both mind and spirit. In recent weeks, his physical health waned, and it looked like John would have to slow down. That was something he could not do.

How very lucky we are to have shared in the love, legacy, and truly remarkable life of John Dalton. A man of many hats, from husband, father, doctor, grandfather, great-grandfather, and friend. We take joy in knowing he was always thinking of others over himself, leaving his estate to medical schools for those in need, namely University College London, his alma mater, University of New South Wales in Wagga Wagga Australia and Jefferson University in Philadelphia. And to top it off, he left his body to the Anatomy Board in Maryland to aid in teaching anatomy to medical students.

John leaves an amazing legacy behind, and he will forever remain in our hearts as John's family copes with his passing. John's son, Matthew, will host a memorial in his honor. It will be in upstate New York and private, just the way John wanted it. ♦

Exercise and Brain Health

Exercise should be thought of not simply as something that keeps the heart, muscles, and weight healthy, but as a direct intervention for brain health.

Exercise helps create an environment in which the brain's immune cells—particularly microglia—are more likely to function protectively rather than remain chronically activated and inflammatory. That fits the larger argument that lifestyle factors can influence the biological environment surrounding neurons.

A major mechanism is the muscle-brain connection. In his book, *Brain Defenders*, David Perlmutter emphasizes that skeletal muscle behaves somewhat like the endocrine organ: when muscles contract during exercise, they release signaling substances that can affect distant tissues, including the brain. Exercise is associated with increased BDNF (brain-derived neurotrophic factor), which supports neuronal survival, plasticity, learning and memory.

Exercise also appears to benefit the hippocampus, a brain region critically involved in memory. Research reviewed in this area suggests physical activity promotes neuroplasticity (brain's ability to change and grow) and may encourage neurogenesis (ability to form new neurons) and preserve hippocampal function as we age.

Adults over 65 who remain physically active also tend to perform better on memory measures and have lower rates of cognitive impairment.

Another important point from Perlmutter's research is that exercise isn't only about producing new neurons. It improves the environment in which brain cells operate—cerebral blood flow, vascular health, insulin/metabolic function, mitochondrial function, inflammatory signaling and neurotransmitter activity all appear to be affected. In other words, movement produces a whole-body biological response that ultimately reaches the brain.

What is especially important for older adults is...not everyone needs to become a runner or perform extremely strenuous workouts.

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Exercise (cont. from page 29)

Aerobic activity (classes, walking, stationary cycling, etc.) and resistance exercise appear to provide somewhat different benefits, which makes a combination particularly attractive.

Aerobic activity has strong evidence for cardiovascular, metabolic and cognitive benefits, while resistance training stimulates muscle-derived signaling and helps preserve strength and function.

The goal isn't athletic performance—it's repeatedly sending beneficial biological signals from the body to the brain.

Exercise is medicine for the brain because moving the body changes the biological environment in which the brain ages. ♦

**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:
Wednesday, September 2, 9 AM



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Parting Shots

