Sailors in Eugene O’Neill’s play, In the Zone. Front row l. to r.: Barbara Albertson, Muriel De Angelis, Virginia Williams and Bernadine Dunfee. Back row l. to r.: Carol Cade, Eileen Rabson, Marjorie McFarland and Sara Lucas.

\[\text{By Marjorie McFarland, Diamond}\
\text{“All the world’s a stage,}
\text{And all the men and women merely players:}
\text{They have their exits and their entrances;}
\text{And one man in his time plays many parts…”}
\]

So said Shakespeare in As You Like It. And so say all those who attend the Keese School play-reading group under the direction of Betty Goen. They really like it.

The play-reading group was started in 1991. There was an afternoon group and an evening one. Betty Goen and Howard Ammerman were the leaders. In that first year the leaders discussed three-act plays. There were about a dozen people in each group. In 1992, the format was changed. It was decided to work on one-act plays and have members assume character roles. For several years they met in the Edwards-Fisher building. Howard Ammerman decided he wanted to spend time on other subjects. Betty Goen remained as a leader and still is in that role more than 12 years later!

As the group attracted more and more people, they moved to Parker Hall and are very comfortable there. At Parker, characters use microphones, making it more pleasant to those with hearing problems.

Usually the program starts with a short biography of the playwright, then the reading of the play. In advance, Betty Goen gives out the assignment of the characters so they can read the play ahead of time and learn how best to portray their character. Betty Goen also reads the italicized parts, which describe the action you would see if the play were staged. Many times the characters dress to fit the role or have something to identify with it.

You will notice the picture of the cast in the Eugene O’Neill play, In the Zone. Eight “sailors” are wearing hats that Betty Goen made out of bands of paper adjusted to head size with safety pins. Several of the “sailors” are also wearing clothes in keeping with their character.

After the play is read, Betty leads a discussion regarding feelings about it. It is interesting to hear the variety of remarks from the listeners. There are lots of conflicting opinions. Although they differ with each other, they continue to be friends.

It is difficult to find suitable plays. Chosen playwrights have been Tennessee Williams, Anton Chekov, Thornton Wilder, Eugene O’Neill, Arthur Miller, Dorothy Parker, W.B. Yeats and many others. Usually the program starts with a short biography of the playwright, then the reading of the play. In advance, Betty Goen gives out the assignment of the characters so they can read the play ahead of time and learn how best to portray their character. Betty Goen also reads the italicized parts, which describe the action you would see if the play were staged. Many times the characters dress to fit the role or have something to identify with it.

Volunteers “fill in the cracks” at Asbury Methodist Village with offers of services to residents and administration. This campus would be barren of many amenities or almost prohibitively costly without their contributions. Thousands of hours are given by residents, school students and town citizens. Who are they? What do they do? That’s what Reg Westlake, a Villa resident, wanted to know.

The Westlakes moved to Asbury in 1995. Once settled in, they went to the Volunteer Office and talked with director Jane Ippolito. Isabel Westlake chose to help in the office on a regular schedule. Reg was persuaded to help Jane write the Volunteer Column in our Village Life newspaper.

For nine years now he has interviewed volunteers and sometimes a Health Care resident and featured one in almost every Village Life issue. Currently that adds up to 86! There are two scrapbooks in the Westlake home filled with these articles; a wonderful collection of wonderful people.

What do they do? The list is endless, but here are a few: Wheel a resident to activities, deliver mail and newspapers, stuff campus mailboxes, replenish ice water in each room, shop and mend, take a resident to lunch in Russell Avenue Café; host a desk for information and phone calls, etc.

Continued on page 2

Reg Westlake, Champion of the Volunteers.

Reginald Westlake, Filling in the Cracks

By Betty Goen, Edwards-Fisher (Interview conducted January 11, 2005)
No Need to Beware The Ides of March

This year March is filled with quite a few significant events. The first one that comes to mind is the Ides of March. If you do an internet search on this topic, you'll learn more about the Kalends, Nones and Ides than you ever imagined possible!

The next one that comes to mind is Saint Patrick’s Day. This holiday comes with two special memories for me. One is the pot of gold at the end of the rainbow. Do you remember being fascinated by this concept as a child? The other is knowing that the ospreys always return “home” to the Bay by March 17th.

The vernal equinox takes place on March 20th. Have you ever tried to stand an egg on end on this day? And this year we will recognize Palm and Easter Sundays during the month. Here at Asbury Methodist Village we do not have to beware of anything this March.

Not only can we celebrate the special holidays of the month, but we can celebrate the fact that our new Executive Director is expected to join our community in early April. Be watching for the special memo that will provide all the details on the newest member of our team. This March we will be preparing for his arrival in order to provide him with a very warm welcome.

Just as I’ll welcome the ospreys “home,” I know that you’ll be ready to welcome your new Executive Director to his new home! Stay tuned…….

To All Transportation Personnel, Thank You Very Much

On February first the Diamond Council voted to commend the Transportation Department for service which often is beyond the call of duty. We, as Asbury residents, owe them so much. No matter what the weather — rain or shine, hot or freezing cold — they are on the job in and out of the bus many times during a day. Always with a smile and thoughtfulness, the drivers take care of residents and their walkers.

The drivers on the shopping detail carry heavy items up and down the bus steps both at the grocery stores and at Asbury. They must be very tired at the end of shopping days. Sue Wood is the supervisor of the department. Crystal Gweh is the dispatcher. You often hear their voices over the bus radio as they direct drivers to drop people off or pick them up at a certain address. All day long this goes on. Crystal is the person who takes your call for reserving car transportation.

There are six full-time drivers: John Flynn, Tom Newman, John Addison, Karen Stewart, Edie Genies, and Luis Turcios. George Sipe drives the evening shuttle until 9 p.m. After that, if you call Zero, the Gatehouse will send a car to take you home. There are two substitute drivers: Dan Barnes and Gail Walker. Three part-time drivers are Lonnie Dwyer (part-time and Sundays), Tony Tong (part-time evening shuttle and Sundays), Fayiah Kamara (part-time day shuttle). All shuttle services are Monday through Friday. On Saturday and Sunday you can call the Gatehouse for a driver. They are usually very prompt but, of course, it depends upon the demand of the moment.

Thank all of you transportation people. We residents appreciate you so very much.

(Marjorie McFarland, Diamond)

The Bus Stops Here...and There...and Everywhere

We have many walkers and gardeners who set out with the best of intentions to get plenty of exercise. Then, suddenly they find themselves tired out from the walk home from the mall, trot around the ponds, or a longer stay in the garden than intended. However, help is on the way!

All you need to do is “flag” the shuttle bus and the driver will be glad to stop and give you a lift to your destination. To “flag,” simply stand on the curb and wave your hands rapidly (not just a friendly wave). You can count on the driver to get you to where you want to go and all with a friendly smile too!

(Eleanor Fryer, Diamond and Charlie Kiser, Villas)

PLAY

Continued from page 1 others. Now many books are out of print or the contemporary writers are not suitable for the group. Betty spends part of each summer reading as many plays as she can find. She then has the Copy Center print enough for every registered person. Each person in the group pays $5.00 for the cost of the printing. She has five plays chosen for next year, but will have to find three more.

