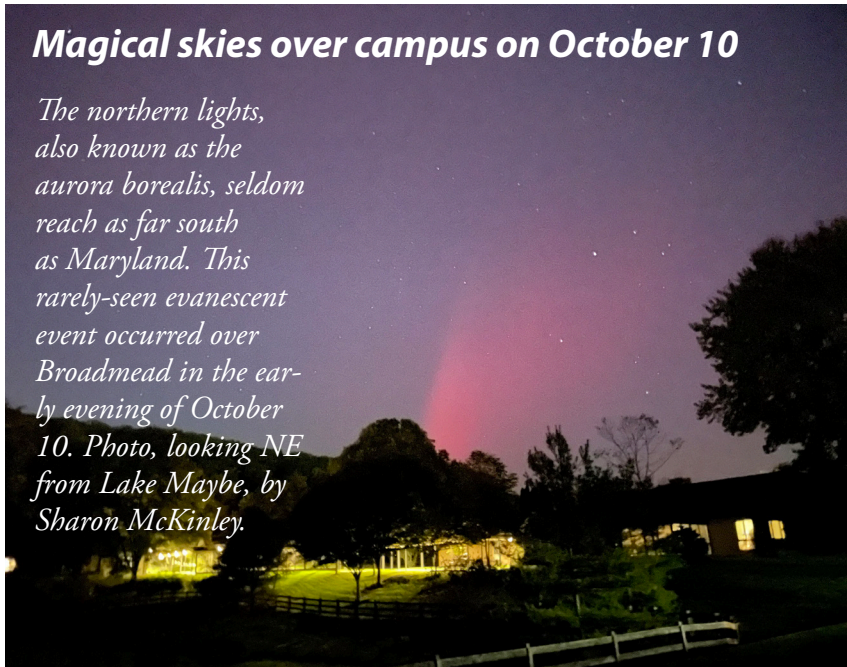


Voice OF THE RESIDENTS

Vol. 46 • No. 3 Broadmead • Cockeysville, MD

Magical skies over campus on October 10

The northern lights, also known as the aurora borealis, seldom reach as far south as Maryland. This rarely-seen evanescent event occurred over Broadmead in the early evening of October 10. Photo, looking NE from Lake Maybe, by Sharon McKinley.



CEO Jay Prince to focus on ensuring Broadmead's strength

By Jackie Mintz

Jay Prince, Broadmead's CEO as of last month, brings to his new position a background overseeing and strengthening a CCRC similar to Broadmead, where he initiated innovations that, if emulated here, could add new dimensions to this community.

Jay understands, however, that he first needs to get to know Broadmead residents and learn about Quaker values and processes. He says he is looking forward to doing this and welcomes opportunities to meet with residents in cluster meetings and other settings. (Hint to residents and resident groups: set up meetings through Trisha!) He has already arranged to be educated about Quaker values.

Prior to coming to Broadmead, Jay was CEO for ten years at Heritage Community of Kalamazoo, a non-profit CCRC in Kalamazoo, MI, which had fewer Independent Living (IL) units than Broadmead but larger licensed care departments. He took that job at a time when Heritage was in financial instability and turned it around by increasing revenue and decreasing operational costs.

Several initiatives that Jay instituted during his time at Heritage either do not exist at Broadmead or are currently less developed. Among them was a smart-home technology consulting and service company that was

see page 6

Payback time for solar deemed unfeasible

By Pat van den Beemt

The sun won't be shining on solar panels at Broadmead in the foreseeable future. Gina Mathias, VP of Sustainability, held a presentation on September 24 to reveal the results of a solar study done on campus.

The study, done by Capital Solar Group, focused on the possibility of putting solar panels above the team members' parking lot and also on the roof of the Community Center.

In both cases, the time between installation and financial payback was too long. "For now, it just isn't financially feasible to

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New electronic signage in the Community Building

A Voice Q&A

Who developed the new computer display signage, and why?

George Pattee, Broadmead's IT Business Analyst, and Andy Switzer, Director, Center of Excellence in Health and Wellness, are the people behind the new signage system. A large group of residents gave feedback to Andy and the leadership at Broadmead about improving communication. Residents suggested, among other things, augmenting same-day event notifications within the Community Center. The new display screen signage system was the response: this method was chosen because of the ease of maintaining the content, the ability to have a lot of information in one place, and the overall appearance.

Who maintains the content on the screens?

The content on the screens is maintained by Andy and his crew in Wellness, which is responsible for internal communications. The information is primarily limited to events, and not general notices. The screen outside the Arbor Café, maintained by the Dining Team, shows only menu information.

How often are the screens updated?

The content is updated several times a week, with old notices coming off the screens and new content for the coming week being added. The Dining screen is updated daily.

Is the screen information a bit different, depending on location?

The larger scrolling slides are the same on all the screens, but the calendar sections differ on some screens. For example, the calendar on the screen next to the auditorium shows only the auditorium schedule (and is labeled that way). However, the screen next to the reception desk and near the Stony Run entrance lists all the events that are also on the printed "This Week at Broadmead" (and is labeled that way).

What if scrolling on the screens seems too fast?

"If someone finds the scrolling too fast, please let me know which screen you are referring to and we will make sure it is timed appropriately," says Andy. The goal is that each slide has around 15-20 seconds to display.

Delays continue for Holly House restoration efforts

By Ann Hunter

Work was to have begun this summer on the renovation of Holly House. What's the holdup? Permits, weather, supply chain? According to Joyce Malone, VP of Facility Services, Broadmead is waiting for the Maryland Historical Trust to approve the duly-submitted plans for the exterior and first floor work. It may be after the holidays before the Trust's decision is made.

Because Holly House is a historic structure and Broadmead is committed to preserving the integrity of original architectural details, guidelines must be followed while renovating. Historical Trust approval may provide the added benefit of being able to acquire more funding for the project.

Contractors have been hired for the exterior work, which includes roof, windows, foundation and patios. The interior work has to wait until the exterior is done. The designers, following historic guidelines, will be ready to decorate the first floor, including a complete rehab of the kitchen and bathrooms. Some of the stored Holly House furniture will be refinished and reupholstered and used to complement the architectural details in the more formal rooms.

It will be well worth the wait when Broadmeaders can enjoy the much-needed meeting and social gathering spaces that will be available in Holly House.

Learn more about the Maryland Historical Trust at: <https://mht.maryland.gov/Pages/default.aspx>

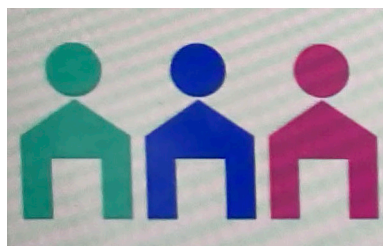
Goodbye, “Caremerge”; Hello, “Broadmead Connect”

A Voice Report

In February of 2023 the Health and Wellness team informed residents that Caremerge, the company that created the residents’ Internet portal, had merged with a company called VoiceFriend. This merger resulted in a new company called “Icon.”

With this merger Broadmeaders would still be able to continue to use the features and services found on Caremerge, but the website would also be adding such VoiceFriend offerings as mass communication—the ability to send community-wide text messages, emails and voice messages from time to time, mainly focusing on emergencies. The merger also offered the opportunity for Broadmead to choose a more descriptive and personalized website name. A survey, both in print and electronically, was distributed to residents, asking for their feedback about what they wanted it to be called. The responses for the survey overwhelmingly preferred Broadmead Connect.

