



Village Life

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A NEWSPAPER FOR ASBURY METHODIST VILLAGE

Residents, Associates, Families & Friends
www.asburymethodistvillage.org

Five Cosmic Questions for Astronaut Leroy Chiao

By Pam Brown

Leroy Chiao served as a NASA astronaut from 1990-2005. He flew four missions into space, three aboard the space shuttles, and one as the co-pilot of the Russian Soyuz spacecraft to the International Space Station. On that flight, Chiao commanded Expedition 10, a 6.5-month mission. During his career as an astronaut, Chiao logged 229 days in space and performed six spacewalks, in both U.S. and Russian spacesuits. On March 15, Chiao landed at AMV's Rosborough Theatre, and talked about his time in space and his newest mission. We thought it would be fun to find out what he likes to do when he's grounded here on Earth.

Q: You've said you were fascinated by the space program as a young boy. You're the father of twins, a boy and a girl. Are your kids showing an interest in space exploration?

A: My son Henry shows some interest in space exploration, and my daughter Caroline is interested in astronomy. But, Henry's passion right now is medicine, specifically neurosurgery. Caroline is interested in becoming an engineer.

Q: According to USA TODAY, while aboard the Soyuz, you resorted to eating more candy as a way to conserve pre-packaged meals. What's your favorite candy?

A: Well, we had a food shortage because the

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Photo by Marolyn Hatch

Seed packets signal the start of spring.

Spring Has Sprung

By Marolyn Hatch

Officially, spring started on March 20. But many of us, tired of this unpredictable winter, found hope in the less scientific markers of spring: Pudgy Punxsutawney Phil, the sight of flocks of adolescent robins bingeing on fermented holly berries, and for our

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Asbury's Own March for Our Lives Shows Solidarity with Student Protestors

By Jan Garman

It began as an idea spearheaded by Peggy Unsworth as a group of Beloved Community mentors were watching their young students splashing with joy in Asbury's pool. It was around 4:30 pm on the day before March for our Lives rallies were to take place all over the US and around the world. Some of us had taken part in the Women's March in January 2017, but no one was able to travel into Washington for this event. As we watched the young swimmers, we reflected on the pervasive gun violence they faced. We thought of our own grandchildren confronted by possible school shootings. How could we support these young marchers? On the spur-of-the moment, we decided to have our own march, well maybe a walk, given our ages. We made last-minute posters and got an announcement on AVTV. One of us made announcements in the Bistro and the Hefner dining room. Others made phone calls.



Photo by Jerry Hanson

Asbury residents held their own protest in support of the student-led March for Our Lives events staged across the country and around the world on March 24.

With such short notice, we wondered if anyone else would come, but they did — including three guests from Nigeria. Nobody actually counted, but we estimate that at least 40 people — some with walkers, many carrying homemade signs — joined for parts or all of the march. We gathered in the Rosborough lobby and people

kept coming. As we approached Edwards-Fisher, an Asbury car pulled up and out jumped more marchers. At the gatehouse, we were joined by two Hefner dining room servers.

People marched as far as their legs and their stamina would carry

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The Asbury Foundation Welcomes Susan Mayernick

Susan Mayernick, the Asbury Foundation's new vice president of development, joined us earlier this year. She brings an extensive background and successful track record of accomplishment. Before coming to Asbury, she spent eight years as a planned gift advisor and senior development gift officer for Messiah College in Grantham, PA. Susan holds a Bachelor of Arts in Sport and Exercise Science and a Master of Arts in Strategic Leadership from Messiah College.

Susan leads the major gifts program for the Asbury Foundation and works with Foundation team members on developing strategies to increase support for Benevolent Care and various capital projects across the Asbury system. She also provides leadership and oversees Foundation communications and donor relations efforts. While



Susan Mayernick

Bethany Village is her home base, Susan is often on the road supporting all of the Asbury communities.

Says Susan: "I view development work as a way to engage community members in a deep and meaningful way. I believe that all

of us have a spirit of helping others and investing in something beyond ourselves for the greater good. Being stewards of our resources to support others and the missions we believe in helps us to focus on our neighbors and provides a way to experience the joy of giving. I am honored to serve our Asbury communities and connecting others to join me in supporting our mission."

Within the community, Susan serves as the chair of Hershey Area Women's Connection, a Stonecroft Ministry in Hershey, PA. She and her husband Matt have three children: Nathan, Patrick and Julia. Her family is involved in their church, sports, music and other community interests. Coming from a large family, Susan likes to travel to visit relatives and enjoys family vacations.

CHIAO

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Expedition 9 crew got into our supply. We had to sometimes eat candy to make up for not having enough real food. My favorite candy bars are Butterfinger, Heath, Reese's Peanut Butter Cup and Kit Kat.

Q: Last movie you saw or one you're hoping to see soon?

A: The new *Blade Runner* 2049. It was great!

Q: Last book you read?

A: *A Legacy of Spies* by John le Carré. He's my favorite fiction author!

Q: Favorite pastime?

A: I love flying my airplane and spending time with my kids (they are 11 now).

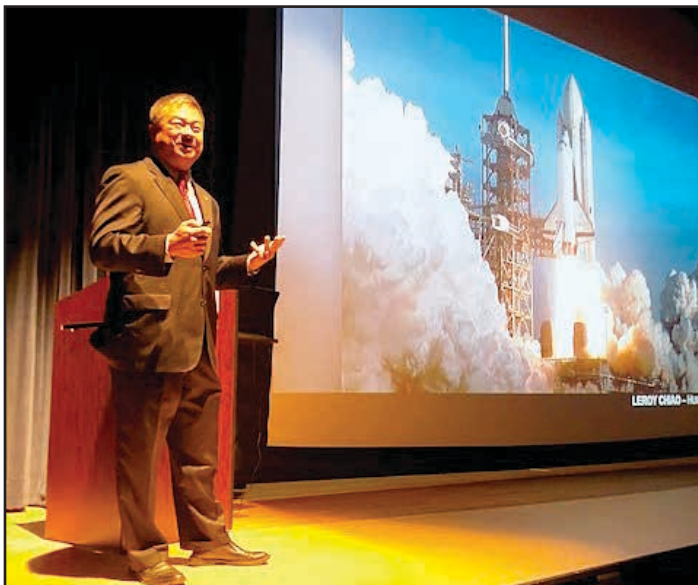


Photo by Brent Bayes

Astronaut Leroy Chiao shares photos and stories about his time on the space shuttles.

SPRING

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community of gardeners, the arrival of the ubiquitous garden catalogs.

Most of us have already received our seeds from these catalog sources, and like athletes at a starting gate, we are primed to plant our summer gardens. While many of us see our harvests as saving us money, it is, of course, the delicious flavors of freshly picked peas, lettuce and tomatoes that continue to bring us gardeners to our knees in the chill of spring as we weed, plant and weed again.

Gardeners enjoy getting dirt under their nails and feeling the warm sun of early morning on their backs. But the harvests are what drive them. I recall Carol Wells, a former associate who had planter's rights after she retired. Each year Carol planted seeds that came down through the years from plants originally grown by her grandfather. Talk about harvesting heirloom vegetables! Ann Andrews harvested bushels of tomatoes each year that she generously shared with others. Norm and Cathy Hime patiently kept the sheds tidy and the tools sharp to make our gardens productive. And we are proud of the hundreds of Benevolent Care

dollars that many of the gardeners raise each year from apartment dwellers' contributions for the harvests that the gardeners share with them.

