Harry Taylor, Hooked on Rugs

By Jeanne North,Trott

It was in 1979 that Harry Taylor first tried the craft of latch hooking. He had just retired, and on a trip to Florida to visit a son, a granddaughter of four or five showed him the technique. His first project was a wall hanging with a butterfly on it. Now the living room of his apartment is adorned with bright pillows, wall hangings, rugs and a latch hook frame with the design of a Scottish bagpiper in colorful kilts and bagpipes on the woven backing just waiting to emerge in full color. On one wall hangs the beautiful black and white rug with the image of Harry’s church of 60 years, National City Christian Church, Disciples of Christ. The design for this wall hanging Harry himself created, blocking it out square by square on graph paper.

One project waiting to be finished is the rug for granddaughter Shannon, a gift commemorating her graduation from high school in 2004.

The craft isn’t all that easy to perform—at least not for all of us! For latch hooking, a hinged hook is used to pull short precut tufts of yarn through a hole in the backing material. Regular rug hooking uses instead a crochet hook mounted on a handle, usually of wood, to pull yarn through to form a looped pile. The effect is similar: soft pile, with different colors blending into the preferred design. Kits of material are available from commercial sources.

The colorful finished products that decorate Harry’s living room testify to his enjoyment of the process. Why does he like latch-hooking rugs? “I get pleasure out of creating something” he says. “I can do it while watching TV, during commercial breaks. Once you catch on,” he says, “there’s a certain relaxation in the rhythm of pulling the yarn through the hole and tightening the knot. Row by row, the picture takes shape, giving a sense of satisfaction at a job completed.”

Rug hooking could be considered a distant relative of the ancient textile craft of carpet weaving. In 1000 AD Marco Polo told of rug making in central Anatolia. From there the technique spread throughout central Asia, and thence to Tunisia, Peking and elsewhere. The earliest known sample of a rug similar to a modern Persian or Anatolia rug, believed to date from 464 BC, was discovered in an ice-filled tomb in Outer Mongolia in 1960.

By the Middle Ages, the ancient tradition of carpet weaving was widespread all over Europe, and the art then spread to India. Rug hooking, as we know it today, started in the United States in the 1930’s. It is still a popular and appreciated art form. In its modern version, a shot of yarn is looped through a hole in cloth or canvas, with the attached hook helping to keep the loop from unraveling. On a 9 x 12 inch piece of canvas, 6 inches of yarn would produce a rug 1 inch wide. The rainbow of colors and patterns available is nearly endless.

Harry Taylor’s got his hooks into a great hobby! Here’s an example of his fine work.

[March is National Craft Month! Read more about Asbury crafters on pages 8 and 9.]

All’s Well That Stays Well

By Anne Porter, Mund

Cathy Hugh didn’t start out to live her life according to the Six Components of Wellness, but as it turns out, that’s exactly what she does. And to prove it, she is still practicing them even though she has passed her 90th birthday.

Those of you who have visited the Fitness Center know that the six components are: Physical, Spiritual, Vocational, Emotional, Social and Intellectual. Cathy manages to keep fit physically by working out on the weight-bearing machines in the fitness center, walking, and participating in the Toe Tapping Tootsies, which is as good as an aerobics class.

She keeps her mind in shape by reading widely. She especially likes intellectually exciting books that make her think. She attends the Keese School lectures frequently, and loves puzzles, especially logic puzzles and Su Do Ku. Cathy is a puzzle herself, as she majored in English in college and then ended up teaching math for 32 years, before retiring and taking a job as a computer programmer/analyst with the Defense Nuclear Agency. She spent many years in the past tutoring both adults and children in math.

Cathy’s social life is varied, including playing Bridge, attending concerts and plays and playing in the Asbury Handbell Choir. She attends church regularly, participates in a Christian book discussion group there, and prays, which is one way she keeps her emotions under control. She tends to take things as they come and not let situations rattle her. She also finds that her handwork, which could be anything from knitting to counted cross stitch, is a soothing counterpart to emotional upheaval.

Would you agree that Cathy Hugh is a good example of the Six Components of Wellness?

Cathy Hugh, a familiar face at the Fitness Center.

The Toe Tapping Tootsies keep Cathy Hugh on her toes!
Enid was born and grew up in Little Neck, Long Island, while Murray was born in Long Beach, California and grew up in China and D.C. They met at Cornell University and were married in the Canal Zone one year after joint graduation in 1953. Their honeymoon included Michu Pichu.

Murray's degree was in Engineering Physics. After two tours as a destroyer control officer during the Korean War, he spent 25 years in nuclear engineering at the Atomic Energy Commission and the Navy Department, working for Admiral Rickover. The job description Admiral Rickover assigned was that if anything was wrong with radiation or radioactivity in the Nuclear Navy, it was Miles's fault. There followed 25 years of consulting work for commercial nuclear power plants and Department of Energy facilities. Miles is now thinking about his next career!

Enid has a B.S. in Home Economics and, after jobs in merchandising and reporting, she concentrated on raising two "rambunctious" boys, one now working in Silicon Valley and the other owning a VW dealership in Portsmouth, New Hampshire. There are four grandchildren.

Enid became a civic activist through starting a development committee in her neighborhood, becoming president of her neighborhood association and then president of Montgomery County Civic Federation where she received the Evening Star Cup. She has won awards for her oil paintings and has served as precinct chairperson and chief election judge. Other interests are gardening, flower arranging, books and travel.

Both Enid and Murray are long-time members of Fourth Presbyterian Church on River Road.

—Marj McGuire, Villas

Enid and Murray Miles
Villas 28, x6714

Active for Life® Pre-registration Open; Last Year at No Cost

Pre-registration for the 4th annual free, 14-session Active for Life® Program at Asbury is open. Classes will meet in the Conley Room, Trott Building, on Mondays, 10:00-11:30 am, from March 27 to June 26 with a reunion August 17.

Active for Life® is for seniors who already know they should be more physically active but are exercising less than 2 hours or 2 days a week. Active for Life helps relatively healthy but not regularly physically active participants, ages 50 to 95, to work toward the Surgeon General’s recommended 30 accumulated minutes of moderate activity most days.

Courses are small, with 10 to 15 participants. The Active for Life® Group Facilitators are trained, experienced, and supportive professionals who have passed a national certification exam to lead the course. Tracy Heyn, MS, is Asbury's Group Facilitator. She has received high marks from previous Asbury participants for her knowledge, warmth, concern for participants, and ability to help seniors.

In 2006, everything is free to qualified participants—tuition, a 192-page textbook, Active for Life® notebook with 120 pages of handouts, and an imprinted Active for Life® step counter. Beginning in 2007, the same course will cost $87.60.

To see if you qualify, call the Active for Life® Center of the National Capital Region, (301) 255-4205.
Village Life

Bits and Pieces

Wonder what your neighbors have been up to? Here are all the little bits and pieces that add up to happy times on and off the Asbury Campus.

Fisher, will participate in a choir performing Renaissance music in a loft in New York City. All of Alan's three siblings and his parents will be present.....Virginia Williams, Trot, spent four days during the latter part of February at the home of her daughter, Beth Plunkett, in Parkton, Maryland.