The new URL (web address) for Broadmead Connect is www.broadmead.org/broadmeadconnect. User names and passwords remain the same. Anyone still using the old Caremerge web address should



Broadmead residents can add the “Go Icon Community App” (logo above) to their phones or tablets for ease of access to Broadmead Connect. Usernames and passwords stay the same. Depending on the device, residents can also opt to use fingerprint or facial recognition to access this web portal.

update to this new URL immediately. (Residents can still access the old URL, but it does not give the full version of the Broadmead Connect website, and soon it will not be supported.)

Broadmead Connect (a.k.a. Icon) is constantly evolving. Wellness staff speak with Icon personnel every three months to discuss how things are going, suggest changes and learn about coming enhancements, additions and improvements.

Icon encourages user feedback about usability and function from all the senior living communities it serves. Important recent additions include making it possible for residents to check their meal balances and make meal pickup orders. Icon’s future ability to connect with and integrate with the other IT systems that

Broadmead uses could be very helpful.

Residents have had input from the beginning of “going digital” at Broadmead. The BRA and the BRA Internet Technology (IT) group helped pick the Caremerge portal as our first community engagement website portal. Input from the IT Steering Committee (which includes resident participants) has been an important means of getting feedback. Input from residents is always welcome; contact Andy at aswitzer@broadmead.org.

Residents can share a less complete “public” version of Broadmead Connect via this link: www.broadmead.org/connection This can be useful for families of residents who want to stay informed about what’s happening on our campus.

Leave the leaves!

A Reminder from The Nature Committee

The Nature Committee encourages residents to leave leaf litter in their gardens until spring. This insulates the soil and helps to retain moisture. It also provides shelter for pollinators and other insects and beneficial critters during the winter.

Broadmead’s contractor removes fallen leaves from common areas to maintain a tidy appearance on the campus. Residents, however, have the option not to have leaves removed from their own gardens. Maintenance has signs available that you can place in your garden to advise the contractors not to blow off the leaves in a given area. *Contact Maintenance at 443-578-8022 to get one or more signs, as you need.*

Sign up for BRA’s trip to Longwood Gardens on Dec. 12!
—See page 18—

From “Widower’s Neglect” to “Mount Repose”

By Edward Papenfuse

Until the American Revolution the property now known as Broadmead was a leasehold from Lord Baltimore dating from 1742. The Lords Baltimore had been given the whole of what is now Maryland by the King of England in 1632. That grant with its charter gave the Lords Baltimore the right to establish manors with leaseholds, or to sell land as ‘patents’ for plantations and farms.

In 1796 John Cockey Owings had the leasehold he wished to call “Widower’s Neglect” surveyed in anticipation of applying for a patent (the original deed from the State). His survey included a succinct description of what the farm was like, the first real glimpse of the early history of Broadmead:

“There is on this Survey 1370 Pannels of old fence, 50 Pannels of new Post and raile fence; 85 Apple trees the most of them very old; 10 Peach trees, 6 Cherry trees, 1 old Framed Dwelling House 20 feet by 22 covered with Shingles with a Stone Chimney; 1 old log’d Kitchen 12 feet Square covered with boards; 1 old log’s Corn House 20 feet by 16 almost down...”



Mike Pierce’s plotting of “Widower’s Neglect” on Google Earth demonstrates that Broadmead today is within the bounds of the original patent. Source: <https://map-maker.org/>

After the Revolution all the remaining unpatented land and leaseholds of Lord Baltimore passed to the State, and in 1800 the State granted a patent to what today is Broadmead to Abraham Green, who had acquired the right to patent the leasehold from John Cockey Owings. Green immediately sold the patent to Joseph Thornburgh, a wealthy Baltimore City Quaker, who bought it for £1,272 (twelve hundred and seventy-two pounds—the estimated equivalent of \$198,000 in 2023 dollars) and brought his family there to live, calling the property and the existing house “Mount Repose.”

Thanks to the late Mike Pierce, an accurate overlay of the original “Widower’s Neglect” patent has been laid out on Google Earth, clearly showing that Broadmead’s property lines today are within those of the 1801 patent.

Who then were Joseph Thornburgh and his daughters? What can be learned of their lives and of their husbands? How did the geology of the property lead to the development of the vast coal reserves of western Maryland? When was the house known today as Holly Hill actually built, and for whom? We will explore those questions next time.

Broadmead resident Ed Papenfuse, now retired, was Maryland State Archivist for many years.

Financial aid available via BRAF

The Broadmead Residents Assistance Fund (BRAf) provides financial assistance to any Broadmead resident whose financial assets are becoming depleted to the point that they may have difficulty meeting all their obligations. Contact Jennifer Schilpp, Chief Financial Officer, at 443-578-8063 for information about how to qualify.

It’s time for Hiking on the NCR Trail

On Thursdays through November 14, a Broadmead bus will transport those who want to hike the NCR Trail. The bus will depart at 9:15 a.m. from the Lower Level Entrance, and will return to campus at approximately 11:00 a.m. Sign-up is required. Email wellness@broadmead.org or call 443-578-x8060.

Move Over, Van Gogh!

Text and photos by Sandy Angell

The recent East Hall artwork display created by students from Padonia International Elementary School (PIES) was a huge hit with Broadmead residents, judging by glowing comments and the smiling faces of visitors. The exhibit was arranged by the Student Support Volunteer Project, a BRA activity.

Nicki Machulcz, the only art teacher for over 500 students at PIES, manages to lead classes for all students at least once a week. An accomplished artist herself, Nicki has 10 years of teaching experience, including the last three years at Padonia.

Her assignment for each grade level represented in the exhibit catered to their age and abilities, but all projects had a fall theme either through color, landscape, or the many facets of Halloween. Nicki's ability to inspire her students is evident in their work.

Kindergarten students learned to use scissors safely to cut shapes in fall colors. First graders drew lines and shapes to create scarecrows while they began to use both crayons and watercolors in the same painting. Second graders learned perspective from landscapes that included an amazing array of scary pumpkins, witches, animals, and even a sun wearing aviator glasses. (The children clearly enjoyed this project!) By grade three, students were creating their vision of Van Gogh's "Starry Night," with overtones of Halloween. Creating realistic

leaf shapes using the crayon-resist watercolor technique led to beautiful designs by the fourth graders. And, finally, who can resist the self-portraits done in the art style of Tim Burton—a little Goth, a little surreal, very monochromatic and definitely spooky? The fifth graders were into it.

If you looked very closely, you noticed that second-grader Amina added this hidden message to her landscape: "I love art."

We'll help Nicki Machulcz and all the little Aminas keep this creativity alive by inviting them back to Broadmead and by supporting their efforts at Padonia.



(l.-r.) Carolyn Murphy, Barb Hunter and Marion Baker prepare the art display in the East Hall, a project of the Student Support Volunteer Project of the BRA. Broadmeaders were impressed by the creativity and humor demonstrated by the talented students.



Examples of Halloween-themed student art projects: first graders created scarecrows (above), second graders experimented with perspectives that included pumpkins (below), and fourth graders did scary monochrome self-portraits in the style of a famous artist.