In spite of some lingering frosty evenings and cold days, let me assure you that spring has sprung. We gardeners have looked at our muddy plots sprouting Mugwort and chickweed, dreamt about the glorious harvests yet to come and dug in. So, if you want to add another measure of true spring, look to our gardens and notice the bright green tips sprouting up.

VILLAGE LIFE

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"The mission of *Village Life* is to provide timely, interesting and entertaining news about the lives, concerns and activities of the people who reside, work and volunteer at Asbury Methodist Village."

Holy Cross Health Partners at Asbury Methodist Village Welcomes Nooshin Farr, MD

Nooshin Farr, MD, Internal Medicine, has traveled thousands of miles, and many decades filled with achievement, upheaval and satisfaction. Born in Iran, Dr. Farr received her medical degree in Tehran and received a scholarship from the University of London to pursue her dream of working on immunology and pathology. She completed her PhD in immunology and pathology in England, and returned home to practice medicine. But, her life was turned upside down by the 1979 revolution.

Her saving grace was an invitation from her professor in England, who offered her a position conducting bone marrow research at the University of London, during which time she also became certified to practice general medicine in England. She and her professor published 22 research papers and participated in many international scientific presentations.

Years later, and seeking a more permanent home close to her mother and sister, the family migrated one last time and put down roots in Maryland. She completed her U.S. training at Prince George's Medical Center and earned board certification in internal medicine. Then Dr. Farr built a successful career as an internist, practicing for 30 years in the Washington Metropolitan area, and also serving as an associate professor of medicine at Georgetown University.

Earlier this year she retired, but this was a very short-lived interruption in her career. "I quickly discovered that I wanted and needed



Nooshin Farr, MD

to work," she says. "My children are grown and have moved away. I want to continue to contribute and remain active doing something that I love. I had spent a lot of time practicing medicine at Holy Cross Hospital and loved it. So when I was asked to join the team at Holy Cross Health Partners at Asbury Methodist Village, I didn't hesitate."

Dr. Farr's approach to medicine mirrors her approach to life. "I love connecting with people," she says. "In my practice, I like to learn about each of my patients and develop a relationship with them. We both are a part of

the care team—really like a family. Over the years, I have cared for multiple generations of families from children to grandparents—from babies to hundred-year-olds!"

Her philosophy of aging? "Age is all in the mind—it's how you feel about yourself that is important," she says. "I don't look at aging as getting old; we develop with time and accumulate lots of information to share."

Dr. Farr believes that keeping both the body and brain active is critical as we age. While she exercises her mind with the challenge of taking care of patients, she finds an important emotional outlet through art.

"I always painted, but when I came to this country my then husband encouraged me to study. I took classes at the Corcoran College of Art and at the Smithsonian," she says. "For me, painting is an emotional release. What is happening in my life finds its way into my art."

Her medical background and understanding of anatomy has influenced her art — especially her portraiture. And her art affects how she relates to patients. In both endeavors, close observation of the body and of mood is a critical component that Dr. Farr has mastered.

Nooshin Farr, MD, is now seeing patients at Holy Cross Health Partners at Asbury Methodist Village. For more information or to make an appointment, dial ext. 5800 (for external calls, dial 301-557-2110).

A Personal Journey with Hospice

By Susan Ward

The modern hospice movement began in the early 1900's with the founding of St. Joseph's Hospice in London by the Irish Sisters of Charity. The movement took hold in the US in early 1970 and has grown widely as medical costs have soared. Hospice exists to make life more comfortable at the end. Many hospitals offer hospice care — although that sometimes appears to be a closely guarded secret as doctors rarely suggest it and families rarely ask until a patient is near death.

My experience with hospice was both as a volunteer and a service recipient. Some hospice volunteers begin after having family members who had used their services. That was not the case when I began as a hospice volunteer. Nor did my experience as a recipient of services involve a volunteer.

Patient confidentiality is carefully protected. Virtually all costs are covered by Medicare, private insurance and donations. One misunderstanding is that a patient must be dying to qualify for hospice care. In fact, hospice is available to



anyone with a progressive condition (including Alzheimer's) for which the expected lifespan is approximately six months. Most people wait too long to reap the full benefits of hospice care.

As a volunteer my goal has always been to be present in whatever way suits the patient. Some patients are alert and communicative. A patient and volunteer may talk, pray, listen to music, play cards or do any number of things people do together. I have read aloud to a patient whose mind was clear but whose sight was gone. On

occasion, I have felt an almost transcendent connection with a patient I had never met and whose ability to communicate was gone. For me personally, it is always an honor to be allowed into the space of another so near the close of his life. It has a strange way of making one aware how valuable that person is.

My volunteer experience should have made reaching out to hospice for my husband easy. In addition to having volunteered with Montgomery Hospice for years, I had previously been a licensed mental health professional. And, of course, I knew my husband was going to die. Seeking help, rather than offering it, was infinitely more difficult. First, I have to confess the idea of death is not something that I find particularly frightening. My husband, on the other hand, believed death was an enemy to be fought to the last breath. Because of that, my initiating contact on his behalf felt like betrayal. It was, after all, his death not mine. Many weeks of thought preceded speaking with an intake worker. I explained the

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Mentors from the Gaithersburg Beloved Community Initiative pose with students during a trip to the Smithsonian's National Air and Space Museum Steven F. Udvar-Hazy Center.

Engaging our Community: The Latest from the Gaithersburg Beloved Community Initiative (GBCI)

Elementary School Mentoring

When counselors from the Street Outreach Network (SON) — a community-based group working closely with youth in Gaithersburg — recently came to the GBCI Mentoring program, we witnessed how effective they are in building

connections with young people. The 2017-18 programs included a presentation on the Rev. Martin Luther King, Jr. by the Gaithersburg Library, a workshop on bullying led by AMV counselor Gary Clark, and a fabulous interactive presentation of handmade instruments by John

Boulet, nephew of AMV resident Carroll Saussy. The group is looking forward to the upcoming pool party, getting their hands in the garden, and a visit to the National Zoo.

English Conversation Group

This dynamic group of Latina

women, plus one lucky man, continues to meet every Wednesday morning. A new theme each week allows the group to discover new words and even more exceptions to the English language grammar rules. Coordinators Georgia Portocarrero,

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CALL FOR VOLUNTEER DESIGNERS

THE GAITHERSBURG BELOVED COMMUNITY INITIATIVE (GBCI) is looking for AMV RESIDENTS WITH ARTISTIC SKILLS TO HELP WITH THE FOLLOWING PROJECTS

- **WEB DESIGN** - to design GBCI'S new website
- **THREE-FOLD BROCHURES** - to recruit new volunteers and supporters
- **LOGO DESIGN** - to create a compelling GBCI identity

Please contact Michele Bulatovic, Program Manager, GBCI (301) 216-4090 or e-mail MBulatovic@Asbury.org

HOSPICE

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situation and we agreed to schedule an appointment pending Jeff's approval. After meeting the nurse, social worker and chaplain, Jeff was on board. When they left we had medicine, emergency numbers and instructions. The next day oxygen was delivered and set up.