A catered dinner in Conley Hall took place Saturday, February 11, to celebrate the birthday of Zelah Conley, Trot. All of her family, fifteen in all, including three great-grandchildren, came from Oklahoma, Ohio, Pennsylvania, North Carolina, Florida and the District of Columbia for this event.

The news from Diamond includes: Florence Lee has been spending holiday time in Hawaii...Carol and Scot Brewer are spending a month in California...Lois and Mitch Wendell are planning to leave for a long trip starting March first...Lucy Brightman's movie, "Mrs. Stevens Hears the Mermaids Singing," was shown in the Rosborough Theatre recently...Mary Mount had a large table of relatives for Sunday dinner.....Mary Lou Luff had a lovely birthday surprise. Four of her daughters came from four different states to help her celebrate. In the next week a fifth daughter came from another state to honor her mother's birthday.

Judy Weaver,Mund; Marjorie McFarland, Diamond

AAUW Annual Book Sale

Just Asbury, Wednesday

March 29, 2006

9 a.m. to 5 p.m.

Rosborough Center Community Rooms

Proceeds are 100% tax deductible and provide scholarships and grants to women seeking degrees and supports legal redress in cases of gender discrimination.

TAYLOR

Continued from page 1

pet and tapestry weaving had spread westward to Europe, where tapestries were used to illustrate Bible stories, to celebrate war victories, or to add warmth to drafty castles. Among the most famous works are the celebrated Unicorn tapestries in the Cloisters Museum in New York City. Carpets were first introduced in England during the reign of Elizabeth I.

Just how old is rug hooking? Sources say that is debatable. Some claim rug hooking goes back to ancient Egypt, or China. Others believe it is an indigenous American folk art, dating back at least 200 years. One history says that "Traditional hooked rugs were usually no larger than the burlap feed sack used to make them—about two to three feet." Hand-hooked rugs were first created to cover bare floors, often using leftover fabric or yarn. Rug hooking became ever more popular in the 1800's and today, with the availability of commercial kits using the latch hook, it is a favorite hobby for many.

Harry came to D.C. from his hometown of Hoopeston, Illinois, to take a job in the U.S. government. He began as a messenger in the Department of Transportation, met and married his wife, attended accounting school, became a Government Auditor and eventually a Procedures Analyst writing rules and regulations for the Interstate Highway System, a system whose construction would be a major historical event in the life of the nation. He came to Asbury in 2004, after the death of his beloved wife. At Asbury he is once more part of a community and a government system whose construction would be a major historical event in the life of the nation.

So, anybody for rug hooking? Call Harry! He's an expert!
By Martha A. Brown, Director of Pastoral Care

A family is out for a Sunday ride. They see a kitten on the side of the road, obviously abandoned considering the poor shape it is in. The father picks up the kitten by the loose skin at the neck, brings it over to the car, warning the children to let the kitten rest gently on the seat. They take the kitten to the veterinarian, who does what veterinarians do. When the family gets back to the house, the children give the kitten several baths, about a gallon of milk, and the medicines received from the veterinarian.

“If we let it stay in the house just tonight? Tomorrow we'll fix a place in the garage.” The parents say, “Sure” and help the children fix a comfortable bed for the kitten. The kitten is weak and not responsive to the playful coaxing of the children. This is its pattern for several weeks.

Then one day the father walks in, feels something rubbing against his leg, looks down, and there is a cat. He reaches down toward the cat and the cat arches its back to receive a caress. Is that the same cat the family found on the side of the road weeks ago? No. It's not the same as that frightened, hurt kitten they found weeks ago. Of course not! And we all know what made the difference.

Chapel Rededication an Ode to Joy

By Jean Hubbell, Villas

“All thy works with joy surround thee, earth and heaven reflect thy rays...sang the congregation at the Guild Memorial Chapel Rededication service on January 19 and indeed, the sun's rays shone through the Trinity windows and skylights onto the cross just as the designing architect had planned. A more beautiful winter's day would be hard to imagine. More light streamed in through the glorious stained glass history windows in the expanded Narthex. The setting and the atmosphere were totally joyous.

All of these feelings were expressed through the music, the prayers and litanies, the welcoming words and greetings, and the recollections of the many participants in the beautiful service planned by Rev. Dr. Martha Brown with the aid of so many, both on and off campus —United Methodist Church Conference, Staff past and present, Pastoral Care, Religious Life PAC, Asbury Guild, musicians, and individuals. From the opening chords of the prelude with Dr. Norman Heim at the organ and Mrs. Catherine Heim the piano, the tone of joyful celebration resounded. Music played an important part in the service through the choir's singing of “Bless This House” to emotionally charged solos by Rev. Calvin Crosson and Mr. Ralph Wilbur, the congregational singing of the hymn and finally the reprise of “Bless This House” with lyrical changes by Rev. Bernard Fogle to suit the occasion.

The prayers, litanies and words to “Joyful, Joyful, We Adore Thee” and lyrical changes to “Bless This House” were all printed in the program for the service. The specially written words beautifully reflect the feelings of gratitude for the rededication of the chapel and all it means to Asbury. Guild President Mary Waldron and VP Jean Hubbell presented a “recalling the story” dialogue telling the history of the Guild's financing the Chapel and the many memorial gifts that helped create the serenity and beauty so meaningful to those attending services. In its first years of service to the Home Family, the Chapel saw constant use for services, meetings, Bible studies and special occasions, such as weddings, and one infant baptism, the granddaughter of former Home Administrator Barbara Clemmons and Jim Clemmons. Of course, there were many memorial services as well. Now the Asbury campus has become quite ecumenical and it is another source of joy that the Chapel will reflect that diversity also.

On January 22 the first services in the rededicated chapel began at 9:30 with a non-denominational service followed at 10:30 with the Catholic Community of Asbury celebrating its first Mass with about sixty in attendance. The rays of the sun again shone through the Trinity Windows above the Altar making those present feel that truly, God must be pleased with the efforts of so many to make the Guild Memorial Chapel a place of worship and inspiration for all.

Stained glass windows tell the story.

FOOD FOR THOUGHT

The Power of Love

By Jean Hubbell, Villas

Marie Salinger
WHCC
1-13-06

Thelma Stevenson
WHCC/Mund
1-14-06

Mollie Sorer
WHCC
1-15-06

Josephine Allen
WHCC
1-16-06

Donald Golden
WHCC
1-18-06

Florence K. Ford
WHCC
1-19-06

Edith Adler
WHCC/E-F
1-19-06

Blanche C. O'Brien
WHCC
1-20-06

Mario Gregorio
E-F
1-21-06

Nancy Winterberg
WHCC/E-F
1-25-06

Louise Thompson
WHCC/Home
1-27-06

Gertrude Collins
WHCC
1-31-06

Henry “Les” Taylor
WHCC
2-3-06

Eva Coyle
WHCC
2-3-06

Wm. Wallace Sellers
WHCC
4-19

Mary Carlisle
WHCC
2-5-06

Grace Beale
WHCC
2-5-06

William Suter
WHCC
2-6-06

Kathleen Clements
WHCC
2-6-06

Janice Malmgren
WHCC
2-11-06

Edward Robinson
419
2-11-06

William Suter
WHCC
2-8-06

Kathleen Clements
WHCC
2-11-06

Janice Malmgren
WHCC
2-11-06

Edward Robinson
WHCC/Kindley
2-11-06

Henry “Les” Taylor
Kindley
2-7-06

William Suter
WHCC
2-8-06

Kathleen Clements
WHCC
2-11-06

Janice Malmgren
WHCC
2-11-06

Edward Robinson
WHCC/Kindley
2-11-06

Henry “Les” Taylor
Kindley
2-7-06

William Suter
WHCC
2-8-06

Kathleen Clements
WHCC
2-11-06

Janice Malmgren
WHCC
2-11-06
You think you hear the March winds blowing? Well, yes, but May will be here sooner than you think and that means it’s time to start preparing for the 2006 Arts and Crafts Exhibit, sponsored by the Cultural Arts PAC.