The group meets on the first Wednesday of each month during the Keese School season. The time is 2:00 p.m. and the place Parker Hall. New residents are invited to come to listen. When the Keese catalogue comes out in the fall, new and old residents might wish to register for next year. Come join us. Perhaps you have done dramatic work in college and would like to be a character. Or perhaps you just would like to listen. Either case, it is a lot of fun.
Golden Girl Miss Neva Goldthorpe is 100!

By Jeanne North, Trott

L’
joye de vivre could be defined in one life, it would be found in that of the legendary Miss Neva Goldthorpe, an Asbury resident since 1989 who now lives in the Wilson Health Care Center. Her many accomplishments, described in a Trott scrapbook of former residents, cannot possibly be embraced in one brief article. But when friends of “Miss Neva” celebrated her 100th birthday on February 2, they celebrated the essence of her life and her sparkling presence on Trott’s fifth floor some years back.

Lover of travel, ice skating, bowling and entertaining, Miss Neva was “every inch a lady,” said Barbara Schuler, “who wore the most beautiful clothes.” She had a dress for every occasion,” added Jean Richards. “She always was a party girl,” smiled Wolcott Camp, “the Hostess with the Mostest.” Someone else commented that Miss Neva would take delicacies across the hall to her special friend, George Custer Cromwell, and after he appeared with Erna Gisriel in a Campus Capers skit as one of the main characters of The King and I, Miss Neva had an enlargement of a photo of him made and displayed it prominently in her living room.

To one who has always enjoyed life, setting an example for the rest of us, we can only say, Right on, Miss Neva!

Miss Neva really did have a dress for every occasion!

On January 16, Doris Rigby, Mund, attended the 50th anniversary of the founding of Preakness Baptist Church in Wayne, New Jersey. This was especially thrilling for Doris as she and her husband and four other couples were influential in the founding of this church. January 16 was the very same day that the first service was held for 11 adults and 9 children. A student pastor celebrated that first service; later he was ordained and became their first settled minister. The church now numbers 300 members.

On February 12, Jeanne North, Trott, and Linda Aber of the Asbury Communications Department attended a gala concert at Strathmore Music Center. . . . On March 13, Doris Rigby, Mund, will take off for Florida to visit her son, William Rigby, and his wife in Punta Gorda where Doris expects to spend two weeks sailing. . . . Carla Bonifasi came from California the middle of January to spend a week with her grandmother, Ruthie Swain, Mund, helping her “get organized.” On February 16, Ruthie went to Cocoa Beach, Florida, to spend three weeks with her sister Connie Thompson and her husband. Skip Albertson of Olympia, Washington, will arrive April 8 to spend a week with his mother, Barbara Albertson, Mund. . . . April 8 through 22, Ellen Fensmaker, Mund, and Virginia Peters, Trott, will take a Grand Circle tour which includes flying from Dulles to London where they will spend a week going to the theatre; then April 15 they will board the Queen Mary 2 at Southampton and spend the next seven days afloat, disembaraking at New York.

Earl and Anna Kragues, Mund, will celebrate Anna’s birthday March 26 luxuriating at Carmel Cove, a bed and breakfast on Deep Creek Lake near Oakland, Maryland.

On February 22, Marjorie Brugger, Trott, joined a childhood friend Marjorie Daly, of Leisure World, both natives of Wichita, Kansas (fathers were both Science teachers, and mothers grew up in the same small town of McPherson, Kansas) celebrating Marjorie’s birthday in Rehoboth Beach, Delaware with a stay at the Boardwalk Plaza hotel.

Alice Furlong of Edwards-Fisher always has an ear out for tales to tickle the funny bones of Village Life readers. Here are two stories that did the funny bone ticking trick!

Words at Play

Working in her kitchen, Ellen Keyes thought she heard someone calling. She stopped, listened and heard a faint cry a second time. She ran out to the garden which bordered Rock Creek Park and heard a third cry, “Mom!” She looked up at the top of the pine tree. There was her son scared to death. “Son, don’t worry. I’ll get you down. Just listen to me and follow my instructions.” She guided him, step by step, left, right, down, move to the right, to the left—things were going along well. One third of the way down he stopped and said, “Mom, I can’t make it. I think I have highophobia!” Ellen chuckled to herself, but she reminded him, “Don’t worry. You’ll get down.” And in spite of his “highophobia” it made it to the ground, never to climb again.

Cooking Up Some Trouble

It was a rainy morning and Ellen Keyes was surrounded by her children, all bored wondering what could they do on a rainy day. So Ellen suggested, “Let’s make a cake.” That was greeted by “Hurraths!” Ellen got her recipe and called out the ingredients and had each child bring her the necessary items. She put the cake together, poured the batter in the pan, put it in the oven, and they waited happily and patiently. Fifteen minutes later, Ellen smelled a very offensive aroma and wondered what was happening to the electrical system. She look around and there on the kitchen table was a bottle of cough syrup next to the Vanilla extract. End of cake and story!

WESTLAKE

Continued from page 1

calls, tutor associates to improve their English, entertain to coax a healthy laugh, chat with or listen to a lonely voice.

Who are they? Reg has discovered people from the age of 15 to 97 years of age at AMV. A 13 year old girl came three times a week in 1997, spreading cheer and a helping hand to residents in WHCC. In 1998, Reg interviewed a 97 year old lady resident who had no intention of sitting around with folded hands. During 2000, a young man volunteered before going to Chile as a missionary. A 17 year old Vietnamese high school senior, under the Montgomery County school program, spent a semester bringing happiness wherever she walked. The residents who volunteer come from every apartment and Villa on the campus. And just think Reg’s 86 subjects are just a ‘drop in the bucket’ of all who have and are serving today.

When Reg is not searching out volunteers to interview, he writes other articles for Village Life. With time to spare, he contributes to a biannual newsletter for retirees of the British Post Office in London, where he worked “ages ago” himself.

Discovering such a variety of volunteers serving our Village has brought a great sense of pride and satisfaction to Reginald Westlake. And he himself is one of those wonderful people giving of his talents and his time to making AMV a unique place to be.

Asbury Chuckles

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**Label or Fable?**

The label on the Progresso Vegetable Classics French Onion soup (made with Vidalia ® Onions) that I had for lunch says the ingredients are: chicken broth, Vidalia onions, and carrot puree. The label also says the soup contains less than 1% of: modified corn starch, salt, monosodium glutamate, butter, hydrolyzed corn protein, chicken fat, toasted onion powder, onion powder, onion puree, caramel color, auto-
yzed yeast extract, parsley flakes, natural flavor, sugar, corn syrup solids. Finally, in bold letters, the label says the soup contains milk ingredients.

Reading the label helps me to know that my onion soup is mostly chicken soup. It doesn’t help me in knowing how to combine the ingredients proportionately so that I can reproduce the recipe in my own kitchen and, perhaps, prepare it for less than $2.19 per 18.5 ounces. It doesn’t tell me how the corn starch is modified or what part of the yeast was extracted so that it could be autolyzed. It doesn’t identify the flavor that is natural nor does it identify the specific milk ingredients that are used.

The label reveals something about the contents in the can and yet, it conceals as much, if not more.

I think the same is true with labels that are applied to people.