About a month later, Jeff awoke unable to breathe. I called hospice and the team arrived within an hour. The experience was vastly different from prior emergency 911 calls. Those experiences involved an ambulance accompanied by a fire truck, sirens, multiple paramedics, emergency equipment and high anxiety. Instead, the hospice chaplain slipped seamlessly into my seat

beside Jeff. The nurse administered medicine easing the panic that accompanied a sense of suffocation. The social worker reviewed with us Jeff's advance directive to be sure it was what he still wanted. The decision was made to move Jeff to Casey House where his medicine could be regulated.

Casey House has only private rooms. All are homey and permit visiting 24-7. A nurse is inconspicuously outside the room and available day and night. The ambiance was very unlike a hospital. I recalled my mother with grossly insufficient pain relief lying in a hospital bed after surgery from which she had little chance of recovery and of Jeff's most recent hospitalization. Here Jeff was safe. He died three days later with loved ones and in comfort.

GBCI

Continued from page 4

Winanne Kreger and Mily Cruz have done a fantastic job of creating a nurturing atmosphere and cultivating friendships.

Café Conversations

The Blue Note is once again buzzing with lively conversation between Gaithersburg High School students and Asbury residents, where they share and listen to one another's joys, challenges, goals and opinions. It's inspiring to see the intergenerational bonds deepen!

Sixth Grade Pilot Program

We are excited to launch a pilot art/mentoring program for sixth graders at Gaithersburg Middle School. GBCI volunteers meet with students once a week for five weeks to create a collaborative art project — this spring it will be a mosaic! The goal is to capitalize on the strengths of middle schoolers and adult mentors to create an environment that honors positive youth development and fosters stronger intergenerational bonds through collaborative art-making and dialogue circles. We're looking for residents interested in participating. No previous art-making experience required!



Rollie Smith, left, counsels a student photographer during an outdoor photo session.

Nature Photography

Calling all photographers. The GBCI Photography program at South Lake Elementary School has been extended to three more sessions — April 4, 11 and 18. If you have experience with photography, enjoy being outside, and want a taste of a GBCI program, this program is for you!

Community Engagement

The community engagement team, in partnership with Action In Montgomery (AIM), continues to support the Cider Mill Resident Organization, Madres Y Padres Locales Seguros. Cider Mill is a neighboring apartment complex next to South Lake Elementary, where many Cider Mill children attend and where many Asbury residents serve as

mentors, tutors and advocates for after-school programs. With strong support from the resident organization, AIM and GBCI, the Housing Opportunities Commission recently purchased Cider Mill in order to maintain affordable housing in our community. The resident organization will work with the management of the complex to improve safety, security and issues of poor maintenance and pest infestations. Members of GBCI will be working with AIM to increase voter turnout in the upcoming June county election.

Courageous Conversations

Asbury residents continue to share traumatic experiences with high school students and, through a dialogue circle process, foster conversations about discrimination and prejudice. Soon GBCI will launch its Courageous Conversations video highlighting four speakers who have been willing to share their stories of trauma earlier in their lives. The video and several speakers will be heading to Wheaton High School to talk about their experiences during the civil rights movement, Holocaust and Japanese internment.

To inquire about these programs or volunteer, please contact Michele Bulatovic at ext. 4090, or mbulatovic@asbury.org

MARCH

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them. We decided not to confine our march to the Asbury campus but assembled outside the gatehouse and walked up Odendhal toward Russell Avenue. "Did we need a permit for our march?," I wondered. No one knew, no one cared and no one stopped us. In fact, many cars slowed down, honked and gave us thumbs up! Some riders even opened their windows to wave and encourage these Grannies and Grandpas on!

As we marched we talked and shared stories. One resident told me she was marching for her daughter who was a teacher. Another told me

a heartbreaking story of a soldier who had survived World War II's infamous Bataan Death March only to come home to be shot by someone who walked into his shop. He had been married for three months and left his newly pregnant wife to raise their child alone.

Once back inside the Russell Avenue gate, we decided that we had made our witness. Our bodies were tired, but our spirits were high. It felt good to have been a small part of a worldwide movement against the senseless killing of our most precious legacies, our children.

Sadly, the very next day, Peggy Unsworth, who had inspired us, died unexpectedly. In remembrance of Peggy's vision and compassion, this article is humbly dedicated.

Mac and Zil



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Frogs, frogs, frogs...



Little did I know that frogs would take over my life when I came up with a theme of “The Delicate Art of Frog Kissing” for our Village Life show one year ago. The very task of locating a convincing frog costume on the Internet after admiring a hand-made one Arlene Lyon wore to the AMV Halloween party was challenging enough. Oh, there were plenty of “onesie” pajamas strewn across my computer screen, but at \$56 and up, hardly in the parameters of my budget.

With Halloween behind us, the price dropped radically, and I located a luscious, plush, green and white velour frog suit at a factory in Cheangdu, China, and an eager-to-please customer relationship manager, Steven Shi.

I threw myself on Steven’s mercy, and over the next three months, the price dropped radically to \$15 each. Taking advantage of the ‘free shipping for a \$100 purchase,’ I failed to recognize that the offer applied to a one-item purchase and immediately ordered 10 frog outfits.

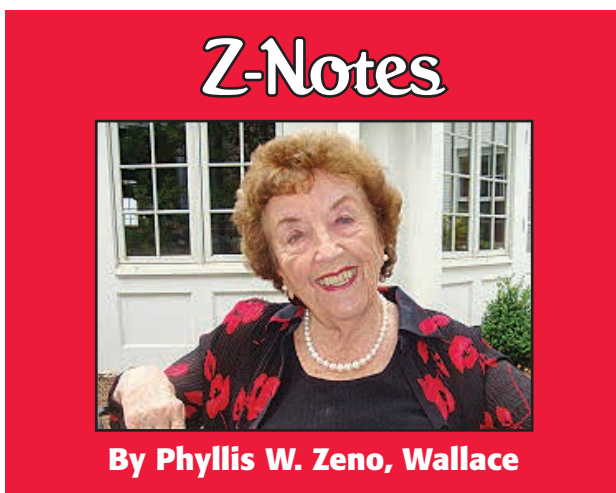
Since I was addicted to writing the bulk of my shows at 3:00 am, it was an appropriate time to contact Steven with encouragement to fulfill my order, and we formed a remarkable friendship. So much so that he confided in me that his three-year-old daughter had just been diagnosed with Duchenne Muscular Dystrophy.

With no knowledge of Steven’s religious background — Buddhist or Muslim — I wrote him cautiously, “Let Go, Let God. Her healing can be immediate.” At the same time, I told my dinner mates of his sad story, and they immediately added Stefanie to their prayer lists in various churches and religions.

So started an enduring friendship across the world, and as our audience remembers, the “frogs” were delivered on time and were the hit of the show.

It was natural then that as I was writing “Back to the Future” and repeating some numbers from past shows that I would find a way to include more frogs.

Since the #Me Too Movement was finding its way into our society, it seemed appro-



priate that our lady frogs would resist the male frogs with the threat:

“If you’re hoping for a sequel,
Better treat us as your equal,
‘Cause if you don’t want a bad poll
You could turn up as a tadpole.”

My check was in the mail for 10 small frog costumes when Steven’s latest e-mail arrived in the middle of the night.