Held annually in Hefner Auditorium during the month of May, the Exhibit is a chance for Asbury residents to display their work, whether it is paintings, drawings, photography, quilts and afghans, jewelry, needlework, knitted or crocheted items, carvings, sculpture or pottery.

Call for Artists!

Do you even know what a cannoli is? I had to look it up on the web! One recipe calls it a cream-filled Italian pastry. Another says the pastry is stuffed with ricotta cheese, and dusted with confectioner’s sugar. Whatever. At the February Dining and Nutrition Services PAC meeting, Chef Wesley announced that he would put on his cannoli show at Hefner later in the month and lucky residents would get to watch—and taste.

Other announcements at the PAC meeting: residents split 50-50 on their preferences for new dining room chairs displayed at Crawford, so it’s back to the drawing board. Other chairs will make their appearance and residents will get to vote once again.

When questioned about why prices in the Shoppe are higher than at Safeway, for example, Associate Co-Chair Andrew Lindquist reminded PAC members that the Shoppe is a convenience store, where typically, because of lower volume, prices are higher.

Kitchen tours, postponed again, due to renovations in the Russell Avenue Cafe, hopefully will begin in March.

Why does the kitchen run out of certain foods, one PAC member wanted to know? Chef Perlman said that absolutely, this shouldn’t happen. He is working with staff to avoid the problem by documenting food preferences, preparing enough to go around, and when there still isn’t enough, to provide an equal or better substitute.

Calling All Artists!

On two evenings, we will welcome artists who have performed many times at Asbury:

Friday, March 3, 7:30 p.m., Parker Hall
William and Sue Wills, Historical Impressionists

A dramatic presentation of Presidents and Their First Ladies: “Tippie Canoe and Tyler Too” will recount the lives of William Henry Harrison and Anna, and their successors in the White House, John Tyler and Leticia, and his second wife, Julia.

Saturday, March 4, 7:30 p.m., Parker Hall
Karen Beasley, Vocalist: “A Salute to Women of Song”

Karen, the daughter of Mund resident Marion Beasley, will present songs made famous by some of her favorite female singers.

Do You Have the WRITE Stuff?

The Diamond Building is looking for a resident Editor. As Editor for your building, you will be in charge of collecting Diamond stories and new resident biographies for Village Life. Meetings are held the first Thursday of each month at 1:30 p.m. in the Edwards-Fisher Library. We have fun and we get work done. Join the VL staff and be Diamond’s head Ed! Call Linda Aber at extension 4106 and say, “Yes Linda! I’m the one for the job!”

Meet Mr. Snow

A new resident at Trott? Not exactly. It’s a snowman that could make one’s heart melt it was so cute! Hal Gaut caught him before temperatures got the best of him.
Filling nearly 60 apartments in three months presents major challenges for residents as they get to know one another. People who came to Park View in October may still be hanging pictures, drapes and shades, even as those who arrived in December expect the “old-timers” to have figured out the lay of the land. Asbury sponsored regular Friday afternoon punch and cookie gatherings through December, but after AMV supported a Christmas party December 19th, residents picked up the social gauntlet and provided their own social occasions to continue the process of getting to know one another. They have responded with spontaneous gathering in the clubroom to watch DVDs and, February 5th, with a potluck dinner and Superbowl viewing. Plans are underway to do desserts and the Academy Awards, and perhaps another potluck for one or more of the March Madness NCAA basketball playoffs.

Submitted on behalf of the ad hoc social committee by Anita Taylor.

At left, Anne and Cliff Swain find the buffet fulfilling.

**A Moving Experience, Scaling Down**

Because “scaling down” can be a big adjustment, we asked Park View residents to share their packing and moving experiences so others might learn from them.

We received 14 responses to a brief survey (we assume all the others were too busy unpacking to fill out a survey!). Clearly one thing nobody got rid of was a sense of humor! Here’s the low-down on scaling down!

**Question: What was the easiest thing to decide to get rid of?**

**Answers:** All those magazines I hadn’t read yet; snow shovel and lawn mower; old financial records; unidentifiable travel photos; old mail; a 22 year-old TV and lots of junk; 3 complete bedroom sets; dining room furniture; pots, pans—delighted to give up full-time cooking and big dinner parties!; books and clothes; things I never liked but hadn’t gotten rid of.

**Question: What was the hardest thing to decide to get rid of?**

**Answers:** Handmade holiday decorations; books; my husband’s golf trophies except for three for holes-in-one; the house with ½ acre yard!!; clothing; needlework supplies, patterns, equipment—avocation of a lifetime; photos from a lifetime; books (too many favorites); part of good china set; furniture too big for the apartment; pictures; sentimental value—things my children or friends gave me; easel and drawing table.

**Question: What do you wish you’d gotten rid of and didn’t?**

**Answers:** More junk; half of my Christmas decorations; a very large piece of furniture; extra clothes; more books; toaster oven designed to attach under cabinet; Actually, I’m still too disorganized to know!; Clothing I might fit into again; blankets and bedspreads; I guess I’m different from lots of folks with regard to stuff—I did not really downsize; I did too good a job—I listened to the advice!; candles, old audio tapes, and tape player.

**Question: What did you get rid of but wish you’d kept?**

**Answers:** Some patio items that could have been used on balcony; more towels (I forgot about company);more than 4 or 6 sets of glasses—I want all of them back; a 6-foot tall Norfolk pine, but I don’t know how I’d have moved it!; old address books; a small chest of drawers I’d Had since college; fluorescent overhead lights and our triple-paned windows; financial records— I was sure I wouldn’t need them again!; books; the short distance from my front door to the car!; money!
Shuttle Bus Scuttlebutt

By Paula Strain, Edwards-Fisher

When we were young adults some 60-65 years ago, automobiles became as necessary to us (and most Americans) as shoes. They still are, as a glance at the full parking lots on campus show. So why does Asbury have a Transportation Department?

Asbury's twelve major buildings are placed close to Russell Avenue and Odendahl on our 130+ acre campus, and a brisk walker can easily go from Park View to Administration around to Edwards-Fisher in ten minutes. Not all Asbury residents are brisk walkers, however, and parking places for autos are scarce. Our on-campus shuttle service, making stops at the various buildings, can complete the circuit in some 20-25 minutes. The shuttle runs from around 8 a.m. until near 5 p.m. when the Physicians' Clinic closes. This shuttle is a weekday service only.

Evenings and Sundays also see transportation at work. On weekday evenings the dinner shuttle runs between the Apartment Center and Hefner, allowing residents access to the dining room of their choice. Also on Monday and Tuesday evenings, a bus takes residents from the Apartment Center to Hefner for lectures and movies; on Thursday evening the routine is reversed for Keese School lectures in Parker Hall. And on Sundays the bus takes worshipers to nearby Grace United Methodist Church as well as our newly reopened Chapel for both Protestant and Catholic services.