CEO Jay Prince to focus on Broadmead's strengths

from page 1

acquired through a joint venture arrangement. It provided a smart-home system for all IL units, including a front door security system, connected lights and thermostats, voice assistants, and electric blinds. In addition, the company had a research center that worked



Jay Prince, Broadmead's new Chief Executive Officer. Photo by Jackie Mintz.

on building physical environments that, with adaptive sensory features, could lower the anxiety of persons with dementia.

Jay also raised the funds to build an education and research center for dementia and Alzheimer's disease, The Memory Care Learning Center, which provides free education and instruction to all caregivers in the Kalamazoo region, most of them family members. The Center also conducts research into immediate quality-of-life issues, as distinguished from scientific research whose results, as important as they are, will not be known for years or even decades.

In addition, Jay acquired a private duty homecare business and integrated it into Heritage. Though comparable to Broadmead's Friends Connect program, it serves a wider segment of the broader community.

What attracted Jay to the field of eldercare? As he vividly explained at a recent Fireside Chat, he had a life-changing experience during his last year in college, when, as an intern, he spent 24 hours as a patient in a nursing home. There he learned what it was like to have to wait for someone to help him out of bed to go to the bathroom, and to need to be turned every two hours throughout the night. During that evening, he met elderly patients whose life experiences and accomplishments he found so impressive, he decided his calling would be to work to improve the living environments for older adults.

Comprehensive Campus Plan update

Gina Mathias, VP of Sustainability, reported on October 10 that a draft version of the full report of the Comprehensive Campus Plan will be completed by the end of October. It will then be reviewed by the work group and others before it is finalized. An update is anticipated for the December issue of the *Voice*.

Outlook for solar on campus

from page 1

do solar," Gina said. "But we will keep looking into it."

The parking lot proposal would cost an upfront payment of \$1.5 million. The payback period is estimated to be 19 years. Likewise, the Community Center project would cost \$834,000 and has a payback period of 15 years. Gina said she would consider a future proposal with a payback period of 10 years or less.

Broadmead's current contract with Direct Energy is for \$.04 per kilowatt hour, a very low rate. That contract expires in 2026, so Gina has time to investigate other providers of electricity. In Maryland, electricity must be 50% renewable by 2030.

There was discussion at the September meeting about SRECs: solar renewable energy certificates. One SREC is produced by a solar panel every 1,000 kilowatt hours. Those SRECs can be sold by the owner of the panels. So, even if Broadmead does not have solar panels, it can buy SRECs from others.

Broadmead resident Paul Sleeper, who worked for BGE for 15 years and was involved with solar projects, attended Gina's presentation and agreed that the payout time for both projects was "way too long." He urged Gina to begin working on the next electricity rate contract long before the current one expires in two years.

TECH TIP FOR NOVEMBER

To see if Broadmead's library has a particular title, go to <https://bm-ind.narvi.opalsinfo.net/bin/home#0>, then type the book's title in the search box. If the library has the book, go get it. If it doesn't, go anyway. There are lots of great reads available—and no due dates.

Greenhouse opens for the season

By Kathleen Truelove

On or after November 1, you can bring your own plants to the greenhouse. Hopefully, the deck entrance will be open by then. For those who can't negotiate the deck stairs to the outdoor entrance, access through the physical therapy room is always available. For a fee, maintenance will move large plants. You need to call them to schedule time for this. It's well worth it!

There is space in the greenhouse for shade-loving plants as well as for sunny ones. Residents are entirely responsible for the care of their plants. Dead plants will be discarded.

Only "organic" pest control is permitted in Broadmead's greenhouse; organophosphates, carbamates, and neonicotinoids are prohibited. Neem oil, insecticidal soap, and similar products are acceptable. Alcohol (isopropyl or ethyl) sprayed on plants will help keep aphids and scale at bay. Many pests can be controlled with a hard spray of water. Be sure your plants are pest-free when you bring them into the greenhouse.

The space on the cabinets just outside the greenhouse is a good place to overwinter semi-tender plants like rosemary, which don't want a greenhouse but don't want the winter cold either.

Prominently label your plants with your name. I will provide some plant stakes and a Sharpie. Plants will be moved around to accommodate the best spot for each plant. I usually try to put flowering plants like geraniums on the top shelf so people in PT can enjoy them. There are also several hanging spots.

Resident Kathleen Truelove is the greenhouse manager.



It pays to walk the clusters for surprises. This sculpture created of pumpkins was spotted in front of D-10. Photo by Sumner Clarren.

The **Terrace Garden** (at right, west of the pickleball court) is getting an update. Check it out and see if you can identify the native plants. The small pond is home to at least three frogs (see one of them below). Our garden is visited regularly by residents, team members and visitors. Stay tuned for

additional updates as the flower beds are re-worked. Caption and photos by Marsha Howes, who has been working for many happy hours to beautify the Terrace Garden.



New Board member Jason Frank

By Alice Cherbonnier

The Broadmead Board welcomed Jason Frank, a pioneer in the field of elder law, to its membership in March. His first assignment was serving on the newly-constituted CEO search committee. He says he enjoyed learning the Quaker business process, requiring reaching the sense of the group rather than majority rule by voting. Now that the CEO search has ended, he is serving on the Board's strategic planning committee.

Jason has practiced elder law for over 44 years, not only meeting the legal needs of older people, but also working in policymaking and advocacy on their behalf.

Following graduation from the New York University School of Law in 1979, he was hired by the University of Baltimore School of Law to supervise students in an elder law clinical program supported by the Older Americans Act. He went on to establish the Law Office of Jason Frank in 1985, which became Frank, Frank & Scherr, LLC, in 2003.

At a judge's request, Jason literally "wrote the book" on his complex and evolving legal field: a 2,600-page treatise—which he has updated regularly—called *Elder Law in Maryland*, the first and only such reference for Maryland attorneys working with the elderly and the disabled. He also wrote a second book, *Maryland Medicaid: Long-Term Care*, and has published numerous articles in the field.

Since retiring, in addition to being professionally affiliated with three Maryland firms, Jason has been named a Subject Matter Expert on a grant made to the National Academy of Elder Law Attorneys Foundation by the Robert Wood Johnson Foundation. The two-year grant is intended to address inequities caused by Medicaid estate recovery. "Medicaid is not a public benefit, it's a loan and has to be paid back. It has a tremendous negative effect on families with few assets," explains Jason. Justice in Aging is also a partner on the grant.

"It's a question of having the wrong disease," says Jason. Acute medical conditions are likely covered by Medicare, but chronic ones—such as dementia, ALS or Parkinson's Disease—are not. The elderly who find themselves in that category may need Medicaid to pay for their care—but that can come at the price of having to divest of nearly all their assets, thereby perpetuating intergenerational poverty.

Throughout his career, and continuing today, Jason has been an adjunct professor in elder law at a number of law schools and universities. He will be teaching elder law at Tulane this spring.



Jason Frank, new Broadmead Board member. Photo courtesy of Stavely and Sallitto Elder Law.

When it was pointed out that all this activity constitutes a heavy workload for someone his age, Jason jokes, "I failed retirement."