*“It’s been a while
since the last email
and the cold night*



*will never stop
the zealous of
friendship. I’m
writing you today cause I’m
about to leave Milanoo before 5th of March
due to career pursuing arrangement.
I’m pretty much concern about your
new show and I hope I can be of effective
help during my last duty at Milanoo and
delivery you the best thing as usual.
I’m sorry to have such bad news offered
to you but our friendship never been
ruined, don’t we?”*

*Kind regards,
Steven*

My heart sank. The check was sent, Steven would be gone and ten frog ladies would be disappointed.

But I reread Steven’s last words: “our friendship never been ruined, don’t we?” Somehow I knew he would follow through on our friendship.

And guess what I found in my mailbox over the last week! Five pink slips!

And in our mail room? Five tightly wrapped packages, each containing two small or medium ladies’ frog suits!

Our friendship with China is forever!



Photo by Joon Kim

An army of frogs showing off their 2018 show costumes: From left, Barbara Ellis, Mary Bucy, Joan Dunlop, Carolyn Van Hoosen and Barb Woodward.



The Origins of Agriculture

By César Portocarrero

As we celebrate Earth Day on April 22, it seems an appropriate time to examine the creation of agriculture — one of the greatest achievements of human development. It took *Homo sapiens* some 190,000 years of trekking long distances to gather grains, plants and hunt for food before they began to come together in settlements and felt the need to farm, tend and domesticate plants and animals. In this context farming happened only recently, about 10,000 years ago.

Anthropology and biology tell us that the first signs of agriculture appeared in Jericho, yes, the biblical Jericho. Scientists had to dig beneath 25 layers of construction to find the evidence where agriculture was born about 10,000 years ago. They had to go even deeper to reach the small settlement of foragers that had started this city when they congregated by a nearby spring. It is thought that Jericho is the world's oldest city. Agriculture not only provided an efficient way of feeding growing populations, but it also made it possible to develop more complex societies and cultures.

A caveat, the congruence of anthropology and biology, the advances in the accuracy of dating methods and techniques, the use of DNA and powerful microscopy to identify, date and compare biological materials, keep updating the times in which plants and animals were first domesticated. To do this, scientists are not only finding new material, but studying anew decades old museum collections of plant and animal remains.

In his 1995 book, *The Emergence of Agriculture*, Bruce D. Smith, of the National Museum of Natural History, lists the then accepted seven independent regions and the approximate times when plants and animals were first domesticated. The oldest — some 10,000 years ago — is in the Near East (The Fertile Crescent) in present day Iran, Jordan and Turkey. Next came the Yang-



Terraces in the Central Andes used by pre-Inca cultures are still in use today.

tze River area in southern China and the Yellow River valley in the north, 8,500 and 7,500 years ago, respectively. Farming also started 4,000 years ago in a west-east strip across Sub-Saharan Africa.

In the Americas, there are three areas of agricultural origination all ranging around 4,500 years ago. They are in the South Central Andes of Peru and Bolivia, Central Mexico, including Guatemala, and the Eastern US.

Aided by geography, the availability of water and a benign climate, barley, wheat, oats, goats, cattle and pigs were first domesticated in the Fertile Crescent. Given the economic and nutritional significance of these products, it

is not surprising that their origins, as well as their expansion to other parts of the world, have been well researched. This also led scientists to study other similar favorable areas for farming. However, other products and lands have not been given the same attention.

Newer research keeps on advancing the markers. For example, rice may have been growing for over 10,000 years in the Yangtze River valley, possibly way before human settlements were formed there.

Moreover, while agriculture

may have first appeared in the Near East, inhabitants in other parts of the world were simultaneously domesticating available plants. For instance, Bruce Smith, using new dating techniques, determined that squash seeds (*Cucurbita pepo*) found in a cave in Oaxaca, Mexico in the 1960's were indeed 10,000 years old. Studies by archaeobotanists Dolores Piperno (Smithsonian Tropical Research Institution in Balboa, Panama) and Deborah Pearsall (University of Missouri, Columbia) have posited that the jungles of the Neotropics, from southern Mexico to northern South America, may have

started domesticating plants and animals about 10,000 years ago, making this center of origin contemporary with the Fertile Crescent. Similarly, the idea of farming coming after settlements or vice versa is also in doubt, for now.

The story of the birth of agriculture continues to change and with it our knowl-

edge of Mother Earth. The wild plants that our ancestor domesticated hold the genetic keys for the sustainability of future crops to feed the world.



From wild teosinte to present day Corn



Grain size is one of the distinctive characteristics of domesticated wheat



Dear Pebbles...

I saw a picture of two happy dogs playing in the new dog park in the last issue of *Village Life*. It looked like they were having so much fun. Doesn't Asbury like cats? Also, why do you only answer letters from dogs?

— *Sweetie Cuddles*

Dear Sweetie Cuddles:

What are you, a stuffed toy? It's a good thing your person keeps you inside. Imagine introducing yourself to Tom, Tiger, even Buffy as "Sweetie Cuddles." Didn't it ever occur to you to invent a self-respecting pseudonym?

Now about answering letters: Most cats, being naturally independent, need less guidance than dogs. I am, of course, happy to assist any pet at Asbury. Since I give so much valuable advice,

I suppose I must address your inane question about a cat park.

Surely you do not want to frisk about on the grass with half a dozen stranger cats. You especially don't want to do that after introducing yourself to them as "Sweetie Cuddles." Even a squirrel would be tempted to attack you. Furthermore, I can scarcely think of anything less pleasant than being outside with all those delicious looking birds while having to play with other cats. How, pray tell, did you propose to get yourself to a cat park — by pulling your person down the sidewalk at the end of a leash like a dog? The next thing you'll want to do is fetch something.

My advice is to get a scratching post and a cat tree. And keep in mind the name change.



By Dan Muller

Farewell winter 2018! Although I welcome spring, I must admit that I consider winter to be the manliest season of the year. It's a time when guys get to show off their endurance against cold and snowy weather. It's a time when we bravely don our light jackets while our female counterparts wisely bundle up in heavy coats, scarves, knit hats and gloves. It is also a time to show off our weather-related skills.



With this winter finally over, I find myself reflecting on experiences of winters past. In particular, I recall those years long ago when I commuted to work from Alexandria, VA to Fort Belvoir. This was long before employers thought of closing businesses when there was a heavy snow which could make commuting difficult, if not dangerous. Of course, there was no telecommuting back then! At that time, we workers had two options — take a day of annual leave, or do the daring thing and drive to work. Those of us who arrived safely

would then proceed to spend a good part of the day discussing our thrilling and perilous adventures — trying to outdo each other on the various difficulties we encountered on frequently unplowed roads. We would describe in detail all the accidents we saw or avoided, and how many cars we counted in ditches. Of course, we also discussed the best methods of shoveling out our cars, and installing chains on our back tires. Next, we would debate the pros and cons of snow tires. Our fellow workers who prudently decided to take the day off were considered wimps.

Getting home in the evening is another story. The best part of arriving home was the adult beverage thoughtfully prepared by my happy and relieved wife. After she made sure I was sufficiently "relaxed," she would suggest that I take the children out sledding. Is there any

wonder why I have such fond memories of my manly winters?

Some final thoughts: A couple of weeks after my winter move to Asbury years ago, we had a heavy snow storm. Upon hearing a scraping sound, I rushed to the front window of my Villa and saw a total stranger shoveling my walk and driveway. What a welcome assault on my manhood!

Now that it's spring, bring on the lawnmowers! I'm at my window waiting for you.