On Tuesdays and Thursdays the shopping bus makes runs to Lake Forest Mall, the Off-Price Center across the street for Safeway and Trader Joe's, the shopping centers in Kentlands or Montgomery Village for Giant and CVS. And the Keese School tours in the spring and fall are scheduled to use the 29-passenger bus.

"Transportation was set up to provide service to doctors," says Sue Wood, currently in charge of transportation. "We take about 50-55 residents a day to medical and dental appointments. Now our trips are limited to an area within a reasonable distance from Asbury, but when we first started, resident transportation was provided as far as Sibley Hospital and Washington Hospital Center. Traffic problems made it too difficult trip years ago and fortunately doctors and hospitals were locating closer to Asbury.

"The Resident Handbook says," Sue went on to say, "to give us three to four days notice of your appointments so we can schedule them with other trips, but we prefer for you to give us your information as early as you can. We will put it in the computer, which will then provide us with a print-out of each day's schedule. It can be like working a jigsaw puzzle to get the times and the people coordinated."

As in all operations occasional mistakes can be made. There are two doctors with almost identical names, one with an office in Montgomery Village and the other with an office in the Shady Grove area. I was one of three passengers when we had reached the I-270 split when another resident remarked, "This doesn't look like Montgomery Village. Where are we?" She had not mentioned the address of the doctor she was to see and she had been scheduled to be taken to wrong address. The driver radioed back to Sue in the office who was able to report the patient would be late for her appointment. That doesn't happen often but we should be sure to mention the address of the doctor when we request transportation.

Since patients spend more time waiting for

Continued on page 14

By Jeanne North, Trott

W ant to do an errand or go to town for the day? Perhaps see the Cézanne exhibit at the National Gallery, for example, or go to the American Indian museum, or take in a concert at the Music Center at Strathmore. For anyone mobile enough to get to the Lakeforest Transit Center at Lost Knife Road near Odendahl, it's easy enough. Buses run regularly, arrival times are posted on an overhead electronic scheduling board; drivers are helpful, answer questions. For errands close by: bus 57 runs from the Transit Center along Russell Avenue through Olde Towne Gaithersburg, right past the Old Siam restaurant, to stop just a short walk over the tracks to the post office. For the Professional Center at Montgomery Village, take the 58 or 59; the 56 will get you to Johnson's Florist & Garden Center and Shady Grove Hospital. For more information and/or detailed schedules and maps, check the web site (www.montgomerycountymd.gov) or call 240-777-7435.

Betty Goen and I decided to make an exploratory excursion to the Music Center at Strathmore. Equipped with 60 cents in change and a SmarTrip fare card (available at the Gaithersburg Regional Public Library or the Safeway store), we went down the hill to the Transit Center and boarded bus 59, destination Rockville, for Shady Grove. Except for a slight detour at the 59 goes straight down Hwy 355 and turns off for the Metro station; bus 55 makes the run to the Metro without the detour.

It's a short trip on the Red Line from Shady Grove to Grosvenor-Straðmore, just four stops, probably 10-12 minutes. We exited the Grosvenor station and found the walkway towards the Music Center blocked off for construction. No problem: we simply walked through the parking garage to the elevator in the back, signs directed us to go to the fourth floor, where we found the glass-enclosed arcade walkway that led us over Rockville Lane directly to the Promenade entrance of the Music Center.

We picked up flyers, asked lots of questions, and Betty was brave enough to buck the ushers and bravely walk right through the intermission crowds to the entrance to the auditorium. "You don't have tickets?" asked one usher suspiciously. When I explained our mission, he said, Come with me, and led us into the auditorium for a look-see, even pointing out the best seats in the house (AA1 and AA2).

As we started back to Asbury, we decided to check out the SmarTrip fare card. A helpful station attendant at Grosvenor explained the system to us. If for example, you still have your car and want to drive just as far as the Shady Grove Metro station, you must have a SmarTrip card to park in the garage there; the permanent, rechargeable fare card can be used for Metrorail and Metrobus as well as parking. SmarTrip cards are available from a machine at the Shady Grove station (and selected others), or on line or by mail.

To return home, Betty and I took the Metro from Grosvenor back to Shady Grove (first picking up a bus pass from a dispensing machine at the top of the escalator), then caught a 55 bus that just happened to pull up. "Our return bus trip was free! Those who prefer a taxi can always find one at the Shady Grove Metro station. Fare is now about $10-$11, depending on traffic, plus tip (I usually give $2). Cheaper by far than a car!"
March is National Crafts Month

Asbury residents don’t need a National Month to celebrate their talents in crafts and arts. But in honor of this national celebration, we present just some of Asbury’s creative folks.

Iris Craig, Doll House Furnishings

60 years ago, Iris Craig’s first granddaughter, who was five at the time, asked her grandfather if he could make her a doll house. Douglas Craig was inspired by the request and did make her a doll house. Seventeen years later, her second granddaughter, also five, asked for a doll house of her own, and Douglas and Iris started on a second doll house, which you can see in the picture. Douglas and Iris finished it. She made all of the furniture, including the grand piano, and the spindles, bed, which is a recreation of the one she still sleeps on. She needlepointed all the rugs and made the curtains and drapes as well. The drapes are made of fabric from the dress she was wearing the first time she saw her future husband and are fully lined.

Since her granddaughter, who is now twenty-two years old did not have any place to store the doll house in her residence, Iris is privileged to have it in her own apartment for the present, and visiting children are allowed to play with it.

—Anne Porter, Mund

Richard Hynson, Needlepoint

Pain from back surgeries started Richard on making lovely needlepoints. The pain was excruciating. One day his niece said, “I’m going to teach you how to do it.”

“Oh no you’re not!” he replied, “I don’t want anyone to see me doing that!”

She insisted and he got a lesson in point point. It took a lot of concentration, and before he knew it he was not aware of the pain. Some of his beautiful pillow covers are now being shown in the gallery at Rosborough.

Kathleen Link, Banner Maker

If you’ve visited the chapel since it reopened, you probably noticed the beautiful banners hanging on the side walls. They were created by Kathleen Link, a resident, with her husband, Conrad, of the Mund building since 1993. Kathleen and Conrad were members of University Methodist Church before moving to Asbury, and Kathleen had helped create twenty-five banners there. When Chaplain Ray Stephens became aware of that, he asked Kathleen to make some banners for the chapel here. Thus began a labor of love for Kathleen—and a need to create these lovely works of art, which she began sometime in 1995.

Kathleen creates the banners using felt and a special tacky glue which dries clear. She consults books for banner patterns, which she enlarges and modifies according to her own desire. Some banners are for specific seasons of the church year, e.g., Christmas; some for special occasions, such as funerals or baptisms and some are for use at any time. As you visit the chapel throughout the year, notice the different banners as they appear. They will direct your thoughts to God.

—Anne Porter, Mund

Joyce Schmitt, Quilter

Joyce Schmitt is a woman of many talents. Before moving to Asbury, Joyce and her husband had a fabric shop in Annapolis for 20 years. Joyce got interested in quilting and other ways of using fabrics. She has made 12 quilt squares for the 12 months of the year. She decorates the hall wall each month. Here you see February, Valentine’s—March, St. Patrick motif, and the last for April, candy. Joyce and Iris have access to a computer-based embroidery sewing machine. All kinds of pictures and designs may be down-loaded and the machine goes on its merry way doing the embroidery while Joyce does other things.