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**Food For Thought**

**Help is Here!**

Have you ever read Dear Abby or Ann Landers and thought to yourself, I can do that? Or maybe you’ve just always had the urge to help people and the ability to listen with an open mind and an open heart? Well, thanks to Trish Mayyassi, daughter of Kindley resident, Eleanor Lyall, our residents are being called upon to offer their expertise and advice.

Trish is a volunteer for an organization called, Elder Wisdom Circle (EWC). EWC is a non-profit association comprised of the Elders who offer advice and the seekers who solicit it. The circle of Elders is a Nationwide Network comprised of volunteer seniors between 60 - 97 years young.

Elders participate individually from their home computers or collectively at a senior community. People of all ages write in with queries about everything ranging from teenage peer pressure to dealing with foot odor!

The Kindley Elders will meet weekly and will be presented with several varying questions. They will give their advice, and then Trish will follow up by e-mailing the response back to the seeker of wisdom.

If you’d like to pose a question or get advice from those who care, the web site address is http://www. ElderWisdomCircle.org. This is a free and confidential service!

Remember, to give advice there are some critical personality traits one must possess: A strong desire to help others, to be non-judgmental, and the ability to offer options or get advice from those who care, to be non-judgmental, and the ability to offer options to help lead the person to make the best decision.

For more information on this program you can check out their web site or call Ann Giaquinto at (301) 216-4305.

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**Fun for Funds: Gentle Persuasions**

On the 1st, 2nd, and 4th Tuesdays and 3rd Friday of each month a group of us attend “Gentle Persuasions” led by Ginny Hawke in Parker Hall. We walk, stretch, bend, work on balance, do some isometrics and have fun doing exercises integrated in some games, which test our coordination and concentration.

Come join us and have some fun. Bring $1.00 for a good cause. As of December 2004, $2,455.00 has gone to the Benevolent Care Fund.

(Betty Savage, Edwards-Fisher)

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**Terrorism 2005 Meet Terrorism 1605**

By Reg Westlake, Villas

One of the worst terrorism catastrophes imaginable would be the penetration of the U.S. Capitol by a group and the placing of explosives there on the eve of the President’s State of the Union speech, in the presence of the Cabinet, Congress, Supreme Court justices, and other leading figures of the nation. The recent ceremony in the Capitol brings to mind that the year 2005 marks the four hundredth anniversary of the counterpart happening in England. It would be a striking parallel.

Bonfire Night is celebrated across the U.K. on November 5 every year, as it has been for 400 years. The date marks the failed attempt to blow up the Houses of Parliament by a man called Guy Fawkes, along with a group of co-conspirators in London in 1605.

The intention was to kill King James I and wipe out everyone in government. The group was Catholic extremists (the body of English Catholic opinion did not support them for fear of the harm to their cause) who wanted to return England to the Catholic faith. The attempt failed because one of the conspirators had a friend at the Houses of Parliament and sent a letter to him, warning him to stay away from the House on the day the attack was supposed to take place. The letter was intercepted and handed to the King.

Meanwhile, Guy Fawkes and friends, having formulated their plan, known as the Gunpowder Plot, had rolled 36 barrels of gunpowder into the cellars of the Houses of Parliament, and were waiting for the king to arrive when guards broke in and arrested them. They were tortured and executed.

Torture in those days far exceeded the definitions now being applied in the U.S. The conspirators were interrogated and tortured by manacles or by the rack. Execution was a public spectacle, the men being dragged through the streets to the scaffold, where they were hanged, drawn and quartered. Life was cruel in the England of the 17th Century.

It was 400 years ago but religious fanaticism is still with us and is the driving force behind terrorism now as it was then.

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**Early Deadline for March Citrus Orders**

The early deadline for March citrus orders is Friday, March 11. We want you to have your fruit before Easter so delivery will be March 21. Grapefruit will be $13.50 for the regular box, $23.50 for the large size. Valencia oranges will be $14.00 per box.

Regrettably, there will probably be no fruit in April. More later if this changes.

Remember every box ordered puts 50 cents into the Asbury Benevolent Fund. Thanks for ordering.
Asbury: The “Homey, Cuddly” Choice

Much of the talk around the table when the Marketing PAC meets is about the occupancy rates of the various buildings at Asbury, and which buildings need renovation, which units sell well and which don’t, and what information prospective residents get from the Marketing department about Asbury. An update on the progress of the Park View apartments is always of interest to PAC members.

At the January meeting (the PAC meets every other month), Michele Weikert, the Associate Co-chair of the PAC, reported that 83% of the Park View apartments had been pre-sold, with the move-in date set for the end of this year. She also reported on the occupancy rates of the other buildings. The prizes as usual, went to the villas, which have an occupancy rate of 100%, with budgeted occupancy at 98%. Actually, according to Asbury Services Regional Marketing Director Susan Dowell, who spoke at the January CCAV meeting, occupancy in all buildings on campus is above the budgeted occupancy level. Nonetheless, recruitment of new residents for all buildings is ongoing, and efforts are continually being made to let the wider community know that beds are available at Wilson for recuperative or respite care.

At the PAC meeting, Michele also pointed out that Asbury, a not-for-profit organization, cannot possibly compete in advertising with Riderwood, in Silver Spring, one of the chain of CCRCs owned by Erickson Retirement Communities, a privately held entity with facilities in eight states and a total of more than 7,000 employees. Nonetheless, Michele said, watch for a new ad campaign to come out soon. “We’re homey,” she said with a smile, “cuddly!” Hmm...

AMV’s Marketing department has a number of events planned for prospective residents, and welcomes Asbury residents as volunteers, either to open their apartments, act as guides or participate as Host/Hostesses at the Taste of Asbury event and Wait List luncheons. Events and dates coming up:

- Marketing Open House, Wed., March 16, 10 a.m. - 2 p.m., CAWC Community Rooms B & C;
- Wait List Luncheon, Friday April 15th, 11:30 a.m. - 1:30 p.m., CAWC Community Rooms A, B & C;
- Taste of Asbury, Wed., April 20th, 11:30 a.m. - 1:30 p.m., CAWC Community Rooms A, B & C;
- Marketing Open House, Fri., May 20th, 10 a.m. - 2 p.m., CAWC Community Rooms B & C.

For more information on volunteering, call Michele Weikert at extension 4016.

At the January meeting, convened by Resident Co-Chair Earl Kragnes, PAC members were not shy about asking questions and offering suggestions. Will there be a limit on the size and number of dogs at Park View? What about dining facilities there? These are topics to be discussed at the March meeting, said Michele. To entice the last few buyers for Park View apartments, how about offering them tickets for the Montgomery Players shows at the Rosborough Center? Good idea, said Michele, but would have to be discussed with the Players.

Information on health care must be completely accurate, cautioned one PAC member, and new residents should receive information on what happens if you move from one apartment to another, and what the policies are regarding a change of residence, as from independent living to Assisted Living.

All good suggestions, agreed Michele. Best of all, commented Tom Lewis, who was present as PACO representative, for nearly 70 years Asbury has with the help of the Benevolent Fund been able to take of everybody. It’s a blessing for which we can all be thankful.

Samaritan Home Relief Fund

By Betty Savage, E-F

More than fifty residents who donated monies for the Samaritan Home Orphanage met in the Hefner Auditorium at 10:00 a.m. January 25, 2005. Genevieve and Keith Steele had sent a memo to AMV residents about Dayalan Sanders, who left Gaithersburg in 1995 to operate this orphanage in Sri Lanka. Dayalan’s family still lives in Gaithersburg and attended the meeting.

