

See Emilie's article on page 7.

Volume LIII
No. 7
October 2020
•
Foulkeways
Bulletin
•

The news and views
of residents
of Foulkeways
at Gwynedd, PA

foulke

—WAYS



This hummingbird's long bill and tongue reach nectar deep in Cardinal Flowers' blossoms
Photo courtesy of Larry Master, www.masterimages.org

How Are You Surviving the Pandemic?

Part one of a two-part series. Residents' views
are being collected by Jenny Stanton.

Cardinal Flowers

The joy of this Covid summer has been the Cardinal Flowers, *lobelia cardinalis*, three 12-inch plants I wrestled into the infamous Foulkeways clay the last day of May. It was a first for me, and fraught with wondering: Would they take to the partially shady spot I found for them? And even less certain: Would they tolerate the soil?

Their spot behind the caboose offers no sightline from the patio door. So every early morning I couldn't wait to go out and look. Still can't, as I write this in late August. If watching grass grow is a metaphor for boredom, watching these cardinal flowers morning by morning was riveting. When the intense red spikes reached my chin, I became a nuisance to my neighbors: Come and see!

Two small dramas brought a passing loss: A deer nipped off the first tall red spike, and Tropical Storm Isaias broke the second. Still, in this stasis-summer of our discontent, a gift of wild joy, compliments of nature.

—Nancy Neiman-Hoffman

Continued on Page 2



Cardinal Flowers in Nancy Neiman-Hoffman's yard

Jenny Stanton

How Are You Surviving the Pandemic?

An Embarrassment of Riches

At first, as we accommodated our routines to COVID-19, my anxiety was high. Plans were discarded and time expanded beyond my understanding. As a political junkie, I eagerly followed accounts of how national and local officials responded. It was not encouraging. Inept leadership at the top was followed by a patchwork of policies at the state and local levels. There seemed to be little understanding of how the virus works and how dangerous it is. This failure of our government system was very disappointing to me, especially considering the human cost. I used to repeat to my classes the familiar saying, "Democracy is the worst form of government—except for all the others." Now, I'm not so sure.

Gradually, I became accustomed to this strange period by enjoying the companionship of my husband, the pleasures of reading, group meetings via Zoom, chats using FaceTime and old-fashioned phone chats with friends. Also, I am so glad that we moved here in March 2019. The ways in which this community is facing the challenges of this moment have raised my spirits. In fact, when I speak with friends in less commodious circumstances, I realize that what we enjoy here is an embarrassment of riches. How lucky we are!

— Marianna Sullivan

"The ways in which this community is facing the challenges of this moment have raised my spirits."



Deborah Voight, as Cassandra, bemoans the coming destruction of Troy in a scene from the Met production of *Les Troyens*

Beth Bergman

Netflix, and Books, and Opera, Oh My!

One of the silver linings in the Covid cloud for us has been the ability to postpone our dinner hour from convenient for Dining Services early times to more desirable for us later times. But delaying dinner doesn't prevent the inevitable long evening and the temptation to watch fury-inducing political news. Our five grandchildren were riding out the storm in small Manhattan apartments. There was much to worry about.

To prevent hypertension we, like most, searched for diversion. Netflix and Britbox and books (the Foulkeways library has seen record use) were all options. However, the announcement in March that the Metropolitan Opera would be streaming opera every night for free caught our eye.

Between *The Daughter of the Regiment* on March 20 and last night's four hours and twenty minutes of *The Trojans* we have watched over 100 operas (some repeats). We had always been classical music buffs, but not much opera. Now we have developed a lasting yearning for the drama, melodrama, comedy, big diva, big chorus, big production, impossible plot line world of opera. What a gift from the pandemic. And so far the kids are all right.

Because Polly can knit and watch operas at the same time, by September 1, she completed six women's sweaters, one man's sweater, three children's garments, two cowls, one scarf, one poncho and two sleeveless tops. Mitsuko Iriye's generous gift of beautiful yarn to the Craft Room made this possible. Look for these creations at the next Craft Fair.