—Marvin McFarland, Diamond

Jean Allen, Weaver

Here we see Jean wearing on her loom in her apartment. She uses a spinning wheel to card the wool in preparation for a future project. She dyed some wool, does embroidering, lead stringing, knitting and quilting. The Allen apartment is filled with Jean’s beautiful pieces. Some of her work has been shown in the gallery at Rosborough.

Barbara Morris, Weaver

The picture shows Barbara standing next to a hanging she wore many years ago before she moved into Mund. It separates her story from her living room effectively. She began weaving in the late 1960’s without a formal education in the art. She read how to books and joined the Potomac Craftsmen, where the weavers would sit around and exchange ideas and give help when needed. Her first loom was a 36” one, but she soon replaced it with a larger one standing next to a hanging she wove many years ago before she moved into Mund. She modifies according to her own desire. Some of her work is shown in the picture. Some for specific occasions, such as funerals or baptisms and some are for use at any time. As you visit the chapel throughout the year, notice the different banners as they appear. They will direct your thoughts to God.

—Anne Porter, Mund

Richard Hynson, Needlepoint

Pain from back surgeries started Richard on making lovely needlepoints. The pain was excruciating. One day his niece said, “I’m going to teach you how to do it.”

“Oh no you’re not!” he replied, “I don’t want anyone to see me doing that!”

She insisted and he got a lesson in point point. It took a lot of concentration, and before he knew it he was not aware of the pain. Some of his beautiful pillow covers are now being shown in the gallery at Rosborough.

Kathleen Link, Banner Maker

If you’ve visited the chapel since it reopened, you probably noticed the beautiful banners hanging on the side walls. They were created by Kathleen Link, a resident, with her husband, Conrad, of the Mund building since 1993. Kathleen and Conrad were members of University Methodist Church before moving to Asbury, and Kathleen had helped create twenty-five banners there. When Chaplain Ray Stephens became aware of that, he asked Kathleen to make some banners for the chapel here. Thus began a labor of love for Kathleen—and a need to create these lovely works of art, which she began sometime in 1995.

Kathleen creates the banners using felt and a special tacky glue which dries clear. She consults books for banner patterns, which she enlarges and modifies according to her own desire. Some banners are for specific seasons of the church year, e.g., Christmas; some for special occasions, such as funerals or baptisms and some are for use at any time. As you visit the chapel throughout the year, notice the different banners as they appear. They will direct your thoughts to God.

—Anne Porter, Mund

Joyce Schmitt, Quilter

Joyce Schmitt is a woman of many talents. Before moving to Asbury, Joyce and her husband had a fabric shop in Annapolis for 20 years. Joyce got interested in quilting and other ways of using fabrics. She has made 12 quilt squares for the 12 months of the year. She decorates the hall wall each month. Here you see February, Valentine’s—March, St. Patrick motif, and the last for April, candy. Joyce and Iris have access to a computer-based embroidery sewing machine. All kinds of pictures and designs may be down-loaded and the machine goes on its merry way doing the embroidery while Joyce does other things.

—Marvin McFarland, Diamond

Jean Allen, Weaver

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The Games of Yesteryear

By Reg Westlake, Villas

And now we will hear Georges Bizet’s “Jeux d’enfants – Children’s games.” So speaks the radio announcer on the good music program.

“Children’s games.” Two words that send one’s mind back many years to the children’s games of those days. They were pastimes rather than games. They bore no relation to what we now know as games, which are things you get in Toys R Us or, more electronically, in Circuit City or suchlike. The young children of those years found simpler things to amuse them.

There was the wooden hoop, some three feet high, propelled along by a short stick. Its companion was the iron hoop, rather smaller, controlled by a short metal rod with a crook at the end which fitted around the iron rim. When chestnuts were ripe, playing “conkers” was the competition of the day. A narrow hole was bored in each chestnut, which was then threaded on a string. The idea was to challenge another boy with a similar chestnut and take turns in hitting his chestnut with yours. The survivor was termed a “kinger.” A chestnut that broke another boy’s “5 kinger,” meaning that it had knocked out five others, automatically became a “6 kinger.” Boys went to great lengths to toughen their chestnuts; alum was supposed to be one of the hardening agents.

More dangerous were the homemade catapults. A forked twig or some bent wire, with a length of stout elastic fixed to it, could do a lot of damage. Kites were more rudimentary than the type flown today. Often just a sheet of paper attached to two crossed sticks, with a tail of more pieces of paper, would take the air. Then there was the pegtop, a small wooden mushroom-like object, with painted stripes on its stem. A length of string tied to one end of a short stick, like a whip, was wound around the stem and then quickly whipped away, was supposed to start the top spinning. Sometimes it worked, sometimes it didn’t.

Marbles were another favorite. Flipping one’s own marble accurately enough to hit the opponent’s marble meant that it became yours. The marbles were made of chalk and painted various colors. Another way of winning or losing marbles was with a marble board. This was a piece of wood with tunnel shaped holes along the bottom, numbered 1 to 5. From a distance of several feet a boy would flip his marble at the board. If it went through a hole he won the number of marbles marked above the hole. If it missed, the owner of the board kept the marble. An early exercise in investment and speculation.

All these pastimes had seasons. Obviously so for kites and chestnuts, but the others for some reason had no other factor than established custom for appearing when they did. But all of them were cheap and were practiced outdoors in the fresh air. All very simple but yet giving every bit as much pleasure as the expensive and sophisticated games and pastimes of today. Nowadays one reads of a mother telling her 7-year old son that he must not spend more than $30 on one game. He wants one costing $47; he ends up spending $40 on two games.

Another mother buys her 8-year old a GameBoy costing $90 and for her 6-year old (yes, 8 and 6) a pre-GameBoy for $90, plus a charger for $40. Were Bizet alive one doubts whether today’s toys would inspire another Jeux d’Enfants. “And next we will hear …” proclaims the radio announcer. End of reverie.

The Wonderful World of Keese School

By Jean Hubbell, Villas

For someone who has lived in this area all her life, it is startling to discover how many local wonders there are that I’ve never seen - or at least not in many years. Thus the Keese School day trips offer a marvelous opportunity to catch up and continue learning as the Keese School of Continuing Education name implies. Since becoming a campus resident the end of July 2004 I have enjoyed day trips to those places new to me such as the Beltsville Agricultural Center, the Dodona Manor in Leesburg, the John Hopkins Houses, even historic Gaithersburg and several more. All of the day trips have been wonderful learning experiences and opportunities to meet other residents and enjoy the trips in good company and fellowship. All that and leave the driving to someone else - no maps to read, no parking worries.

But Keese School is a lot more than day trips. My “unretired retiree” husband John is not available for day trips since he continues to go to the office five or six days a week but the evening lectures are a source of joy to us both, and we immediately signed up for almost all the offerings the first semester we were here. We are now starting our fourth semester and continue to marvel at how the resident-run and -staffed school can offer so many speakers on such a variety of topics. The twice weekly lectures provide rich opportunities to learn more about our fellow residents and to appreciate the tremendous scope of their experiences. All lectures are not given by residents and we are indeed fortunate to be in an area where speakers of such high caliber are available and willing - even eager - to come share their knowledge or experience with Asbury residents. That includes too the outstanding music lectures/concerts by very talented artists, many of international reputation. What more could you ask?