Keith opened the meeting with a prayer for all involved. Genevieve presented the envelope of checks and letters received to Dayalan’s mother, sister and brother-in-law. His brother-in-law had pictures of the buildings and grounds before and after the tsunami struck.

Dayalan, his wife, and young daughter and the twenty-eight orphans and two staff members were all spared. They plan to rebuild and already have architects working on the plans. Our donations totaled $9,140.00 from 122 contributors.

An EGGs-citing Easter Event

Hop to it and join the annual Easter Egg Hunt fun, Sunday March 20th from 2:00 to 3:30 on the grounds between Wilson and Kindley. The hunt is open to everyone. Please be sure to register your children and or grandchildren no later than March 16th at the Kindley or WHCC reception desk. Bring your own basket, but the eggs are on us! Sponsored by the Kindley and WHCC activity staff!

““The trouble with blankets of snow—they slip off too easily!” Ken Jones knew a photo-op when he saw one. He happened to pass by with a camera just as this car “kicked off the covers.”
One for the Books at Mund

By Melva Hiatt, Mund

The residents at Mund had long yearned for a library in their building. The thought was revisited when Dr. Warren Ebinger, Chairman of the Mund Council, brought up the matter as a possible objective.

After approval of the project, the following committee was approved: Sally Duncan, Barbara Tenenbaum, Felicia Stokley, Elen Fenstermaker, Earl Kragnes, Betty Thorne, Kate Dudley, and Barbara Albertson. The committee decided on a wall in the Leisure Arts Room on Mund’s ground floor as the only possible space for the library. A request for books brought swift response. Books were selected and shelved as deemed suitable. A small desk and a tall standing screen were donated by Ned Hopper, Manager of the Bargain Mart. The screen cordons off a nook to define the library space. Thanks, Ned!

A short biography of Sally Duncan, who volunteered to be the library coordinator may be of interest to patrons of the library. When Sally enrolled at Syracuse University, she had no clue as to the interesting life with lay ahead of her. After completing her major in science at Syracuse, she took a job at the Department of Agriculture at Beltsville, Maryland. The job lasted two years. She then married and began her “real” career, being a wife and mother to four children. Along with raising a family, there were numerous church responsibilities, including being on the church board. Sally was no stranger to volunteerism. “I had always thought of myself as just an ordinary person just plodding along,” she said.

At age 55, Sally earned a Masters Degree in Divinity and one in Religious Education from Wesley Theological Seminary in D.C.

When her children were grown and out on their own, and her husband had passed away, Sally decided to spread her wings and fly north in a new direction to Sheldon-Jordon College in Sitka, Alaska. There she became a volunteer librarian for two years, a great experience. She then returned home to Maryland and established her roots at Asbury Methodist Village. She was secretary of the Mund Resident Council in 2003-2004. It was at this time that the subject of a Mund Library again came up for review. When plans moved forward, Sally volunteered to be the coordinator for its establishment. Her main tasks in this regard were: working with John Armantrout, Construction Consultant for Asbury Village. This involved the building of a set of beautifully designed shelves (They’re almost floor to ceiling and finished in the color and with the patina of chestnuts just ready to be roasted); working with Al Benson regarding Resident Concerns and Ongoing Maintenance Concerns in the Mund building; and keeping the members on track with carrying out their duties maintaining the library.

Consider this an invitation to drop by the Leisure Arts Room and see the charming space and homey atmosphere which embodies our shelves of books with fascinating titles and brightly colored jackets. Select a book to take home and follow the guidelines as set up at all campus libraries.

We have books in many categories—fiction, mysteries, travel and more books of serious content for those who wish to embrother their minds with loftier thoughts. There are cushy places to sit, not found in all libraries. At last, a library for Mund!

Book Nook

**FISH!** by Stephen C. Lundin, Ph.D., Harry Paul, and John Christiansen.

By Barbara Schuler, Trott

The book FISH! By Lundin, Paul and Christiansen has been read, enjoyed and discussed by the Dining PAC. It is the story of a young woman, Mary Jane, who lives in Seattle, Washington and works in a bank. The office is a good one, professional with people who could be counted on. Because of her talent, Mary Jane was moved to the 3rd floor where the people were unresponsive and quite negative.

It was difficult to go to work each day, and many hours were spent trying to figure out how to cope with her staff. The workers were set in their ways, not even recognizing how good their jobs were and how good they had it.

While out to lunch one day, Mary Jane ventured near the famous Pike Place Fish Market. She saw many people standing around, laughing and having a great time watching the fish mongers toss fish back and forth to each other.

In talking to one of the men who worked at the market, she found herself telling him about her work environment. He told her that the market had not always been a fun place. Once the workers lacked energy, felt dreary and really did not care for their jobs. They decided they needed to make a change.

Mary Jane went back to Pikes several times on her lunch hour. Lonnie, the fish manager who had helped her, told about how the market had changed. “There is always a choice about the way you do your work even if there is not a choice about the work itself. You can choose your attitude.”

Mary Jane returned to her office to begin the steps that might change the people and her work place.

The book is excellent. It is now in all of the campus libraries and will be discussed on a future Asbury View program.

The Story of the Lectern

By Marj McGuire, Villas

At a recent Villas Council Meeting Joanna Davis, Director of Residential Services, related the history of the lectern we were using. It was handmade of oak by a family friend, Reverend Brubaker, Sr. and given to her father, who was a Baptist lay minister to prisons, hospitals and other community needs in Montgomery County.

It stood in the entrance hallway of their house with an open Bible upon it and a picture of Jesus above it. Joanna can remember kneeling before it and saying a prayer each day before going to school.

Since her father’s death, the lectern had been in storage, but Joanna is now giving it to Asbury. At present the lectern is located in Building 400 and Villas residents feel privileged to have it.
A Gala Concert Opens A New Era

By Jeann North, Trott

How could Montgomery County have lived without the Music Center at Strathmore? The gala inaugural concert on February 12 featured the National Philharmonic playing to a sold-out house, stirring an enthusiastic audience to a 7-minute standing ovation with its closing piece, Beethoven’s Ninth Symphony, and showcasing what is surely bound to be a center of the arts and art education for years to come, and hopefully a haven for Asbury music-lovers as well.

Serendipity put me in the office of Village Life Editor Linda Aber at the very moment she was deciding what to do with two press tickets to the concert. I joined Linda for the drive to the Strathmore the evening of the twelfth.

If you go, it’s easy enough to take the Metro to the Grosvenor-Strathmore station, or if you drive, to park at the huge indoor parking lot and walk across the glass-enclosed bridge to the hall. Best solution of all, take advantage of Valet Parking: for a $10 fee (plus tip), you can drive up to a side door, hand your car keys to an attendant and walk straight into the complex.

Finding your way to the hall, you proceed past the grand glass windows of the Promenade to the Prelude Cafe, where you can order anything from a small meal to snacks, desserts or drinks and sit at tables and chairs in a designated area to enjoy them before an event. There is, of course, a gift shop, and restrooms and elevators abound. Ushers direct you to your seats. Ours were in the orchestra section, just behind some county officials, who were introduced and asked to stand during opening remarks by Joel Alper, Chair of the National Philharmonic Board of Directors.