Meet James Lewis, Sous Chef at Park View

By Marilyn Gaut

James Lewis has been working at Asbury for 17 years. When he began his career here, Park View was still the Home. Erich Keuhnert was the dining room manager at the time and James credits much of what he learned to him. When the Home was closed for its changeover to Park View, James worked at the Wilson Health Care Center, Crawford and Hefner.

He started his career as an auto mechanic, but began putting some time in at Pizza Hut in Fredericksburg, VA, as a part-time job. James next moved to Ruby Tuesday and began as a dishwasher, but quickly moved up to a prep person, front line cook, and soon became a regional trainer and started training the kitchen staff in various states.

James grew up in Virginia. For a time he was in New York working at Morton's Steakhouse and Houston's. James came back to Gaithersburg when a friend here



Photo by Hal Gaut

Chef Lewis in his signature toque.

needed him.

James loves Asbury and says it's a beautiful community and a great place to work. He thinks the staff at Park View is made up of great people who care about their workplace. He's also very fond of the residents.

When asked about hobbies or things he likes to do other than cooking, James said he liked to have fun with model rocketry (little engines) with his dad when he was a kid. Now he doesn't have much free time. When he's not working for Asbury, he works part time for another senior living community in Rockville. James is, and has been, one busy chef!

April Wildlife Happenings: Be There

By Peter Cascio

The possibility that spring has actually arrived has stirred up a lot of activity throughout the Wildlife Habitat Team and many winter-weary residents. First off, the whole Wildlife Habitat idea began with a desire to attract and enjoy a variety of our wild birds. And, on **Thursday, April 5** at 8:00 am, this season's birdwatching groups led by Lydia Page (X3134) and Pat Johnson kicked off. The group meets every Thursday morning in April and May at 8:00 am. Meet the group near the birdfeeders by the upper pond. Remember to bring binoculars.

Sunday, April 22 is Earth Day,

established in 1970 to support environmental protection. This year's theme to "end plastic pollution" is now celebrated in 193 countries.

Monday, April 23 Tuana Phillips, a master's degree candidate, will tell us about her University of Maryland Tree Hydrology Research Project at 2:00 pm in Parker Hall. She will have set up her measuring equipment at two locations on campus to seek the quantities of moisture absorbed by our trees' roots and canopies and transpired back into the atmosphere. Following her presentation, as an option, Tuana will lead the group to the pond area to observe the locations of her tree groups and their instrumentation.

Thursday, April 26 has been scheduled by Susan Grotenhuis (X4955) for an Eyre bus tour to the topiaries of Ladew Gardens near Baltimore. You will need to make an \$88 reservation with Eyre at (800) 321-3973, X4. The bus will pick up at Rosborough and Hefner at 8:00 am for a 10:00 am house tour. Lunch will be at 11:30 am followed by free time until the 2:30 pm departure with an estimated return at 4:30 pm. Be aware that walking in the gardens will be on uneven ground.

Friday, April 27 is Arbor Day, established in 1972 to make the world cleaner and greener through the planting and distribution of 250 million trees. In recognition of the

Arbor Day mission to "plant, nurture and celebrate" trees, Anita Taylor (X3101), and Evan Haynes will conduct two walking tours of the AMV Arboretum path around the ponds starting from Rosborough at 10:00 am and 1:30 pm.

Monday, May 14 will be a trip to Audubon — which includes a guided tour of grounds and gardens at Woodend in Chevy Chase from 10:00 am to 4:00 pm. Enjoy a boxed lunch in the picnic area. Registration is \$28 and sign-up forms with lunch choices are at concierge desks. Walking will be on uneven paths. Contact Susan Grotenhuis at X 4955 for questions.

Stamp Processing at Kindley

By Jean Hubbell

Last month, I wrote about the stamp collecting that takes place on the Asbury campus. And since then I have learned that there is a group of residents in Kindley Assisted Living who meet every Friday to cut stamps from envelopes and turn them into the Asbury Guild. The money from the stamps



is part of the Guild's total budget and is used to further the work and activities for our residents. Wouldn't it be great if we could duplicate this activity beyond Kindley and into other building communities? In the meantime, individuals are encouraged to turn in trimmed stamps at their building mailroom where donation boxes are provided.

Parkinson's Pointers

Looking for guidance on dealing with Parkinson's? Join us in the Rosborough Theatre on May 2, 6:00 pm to 8:00 pm, for *Parkinson's Pointers*. This program is presented by the Parkinson Foundation of the National Capital Area in partnership with Asbury Methodist Village. This livestreamed lecture by Dr. Codrin Lungu will include light refreshments. Admission is free, but registration is required. For information or to register, call Shannon at X6255.

Asbury Campus Happenings

Get out your calendars and start saving the dates for a long list of activities on the horizon here at Asbury over the next month. A handful is listed below. Be sure to check AVTV and bulletin board for more:

April 9, 16, 30

Asbury Arboretum Tours, 10:30 am bus pickup at Trott, with stops at Hefner and Kindley. Spring is a great time to take in the beauty of the AMV campus, which has the designation of being an accredited arboretum. No reservations necessary just show up at one of the pick-up spots on the day of your choosing (or all three!). Contact Susan at X4955 for more information.

April 16

Memories for the Future, Keese School lecture presented by AMV resident Murray Schulman, 7:30 pm, Hefner Auditorium.



Photo: Stephanie Sabine

Led by Nancy Wyne, the Edwards-Fish er heads — winners of Game Night 2017 — strategize for the 2018 competition.

April 18

Game Night, Rosborough Theater, 7:00 pm. Residents vs associates in Pub Quiz Trivia, The Price is Right and Neighborhood Feud. Contact Susan at X4955.

April 21

Senior-to-Senior Spring Prom, 6:00 pm, Rosborough Community Rooms. Music, photos and awards will be a part of this "prom" held in partnership with Seneca Valley High School National Honors Society. Contact Susan at X4955.

April 23

Trees and storm water research project presentation, Parker Hall, 2:00 pm. Learn about the research being conducted at Asbury by a team of science researchers from the University of Maryland and the U.S. Forest Service.

Continued on page 14

“The Peace Corps shaped my *whole* life from the first day I signed up” says Candy Warner. She and four other AMV residents presented at a February Keese School lecture where they shared how their time in the Peace Corps shaped their lives and careers. The group of Returned Peace Corps Volunteers (RPCV) was part of an encore presentation that was organized by Jay Hatch, after a very popular 2017 presentation on the topic. The following excerpts focus not on what they as volunteers changed in their villages, but how their experiences shaped their lives and careers. The content has been adapted from these women’s notes.



Susan Veras

In 1968 **Susan Veras (Trott)** headed to Sao Jose da Lage (Lage) in northeastern Brazil to serve in a health education program. Lage was a hill area once blessed with a rainforest, but in 1968 it was one of many sugar plantations in the county. “Hot and hotter” was how Susan described it, with paved roads only in the main part of town and during the rainy season accessible only by train if the tracks weren’t flooded.

It was rainy season when Susan arrived at Lage. Her job was to educate program-enrolled villagers about vaccines and to immunize women and infants. Traveling to their homes, Susan recalled traversing the difficult, red-mud roads of the sugar cane area in boots and an umbrella. The health clinic was small and open only in the morning, and the well-respected doctor lived in the town. As there was no hospital, major problems were sent to Maceio, the county’s capital city.