Classes, perhaps. Yes, Keese School offers those too, although I have not personally enrolled in those as yet. The great variety of lectures, classes, and day trips of Keese School came as a surprise bonus to us. Surely there is something for everyone. Don’t let these opportunities pass you by!
In this spot you shall find a variety of ponderings from a man who hails from the other side of the “pond.” We’re glad he’s on this side of the pond now.

Idle Thoughts

With Apologies to The Lost Chord

Seated one day at my laptop
I was weary and ill at ease
My fingers wandered idly
Over unresponsive keys
What’s gone wrong with my e-mail
It’s out in the great beyond
Nothing seems to prevail
To allow me to respond
But then came my salvation
I struck some random keys
They brought a revelation
In answer to my pleas
I know not how it came about
On that obstinate keyboard
But then I gave a mighty shout

I’d found, I’d found, I’d found
The laptop’s own Lost Chord.

Cooking – Timing is Everything

By Dan Muller, Villas

Our usual routine in the morning, after getting up, is to put on a pot of coffee, retrieve the newspaper, dole out the day’s pills and take them with the juice of the day, and then settle down for an hour or so with cups of coffee and the newspaper.

Well, one morning recently, trying to make a few points, I noted that Joan had gone into the bedroom to get dressed, and having finished the comics, I decided to COOK BREAKFAST.

This entailed cutting and sectioning a grapefruit (this is a subtle plug for the Asbury Citrus Program), setting the table (I even remembered napkins), placing the grapefruit halves carefully at our places, finding the eggs, frying pan, butter, finding the British (we bought them at Trader Joe’s) muffins, stove, carefully cracking the eggs so as to not break the yolks, and proceeding to fry the eggs. I even remembered to turn on the toaster oven so the muffins would be finished at about the same time as the eggs.

As Joan entered the kitchen, I was proudly placing two perfectly fried eggs on our plates, the toaster oven gave a polite “ting” indicating that the muffins were done and I placed them on the plates. Then with a flourish, I carried the plates to the table, looked down to where I was about to place the plates, and what did I see? Grapefruit halves…waiting to be eaten…first.

The choice was either cold fried eggs, or grapefruit after the eggs and muffins.

Epilog: Joan frequently reminds me that in our over 55 years of marriage she has prepared somewhat over 60,000 meals, and as a result is getting good at timing.

Are you watching Asbury View? If not, then why not?

Contests, news, information, comedy, drama and words of wisdom and inspiration!

By Asbury and for Asbury. Weekdays. Everyday.

Be in Touch with Asbury View
Homé Reitwiesner’s Good Works for Asbury

By Reg Westlake, Villas

Like many Asbury residents, Homé Reitwiesner has volunteering in her blood. For many years before coming to Asbury she was working with the Song Service and Training group with the Girl Scouts and her church and helping the elderly in the Income Taxes for the Elderly program. Thus it was natural that she soon became involved in volunteer activities after becoming an Asbury resident.

She is a Washingtonian and before going to college she graduated from Bethesda-Chevy Chase High School. After college, she worked in the Ballistic Research Laboratory in the Aberdeen Proving Ground, MD where she met her husband, George.

He died at the end of 1993 and in May of 1998, with help of her five children, she moved from her home in Montgomery Hills in Silver Spring to become a resident in Diamond. Not long afterwards she joined the Asbury Choir and became a member of the newly formed Asbury Hand bell group.

Nowadays she is the floor rep for the first floor of Diamond. Her work at the Ballistic Research Laboratory had been with the massive computers that were

Do you Recycle?

Do you recycle? Did you know it’s the law in Montgomery County? We think you do! As residents of Asbury Methodist Village, you reached Montgomery County’s recycling goal by recycling over 50% of your waste in 2005. In fact, you recycled more than 3.1 million pounds of materials.

What are the environmental benefits?

- Glass never wears out — it can be recycled forever. We save over a ton of resources for every ton of glass recycled, such as sand, soda ash, limestone and feldspar (Source: The Earth Works Group Recycler’s Handbook.)
- One ton of recycled paper saves 17 trees. Last year, Asbury Methodist Village saved 12,486 trees, over 5 million gallons of water, over 340,000 gallons of oil, approximately 2,250 cubic yards of landfill space and almost 3 million Kilowatt hours of energy.
- Americans receive almost 4 million tons of junk mail a year, of which 44% is never opened. If only 100,000 people stopped their junk mail, we could save up to 150,000 trees annually (Source: The Consumer Research Institute’s Stop Junk Mail Page.)
- Styrofoam is not recyclable — you can’t make it into new Styrofoam (Source: The Green Consumer.)
- Even 500 years from now, the foam coffee cup you used this morning will be sitting in a landfill (Source: The Recycler’s Handbook.)
- Recycling just one aluminum can saves enough energy to run a television set for 3 hours.
- Last year, Asbury Methodist Village increased their recycling rate by 18.1% from 2004.

Meeting The Challenges Of Dementia

By Barbara Mansfield

As the social worker on Morning Glory Terrace, the dementia special care unit in the Wilson Health Care Center, I have ample opportunity to witness the many needs of individuals who have dementia. Even more importantly, I have been blessed by knowing many of you who have loved ones on our unit or who attend our support group. When I listen to the stories of your journey with your spouse, the challenges you have faced, and the many feelings associated with your experiences, I am moved beyond words.

Asbury is deeply committed to providing as much support as possible to those of you who are providing care to your loved ones at home. We also worry about you, because the mortality rate for a care giving spouse is about three times that of a spouse who does not have to function as a caregiver.

In an effort to widen the resources available to you, Asbury has agreed to host a program presented by the Alzheimer’s Association that provides education and training for individuals who are serving as caregivers to a loved one who has dementia. The program, “Meeting the Challenges of Dementia,” will be presented over 5 consecutive Mondays (April 3rd through May 1st) from 10:00 AM to noon in Community Room A at the Wellness Center. It is designed to help you learn new techniques, reduce stress, and become a skilled caregiver. The fee for the entire series is $50, payable to the Alzheimer’s Association. To obtain a registration form, contact Personal Care Services at extension 4275.

Please consider taking advantage of this unique opportunity. And please take care of yourself!
Helen Kane
Apt. 603 Kindley

Helen Kane was born in Brooklyn, NY. In 1925, she met her husband, Will, at a party. They lived in Brooklyn for many years, and had one daughter. Their daughter lived in the DC metro area, so they moved to Walker House in Montgomery Village to be nearer to her expanding family of two grandchildren, and one great grandson. Helen volunteered at Shady Grove Hospital for many years.

Roger Hatch
Mund G-1, x5161

Roger grew up in Santa Maria, California. After high school he attended the University of Southern California in Los Angeles. After graduation from USC he worked as a junior accountant for Price Waterhouse until October 1941 when he went into the Navy as a supply officer.