But the concert hall, the centerpiece of the entire complex, is a marvel in itself. The warm blond birch veneer of the curved hall embraces you with an intimacy surprising in such a large space, and contrasts pleasantly with the seat cushions of a rich aubergine color. Vertical light panels, restrained and graceful, suggest a certain Japanese elegance in the area above the stage. An array of clear acrylic acoustic panels hanging over the stage provide visual complexity to the viewer and serve to enhance the sound.

Most stunning of all is the sound itself. So pure is it that surely every instrumentalist, every singer, must be aware that one false note would be heard not only by the person next to him but by the music section on the other side of the stage, by the conductor, indeed, by every perceptive member of the audience. Music Director and Conductor Piotr Gajewski added passion to the evening as he enthusiastically led the orchestra and chorus, and in the opening number, the audience, in song.

The program itself was tailored to the occasion and to the talents of the performing group. First the stirring rendition of “The Star Spangled Banner,” with Gajewski facing the audience and the whole house singing the rousing anthem to the accompaniment of the orchestra. Then came the world premiere of Strathmore Overture, commissioned especially for this gala and composed by Andreas Makris. In a poignant note, Makris died shortly before the concert on Feb. 3.

Aaron Copland’s Lincoln Portrait gave listeners a chance to meditate on the life of Abraham Lincoln. The one jarring element of the evening was the choice of NPR’s Cokie Roberts to narrate the text accompanying Lincoln Portrait. Her newsreading voice didn’t resonate the way an actor’s might have.

After the intermission, the 130-member chorus joined the full orchestra and four vocal soloists on stage for the magnificent Beethoven Symphony No. 9 in D Minor. The 2003 merger of the National Chamber Orchestra and the Masterworks Chorus into the single entity now known as the National Philharmonic equipped the newly named ensemble for the challenging effort of the inaugural gala and its performance of Beethoven’s Ninth.

It was overall a glorious occasion, and one that portends a lively future for the arts in Montgomery County. The programming for the coming season appears to cater to families, children, young people and music lovers of all ages, including seniors. The center is of course handicapped accessible; steps are low-rise and most have railings handy, though the aisles in the orchestra section did not.

For more information on the Music Center at Strathmore and programs being offered in coming months, check the web site at www.strathmore.org.

The address of the Center is 5301 Tuckerman Lane, North Bethesda, MD 20852. For tickets, telephone 301-581-5100.

 Idle Thoughts

By Reg Westlake, Villas

Organized!
They Always know where the TV remote control is
File their correspondence in neat racks
– For attention, Awaiting reply, Replied to, Reference
Mark up the year’s birthday dates on their calendar
Balance their checkbooks
Never run out of postage stamps
Keep an adequate supply of ink and printing paper for their computer

Mark all appointments on their calendar
Keep their car regularly serviced
Pay their bills on time
Never forget to water their plants
Keep a shopping list and add things to it as they think of them
Never run out of milk – or anything
Always have a spare light bulb
Check their voice mail promptly
Always lock their car
And so on
They’re so well organized it makes you sick.
So! You think you KNOW the Village Life Staff, eh? Well, here’s your chance to prove it! See if you can tell Who’s Who Now and Then. Study the NOW faces on page 8 and try to match them up with the THEN faces on page 9. When you think you’ve guessed who’s who, write the name in the space under the THEN photo. The answers may be found on page 15. We’ve started this feature with the features of some of the staff. Now we invite YOU to send your Now and Then photos to Linda Aber, Village Life, and we’ll keep the guessing game going.

A. Marjorie McFarland, Diamond Reporter, known for her dry sense of humor, keen editorial sense and willingness to dress up.

B. Melva Hiatt, Artist is Residence and Editor for Mund.

C. Gordon Allen, caterpillar collector, photographer, willing worker, Editor for 419, and all-around great guy!

D. Betty Goen, closet tree house dweller, knows what’s what, who’s who, and just about everything else; a one-of-a-kind Betty from Edwards-Fisher.

E. Marjorie Brugger, teller of the broken arm tale and others, reporter for Trott who trots out her sense of humor with every submission.

F. Virginia Williams, a new and instantly active staff member from Trott, most like the Energizer Bunny!

G. Lois Lord, the school teacher who deserves straight A’s for getting her stories in on time and absolutely correct; she is the Editor for Trott.

H. Reg Westlake, the Brit with the Wit and one of the most prolific reporters representing the Villas.

I. Betty Savage, sees all, knows all, reports all with a twinkle in her eye and a heart of gold, she’s an Edwards-Fisher reporter with a nose for news.

J. Jeanne North, Leader of the PAC reporters, best proof-reader, Trott gal with a love of life and laughter.

K. Joan Dunlop, always smiling, brings out the best in all the New Residents; she reports on—another E-F gal!

L. Tom Wilkinson, the guy with the eye for photo-ops all over campus; if a photo caption is missing, more often than not, Tom took the photo.
The Land of Asbury

By Genevieve Wimsatt, Building 419

It is 7 a.m. on a bitterly cold February morning and a dozen voices converge at the Old Barn in Asbury Village. In spite of the gloom cast by the semi-darkness and the overhanging clouds, there is a cheery and jocular tone to the exchanges of morning greetings as the men enter the Barn. Gradually one voice emerges above the chatter when Dan McMurdo, Supervisor of Asbury Landscaping, starts to talk with his 11 Crew members about their tasks for the day. The men move briskly into groups according to their assignments. With good-natured banter they assemble needed equipment, enter the trucks parked nearby and then fan out across the grounds for another workday on the beautiful campus.

The excellence of the landscaping and its meticulous maintenance are among the few subjects on which the residents, the associates and the Administration of Asbury Village all agree. Underpinning this success has been the Administration policy of having professional landscape architects as an integral part of the planning and construction teams for all of the new buildings. But only by great good fortune could the Village have been favored for more than a decade with a landscaping Supervisor and crews not only competent but dedicated and inspired.

Make no mistake! Maintaining Asbury’s grounds is no simple task of planting pretty little pots of flowers each season and removing the spent foliage at season’s end. The campus covers 130 diverse acres including natural wetlands, marshes, bramble patches as well as the garden plots of residents. The ponds generate their own special requirements for aquatic and wildlife health. In addition some State and Federal regulations apply requiring, for example, reforestation and ‘green canopy’ projects. It is a complex eco-system situated in the center of an urban environment.

Over the 12 years of his tenure at Asbury Village as Grounds Supervisor Dan McMurdo has evolved an efficient system of small working groups usually comprised of two or three men. Each group has specifically assigned areas of work in which it becomes highly proficient and it has a high degree of autonomy for its daily operations. From this responsibility has grown a fine pride in the quality of its work.

The Villas comprise one of the work areas handled by crew members John Marzulli and Juan Cortez. Here a good deal of friendly interaction is possible between the residents and these grounds keepers. The second work Crew covers all the apartments—Mund, Trot, Edwards-Fisher, Diamond and Building 419—under the watchful care of Herb Hunter, Bo Flannery and Juan Boche. The Administration Building, the Wilson Health Care Center, and the Rosborough Center comprise the third group under the direction of Bernard Cooper and Bret Wamsley.