For a while Susan was the only American in the county and the

only English speaker in her town. With the arrival of Amy, another PC volunteer, Susan shared a simple rental with no running water, a charcoal stove and an outhouse. They ate and showered at her landlord’s house. But with increasing fluency in Portuguese, Susan and Amy became more involved in the town, gardening and selling produce at the market and offering health classes in the schools. And Susan married the son of the doctor who had been her boss. Her husband became Lage’s mayor, leading to her heading the social services in the county and leading to the establishment of municipal nurseries/preschools for children of working mothers and association with state leaders in the social services.

How did this change her life? Emerged in a different culture, she developed a very different outlook on what life is and how to cope with it. She developed openness to and acceptance of differences, and an ability to cope with unknowns. Susan stayed 26 years in Brazil, living in Maceio and Recife, raising three boys, studying architecture, teaching in an American Overseas School and, not the least, being the mayor’s wife. When her husband passed away, she came back to the States with her sons.

Having earned a master’s degree in international public health, Susan worked in a reproductive health, US-Aid project in sub-Saharan Africa in the Portuguese speaking countries of Angola and Mozambique.

Susan has now three Brazilian daughters-in-law. One son returned to Brazil, living with her two grandsons in Maceio. Her ties to Brazil continue and lengthen. How could she have ever imagined how her choice to join the Peace Corps would have changed her life?

Madeleine Bryant (Walance) is an immigrant and a naturalized US citizen who grew up in Washington, DC, with a deep appreciation for her adopted country and a strong desire to “give back.” Inspired by her then new, idealistic husband, she and he joined the Peace Corps in 1968 and went to Guyana in South America.

It was not, Madeleine says, “a Caribbean paradise! It was hot and humid, alternately dry or soggy and rainy.” They lived on the main coastal road full of animals, people, speeding cars and potholes.



Madeleine Bryant

She recalls the “many big bugs, flying cockroaches, mosquitos, tick infestations and bats — all inside our house,” that was built on stilts and during earthquakes “rocked and rolled.”

Madeleine taught modern math to 80 kids in kindergarten and first grade in the corner of a large, hot, noisy, one-room wooden school house with over 200 students ages 5-12. To keep order with limited resources and stark conditions, teachers were strict, sometimes disciplining with a ruler. This was not Madeleine’s notion of teaching children.

Guyana’s population lived mostly along their coastal road in largely segregated villages of Africans and East Indians. There was also racial and political strife among the African-descended Socialists and the East Indian-descended Communists. And many Guyanese thought all Peace Corps Volunteers must be CIA agents as no other young people “in their right minds would ‘voluntarily’ live in these conditions.”

It was Madeleine’s first experience as a minority, of being a curiosity because of her skin color. “I was the first white person most children and many adults had seen up close. They touched my hair and rubbed my skin to see if the color would come off.” Children called me “White Miss.” And adults in this culture where women’s roles were well defined frequently asked her why she wasn’t pregnant since she had been married several months.

Madeleine recalled of her volunteer service that there was much to adapt to — but that her experience was truly an adventure from which she learned a lot.

Madeleine returned to DC with self-confidence, a learned flexibility and adaptability, and knowing



Doing Good and Feeling Good How Service in the Peace Corps Changes Lives

“We joined the Peace Corps as an opportunity to travel and see new places. We didn’t start out with lofty, altruistic sentiments. We left changed people, grateful for the opportunity to have been there and with a much broader understanding and appreciation of other countries and cultures. But we also returned with a vastly greater appreciation for our own country and its opportunities.”

— Donna Schramm

how to prioritize what was important in her life. She says, “I hope I made a difference — I believe I did — but the biggest change was in me.

“If you live overseas, especially in a ‘developing’ country for an extended time, you never again see the world the same way. I learned how alike we human beings are in our needs, hopes and dreams. I saw how governments/politics or individual greed for wealth and/or power, even fear and distrust often got in the way of the average citizen just wanting to live in harmony and take care of family.”



Donna Schramm

Donna Schramm (Trott) and her husband served from 1966–1968 in Honduras. They arrived in Santa Rosa where Donna recalled the “pilot buzzing the airport to clear the cows from what was the runway.”

As a Registered Nurse (RN), Donna was part of an effort between the government of Honduras and the Peace Corps to deal with healthcare issues in rural areas “to see what she could do.” Not a very precise job description.

Donna joined a Honduran RN and doctor, both from well-to-do families and educated out-of-country as there were no medical schools in Honduras. The pair was repaying the government for their education, but unfortunately, they had no real interest in “los pobres,” the poor. But it was the poor who were their patients and who carried their sick often for miles to the facility. Working with the staff was frustrating as it strove only to meet the least requirements for serving their population.

Soon the Government Head of Health, a World Health Organization consultant, and the head

of the Peace Corps in Honduras decided to refocus the Peace Corps mission by bringing nurses from rural areas to larger population areas. Donna was assigned to teach basic nursing skills at a school for practical nurses in the capital, Tegucigalpa. She also supervised students in the hospital where it was common to find two patients sharing a bed, minimal equipment and medicine, families supplying food for patients, and few staff members. She says that her major accomplishment there was to see that her students washed their hands between patients, a simple but essential medical requirement.

As Donna’s tour came to an end, she and her husband became aware of how much the USA had gone through during the Vietnam War years while they were away. On return she became involved in the anti-war effort. Her Peace Corps experience also strengthened her lifelong desire to be active in social justice issues, particularly those affecting people with disabilities.

Donna says: “We joined the Peace Corps as an opportunity to travel and see new places. We didn’t start out with lofty, altruistic sentiments. We left changed people, grateful for the opportunity to have been there and with a much broader understanding and appreciation of other countries and cultures. But we also returned with a vastly greater appreciation for our own country and its opportunities. Our eyes were opened to work that needed to be done right here at home.” And Donna was ready.



Candy Warner

Candy Warner (Villas). As a Des Moines, Iowa teenager, Candy says she was very fortunate to have a father who was a world traveler. After college he had taught in Thessalonica, Greece, and later he took her brother and her to Europe on two different occasions. Her mother

was the Iowa Coordinator for the American Field Service, and they had students from Turkey, Finland and Kenya stay in their home. She also was an exchange student in Germany through the Experiment in International Living. So, she says, “Why did I go into the Peace Corps? I guess it was in my genes.”

But she also was a student of the Kennedy era, and the Peace Corps gave her a chance to work in a country unknown to her: Tanganyika, an English-speaking country.

“When I was accepted into Peace Corps, the confirmation letter said that I would teach English. When I got to Syracuse, it was English and one other subject. When I got to Mbeya, Tanganyika, for the last 10 weeks of training, it was English and maybe two other subjects. The night before I started teaching, my headmistress told me that I would teach English, history, science, geography, math, sewing, singing and PE in grades five to eight. And I did. Peace Corps gave me the confidence to handle a lot, to keep learning and to challenge girls who gave me another world view. I loved them, and they loved me.”

Candy served at a girls’ boarding school in the Usambara Mountains, 40 minutes from Lesotho, the district town. It took an hour down a dirt road to leave the mountains. The preschool/primary school was run by nuns. At the time in her area, children of multiple births (twins and triplets) were given away by their families to these Sisters. The school provided all an active life. Candy taught, led the choir, did some sewing and led lots of games and sports.