During his six years in the Navy he had duty in Key West, Florida, Melbourne, Australia, and Portsmouth, New Hampshire. Upon his resignation from the Navy in October 1947 he went to work for Walker & Dunlop, Inc., mortgage bankers in Washington D.C., where he remained for 35 years until his retirement in 1981. During his years with Walker & Dunlop he was active in the affairs of the Mortgage Bankers Association of America which entailed traveling to many parts of the United States.

Roger has a second home on a lake in New Hampshire, where he spends his summers playing golf, swimming, reading and entertaining members of his family who visit him often.

Roger has been a widower since 1994. He has a daughter who lives in Reston, Virginia, and a son living in Wilbraham, Massachusetts. He has six grandchildren and three great grandchildren.

Roger lived in Leisure World for seven years, and moved to Asbury because of the continuing care available here.

—Judy Weaver, Mund

Robert Bains
Mund 412, x6621

Robert moved into Mund in late January, 2006, after living in English Manor in Montgomery County for 43 years. He knew of Asbury when his mother lived here, and so when he was ready to move, he investigated further, and liked what he saw.

He is very pleased with his apartment and happy to be here.

Robert is a native of Washington, D.C., but only lived there a year before his family moved to Silver Spring, where he grew up. He attended Blair High School, the University of Md. for two years and later studied at the National Law School. For a few years he worked for his father, who was a lawyer, and then took a job with the Title Insurance Co. After he retired there, Robert worked in the courthouse providing title reports to his clients until three years ago.

Wife Ernegret was born in Germany, but came to this country as a young woman, and met Robert when she was rooming with his friend’s girl friend. They were married and had four children—three daughters and one son. There are now eight grandchildren, but sadly, Ann, as she was known, passed away.

Robert is delighted with the swimming pool in Rosborough and plans to use it at least three times a week. He also enjoys playing pool and is looking forward to finding the one pool table on campus. He hopes to revive a latent interest in photography after he is settled.

—Marjorie McFarland, Diamond

Nan Gindlesperger
Diamond 518, x4562

Nan moved to Asbury on October 3, 2005. She was born in Parkdale, Arkansas. Her family later moved to Georgia, where she was graduated from High School in Atlanta. In Washington, D.C. she went to Temple Business School.

She worked for two and a half years as a medical secretary in a Georgetown doctor’s office. Then, she worked in Beltsville, MD as a Soil Analyst at the Department of Agriculture. For 21 years, she was a Federal employee, a clerk in the Selective Service System in Hyattsville, MD.

She says she was a homemaker for 67 years “with wonderful cooperation and help from my husband and daughter.” She became interested in Asbury while her husband was ill and being cared for in the Wilson Health Care Center. She says that Ethel and Charles Rainey (her husband’s roommate) were instrumental in her choice to move to Asbury.

Nan enjoys crocheting, sewing and embroidery work. She likes to read and do puzzles of all kinds. She likes to play dominoes. Now she is being introduced to volunteer work at the Williamsburg Clothes Closet.

Nan has two daughters, two grandsons and one grand-daughter-in-law. She belongs to the United Church of Christ.

—Marjorie McFarland, Diamond

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Elizabeth Jones
Diamond 412, x4563

Mrs. Jones came to Asbury on September 29, 2005. She was born in Urbana, Illinois. She received a B.A. at the University of Maryland and M.S. at the University of Illinois in Urbana.

She was a biology teacher at Bethesda High School and a biology lab instructor at the University of Illinois. Later, Mrs. Jones was in the Biology Department at Montgomery College in Takoma Park.

She and her husband traveled extensively in Europe, South America, Egypt, Israel and India. She is particularly interested in shell art, birds and flower arrangements. She has done volunteer church projects and is a member of the United Church of Christ.

Mrs. Jones has two sons and four grand-children.
—Marjorie McFarland, Diamond

Shirley Clapham
Diamond 716, x5500

Shirley arrived at Asbury on November 21, 2005. She was born in Canada and received her education in the Toronto schools. Before her marriage, she worked in financial companies in Canada and New York.

She loves gardening, tennis, reading and sewing. Through the years, all the usual volunteer activities kept her busy—school, scouts. Later, it was a hospital auxiliary, church activities, historical society and garden club projects.

Shirley has a daughter, three grand-children and a step-son who lives in Florida. Her daughter’s moving to Gaithersburg made Asbury a logical choice.

She is a Presbyterian and is now attending the Gaithersburg Presbyterian Church.
—Marjorie McFarland, Diamond

William Snape
Diamond 317, x5371

Bill moved into Asbury the first of December 2005. He was born in Springfield, Massachusetts. He received a B.A. and M.A. in History at the University of Maryland. He is a veteran of World War II, having served in the U.S. Navy in the Pacific Theater.

For 28 years, Bill was with the CIA in analytical and staff positions in the Washington area. He enjoys reading, crossword puzzles and stamp collecting. His volunteer work has been with Meals on Wheels, and he has been active in District and Conference work of the Washington Conference of the United Methodist Church.

Bill’s wife Bonnie has been a resident of the Wilson Health Care Center since September of 2005. She is a native of Ohio and a WAVE veteran of WWII. She was graduated from Whittier College and was a former teacher in Montgomery County.

The Snapes have five children and eleven grandchildren. Bill and Bonnie have been associated for many years with friends who are residents of Asbury.

Bill and Bonnie have been married for 53 years.
—Marjorie McFarland, Diamond

WELCOME NEW RESIDENTS

Meals on Wheels Needs YOU

You’ve helped with the relief efforts for tidal waves, hurricanes, and earthquakes so now this is your chance to make a big difference here at home. Volunteering to drive once a week for about 1 and 1/2 hours in the middle of the day will make it possible for some of your less fortunate Gaithersburg neighbors to receive nourishing food and a friendly greeting.

Contact Mary (301 253-4626) or Joan (x5065) and become part of Gaithersburg Meals on Wheels. We need you.

SCUTTLEBUTT
Continued from page 13

rather than seeing doctors, transportation cannot schedule pick-ups but must be called to come for the resident. Transportation can usually route drivers making deliveries to make a pick-up in the same general area. Very seldom does one have to wait more than 20-25 minutes to be picked up. There was one time Sue had to tell me she didn’t have a driver to come for me right away, but would have me picked up as soon as possible. However, a driver just ready to take his lunch break was kind enough to postpone it and come down to Democracy Blvd for me.

Don Rex, who with his wife Jan became an Edwards-Fisher resident a year and a half ago, left retirement to become transportation’s first full-time associate with the help of two part-timers. As demand began to increase with more residents, additional associates had to be hired. One of these was Sue Wood who soon took over the office operations while Don returned to the outdoor duties he liked. He served as an Asbury driver for ten years.

Today Sue Wood and her assistant Ben Monrooe occupy the small office in the Apartment Center and coordinate all of the various activities of the Transportation Department and the duties of six full-time and nine part-time associates.
Kindley Residents On Radio

Maybe you were tuned to WAMU on Tuesday, February 21, at 8:15 when the announcer told you the broadcast was coming from “Asbury Methodist Village in Gaithersburg, Maryland?” A chapter of Elderly Wisdom Circle includes a dozen residents of Kindley, who are given questions off the Internet, Ann Landers-style. They select the ones they want to respond to and compose letters of advice, which are sent to the organization where volunteers review them for clarity before forwarding them to the questioners. On this broadcast we heard answers from Barbara Snider and Bernard Fogel.