To assure flexibility and availability, some members of the Landscaping Crew have assignments which require only part time; a particular skill or a particular season. Keeping the trucks and machinery in smooth running order is the primary concern of Don Boswell but he also works with other groups when needed. Donald ‘John’ Burress, who has been with Asbury 25 years, is dean of the grass cutters and he together with Greg Frazier and Scot Shewey keeps the lawns under control. Snow removal often requires all hands at all hours during the crisis. During a goodly number of winter storms grounds keepers have slept at Asbury on cots in vacant apartments.

Turnover among the Landscaping personnel is very low. The newest employee, Juan Boche, has been here for 3 years. Bo Flanary and Herb Hunter at 8 and 10 years respectively are the seniors, while the rest of the Crew has been on the job more than 5 years. Conversations with these Associates reveal that respect for Dan’s leadership, a high degree of camaraderie, and a deep sense of personal participation and responsibility are important factors in their job satisfaction.

The notion that the satisfaction stems primarily from ‘ease of the tasks’ is quickly obliterated by a visit to the Barn to watch the trucks being loaded with heavy supplies and equipment or to follow the men to actual campus worksites—especially around the ponds. It is fitting that the headquarters for the Village’s Landscaping activities is located in a structure which was a barn on the farm during its working years. The exact dates are not known, but probably were in the late 1920’s and 30’s. May the Campus caretakers continue to start their workdays from this historic structure!
When I was a girl growing up in Glover Park, D.C., milk was delivered right to our door. In winter it would freeze in the bottle, and the cream would expand out of the top, which had a paper cap. A truck from the Jewel Tea Company brought tea, cakes, cookies, sweet buns, and pies. There was also a laundry man, a honey man, and a scissors grinder who had a monkey with him that wore a little red cap. The vegetable man had a horse and wagon. (One time, when he wasn’t looking, I bit into a red pepper, not knowing what it was, but thinking it might be good, and burned my mouth!) People on Hall Place got their eggs from Mr. Fuchs, our neighbor who kept chickens.

People kept food in an ice box with a block of ice, and they would put a little sign in their window to tell the ice man when they needed more. The ice man had a horse and wagon, and when it was hot the children would follow him down the street to suck on the ice chips that flew off when he cut ice blocks to carry into the houses. That was good, but even better was when our neighbor bought a large piece of ice, scraped it to make snowballs, and served them to us with different flavors of syrup poured on top.

There were stores, too. Sometimes our neighbor, Mr. Bailey, would walk us up to Pearson’s Drug Store for Wilber Bars and ice cream, or the newest thing, which was sherbet. At Dacey’s Deli, we bought one-cent Tootsie Rolls or mints: if you got a pink mint you got a prize. At the Piggly-Wiggly store, there were punch-cards: if you were lucky you could win a red wagon.

We played in the street. My friend Irene Sachs and I, and the other kids we knew, played jump rope (single and double Dutch), dodge ball, and Mother-May-I. The gas lamp post in front of my house was “home” when we played Hide-and-Go-Seek. Hopscotch (both regular and “snail”) was played with markers that were smooth flat rocks that we had collected in the woods between Hall Place and Tunlaw Road (where we also had a cable swing). Tunlaw is walnut spelled backwards, and it came about because there was already a Walnut Road!

On very hot days we walked down to the swimming pool in Georgetown. To be taken to Glen Echo Amusement Park on the trolley was a particular treat.

I recently talked with a playmate of mine from those long ago days, and he still remembered that once we were playing marbles, and he got hold of my favorite aggie and never gave it back. Although we valued those marbles highly, I have been told that some people in Glover Park still turn them up in their yards and in the park pretty often, so maybe we lost a couple here and there. The marbles may be gone, but the memories of the place are never lost.
The Oxford dictionary defines it as "whatever is available". The definition does not do justice to the delicious fare provided by Villa residents at their two-monthly pot luck dinners, held in their Community Building 400.

Another definition of pot luck dinner is when the ladies bring along offerings that their husbands rarely see at home (only joking, ladies!).

At the dinners the birthdays of residents whose birthdays fall within the two months are celebrated. The Villa residents began their pot luck dinners (originally called suppers, a distinction without a difference) in 1996 and so are now into their tenth year. Our dear Ann Torrey, who died in March 2004, was their originator, hoping to promote friendship among the Villa population, which was new at that time. In this her wish has been fully carried out. "This is the best thing we do" has been the residents' opinion.

One special evening came a month after her death when the residents enjoyed Ann's generosity. In her will she left funds for a catered Villa dinner, including some of her wine.

A great deal of hard work goes into these occasions, which are held on a Saturday evening. One of the ladies volunteers to be the coordinator for each event. This involves receiving the residents' proposed contributions of food, keeping a balance between entrees and desserts. She also plans the color scheme and the decorations for the evening. There have been some imaginative evenings. Our former resident Ged Muhley was a florist and she filled 400's ceiling with multi-colored balloons and she displayed flower all over the room. When Jo Yount was coordinator she placed colorful hand painted birdhouses on every table.

On the morning of a dinner a band of up to a dozen volunteers loyally came to 400 to set up the tables and decorate the room. A beautiful feature of the table decorations are the flowers, artistically selected and arranged by Phyllis Nester and Betty Herfurth. At the end of the evening these go to the birthday celebrants and residents unable to attend because of sickness.

When evening comes the residents fortergate to mingle and socialize before being called to the tables by the MC for the evening. Residents may bring guests and attendance is in the 50's and 60's, seated at seven or eight tables of their choice. They go up for their food one table at a time, the order of going being selected by lot. But the order in which they go for their entree is reversed when it comes to the desserts.

The names of the birthday honorees are listed on a board (no ages!) and are called out in order at the end of the meal when each one is invited to say a few words. When all are done the assembly sings Happy Birthday to a piano accompaniment, by Isabel Westlake or Jane Sorrows, and then the MC gets down to business.

The MC's usually, but not always, come from the men, and very accomplished they are. In the past year we have had Al Knight, Art Hall, Charlie Kiser, Wayne Smith, Dan Muller and Bob Yount. Some tell anecdotes, others go in for quizzes, sometimes musical ones. Bob Yount, who plays the 400 organ so beautifully at many of the dinners, takes a delight in tormenting the gathering with those. Another memorable occasion was when MC Wayne Smithie and wife Dorothy organized a word definition contest derived from the Liars Club, challenging the audience to select the accurate definitions of words which, although in the dictionary, nobody had ever heard of. The 'definitions' — one correct the others spurious — were given by Bettina Curtis, Bob Yount, Dan Muller and J.C. Curio. All four of them showed what consummate and persuasive liars they could be. Their performance was included in an AVTV program recently.

Occasional pot luck dinners are given a break when the dinner is replaced by a luncheon at a restaurant or the food at 400 is provided by Asbury catering. And at Christmas there is the Villa residents' annual catered dinner in Rosborough, followed by carols. But whether it is a 'pot luck' or a variation of it, the purpose is to bring Villa residents together. Unlike other Asbury residents, there are few opportunities for meeting and socializing in the Villas, there being no lounges or places to meet casually, other than in the mail room where four would be a crowd! Ann Torrey saw the need and how right and how successful she has proved to be over these ten years.