In addition to serving on Broadmead's Board, Jason is also a member of the board of The Wesley SecureCare Program, a non-profit organization that is seeking to establish the Continuing Care at Home (CCaH) model in the State of Maryland, making it possible for seniors to age in place with lifecare services.

Two CCRCs—Broadmead and Edenwald—have been partnering with The Wesley as it expands its program.

In retirement, Jason and his wife Laurie, also a retired attorney, divide their time between a rented house on the Wye River near Easton, MD, during the warmer months, and a double-wide shotgun house three blocks from the Audubon Zoo in uptown New Orleans during the cooler months. Two of their three daughters live in New Orleans, and the third lives in Houston. They have two grandsons and a granddaughter.

In his spare time, Jason enjoys reading, swimming, eating and music in New Orleans. When in the Easton area, he adds kayaking to his leisure activities.

Jason's Broadmead roots run deep. His father, Donald Frank, lived in P-9 at Broadmead from 1996-2004. Several other family members have also lived here. "When I was working, I used to counsel people on retirement planning, and many came to Broadmead," he says. "Now I want Broadmead to be in great shape for when the time comes for me." He also notes he has had a longtime professional connection with Robin Somers, Broadmead's recently-retired CEO.

Broadmead Arts Council Lecture

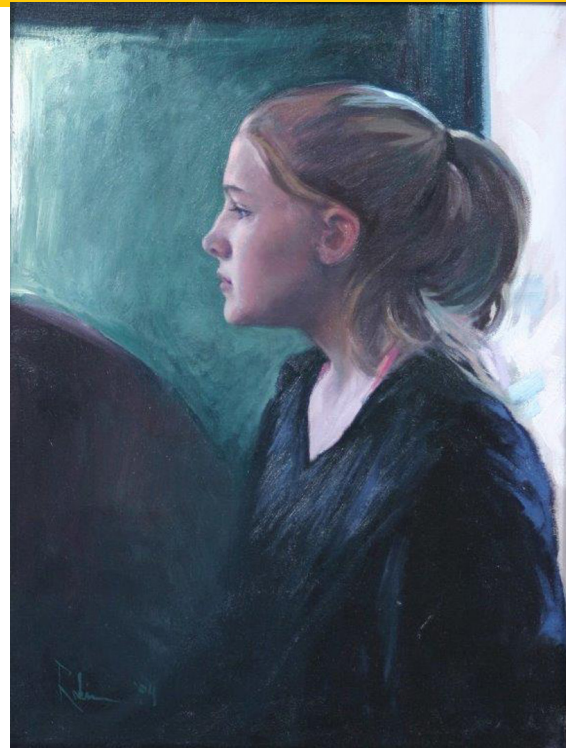
The future of art museums

By Jackie Mintz

The next speaker in the series of Broadmead Arts Council talks will be Daniel Weiss, who was president and chief executive officer of the Metropolitan Museum of Art in New York City until last year. Weiss will speak on “The American Art Museum: Reflections on its History, Purpose, and Future Promise.” The talk is scheduled for Thursday, November 14 at 4 p.m. in the auditorium. Weiss, who was previously Dean of Arts and Sciences and professor of art history at Johns Hopkins, is the author of *Why the Museum Matters*, among many other books. He has returned to Hopkins and is spearheading an all-encompassing University-wide program in the arts.



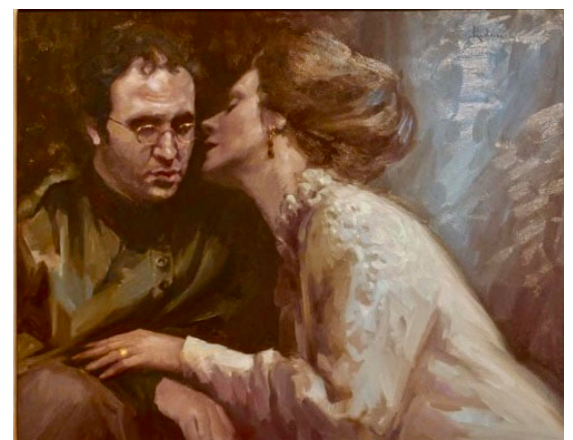
Daniel Weiss.



Arts Council receives two Robinson paintings

Text, Ross Jones; photos, Bill Breakey

Residents may remember two paintings, “Girl in Winter” (above) and “Cherry Orchard” (below), which appeared earlier in a Broadmead Arts Council exhibition of portraits by artist Sam Robinson. Sam’s parents, residents Court and Sally, have donated these paintings to the permanent Broadmead Collection. They will appear in an exhibit planned for December of new acquisitions—both gifts and purchases—in the Collection.



Voice of the Residents • November 2024

MULTICULTURAL NEWS

Native American history and culture program planned

By Gwen Marable



Photo courtesy of Louis Campbell.

November is Native American Heritage Month. The Multicultural Committee is sponsoring a program on the history and culture of Native Americans, featuring Dennis Zotigh and Louis Campbell, on Friday, November 15 at 3 p.m. in the Auditorium.

Dennis, who grew up in Albuquerque, NM, is a member of the Kiowa, Dakota and Pueblo tribes. He is a cultural specialist and writer at the Smithsonian National Museum of the American Indian in Washington, D.C. Louis is a member of the Lumbee tribe in North

Carolina and is the coordinator of the Baltimore American Indian Center. He will perform traditional dances and provide narrative about the story and meaning of each dance.

A Q&A time and refreshments will follow.

LIVE PERFORMANCE

Broadway at Broadmead Presents "Hairspray"

**Tuesday, November 5 • 4 p.m.-5 p.m.
Auditorium**



"Edutainer" Ellen Katz will present a Broadway-style tribute to Baltimore, "Hairspray," revisiting hometown problems of race in the 1960s while offering stirring songs like "Good Morning Baltimore" and "Welcome to the Sixties." Questions? Contact Leslie Glickman at Ibglickman@verizon.net or 410-530-8804.

MOVIE MUSICAL

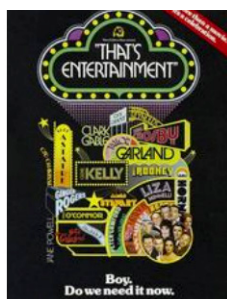
"That's Entertainment"

Date: Wednesday, November 6

Time: 3pm

(Running Time 2h15min – over at 5:15)

Location: Auditorium



"That's Entertainment!" is a 1974 documentary, musical, and family film that celebrates the history of MGM musicals. It was released to mark the studio's 50th anniversary and features many of its biggest stars, including Fred Astaire, Gene Kelly, Frank Sinatra, and Elizabeth Taylor, presenting their favorite musical moments from MGM films spanning the 1920s to the 1950s. The film also includes interviews, outtakes, and archive footage.

Questions? Contact Don Killgallon at dkillgall@gmail.com or call 410-804-7446.

Woodshop offers repairs and project help

Residents who are members of the woodshop not only build furniture and other items, but also do furniture repairs and minor carpentry. The cost for the work is modest and the money goes to the BRA. Payments are made through the Old & New Shop by cash, check, or credit card. Articles can be picked up and returned to the owner by the woodshop members. Those who need repairs should contact John Burton at jburtun4@jhu.edu to arrange for the service.