— Tom Parker

Stuck

To quote John Weakland, a family therapist and researcher, life is one thing after another. Being stuck is the same thing over and over. Bill James, a statistician for the Boston Red Sox and author, maintains that the world/reality is too complex for our minds to comprehend. Yet, we crave explanations. Thus, we construct maps/theories to explain what we fall short of fully understanding. These theories, to name a few, include psychology, religion, economics, and political science. More specifically, we each carry our unique maps of reality, views of the world in our heads, maps which vary in the degree to which they conform to reality. As Einstein put it, we experience these as an "optical illusion of our consciousness." Don't believe everything you think. As they say in AA, "Our heads are dangerous neighborhoods, don't go there alone."

When our maps are distorted/biased and they are running the show, that's when, in my view, we get stuck. For example, if our worldview is that we are generally ill-treated, we can easily get hung up on imagined hurts or injuries. An antidote to this is that when we assume that someone is doing us wrong, it's in our interest not to confuse a person's limits with rejection, their not knowing what to do in relationships with ill will (per Barbara R. Krasner, family therapist and author). We can always check out our relational maps through dialogue. If I feel wronged by you, I can tell you so and ask what was going on from your side. More specifically, an I-message (per Thomas Gordon) can be very helpful. An I-message goes like this: "When you said/did such-and-such, I felt so-and-so." For example, "When you rolled your eyes, I felt dismissed." This gives the other a chance to respond to our map and, hopefully, refine it.

So, if we choose to use it, we have the healing power of dialogue to correct our maps and repair the breaches of trust between us. What do you think? — Sam Hogg

The Women's Rights Pioneers Monument, Central Park's recently installed sculpture of Sojourner Truth, Susan B. Anthony, and Elizabeth Cady Stanton. Meridith Bergmann created the 14-foot bronze monument.



Votes for Women

On August 26, the 100th anniversary of the certification of the Nineteenth Amendment, a 14-foot-tall bronze statue depicting Sojourner Truth, Susan B. Anthony, and Elizabeth Cady Stanton, was unveiled in Central Park. It is the only statue in the Park of real women, and its installation was the result of many years of campaigning. The ceremony featured a number of speakers, including Hillary Clinton and several descendants of women who campaigned for the right to vote. I had previously known Coline Jenkins, Stanton's great-great-granddaughter, whose mother was an active member of the Friends meeting in New York of which Ron and I were members. There was a report of the event on NBC that morning.

A "Votes for Women" sash was handed to me the previous week by another Foulkeways resident (I can't remember who it was!), who recommended wearing it on the 26th. I would have worn it to dinner if we were having dinners; as it was, I sat on our patio and our neighbor, Karen Batt, whose patio is a good vantage point to see residents passing along the D path, flagged them down and directed them to look at me. So that was my celebration of the anniversary.

— Judy Inskeep

Ron Inskeep





Education and Current Issues

October ECIC Events by Zoom

Candidate Forum: 4th Pennsylvania Congressional District of the US House of Representatives

Mon Oct 5

4-5 PM via Zoom

Kathy Barnette is a veteran, a former adjunct Professor of Corporate Finance, conference speaker, author, and Conservative political commentator.

Madeleine Dean is an attorney, professor, mother, grandmother, and Member of Congress, representing Pennsylvania's 4th Congressional District of Berks and Montgomery Counties.

— Richard Newman, rchrd1221@verizon.net



Kathy Barnette

Madeleine Dean



Creating a Future of Hope through Research: Dr. Cherian Verghese

Mon Oct 12

4-5 PM via Zoom

This session will provide Foulkeways residents with a basic understanding of dementia and practical knowledge regarding how to engage with, communicate with, and understand affected individuals, and to support caregivers and our community. For more information contact Alice Stein.