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**Registration is open for the new Active for Life course that will meet on Mondays, April 4-August 29, 1:00-2:00 pm, in Conley Hall, Lott Building. An Information and Registration meeting with refreshments will be held Monday, March 28, 1:00 pm, at the same location. Brochures with application forms will be distributed to apartments and villas.**

Active for Life has become an automatic part of my thought processes. I see lots of little ways of adding more physical activity to everything I do. Tracy keeps us on track and prevents us from getting discouraged. Active for Life classes are informal, friendly, discussion-based, and free to qualified participants. They receive free tuition, a textbook, a program notebook with handouts, and Active for Life imprinted step counters and t-shirts. New classes begin in April and registration is open.

"I've become more motivated since the program began," adds Ruth Salb. "I'm climbing stairs. Every day I walk in my apartment and now with good weather coming, I'll be doing 20 minutes outside. My goal is 30 minutes of moderate physical activity on most days, and by March I'll really be consistent." Participants keep track of their physical activities and learn to overcome barriers caused by bad weather, temporary depression, and other issues.

Aida Kreys recalls that "before Active for Life, I would dilly dally in the morning. Now I walk the corridors in my building before breakfast. Afterwards, I walk more. It makes me feel full of pep and ready to go."
As one of our newest residents, Mildred came to Trott on February 2, 2005. Did she see her shadow? From warm and comfy Florida to off and on chilly, icy Maryland, it was quite a change. She was born in Chicago, Illinois and received her early education at the Lutheran Elementary School in Chicago. She graduated from Roosevelt High School.

Mildred went to work at the telephone company where she remained for five years until her marriage. Her husband was an engineer for the Illinois State Highway Commission. For two years she was secretary to the State representative.

Their family includes one daughter here in Gaithersburg and two sons, one in Illinois and one in Florida. There are nine grandchildren (eight boys and one girl), and five great grands.

When Mildred’s husband retired, they moved to Cape Coral, Florida where they lived for 20 years. Altogether, it was 58 happy years of marriage before her husband passed away.

Mildred is Lutheran and will be attending Good Shepherd Lutheran Church.

(Marjorie Brugger, Trott)

Jim Newton moved from Frederick to Asbury, where his mother and aunt had lived in the present Administration building; his mother from 1967-78, and his aunt Carrie Harrison, then in the Home, died in 1991. Jim was always a faithful visitor.

Born in Fayetteville, North Carolina, he graduated from Upper Marlboro High School, Maryland and then explored several fields. He and his second wife married in 1942 and had no children. Jim served two years in the Navy on a landing craft during WWII. He then decided to join the police force and was an officer for eight years in Maryland.

In 1960 he took the Federal Exam and accepted a position with the Department of Corrections. After 15 months of recuperation after an injury, he was transferred to the Lorton area. For 20 years he worked in the Federal Prison System in Maryland and Virginia. His final position was Prison Property Officer for the government, and he also taught new employees in the training center.

Car racing in Pennsylvania, Virginia, and Maryland was an exciting hobby and Jim also enjoyed hunting and fishing. For 21 years, Jim and his wife fished together at their place on Lake Anna, Virginia. He enjoyed reading mysteries, westerns and non-fiction. Jim belongs to Forest Grove Methodist Church and the Moose Club (37 years). He belonged to VFW, American Legion, and is a Mason.

Jim’s second wife died in 1999 after 57 years of marriage. His son from his first marriage lives in Florida, Jim has five grandchildren and two great grandchildren. We welcome the son and nephew of two early residents!

(Lois Lord, Trott)

The Wagner’s moved to Ashbury September 29, 2004. They wanted to be near to their daughter and her family and had visited Ashbury in the past at Open House time.

Lela was born in Emory, Texas and attended Lamar Tech in Beaumont, Texas. She worked in the Payroll Department of Magnolia Refinery in Beaumont for seven years and in Rockland County, New York Community Mental Health Clinic for 14 years. Gardening, grandchildren and travel are her main interests, and she has done volunteer work for PTA, Scouting and Bluebirds.

Elmer was born in Lafayette, Louisiana. He attended the University of Texas at Austin and was graduated from Lamar Tech with a degree in Chemical Engineering. He worked for Mobil Oil (originally Magnolia Petroleum Co.) for 37 years. He began his career at the Beaumont Refinery and then was transferred to Mobil headquarters in New York City, where he worked for 14 years. Then he was transferred to Fairfax, Virginia when Mobil moved its headquarters there in 1980. He remained at the Fairfax facility.

(Marjorie McFarland, Diamond)
Frances Lee
Mund 603, x5845

Frances grew up in Washington, DC. After graduating from Woodrow Wilson High School in 1937 she worked for Peoples Life Insurance until 1942 when she married and moved to Great Falls, Montana, where her husband, a cryptographer, was stationed with the Army. When he was shipped overseas she returned to Washington to await the birth of her first child. In 1949 the couple moved to Rockville with son Robert and daughter Judy and lived in Twinbrook for 11 years. In 1960 they moved to Halpine View.

Frances was a stay-at-home mom until 1973 when she returned to the workplace as a secretary with the FDA’s Bureau of Radiological Health from which she retired in 1988. Her daughter lives in Wheaton, her son in Boynton Beach, FL.

Bowling has been Frances’ favorite activity. She was on the Board of the Washington DC Women’s Bowling Association and always went to the national bowling tournaments which were held in major cities all over the US. In 1989 she was elected to the Women’s Bowling Hall of Fame.

After her daughter was also elected to the Hall of Fame, they became the only mother-daughter pair in the Hall of Fame. Later after Frances had had two knee replacements, she resumed her bowling.

A big surprise was the reconfirmation wedding put on by her children on the occasion of her 50th wedding anniversary. She and her husband were originally married by a justice of the peace but on the day they’d planned to have a reception they were treated to a big formal wedding with a wedding gown and all the trimmings.

Frances has volunteered for ten years with Hospice, been an active volunteer at Rockville’s Christ Episcopal Church, and she began the Neighborhood Watch program in her neighborhood.

Asbury was Frances’ choice as a retirement community as she had a good friend who had been her daughter’s godmother living here. She has two grandchildren, Debi Britton and Robert E. Lee III.

She looks forward to becoming a great grandmother around May 5th this year.

(Judy Weaver, Mund)

Edward Lombard
Edwards-Fisher 511, x4532

Ed was eager to move into Asbury, January 11, 2005 and join the Edwards-Fisher family. He was born in Boston, Massachusetts and received his B.C.A. degree from Strayer University.

Ed was married for seventy years, but became a widower in October 2004. For the last five years of his wife’s life, she was in a nursing home in Frederick. Ed traveled to Frederick every day to help care for her, a true labor of love.

They had two sons and two grandsons. They lived in Montgomery Village for twenty-five years, where his grandsons are now residents. One of his sons lives in Frederick and the other son in South Carolina. His family keeps in close touch with him and is extremely supportive.

Ed spent more than thirty years in the property insurance field from agency to company to regulatory agency. He saved D.C. consumers from self-styled consumer advocates. His big accomplishment was to bring the National Association of Insurance Commissioners to D.C. for their annual convention; the first time in sixty-seven years. He retired as Insurance Commissioner of the District of Columbia in 1973.

(Betty Savage, Edwards-Fisher)

Mimi Dow
Edwards-Fisher 508, x5080

The Thanksgiving to Christmas holiday rush had just begun when Mimi Dow moved, November 29, 2004, into apartment 508 at Edwards-Fisher. She was born in Winston-Salem, North Carolina as he gentle speech pattern would indicate.