At that time in Africa, it was not easy to bridge the distance between “white colonialists” and Africans. “Caring a lot for my students and having fun with them was how I did this,” says Candy. “Two memories remind me of this. During a holiday vacation, I and a few other volunteers set out to climb Mt. Kilimanjaro, 19,000 ft. high and a five-day walk. But, on the second day at about 10,000 feet elevation, a runner came up the mountain. ‘Miss Candy, Miss Candy! You must return to your school to lead the choir! Mwalimu (respected, popular President Julius Nyerere) is coming!’ It was such an honor for the choir to sing for this teacher (Mwalimu) who was leading Tanganyika through early Independence to become Tanzania.

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Jim Allison: Master Builder

By Phyllis W. Zeno

When Jim Allison moved across Gaithersburg from Lakelands to Asbury five years ago, little did he know that he would become a master builder for the Rosborough Theatre stage!

A native of Connecticut, Jim's lifetime career was devoted to electronic devices and semi-conductors. But in his high school years, he enjoyed participating in the woodworking shop, and his memory of that being a fun hobby carried over to his retirement.

The fact that Asbury had a well-equipped woodworking shop proved very tempting. Jim and his wife Elaine differ in opinions of what is "enough" and what is "too much time" spent in the shop! After two years spent repairing tables, chairs and lamps for fellow residents, Jim caught the attention of the stage manager for the yearly Village Life original musical shows.

When their third production, "It Takes a Village," celebrated Asbury's 90th anniversary, the plot featured Frank Molony, Courtyard Homes' resident, running for President on the LUV Party ticket in the 2016 election. Part of his campaign was waged from the back of a red caboose. Since the railroad was undergoing reconstruction in its Gaithersburg station, the perfect model of a caboose was stored in the local yard.



photo by Linda Aber

Jim Allison and his CYR wheel prototype, complete with a crash dummy.

Jim had ample time to study the picturesque red caboose and capture snapshots which he turned into stage scenery. He worked night and day to develop a perfect replica of that caboose,

which dramatized the finale of that show.

The 2017 show, "Once Upon a Village," turned a presidential candidate into Tarzan, who lived with his 103-year-old mother in a tree house on Asbury Pond.

Only a speedy transformation by builder Jim could turn the red caboose into a green tree-house for that year's show.

With a new plot in this year's show, "Back to the Future," what could change Tarzan's tree-house into a flaming CYR wheel like the one in Cirque du Soleil? The Asbury wheel would navigate a performer around the Rosborough Stage. Research on the internet displayed CYR wheels on stages around the world priced upwards of \$700 each — hardly within Asbury's budget.

But once again, back at the Asbury workshop, Jim Allison has come to the group's rescue and created a flaming CYR wheel, capable of carrying a death-defying Asbury resident in an amazing ride across the Rosborough stage in the show's finale. Does he survive the challenge? You'll have to attend one of three performances to find out: Friday, May 4 or Saturday, May 5 at 7:30 pm, or Sunday, May 6 at 3:30 p.m. Free tickets will be available by request form through the Wellness Center after April 9. The show has sold out 900 tickets every year.

By Hal Gaut

As we dig deeper into our AMV history, we find more and more interesting information that was clearly documented at the time. To that end, it should be most informative to reprint an excerpt from *Chit Chat* April 1988, 32nd year, Vol. 8. (*Chit Chat* was the earliest precursor to *Village Life*, having started in 1956 and continuing almost monthly through 1998. The format was a 5-or 6-page mimeographed publication that dealt primarily with life in the original Home (building 201), and the new Home (building 211). One of the major supporters of campus life at the time was the Asbury Guild. So step back 30 years to the April 1988 issue of *Chit Chat* and learn "All About the Annual Bazaar." (The author, Jean Hubbell, then Guild President, is still active and living in the Villas if you would like an autograph or more information.)

"This year's Bazaar will have a few changes as we persist in trying to find out what works best in our new situation. One thing



that will not be new, precisely, is the tried and true ham luncheon which will be available to guests at \$4.50, and children under 9 for \$3.50. The meal will be served in both the Home social hall and dining room, with the latter being reserved for Home family ONLY from 11:30 am to 12:00 pm. That is for the benefit of those who do not want to contend with crowds. The Social Hall is open to all the entire time of serving, 10:00 am to 1:30 pm. Home Family is welcome to eat with their friends and family at either location. The

Snack bar will be located in Parker Hall (at the Apartments) where all of the sales tables formerly located in the Social Hall will be set up this year. This will give us much more space and reduce the crowds at any one location — or so we hope. On Friday afternoon, if candy is available, as it usually is, the homemade goodies will be sold at the Home snack bar to permit the Home family an advance opportunity at this popular item. Plants will be sold on Friday afternoon, and the AAUW books in Williamsburg Lane, but

other items will not be sold until Saturday from 9:00 am until 2:00 pm. We are making arrangements for shuttle service between all the buildings on campus for the benefit of those who don't feel up to that much walking.

"What will be available and where? For entertainment, Maryland Kite Society kite festival will be on the point of lawn beyond the apartments. In Parker Hall of the Apartment Center you will find attic treasures, handcrafts, baked goods, homemade candy, jewelry, Conley Clocks, and the snack bar. The Gift Shop in the Health Care Center will be open extra hours that Saturday, and the Gift Shop at the Home will be ready to go, as well as the arts and crafts and gadget table down the hall on the activities level 1. Outside the main entrance of the Home will be the plant tent, and across the parking lot on the lawn will be a hot pretzel and lemonade stand — something new. Entering Williamsburg Lane by the "pond" door you will come to the book sale, and down the lane the Coun-

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Rachel Karish Becomes Wilson Health Care Center's Administrator

By Jan Garman

You might say that Rachel Karish came home when she joined AMV as administrator of the Wilson Health Care Center seven months ago. While studying for her master's degree in health care administration (with a focus on long-term care) at George Washington University, she did her administrative training at Wilson in 2008-09. However, she was familiar with Asbury long before then because she had attended events here while visiting her grandmother who resided in the Villas and then at Kindley.

Rachel seemed destined to go into healthcare, although her undergraduate degree at the University of Maryland was in an unrelated field. Her father is a pathologist at the National Institutes of Health, her mother was a registered nurse and her stepfather is on the board of the Rockville Nursing Home. She started volunteering in the activities department of the nursing home at the tender age of five! Her long tenure as a volunteer led to paid employment when she was a teenager and a student at Gaithersburg High School.

After receiving her master's degree, Rachel worked for Manor Care for five years and then for Sunrise Senior Living for four years as an administrator at Bedford Court, a Continuing Care Retirement Community in Silver Spring, where she oversaw the skilled nursing and assisted living components. From



Rachel Karish

there she moved to Brighton Gardens in Bethesda as its executive director.

She was drawn to her current position at Wilson because of its history as a not-for-profit community that focuses on patient care. She really likes the commitment that Wilson has to its patients. She notes the long tenure that many associates have and admires the relationships that they have developed with the residents.

Rachel and her husband, Rob, live in Gaithersburg with their two-year-old son, Noah, and two dogs that Rachel hopes to be able to train to visit patients at Wilson. When she is not spending time with family or working, Rachel loves to run and exercise. She and Rob enjoy trying new restaurants, especially restaurants designated as top picks by *Washingtonian* magazine. They also like to attend sporting events. Rachel enjoys traveling with her father, who she says is her best friend. Together, they have visited many countries including Japan, Italy, Patagonia and the Galapagos. Her goal is to visit every continent including Antarctica. She and Rob now enjoy finding family-friendly places in DC to explore with Noah.