— Alice Stein, amstein22@comcast.net

American Attitudes to War since 1914: John Shepherd, Delaware Valley University

Mon Oct 19

4-5 PM via Zoom

John Shepherd will return to our auditorium with a thought-provoking history lesson regarding the evolution of American attitudes toward war. Rescheduled from May 28, in this presentation John will talk about American thinking from the First World War through our involvement in Afghanistan; he'll describe how thinking about war has been molded by experience, perception, participation, narrative and counter-narrative. We'll consider the impact of government officials, newspapers, radio, and television along with issues of time, battlefield success/failure, and casualties.

— Lee Miller, millera@philau.edu



The History of Our World in 18 Minutes

Wed Oct 28

4-5 PM via Zoom

Backed by stunning illustrations, David Christian narrates a complete history of the universe, from the Big Bang to the Internet, in a riveting 18 minutes. This is Big History: an enlightening, wide-angle look at complexity, life and humanity, set against our slim share of the cosmic timeline. The question is then posed: What next? This is essential for all of us, including the non-scientists among us.

— Lee Miller, millera@philau.edu

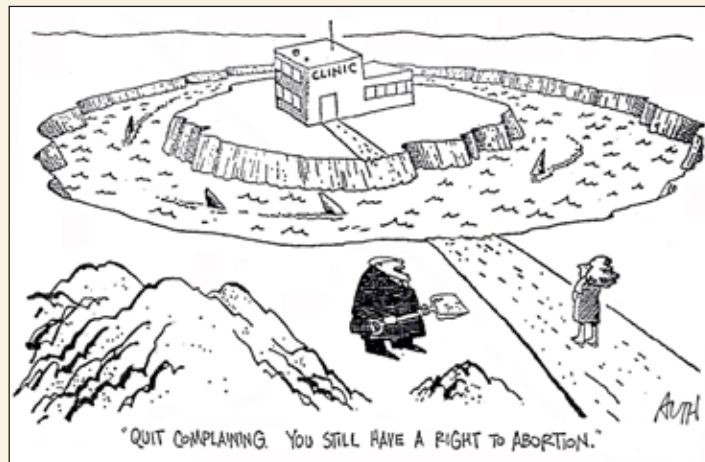
Reading Editorial Cartoons - The Supreme Court and Abortion Law

Thu Oct 22

4-5 PM via Zoom

Resident Linda Myrsiades, West Chester University Emerita Professor of English and Comparative Literature, will explore how visual literature (political cartoons) addresses and impacts important cultural issues, using as a case study a selection of editorial cartoons published as part of the debate surrounding the Supreme Court's decisions dealing with abortion law. The emphasis will be on a non-partisan reading of themes in visual literature as they relate to culture, law and the Supreme Court.

— Richard Newman, rchrd1221@verizon.net



High Times and Corruption in Atlantic City

Thu Oct 29

4-5 PM via Zoom

Thanks to the construction of the railroad, this barrier island's population grew from one family to 30,000 residents from 1850 to 1890. Corruption accompanied this growth. Its political bosses transformed the city from a beach village to an internationally known resort. The end of Prohibition and the Depression, World War II, availability of the automobile and successful prosecution of its criminal leaders led to a decline in Atlantic City's popularity. This talk is by Foulkeways resident Bill DelGesso.

—Tim Johnson, johnsontl@aol.com

New Kitchen Arrives!

It's here, up and running, pretty much on schedule and on budget.

According to John Kennedy, Director of Dining Services, Foulkeways' new kitchen is like a new transmission in a car. The driver (that would be Jeff DeLawder, Executive Chef) can tell the difference and couldn't be happier with the performance. The passengers (that would be us residents) just continue to enjoy a smooth ride.

The new kitchen was authorized about three years ago—the first major kitchen renovation in 50 years! It was targeted to begin construction in early 2020 and to be finished in September. Indeed it was finished in September despite a one-month hold on construction in the early days of the pandemic.