The woodshop is also available to residents who wish to work on their own projects, but to do so, by Broadmead rules, supervision from a woodshop member is required. Woodshop members do not have the capacity to do refinishing projects, but can advise individuals who would like to do the refinishing themselves in the shop.

For more information, contact John Burton, jburtun4@jhu.edu.

Train garden helpers needed on November 27

American Flyer and Lionel holiday train layouts will be set up on Wednesday, November 27. These layouts will be located on either side of the big "Central Christmas Tree" by the stairway on the lower level of Broadmead Center. Volunteers are needed to help set up the tables, lay track, and set up miniature scenes.

Information: Bill Hakkarinen, wdbakk@gmail.com.

CORRECTION/CLARIFICATION

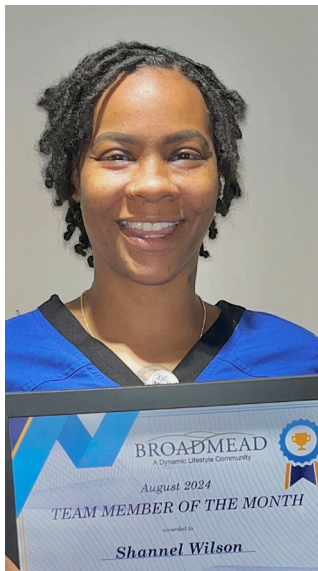
- The article in the October issue about new Broadmead trustee Betty Legenhausen mistakenly stated that "The Broadmead Board's bylaws stipulate that two of the trustees on the 15-member Board be residents." Though the Board has consistently followed this practice, there is no such provision in the bylaws. The current size of the Board is 15 members, but that number is not fixed and can be changed from time to time.

- The article incorrectly stated that [resident] trustees are nominated by Friends Care's Committee on Trustees and approved by Stony Run Friends Meeting before final approval by Broadmead's Board. All candidates for appointment to Broadmead's Board are nominated by Broadmead's Committee on Trustees, approved by the whole Board and sent to Friends Care for final approval. Stony Run Friends Meeting's sole involvement is that the Meeting appoints a simple majority, and no more, of the Friends Care Board, and those so appointed shall all be Quakers.

The *Voice* regrets these errors.

Team Member of the Month for August: Shannel Wilson

In the short time that Shannel has been with Broadmead she has made a noticeable difference in the lives of both residents and co-workers. Shannel is a Geriatric Nursing Assistant/Certified Medication Technician (GNA/CMT) in the Douglass Rehabilitation Neighborhood who “likes being with people and helping people.” According to fellow team members, “Shannel is always pleasant to work with and has



Shannel Wilson.

a very motivating approach to our rehab guests on Douglass.” Another team member stated that Shannel is known to go “above and beyond for the residents, form[ing] good relationships with staff and residents alike.” An example of her noteworthy teamwork is “encouraging guests

[and residents] to get out of their rooms and have meals with other guests [and residents], which is great for everyone.” Shannel has a “pleasant attitude” and is “always willing to lend a hand to other team members.”

Celebration coming up?

Watch this space in the December issue of the *Voice* for what the editorial staff hope will be a report on “all the bells and whistles” regarding the opening of the new upper level entrance of Broadmead Center.

ALERT: The *Voice* has been unable to substantiate rumors that there is a campus betting pool around the opening date.

Parker Suddeth belongs at Broadmead



Parker Suddeth.

Text and photo by Kathleen Truelove

Parker Suddeth, Broadmead’s newly hired Director of Culture and Belonging, says that “equality” means that everyone has shoes and “equity” means that everyone has shoes that fit. Building relationships is his life’s vocation, and he thinks of himself as a steward of this work.

There is a Quaker connection for Parker. Residents of the Kendal at Oberlin retirement community in Oberlin, OH, where he grew up, began a fund called Ninde Scholars to help minorities gain access to college, and Parker became a beneficiary, graduating from Hiram

College with a degree in sociology.

After graduation, he first worked for the Ninde program, then went on to a number of jobs related to multiculturalism. He worked at the College of Wooster in Ohio, then at St. Bonaventure University in southwestern New York State. He also consulted with the Chautauqua Institution, organizing listening sessions and focus groups. Returning to Ohio, he did DEI work for Safelite (those “windshield people”) and then worked for a public relations firm in Cleveland. He found the Broadmead job posting online.

At Broadmead, Parker will be kept busy working with team members, residents, and clients of the marketing department. Eventually, he will do outreach marketing in the wider community to introduce Broadmead to older adults who are not already engaged with Broadmead. To this end, he has already joined the Baltimore Urban League Young Professionals group. After all, young professionals have older relatives.

Within the Broadmead community, he will work to promote a “culture of belonging,” working with various groups such as the Multicultural Committee and the Jewish Heritage Committee.

Born to older parents, Parker is the baby of his family and spent much time as a child around older adults. He says he is comfortable with the more formal style of older people.

Music and fashion are Parker’s hobbies. As a seven-year-old, he told his mother he wanted a mink coat, which he didn’t get. But he did get a mink scarf, which he still has.

His musical taste runs to Ray Charles (his first album) and blues, especially BB King, but his favorite singer is Aretha Franklin.

Parker now lives in Mount Washington, an easy drive from Broadmead. He says he’s happy to be here.

Motorized scooter and wheelchair safety advisories

By Ann Patterson, VP of Health Services

Broadmead is collaborating with residents who use a scooter or motorized wheelchair to help create a safe environment for the entire community. An initial meeting with mobility device users was held September 13 to discuss safety and to gain input concerning a planned new policy for these users.

The basic components for safe operation of motorized scooters and wheelchairs include:

- 1. Complete a driver safety course.** All drivers of a motorized scooter or wheelchair must complete a driver safety course. The safety course, conducted by Functional Pathways (a physician's order is needed), ensures that drivers can complete a figure eight, circles, three-point turns; drive an obstacle course; safely get on and off the elevator; and have safety awareness, proper reaction time and depth perception.
- 2. Remember that pedestrians have the right of way.**
- 3. Monitor speed and drive only as fast as you can walk.**
- 4. Pedestrians should stay to the right.** "Cutting corners" can be dangerous.
- 5. Avoid drinking alcohol and driving.**
- 6. Have a light on if driving in the dark.**
- 7. Consider a reflective vest if driving on the road.**
- 8. Wear your pendant.**
- 9. Approach intersections slowly and stop to look both ways.**
- 10. Stop at stop signs if driving on the road.**
- 11. Be careful when driving through a parking lot,** as cars cannot always see pedestrians and scooters/wheelchairs.
- 12. Monitor for hazards when driving.**

Please reach out to Ann Patterson with questions, suggestions or concerns at 443-578-8004 or email apatterson@broadmead.org.

GETTING HELP

Guides for Barn Sale giving

In addition to accepting contributions from Independent Living residents, the Barn Sale also accepts donations from families of residents who are moving to assisted living or who have passed away. Donations from new residents who are downsizing during their move to Broadmead are also welcome. Guides for these situations are available online:

- **Family Guide** https://www.broadmeadbra.org/_files/ugd/88b249_b9649f2baec545bfade1b87b36c334ba.pdf
- **New Resident Guide** https://www.broadmeadbra.org/_files/ugd/88b249_95940b181eea4debb80fd31c2bd4dbf2.pdf

For more information about the Barn Sale, go to www.broadmeadbra.org/barn-sale.