According to the Senior Beacon, this project was founded by Doug Meckelson of Walnut Creek, California, who believed that the world “has too few avenues for the elderly to share their wisdom with the younger generation.”

Every Wednesday morning Trish Mayassi, a retiree who lives in Rockville, comes to Kindley with a new batch of questions she has selected off the Internet. Then members of the Asbury Circle write letters with advice to the people seeking answers. The letters are sent to the organization where volunteers review them for clarity before forwarding the answers to the questioners.

People over 60 can get applications to join Elder Wisdom Circle from the Web site www.elderwisdomcircle.org. Meckelson says members should plan to go on line several times a week.

Travel and Theater Committee Trips and Tours
Scheduled for 2006

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<td>Arena Stage “Awake and Sing”</td>
<td>Odor x5522</td>
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<td>March 2</td>
<td>Strathmore Baltimore Symphony</td>
<td>Klepek x5743</td>
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<td>March 4</td>
<td>Olney Theatre “The Heiress”</td>
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<td>March 19</td>
<td>Duke Ellington Performing Arts Center Hexagon, 2006 “You Only Run Twice”</td>
<td>Curtis x5657</td>
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<td>March 23</td>
<td>Strathmore Baltimore Symphony</td>
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<td>Kennedy Center National Symphony</td>
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<td>Lancaster, PA Sight and Sound Theatre “Behold the Lamb”</td>
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<td>April 15</td>
<td>Olney Theatre “Anything Goes”</td>
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<td>Apr. 28 - May 6</td>
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Future Trips

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<td>May 24</td>
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<td>June 24</td>
<td>Kennedy Center “Mame” Noto x5242</td>
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<td>July 15</td>
<td>Kennedy Center “Little Women”</td>
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<td>Nov. 11-18</td>
<td>Cruise Charleston,SC/ Jacksonville, FL</td>
<td>Otto 5299</td>
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Four Classes to be Offered at Channel 95

Offered: January 20, May 26, September 22
1. On-Air camera techniques and tricks to make hosting fun and enjoyable
   Clothing
   Posture
   Make-Up
   Eye Contact / Where Do I Look
   Comfort Level
   Communications
   Voice Levels

Offered: February 17, June 16, October 20
2. Studio Camera Operation / Teleprompter
   Cues
   Headsets
   Shot Composition
   Locks / Unlocks
   Communicate
   Anticipate
   Studio Operation with Host

Offered March 17, July 21, November 17
3. Field Camera Operation and Checklist
   Pieces of the puzzle
   5 W’s
   Contacts
   Composition
   Audio
   Lighting

Offered: April 21, August 25, December 15
4. Producing A Television Show
   Concept or Idea
   5 W’s
   When does it air?
   Scripting
   Cast & Crew – productions
   Editing
   Contacts

Maybe you were tuned to WAMU on Tuesday, February 21, at 8:15 when the announcer told you the broadcast was coming from “Asbury Methodist Village in Gaithersburg, Maryland?” A chapter of Elderly Wisdom Circle includes a dozen residents of Kindley, who are given questions off the Internet, Ann Landers-style. They select the ones they want to respond to and compose letters of advice, which are sent to the organization where volunteers review them for clarity before forwarding them to the questioners. On this broadcast we heard answers from Barbara Snider and Bernard Fogel.

According to the Senior Beacon, this project was founded by Doug Meckelson of Walnut Creek, California, who believed that the world “has too few avenues for the elderly to share their wisdom with the younger generation.”

Every Wednesday morning Trish Mayassi, a retiree who lives in Rockville, comes to Kindley with a new batch of questions she has selected off the Internet. Then members of the Asbury Circle write letters with advice to the people seeking answers. The letters are sent to the organization where volunteers review them for clarity before forwarding the answers to the questioners.

People over 60 can get applications to join Elder Wisdom Circle from the Web site www.elderwisdomcircle.org. Meckelson says members should plan to go on line several times a week.

Travel and Theater Committee Trips and Tours
Scheduled for 2006

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<td>Arena Stage “Awake and Sing”</td>
<td>Odor x5522</td>
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<td>March 2</td>
<td>Strathmore Baltimore Symphony</td>
<td>Klepek x5743</td>
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<td>March 4</td>
<td>Olney Theatre “The Heiress”</td>
<td>Allen x6660</td>
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<td>March 19</td>
<td>Duke Ellington Performing Arts Center Hexagon, 2006 “You Only Run Twice”</td>
<td>Curtis x5657</td>
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<td>March 23</td>
<td>Strathmore Baltimore Symphony</td>
<td>Klepek x5743</td>
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<td>March 24</td>
<td>Kennedy Center National Symphony</td>
<td>Otto x5299</td>
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<td>March 29</td>
<td>Lancaster, PA Sight and Sound Theatre “Behold the Lamb”</td>
<td>Hilmoe x6603</td>
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<td>Apr. 5</td>
<td>Arena Stage “The Rainmaker”</td>
<td>Odor x5522</td>
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<td>Apr. 14</td>
<td>Kennedy Center National Symphony</td>
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<td>April 15</td>
<td>Olney Theatre “Anything Goes”</td>
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<td>Apr.28 - May 6</td>
<td>Hawaii</td>
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Future Trips

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<td>May 24</td>
<td>Arena Stage “On the Verge”</td>
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<td>June 2</td>
<td>Kennedy Center National Symphony</td>
<td>Otto 5299</td>
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<td>June 24</td>
<td>Kennedy Center “Mame” Noto x5242</td>
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<td>July 15</td>
<td>Kennedy Center “Little Women”</td>
<td>Noto x5242</td>
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<td>Nov. 11-18</td>
<td>Cruise Charleston,SC/ Jacksonville, FL</td>
<td>Otto 5299</td>
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Offered: January 20, May 26, September 22
1. On-Air camera techniques and tricks to make hosting fun and enjoyable
   Clothing
   Posture
   Make-Up
   Eye Contact / Where Do I Look
   Comfort Level
   Communications
   Voice Levels

Offered: February 17, June 16, October 20
2. Studio Camera Operation / Teleprompter
   Cues
   Headsets
   Shot Composition
   Locks / Unlocks
   Communicate
   Anticipate
   Studio Operation with Host

Offered March 17, July 21, November 17
3. Field Camera Operation and Checklist
   Pieces of the puzzle
   5 W’s
   Contacts
   Composition
   Audio
   Lighting

Offered: April 21, August 25, December 15
4. Producing A Television Show
   Concept or Idea
   5 W’s
   When does it air?
   Scripting
   Cast & Crew – productions
   Editing
   Contacts
Five Asbury couples gathered at the Guild Memorial Chapel on February 7, 2006 to take part in a Renewal of Marriage Vows ceremony.

The couples from left to right are: Tom and Mary-Kate Tews, (Park View); Phyllis and Michael Skiba (Park View); Vincent and Denise Hearing (Diamond); Mary and Bob Anstead (Villas); Janet and Jack Kruth (Villas). Father Valentine Keveny officiated. As the couples walked back up the aisle, Lexie McKenzie presented a chocolate rose to each of the ladies. The group then gathered in the reception area of the Chapel to pose for group photos and individual couple photos.

The new friends shared wedding photos and many wedding stories with each other. It was a very happy occasion, preserved on DVD/Video and photographs, copies of which will be presented to each couple.