The grand total cost: about \$3 million, roughly half of that for the kitchen itself, half for ancillary expenses such as a new HVAC system. And here's a behind-the-scenes plus: Every day fresh food and supplies have to arrive. Every day refuse and recyclables have to depart. These functions, which used to conflict because of space constrictions, no longer do.

— Ken Ford

On the Foulkeweb, at the bottom of the Dining section,



under the Menus, there is a "Blog" with photos of the progress of the kitchen renovation. So much on the Foulkeweb.



There's Something Fishy about the Foulkeways Kitchen

There's something fishy about the Foulkeways kitchen—at least, when seafood is on the menu. John Kennedy, Director of Dining Services, and Chef Jeff tell us that Foulkeways gets its fish from specialty seafood suppliers such as Samuels and Son out of Philadelphia, a city that is a major hub for fresh seafood. Samuels' purchases are made in accordance with the sustainability standards of the Monterey Bay Aquarium Seafood Watch and similar organizations, and they make sure to purchase farmed fish that are raised sustainably, (not all farmed fish are). Other considerations when purchasing are the budget, whether the fish reheats well, and whether it has bones (diners prefer none). We have a long history of fish on our menu, and a truck delivers it six days a week.

John and Chef Jeff had the following to offer about various kinds of fish.

Atlantic salmon: comes from Jail Island in Canada. It is sustainably farmed in open waters, and some of what is raised is put into wild rivers.

Pacific cod: has replaced North Atlantic cod, which has been overfished

Tilapia: has been overused and is now out of favor

Catfish: farm raised; a better product now than it used to be

Shad: we had it once this year. Wish we had more, with roe, in season!

Chilean sea bass: rarely available

Orange roughy: endangered, not available

Swordfish: take 6-7 years to mature. Back in the 1980's swordfish was on nearly every restaurant menu, and it was fished to near extinction. It was later learned some individual swordfish were 50 years old and older! It has recovered somewhat from previous lows.

Mussels: farm-raised

Shrimp: mostly farm-raised

Fish is often the best animal protein to eat to combat deforestation, water scarcity and climate change, and we are fortunate to have John Kennedy and Chef Jeff preparing our fish in tasty ways.

— Judy Inskeep

Foulkeways Library Great Books Discussion Group Is Saved by Zoom

Thu Oct 15

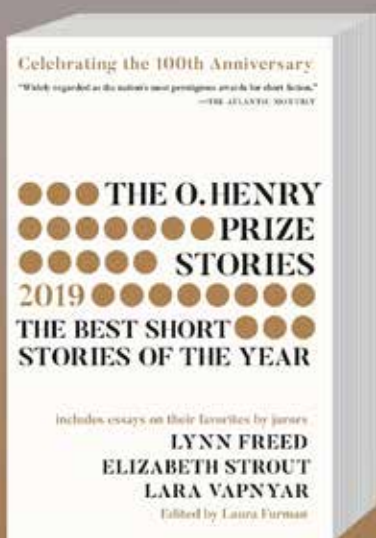
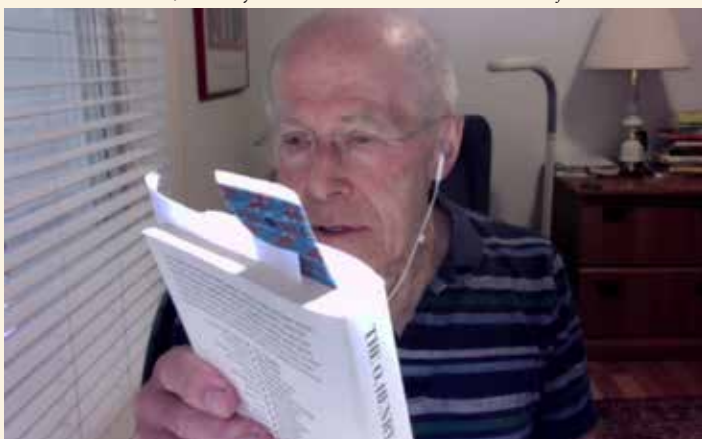
2-4 PM via Zoom

A Great Books discussion group for residents has been meeting for a year. With the pandemic, we had to move to using Zoom, and surprisingly, it really has been very good. If you wish to join, you are very welcome. We are reading stories from the 100th Anniversary edition of *The O'Henry Prize Stories*. Please contact John Taylor at x7351 or john.taylor219@gmail.com as you will need to get hold of the short story collection and read the chosen short story to participate in the October 15 discussion, and to get the Zoom invitation.