Tech support available

Date: Thursdays Time: 11am-12pm

Location: Cabinet Room

Joe Cox, IT Support Specialist, from Prelude Services, is available to answer technology-related questions or troubleshoot or explain issues with mobile devices. If your need requires more time, or a complex resolution, Joe will be able to work with you to schedule an in-home visit for a reasonable fee.

Questions? Contact George Pattee at gpattee@broadmead.org.

Fun fall celebration

Residents tried their skills at Jenga (a wood block game somewhat like pick-up sticks) during the Fall Festival block party on Friday, October 11. Here, Betty Legenhausen makes a precarious move as (l.-r.) Ralph Cook, Gabriella Youngblood and Robert Youngblood cheer her on. The event was sponsored by Health & Wellness. Photo by Willy Sydnor.



HELPING STUDENTS STAY WARM



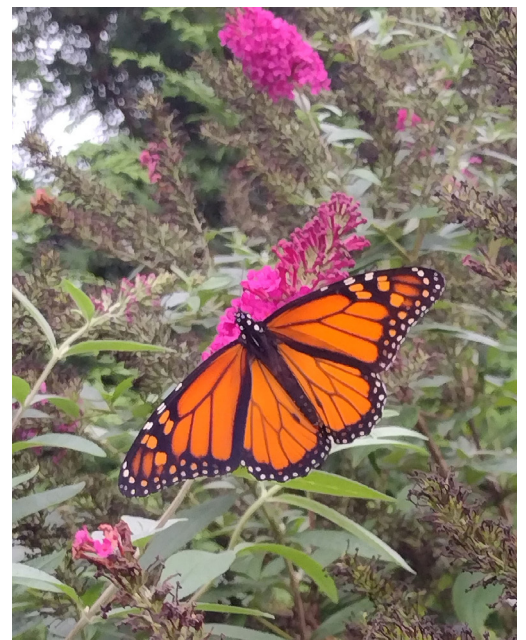
Impressive display of gifts

Broadmead's needlecrafters hand-created hats, scarves and more to be given to needy students to warm them during the coming winter. Before being packaged for gifting, on October 16, the colorful array was displayed in the South Hall of Broadmead Center for the entire community to admire. The activity was sponsored by the Student Support Network of the BRA. The creators, at left, included: front: Hazel Griffith; back, left to right: Susan Elinsky, Marion Grant, Jeanette Anders, Marilyn Winkelstein, Sandy Angell and Cindy Sugatt. Photos by Chuck Angell.



Now taking wing for the winter...

Bunny Dadds took these wonderful photos of butterflies on campus on September 26. Left, the Red Admiral, which overwinters in Texas; right, a Monarch, which overwinters in Mexico.



The Milton Inn: historic, restored and in top form

By Jackie Mintz

Everyone knows (or knows about) The Milton Inn. My husband and I discovered it in the mid-1970s when we first came to Baltimore. Over the next several decades we would occasionally come out here from the City for special occasions. It changed hands several times during this period, and our experiences were decidedly mixed—either the service was great and the food mediocre, or the food was great and the service subpar.

Situated in a lovely 283-year-old building, the Milton Inn is now one of the group of first-rate restaurants owned and operated by the famed Cindy Wolfe-Tony Forman duo. On a recent Friday, four of us went there for lunch. (It is open for lunch only on Friday and Saturday.) The food and service were both very good.

For starters, we ordered sautéed garlic shrimp and wild burgundy snails. I'd had the shrimp, which are in a rich creamy sauce, on previous visits and they have become a favorite. We also ordered endive and frisée salads, which came in huge servings and were composed of tiny champagne grapes, slices of pear, radishes and walnuts, bathed in a vinaigrette dressing.

For entrees, we chose relatively light dishes:

- **Mushroom puff pastry tart**, with oyster and beech (not the more familiar enoki variety, as we'd thought they were at first) mushrooms.
- **Goat cheese omelet**, served with beech and oyster mushrooms. It was first-rate, light without being over-beaten.
- An excellent **quiche lorraine**, accompanied by haricots verts: nice bright string beans cooked just right.
- **Pan-roasted scallops**, served with corn and roasted mushrooms, in a sweet corn soubise sauce.

Having eaten far more than usual, we settled for a single dessert to share: a wonderfully rich chocolate mousse topped by a mound of thick whipped cream and crème anglaise. We wished we had more room for more desserts.

Other noteworthy dishes are: foie gras (always good), baby roast chicken with coriander lemon sauce, Jurgielewicz Farm duck breast, and grilled venison leg.

The Milton Inn is a great place for special occasions and, if your geriatric stomach can tolerate rich foods, a great place to dine any time.

14833 York Road, about 10 minutes north of Broadmead. This is an expensive restaurant: starters ranging from \$15 to \$26, and entrées from \$26 to \$48. There are six dining rooms and a bar, plus a patio in seasonable weather.



Delightful lunch dishes at the Milton Inn, top to bottom: mushroom tart, endive salad, quiche lorraine, garlic shrimp. Photos by Jackie Mintz.



CAT PROFILE

Wiley serves as model for well known painter

Text and photos by Jackie Mintz

A beautiful cat with a luxuriant fluffy coat the color of dark smoke, Wiley is part Maine Coon. She is very friendly and outgoing and greets visitors confidently at the door.

It didn't start out that way, though. Her entrance into Joyce Lister's Cluster W home eight years ago was not auspicious: she had been abandoned in a trailer park in Pennsylvania and was, and still is, afraid of loud noises.



She darted behind the refrigerator and couldn't get out until Maintenance came and moved the refrigerator—whereupon she immediately scooted across the kitchen floor into a half-hidden space between the dishwasher and cabinet. For the next nine days she remained invisible, coming out only at night to eat and use the litter box.

Wiley (who the folk at Defenders of Animal Rights first thought was male, hence the name) is fairly

calm and predictable. Her favorite toy is a catnip-filled dynamite stick and she sometimes amuses herself by chasing her own tail.

Wiley is a frequent model for Joyce, a well-known pastel painter who has done numerous portraits of Wiley. Three of these are part of an ongoing exhibit at a gallery in Annapolis, West Annapolis Artworks. The exhibit, entitled "Meow Meow Madam President," features paintings of cats. It will be on display until after Inauguration Day.