Educated at the University of North Carolina at Chapel Hill, her BA degree is in education. Her career highlights are many-faceted with experience in teaching, technical editing, secretarial work and proof reading showing some of her many skills.

Mimi’s hobbies and interests are wide and varied and include enjoying a good mystery story, doing an easy crossword puzzle and watching college basketball games. Her chief volunteer activities are related to children’s schools, and her religious affiliation is Protestant.

Mimi is married with one daughter and grandson living in Canada. She and her husband, who is at the health care center, were attracted to Asbury by its wide-ranging activities, welcoming staff and residents, and spacious grounds.

(Joan Dunlop, Edwards-Fisher)
**Welcome New Residents**

Laura Hamilton  
*Mund 202 X5291*

Laura is a native of Columbus, Ohio and a graduate of Ohio State University, where she was a member of Kappa Alpha Theta. She moved here in December, from Bethesda, where she is a member of Concord-St. Andrews church.

Her husband, Ted, was a chemical engineer. They married in 1948 and had two children, a daughter, Carol and a son, Philip. When Philip spent his junior year in Vienna, Laura and Ted visited him there and enjoyed having him show them around. After Ted died in 1982 of ALS, Laura joined a friend in running an antique shop. When they gave that up she still attended two or three antique shows a year in the metropolitan area. Her interest in antiques continues.

Laura has traveled extensively in Russia, England, Spain, Italy, Israel, where she was on a tour lead by Ed Baumann and from where she flew on to Cairo for a tour of Egypt.

*(Anne Porter, Mund)*

John Ryan  
*Mund G-3, X5843*

John moved to Asbury in July, joining his wife, Elizabeth, who is a patient at Wilson Health Care. They had lived in Rockville, but John is a native Washingtonian, and attended St. John’s College High School and Catholic University. He spent four years in the Marine Corps, and worked at Page Communications Engineers, Inc. for 8 years, then spent 34 years with the Customs Service as a Senior Inspector. While he was working there, he tried to make our visitors feel welcome by teaching himself enough of 15 languages to be able to greet our foreign visitors in their native language. He reports that many of them were touched, but some wanted him to speak English.

John is gradually adjusting to living here. The best thing is being able to see Elizabeth every day. They have been married 43 years, and have two daughters who live in the area and a son in San Francisco. There are four grandchildren.

*(Anne Porter, Mund)*

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**Answers to Face to Face with the Village Life Staff Match-up**

Answers:
1. Marjorie McFarland;  
2. Gordon Allen;  
3. Lois Lord;  
4. Virginia Williams;  
5. Betty Goen;  
6. Marjorie Brugger;  
7. Melva Hiatt;  
8. Joan Dunlop;  
9. Tom Wilkinson;  
10. Reg Westlake;  
11. Jeanne North;  

**Bonus Question: Do You Know Who This Is?**

Laura Hamilton  
*Mund 202 X5291*

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*(Anne Porter, Mund)*

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**In Memoriam**

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<thead>
<tr>
<th>Resident</th>
<th>Facility</th>
<th>Date of Death</th>
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</thead>
<tbody>
<tr>
<td>Miriam Taylor</td>
<td>Edwards-Fisher</td>
<td>01-13-05</td>
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<tr>
<td>Zillie Sandlin</td>
<td>WHCC</td>
<td>01-16-05</td>
</tr>
<tr>
<td>Elizabeth O. Profe</td>
<td>WHCC/Trott/Home</td>
<td>01-18-05</td>
</tr>
<tr>
<td>Pauline Kough</td>
<td>Mund</td>
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<td>Lavinia Henderson</td>
<td>WHCC/Kindley/Home</td>
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<td>H. Steffen Peiser</td>
<td>Edwards-Fisher</td>
<td>02-11-05</td>
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<td>Grace Dayhoff</td>
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By The Village Life Staff

When there’s nothing to do there’s plenty to do and here’s the list to prove it! Give boredom the boot with this tried and true list of boredom-beaters. And if you still have nothing to do, take a moment to make up a list of your own things to do when there’s nothing to do and send it to Village Life.

1. Clean out dresser drawers.
2. Put pictures in albums.
3. Repot that amaryllis!
4. Do toe, knee, shoulder exercises.
5. Go to the Wellness Center and get on the treadmill or if you aren’t able to tread yourself, cheer on a friend who can.
7. Write letters to someone who will be happy to hear from you.
8. Make up a new blessing for your dinner group.
10. Knit or crochet; learn to if you don’t know how.
11. Learn how to use e-mail in the computer center.
12. Call on an acquaintance who is ill.
13. Continue writing or taping your memoirs.
15. Take a trip with the Travel Committee!
16. Rearrange the furniture; start a notebook and tell the history behind the family heirlooms you have in your home.
17. Create wardrobe changes; mix and match outfits.
18. Join the AVTV staff (call Chip Hickey x 6266; join the Village Life Staff (call Linda Aber x 4106).
19. Start a club that hasn’t been started yet—The Lunch Bunch, Current Events Club, Shopping Club, Foreign Films Club etc.
20. Learn a foreign language or brush up on the one you sort of kind of almost know.
22. In the doctor’s office, scan the table for magazine articles, review devotional material, do a crossword puzzle, bring a pad and pencil and sketch objects or people.
23. Think about things you should be doing in the way of physical activity.
24. DO the things you thought about doing.
25. Make a smoothie.
26. Do a little jig.
27. Make a “TO DO” list.
28. Watch people on a bus, street, in waiting rooms, at meetings and make up a story to go with their character or life.
29. File your nails; file your income tax return.
30. Join the tap-dance class.
31. Dream up new plantings for your flower beds.
32. Create a family tree for your grandchildren.
33. Polish all your shoes.
34. Change your hairstyle, lipstick, and/or perfume.
35. Walk around campus and smile at everyone you see. Count how many smiles you receive in return.
36. Invite a newcomer for coffee or tea and conversation.
37. Keep the volunteer at the desk company.
38. Go through your pennies and find ones made in the year you were born, graduated, started your career, got married, had children, retired, moved to Asbury.
39. Order pizza and have a pizza party on your floor.
40. Invent something that solves a problem you have.
41. Make a list of ten things that make you smile. Refer to it when you feel like smiling.
42. Memorize a favorite poem.
43. Listen to music; invite someone in to listen with you.
44. Divide the day into ½ hour sections and see how many half-hour activities or chores you can accomplish.
45. Clean out drawers or files.
46. Organize a progressive dinner—appetizers at one apartment, move to another apartment for main course, and another for dessert.
47. Bake for a bake sale.
48. Start a new interest—genealogy; become an expert in one topic; study a course on tape, videotape, or audiotape (order from The Great Courses—1-800-852-2412).
49. Watch a video and make popcorn; plan a “girls only” movie night and rent a “chick flick.” (Try “Enchanted April” for starters)
50. Volunteer! Man the front desk, tutor employees in English (Contact Betty Goen in E-F or Beth Kilgore in Trott), help out in the Williamsburg Clothes Closet; take photos or write for Village Life; help sort and deliver mail in the Health Care Center, work in the gift shops, help with the Bargain Mart, join a PAC, sing with the choir or play bells.