— John Taylor, john.taylor219@gmail.com

Discussion Leader John Taylor

Photo from Zoom Screen



Discussions about readings from this
100th Anniversary edition



Detail of a watercolor by Harriet Emmettrout. We enjoy the original art throughout the campus.



Gretchen Hall and Nancy Heers enjoy a "garden party."

Lois Pan



SPOTLIGHT

The spotlight falls on a member of the community from time to time.



Don Griffin

Miko Papp Administrative Assistant, Maintenance

Foulkeway's Maintenance Department, set up on the hill between Perimeter Road and The Barn, is a busy small city with a bevy of tool-equipped golf carts ready to scoot out, plus wood chippers, pumps for extracting water, and trucks for hauling trash, fallen branches, discarded furniture, and other objects. On one side, in a two-story white building, renovated three years ago by adding a top to a garage, Darren Wenner, Director of Facilities, and Miko Papp, the department's administrative assistant, have offices.

"While Maggie Wood has been the first point of contact for residents, I've been the one to assign the jobs to the workers and follow through to make sure they are complete," says Miko as she leads me up the stairs. She gives me a tour through the spacious, light-filled second floor. There's a conference room for meetings with staff or vendors, a lunchroom and lounge with a large computer where "the guys," as Miko calls them, can check the list of jobs that appear on their phones, and an end room with architectural drawings of any building on campus.

Miko serves as a researcher and a purchasing agent for Darren and Ed Suchodolski, the assistant director of maintenance. She deals with new construction and turnover, renovations, and orders for everything from certain kinds of screws to windows, doors, and appliances--anything that Darren or Ed need for their projects. In addition, she explains delays to residents, does the payroll for maintenance,

It's Quiet AND a Beehive of Activity at Foulkeways



Resident and a Bulletin Photographer, Lois Pan watched and documented the landscaping of the grounds around section J from her kitchen window.



Emilie Harting captured the completed project.



and orders their uniforms, and clocks their hours working on the new units. Also, she and Marketing Coordinator Jessica Lowe walk through renovated units before residents move in to make sure they are "move-in ready." She says her biggest challenge is getting the work orders completed in a timely manner. "I'm constantly following up."

Miko has been at Foulkeways for thirty-two years, and feels she has a strong family connection. She first learned about Foulkeways from her aunt, Jane Spurgeon, who had been a nurse in "Owen and Lloyd" for many years before it became part of Abington. She also met her husband Brian here. Miko started in 1988 as a waitress in the old Abington Dining Room, and then spent several years at the Front Desk before she was promoted to her current position. She's seen lots of changes: the new buildings Abington North and West, and the Tyson units, erected where woods once stood.

When I asked how she likes to spend her leisure time, she bubbled over with enthusiasm and exclaimed, "Travel!" She and her husband have been to many Caribbean islands and plan to visit Antigua next. They also enjoy the Jersey Shore with their sixteen-year-old daughter Mackenzie and her friends.

— Emilie Harting



Monarchs Are Gone but Not Forgotten



Monarch butterflies roosting in Mexico

Pablo Leautaud

Monarch season is over. The butterflies of late summer have flown to central Mexico where they spend the winter. Thanks to the many Foulkeways residents who planted milkweeds, we hosted Monarch eggs, caterpillars, and adults. To survive, Monarchs require plants in the milkweed family like the Butterfly Weed, Swamp Milkweed, and Common Milkweed in our gardens.