*Above, Wiley in repose.
At right, Wiley as a model for a painting by artist Joyce Lister, who shares her home.*

First Monday Book Group

The Invention of Wings, by Sue Monk Kidd
November 4, 10:30am
Fireplace Room

Mystery Book Group

Mondays at 1:00pm
Uplands Community Room
November 18
Past Lying, by Val McDermid

Books: The Classics

The Hours, by Michael Cunningham
Monday, November 18 at 10am
Fireplace Room

Duplicate Bridge Game

Mondays in Fireplace Room 1:30-4pm
Questions? Sumner Clarren 301-648-8855

Rubber Bridge Game

Wednesdays in Fireplace Room
Lessons by Sumner Clarren 12:30pm
Play bridge 1:15-3pm
Questions? Marj Espenschade
443-578-8351

Broadmead Writers

Every Friday at 3-4:30pm
Contact Maggie Babb:
maggie.babb@gmail.com

Health Care Lecture

Health Care Committee Presentation
"Care Coordination:
The Discussion Continues"
Speaker: Ann Patterson,
VP of Health Services
Monday, November 18, 3:30-4:30 pm
Auditorium and Zoom

A Reminder from MaCCRA

Speaker: FBI Agent Sarah Lewis
Scams and Frauds
Wednesday, November 13
Auditorium, 7pm

Music Committee

Baltimore Symphony Youth Orchestra
Chamber Ensemble
Monday, November 11
7:00pm • Auditorium

Baltimore Flute Choir

Monday, November 25
7:00pm • Auditorium

New Arrivals

Peter and Yvonne Lev
October 16, Q-11
443-578- 8468

Jack & Lynne Shue
October 23, H-10

Jack 443-966-4954, Lynne 443-686-2872

Open Forums

Doug Fambrough, **"In Praise of Water"**
Thursday, November 7
7 pm in the Auditorium

Brian Rollfink,
**"Egrets & Herons—
Our long-legged waders"**
Thursday, November 14
7 pm in the Auditorium

Quaker Meeting at Broadmead

Sundays 10:30 - 11:15am
Fireplace Room
All residents are invited

NEW RESIDENT PROFILE

Libby Loafmann

D-13, 443-578-8374, 4eastinn@gmail.com
September 2024

Text and photo by Ann Hunter

Libby Loafmann's life took many turns before she settled in Baltimore. Born in Rochester, NY, she graduated from Wilson College in Chambersburg, PA, and then Colgate Rochester Divinity School. After seminary, she and her new husband, also a minister, headed for Chicago. Libby was hired as the first female



Libby Loafmann.

associate minister at Hyde Park Union Church on the campus of the University of Chicago. She then became a chaplain at Rush University Medical Center (formerly Rush-Presbyterian-St. Luke's). While counseling at a private girls' high school, she studied psychology at Northwestern University. Libby finally found her ideal ministry: for 22 years she was a management consultant in behavioral sciences.

A long-time dream of Libby's was to restore an old house—maybe run an inn. Newly retired and divorced, she left her beloved Chicago and moved to Baltimore, where she had found the perfect house in Mount Vernon. After a year and a half of renovating, Libby was able to enjoy being an innkeeper, although

she found that dealing with the daily maintenance of an old house wasn't as much fun as interacting with guests. Having weathered the recession in 2008, she kept the inn until 2017, when she sold it and moved to Cross Keys.

While at the inn, Libby was introduced to the Renaissance Institute, a lifelong learning program at Notre Dame of Maryland University. She became a part of the organization and, as president, guided them through the difficult years of the pandemic. She continues to teach one or two courses a semester.

Libby's son Derick, his wife and 4-year-old identical twin daughters live in Chicago, where he is a middle school teacher. Bear, a Lhasapoo, and Rum-Tum-Tugger, a tabby, share her home at Broadmead.

NEW RESIDENT PROFILE

Carol Williams

L-17, 410-294-3177,
carol.cronin@comcast.net, September 2024

Text and photo by Sharon McKinley

Carol Cronin, raised in Aberdeen, started her 43-year federal career at the Aberdeen Proving Ground. She got a degree in education from the University of Maryland, but after three years in the classroom, realized that was not where she wanted to be. She changed direction and started a new career in human resources, which she followed at Aberdeen and at



Carol Williams.

Social Security. She worked on national surveys to determine organizational effectiveness, and is pleased to have elevated the job descriptions and pay grades of claims reps in District and Branch offices. She found that being able to bring about positive changes was a good fit for her analytical mind.

Sailing has been a large part of her life, although she didn't take it up until she was 39. She met her husband, Robert Williams, through a sailing club in Annapolis; they were together until he died in 2010. She lived in Annapolis for 23 years, as well as

in Towson and Rodgers Forge. She still goes back and forth to be with old friends while settling into new routines at Broadmead. Her sorority, Kappa Alpha Theta, has also played a large role in her social life. She also belongs to the Daughters of the American Revolution (DAR), Col. John Strett Chapter, and the Woman's Club of Roland Park.

Carol loves to travel and has been on many trips, recently visiting France and Italy. On the local level, she enjoys attending the theater and the symphony. Carol hopes to take up bridge at Broadmead.

Although she is accustomed to downsizing, Carol says she wasn't sure all of her clothes and shoes would fit in her garden home closet, and the moving boxes aren't quite gone yet. But Broadmead is a good fit for her, she says (and the clothes fit, as well!).

Resident Email Lists

(for current residents only)

To join the **Broadmead resident email list:**

Send email to:

brabroadmead@gmail.com

To join the **BRA business email list:**

Send email to:

joen1234@comcast.net

Socrates Café

Short video on "Personhood"

Question to probe: "What is a person?"

Tuesday, November 19

10:30-11:45am • Auditorium

Sponsored by

Towson Unitarian Universalist Church

Open to all

Moving Around Broadmead

David Gilbert: J-3 to T-310

Pat Yardley: U-206 to DAR-211

Mary Toy: J-7 to T-303

Mary Ellen Saterlie: C-8 to HH-218

Photography Club

Resident Smartphone Exhibit

Lower Level • Community Center

On view through December 6

Joint Photo Exhibit • East Hall

Guilford Garden Club &

The Amateur Garden Club

Nov. 4 to 30 • Judging Nov. 13

IN MEMORIAM

Marta Kaplan

October 4, 1930 - October 17, 2024

BRA mounts holiday expedition to Longwood Gardens

A Voice Report

The BRA is sponsoring a 40-seat chartered bus excursion to Longwood Gardens in Kennett Square, PA on December 12. A highlight of the trip will be the famous “A Longwood Christmas” light display, and will include a chance to see the just-finished project called “Longwood Reimagined.”

Resident Bill Hardy initiated the idea for this outing after he and his wife Lin received a member email from Longwood last winter about the planned opening of the “Longwood Reimagined” project on November 22. “It sounded like a great add-on to the Christmas light show display they have yearly,” says Bill.

The restroom-equipped motorcoach will leave Broadmead just after noon, arriving at Longwood’s Visitor Center in time to see the newly-opened facilities and enjoy the magnificent Christmas lights after dark. The bus will leave Longwood at about 6:30, returning to Broadmead by around 8 p.m.

The trip is being underwritten by the BRA Trip Committee and includes transportation and admission to the Gardens.

Registration for the trip will be open until November 17. Tickets are \$70 per person. The actual cost is about \$85 each if the bus is full, representing a BRA subsidy of about \$15 each to make the travel affordable. In the event the bus is not full, Bill reports the BRA Trip Committee will cover any additional cost. He says this trip will happen regardless of number of reservations. Trip fees will be billed to residents’ December Broadmead bill.

MOBILITY CAVEATS FOR THE LONGWOOD TRIP: *There are stairs to enter and exit the bus. There is no lift. A small storage area under the bus can accommodate folding rollators and scooters. If a scooter cannot fold, it may not fit unless the user is able to disassemble it and reassemble it on arrival. The charter bus company driver will not be able to assist with this.*

For more information about the Longwood trip, contact Bill Hardy at billhardy@comcast.net or 443-578-8541 or Lisa Berres at 443-578-8023.

Future BRA trips could be on the horizon. BRA president Kath Shelton is compiling a list of possible future destinations.

Unable to make the trip? Visit online: <https://longwoodgardens.org/beauty-making>



Among the many attractions at Longwood Gardens this holiday season is a multi-level “world in miniature” railway display with 500 feet of track that showcases the Gardens’ collection of dozens of model train engines. The outdoor display near the Beer Garden is decorated (no surprise) by plants. Photo courtesy Longwood Gardens website.



SAVE THE DATE

“Celebration of Light” planned for Dec. 18

A new holiday attraction at Broadmead is planned for Wed., December 18, when a multicultural celebration of the season will be held from 3 to 4:30 p.m. in the auditorium. The planning committee, which includes residents Alice Giles, Joanne Goldsmith, Bob Goren, Roz Hyman, Nancy Moore and Susan Saunders and Broadmead team members Yolanda Johnson and Parker Suddeth, envision “stations” that showcase the traditions of Winter Solstice, Hannukah, Kwanzaa, Christmas, Quakerism, Islam and Hinduism. More details will follow in the December issue of the *Voice*.

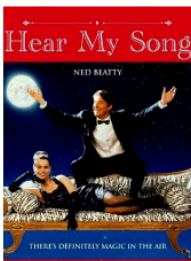
NOVEMBER MOVIES AT BROADMEAD

Saturdays & Tuesdays • Auditorium • 7:00 p.m.



Saturday, Nov. 2: **Origin**

Amazon rental, Hulu
A biographical film written and directed by Ava DuVernay, based on the life of Isabel Wilkerson (Aunjanue Ellis-Taylor) as she writes the book *Caste: The Origins of Our Discontents*. *2023 PG-13 2 hr 21 min*



Saturday, Nov. 9: **Hear My Song**

Amazon rental
The owner of a failing Liverpool club (Adrian Dunbar) tries to find Irish singer Josef Locke (Ned Beatty) to bring business to his club. Loosely based on a real story: Locke left the UK to avoid paying taxes. *1991 Comedy R 1 hr 44 min*



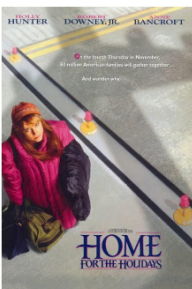
Tuesday, Nov. 12: **Tokyo Story**

Kanopy, Hulu, Amazon rental
The story is about an aging couple who travel from their village to Tokyo to visit their grown children. The film is considered Yasujiro Ozu's masterpiece; it stars Chishu Ryū and Chieko Higashiyama as the parents and Setsuko Hara as their daughter-in-law. In Japanese with subtitles. *1953 Drama NR 2 hr 16 min*



Saturday, Nov. 16: Howard's End

Kanopy, Amazon rental
A Merchant-Ivory film, from a screenplay written by Ruth Praver Jhabvala based on the 1910 novel by E.M. Forster. The film follows the Schlegels, a family of intellectual and idealistic sisters, who became friends with the Wilcoxes, a wealthy and conventional family, during their time in Germany. Starring Emma Thompson, Helena Bonham Carter, Anthony Hopkins, and Vanessa Redgrave. *1992 Drama PG 2 hr 20 min*



Saturday, Nov. 23: **Home for the Holidays**

Amazon rental
The film follows Claudia Larson (Holly Hunter), who, after losing her job and finding that her daughter has her own plans for the holidays, goes to spend Thanksgiving with her dysfunctional family. Directed by Jodie Foster, with an all-star cast. *1995 Comedy/Drama PG-13 1 hr 43 min*



Tuesday, Nov. 26: The General

Kanopy, Amazon Prime/rental
A classic silent film with Buster Keaton. "The General" is a locomotive at the time of the Civil War (the Confederate side). *1927 Comedy 1 hr 18 min*



Saturday, Nov. 30: The Thin Man

Amazon rental
William Powell and Myrna Loy as Nick and Nora Charles. Based on the novel by Dashiell Hammett and directed by W. S. Van Dyke. The first of the series. *1934 Comedy/Mystery 1 hr 33 min*

Please note that the movie schedule is subject to change.

**IN MARYLAND
SAUERKRAUT GOES WITH
THANKSGIVING DINNER**

If you are not a Marylander, please know that in this state there can be no turkey without sauerkraut—especially at Thanksgiving time. The “Voice” has not done any in-depth research but believes that this sauerkraut-with-turkey custom has come down to us from the German settlers of Maryland—although there is no such custom in Wisconsin where there were even more Germans; at least, not among the Germans in Madison, Wisconsin.

We are not sure of Pennsylvania, although we are sure there is no such tradition in Philadelphia.

—From November 1979 Voice

Spelling, grammar and punctuation are original. Researched by Kathleen Truelove.

Feeding Broadmead’s Birds

By Debbie Terry

The best bird seed for a wide variety of birds is the black oil sunflower seed. It has a thin shell making it easy for birds to eat. Black-oil sunflower seeds are very nutritious, containing a high percent of oil, and they are generally higher in protein.

Bird seeds to avoid are wheat, cracked corn, milo and oats. Many seed companies use these seeds as a filler to reduce the cost of their product.

The House Sparrow, which almost decimated the Eastern Bluebird population, loves the above seeds. In order to reduce the English



Carolina Chickadee selecting a black oil sunflower seed. Photo courtesy of the Maryland Diversity Project.

House Sparrow population at Broadmead, try not to feed them.

Suet should be used only in cold weather. In hot weather it can turn rancid and the dripping fat can damage the natural waterproofing on bird feathers. Some suet contains milo and millet or even unspecified grain products. Before buying, always read the ingredient label.

Goldfinches and House Finches love niger (thistle) seed and many birds love peanuts, but each requires its own feeder.

If you wish to feed birds and make the right decisions about feeders and food, I suggest visiting a specialty store such as

Wild Birds Unlimited. There is one located at 2438 Broad Avenue in Timonium, off of Padonia Road just west of York Road (near Brick Bodies); (410) 561-1215.

For more information on wild bird feeding, check out www.wildbird-scoop.com.

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EDITORIAL POLICY: The *Voice* is published September through June (published in mid-June as a Summer issue) by and for the Broadmead Residents Association, whose president is Kathryn Shelton. It seeks to announce and report on activities at Broadmead and to carry news, features and photos of interest to residents. As its major goal is to promote a sense of community, the *Voice* does not publish criticism or controversial opinions about individuals or about the three organizational bodies that constitute Broadmead (residents, administration and trustees), as there are established procedures for the resolution of internal problems. The *Voice* will not publish matters of a religious or political nature, except in the context of reports about events on campus. Publicity for upcoming events is preferred to reports on events already held. Submissions from outside media are not published owing to space limitations and possible copyright issues.

Decisions about content as well as writing and photography assignments are made by the Editor in consultation with the Editorial Board, at meetings usually held the fourth Tuesday of each month. Ideas or suggestions for articles should be submitted to the Editor, Alice Cherbonnier, by email: alicecherbonnier@gmail.com. Only electronic files are acceptable, in Word or Pages. All copy is subject to editing, including for length. Photos should be submitted in high resolution (actual size).

Deadline for submissions for the December issue is the 15th of November. Please query the Editor if you have a story idea.