Our help is sorely needed. In severe decline, this iconic insect is a candidate for designation as an endangered species. The Xerces Society for Invertebrate Conservation reported a 53% drop in the 2019-20 wintering population in Mexico following an 80% decline since the 1990s. We were alarmed and saddened to learn of the death, pre-

sumed an assassination, of Homero Gómez González, the manager of El Rosario, the largest Monarch reserve. He was an activist protecting the oyamel fir forest, the Monarchs' winter roost, from illegal logging. A part-time guide, Raúl Hernández, was also killed.

Threats to Monarchs in North America are daunting, too. Firstly, although a gravid female will lay 400 eggs, fewer than 10% survive. The percentage of individuals who make it to Mexico is unknown. Their risks include habitat loss, widespread herbicide use in agriculture, insecticides, and climate change. Here at Foulkeways we can redouble our efforts to plant milkweeds next spring and help "Monarchs Reign at Foulkeways".

— Edie Parnum



This lovely butterfly was inside
on my drying spearmint!

— Nancy Heers

Calligraphers (and Doodlers) to the Ramparts

What do you see below? A name. Now turn the page upside down. What do you see? The same name. That's called an ambigram. If one or more words, when rotated 180 degrees, also read as one or more words (not necessarily the same words), it's an ambigram.

The word ambigram was coined by Douglas Hofstadter just a few decades ago, but the art form goes back to ancient times.

So, Foulkeways folks (not just calligraphers) reach for your pens, pencils, and brushes, and design an ambigram. Email it to bulletin@foulkeways.net no later than November 15. Winners will be announced and their ambigrams displayed in the January issue.

— Ken Ford



An ambigram for our resident Ken Ford

by Douglas Hofstadter

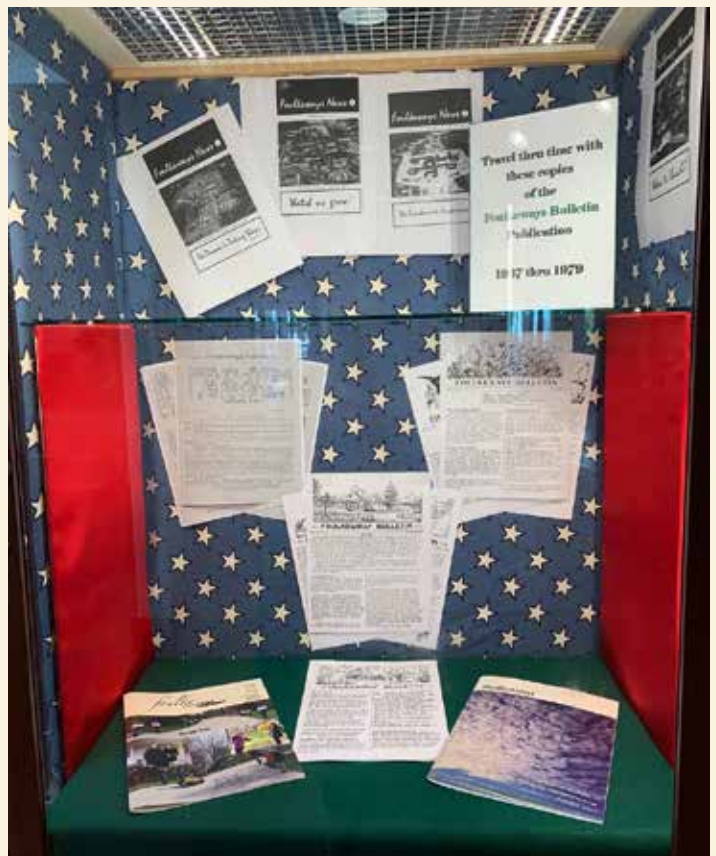


Another Ambigram

Anne Todd



Anne Todd



Old copies of the Bulletin and last year's literary magazine, *Reflections* have been in the lobby display case.

The Future Crafts Fair

Although a date for the annual Craft Fair has not yet been set, residents have been lovingly crafting items to offer for sale. Proceeds from the Crafts Fair have always been a major contribution to the Foulkeways Residents Association, paying for the live performances by professional musicians, for interesting speakers, and for so many of the activities we enjoy. Here are just a few of the items which will be offered at the future Crafts Fair.



Leather Pouches by Anne Todd



Knitted Items by Reba Mohan

Ceramics by Ralph Levy and Marcia Paschkis



Resident Bobby Bryant is even sewing lap quilts for the Crafts Fair while she stays with her daughter in Florida

Halloween Fun

Folks in Sections K and L partying together in 2019. Did they start wearing masks before they had to? At least they didn't have to "socially distance" yet.

Photos by Emilie Harting



Donna Haney



Pat Morris



Elizabeth Kelly, Cathie Minehart, and John Lauffer

BOO !



From left: Cathie Minehart, Carol Bradley, Fran Bradley

Elsewhere on Campus:
Lois Whittemore



Sally Palfrey??? Who are you?

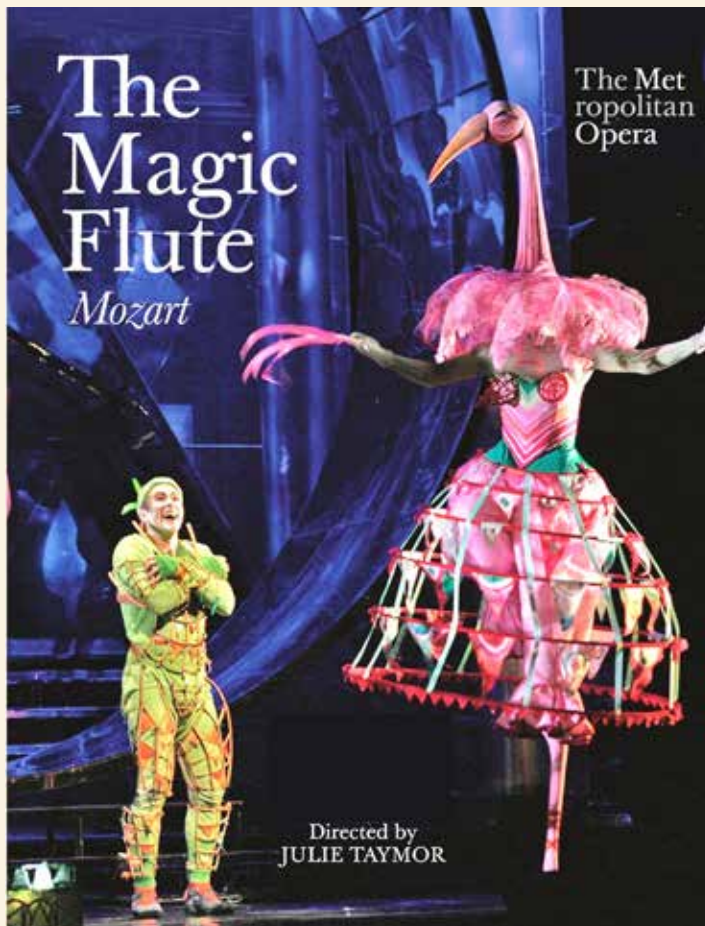


Opera from the Brooklyn Bridge

Cliff and I were visiting New York City and we decided to walk across the Brooklyn Bridge. I wanted to go to the Opera. Cliff is not an opera fan! I understood that there was a number you could call at exactly 12:00 noon to get "Rush Tickets" for \$20.00 at the Metropolitan Opera. These tickets were time-limited, having to be used that evening. With the supply of tickets limited, it was "First come, first served." You had to get lucky and be one of the first to call.

We set out on the Manhattan side and walked across, thinking that we had plenty of time. The walk took longer than we had guessed. Time was running out while we were still trying to get back to Manhattan. It was fast approaching noon and we were only half way across the bridge. Clearly, we were not going to make it. Between the vehicle traffic on the tiers below us, the hikers, and bikers the noise level was so high we could not hear on the cell phone. It was looking like we would not get back in time to call. Then Cliff spotted nearby one of the massive I-beams that supports the bridge nearby. We squeezed around the back side of the beam. It was so huge that there was room for both of us inside the I-beam, and the noise level was low enough to make a phone call. I made it! Got a ticket for an orchestra seat at the Metropolitan Opera to see *The Magic Flute*.

— Carol Jacques



Nancy Trexler

A-15

7170

Nancy was born in Cleveland, Ohio, lived in Winthrop, Mass., East Cleveland, Ohio, Washington, D.C., Hyattsville, MD. After meeting her husband, she moved to Philadelphia. Education: (Case) Western Reserve U., BA; U of MD, College Park, MLS – Library Science; Hahneman, MS – Clinical Psychology.

Summer School: Mexico City College; U of Lisbon. Other: Barnes Foundation, three-year Horticulture Program; Penn State Master Gardener Program. In accordance with her interest in horticulture, she is a volunteer at Morris Arboretum and Barnes Foundation and belongs to many horticulture organization

Changes

New Residents

Anne Wetzel	AH-82	7150
Margaret Anderson	C-3	7192
Elizabeth "Betsy" Hornberger	L-111	7332
Lawrence "Larry" Plummer & Prudence "Prue" Churchill	B-13	7186
Teresa Schemm	AH-111	5321
Sallie Ann Cope	AH-48B	7068
Peter & Caroline Saylor	N-12	7364
John & Charlotte Mulvihill	S-11	7015

Moves

Richard Mohrbacher	AH-91	to	out of community	
John Ellsworth	AH-105	to	GH-36A	7144
Jacquelyn "Jaci" Fellows	AH-92	to	GH-16A	7093
Margaret "Peg" Skinner	AH-88	to	GH-32	7106
Joan Kleber	L-107	to	AH-51	7078
Lorna Sohn	H-10	to	J-3	7280
David Harr	AH-72	to	GH-22	7152
Michael & Susan Snyder	D-14	to	E-11	7238

In Memoriam

Thomas A. Michael	August 25
-------------------	-----------

Foulkeways Bulletin

Foulkeways at Gwynedd
1120 Meetinghouse Road
Gwynedd, PA 19436
(215) 643-2200

Return Service Requested



Great Blue Heron

Photo courtesy of Larry Master, www.masterimages.org

The Peace of Wild Things

by Wendell Berry

*When despair for the world grows in me
and I wake in the night at the least sound
in fear of what my life and my children's lives may be,
I go and lie down where the wood drake
rests in his beauty on the water,
and the great heron feeds.
I come into the peace of wild things
who do not tax their lives with forethought
of grief. I come into the presence of still water.
And I feel above me the day-blind stars
waiting with their light. For a time
I rest in the grace of the world, and am free.*

— Submitted by MaryAnn Greenway

Foulkeways Bulletin Committee

Editor: Anne Todd

Molly Diamond, Ken Ford, Emilie Harting,
Judy Inskeep, Jenny Stanton.

Photographers: Don Griffin, Lois Pan, Anne Todd

Articles provided by Foulkeways residents and
FRA Committees.

Deadline for submission is the first of the month
prior to the issue to be published: November 1 for
December issue, for instance. Extra consideration
will be given to articles submitted in the weeks

before that deadline as space allocations are
made earlier than the actual deadline.

Please submit materials to bulletin@foulkeways.net

The Foulkeways Bulletin Committee reserves
the right to edit materials for space and style.

The Foulkeways Bulletin is published monthly,
September through May.

If you wish to receive the Foulkeways Bulletin
by email, contact Brian_Kersey@foulkeways.org