Rachel wants Asbury residents and their families to feel free to call her with their questions. If she is not available at her Wilson phone number (301-216-4085), leave a message and she will return your call.

HERITAGE LAB

Continued from page 12

try Store, which will be in the fair exchange location. Of course, we anticipate the tours of Williamsburg Lane Collections, and of the Home, apartments and grounds. There is sure to be something for everyone at this year's Bazaar. We hope spreading out in this way

will bring greater enjoyment to the maximum number of folks coming. Sue DaCamara and I will try to arrange a question-and-answer session before the big day arrives, so if you have any more questions about what is to take place, save them and we'll try to provide the answers."

While Jean could not have known this back then, the magic number today is about 98.

PEACE CORPS

Continued from page 11

"Second, I wanted the girls to know that people are alike all over the world. It was hard to get that across. But one day in a science class as we talked about blood, I cut my finger, and the reaction was surprise, 'Her blood is the same as ours!' I had unwittingly made my whole point that all people are alike on this small earth. In terms of daredevil accomplishments while there, my roommate and I hitchhiked through Tanzania, Malawi, Zambia, Rhodesia and the panhandle of the Congo. So many stories to tell!"

How did Candy's Peace Corps experience change her life? Returning to the States in 1965, she earned a graduate degree from Stanford University where she reconnected with Dennis Warner, also a PCV in Tanzania. After marrying, Dennis and she returned to Tanzania where he did his doctoral research while they lived in Dar es Salaam, the capital. Candy worked for the Bureau of Resource Assessment and Land Use Planning at the University there, and their three children began arriving.

They have continued their international lives, including working and living in France and Switzerland. Back in the States and over the last 15 years, Candy has been a President and Board Member of Friends of Tanzania, which has raised more than \$700,000 to support 340-plus local projects there. She also worked later with the Center of Concern, an international social justice organization in Washington, DC.

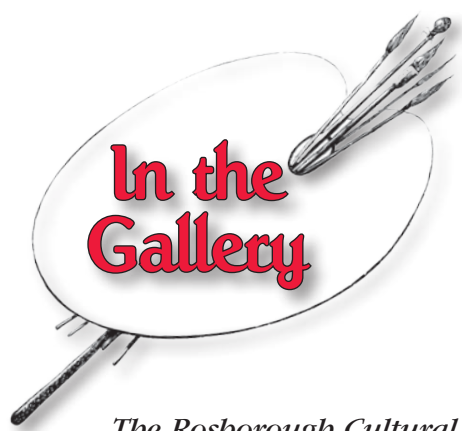
Candy concludes, "The Peace Corps shaped my *WHOLE* life from the first day I signed up. I still love Tanzania and have returned twice recently. It will always be in my heart!"

Carol Watkins (Diamond). While in college in the late '50s, Carol Watkins had wanted to study abroad, but couldn't afford it. That didn't change her desire to live and work in a culture different from her own. Sometime later Carol watched a CBS telecast about Operation Crossroads Africa, the organization upon which the Peace Corps was based. The broadcast concluded with an address for obtaining a Peace Corps (PC) application.

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In Memoriam

Resident	Residence(s)	Date of Death
Margaret Mason	Mund, Kindley & WHCC	3/1/2018
Marilyn Johnson	Trott and Kindley	3/2/2018
Virginia Rudd	WHCC	3/4/2018
Bong Nam Kim	WHCC	3/4/2018
Otis Smith	WHCC	3/5/2018
Robert T. Hartman	Trott, Kindley & WHCC	3/5/2018
Mr. Dale Harrison	WHCC	3/9/2018
Valdete Bailey	EF	3/9/2018
Murlene Phillips	WHCC	3/17/2018
Kathryn Broderick	Diamond	3/18/2018
Douglas W. Lovelace	WHCC	3/18/2018
Waneka Mackison	Kindley & WHCC	3/19/2018
Elizabeth Reeve	EF, Kindley & WHCC	3/20/2018
Louise Elliott	Diamond	3/20/2018
Martin Goldman	Kindley	3/25/2018
Margaret "Peggy" Unsworth	Park View & Diamond	3/25/2018
Robert "Bob" Sessions	Park View	3/26/2018
Stanley Meiselman	EF, Kindley & WHCC	3/27/2018
Evelyn R. Howard	WHCC	3/30/2018
Dorothy McNamara	WHCC	4/2/2018
Jack Wood	Diamond & WHCC	4/7/2018
Mary F. Driver	WHCC	4/10/2018
Mildred Gettings	Wallace, Kindley & WHCC	4/11/2018



In the Gallery

The Rosborough Cultural Arts and Wellness Center is home to an ever-changing gallery of arts and handiwork created by our residents. Stop by and see what's new. With 12 display cases to look at, there's something for everyone to enjoy. Here's a sampling....



Photo: George Stosur

Carroll Saussy
Courtyard Homes
watercolor



Photo: George Stosur

Astrid Erickson
Villas
needlework

Getting Ready to Slice Some Apples

By Jim Utterback

Having now finished our third Apple class session with our new instructor, Gary Bennett, we're looking forward to planning our second session of 2018. We've had some successes, and are looking at how to fix past issues, as well as build on the best parts.

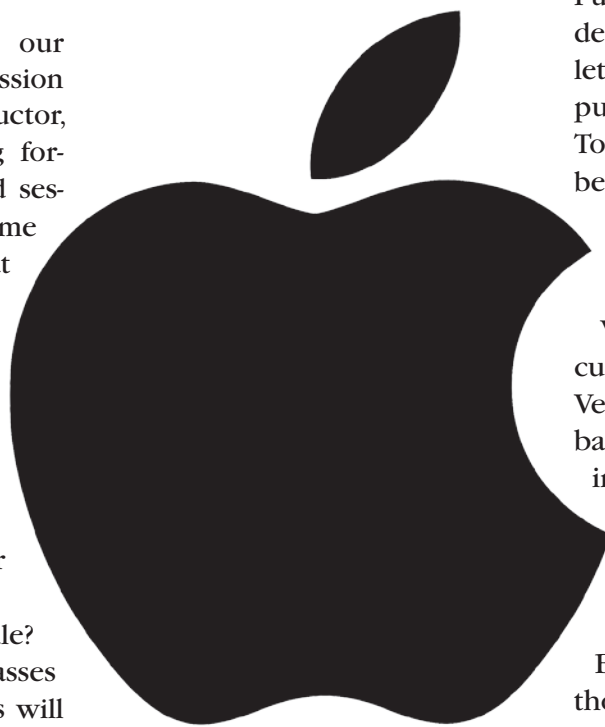
We now have a catalog of 44 class subjects to pick from, and want to focus on those which have had the best reactions. Based on our experiences of the last year we have questions:

How do we fix the schedule? The day of the week for classes determines whether residents will have space on their calendars to attend classes. And we all know that the Asbury calendar is always packed with competing events.

How do we pick the best subjects? We have to pick class subjects that residents want, or are curious about. Given the range of abilities on campus, that's tricky.

There will always be demand for basic skills classes, but over time we've also built an audience that is past those and looking for new or more advanced subjects.

Can we meet all the deadlines?



Publicity at Asbury requires hitting deadlines for all the campus outlets: *Village Life*, AVTV, the Computer Club newsletter, and the TouchTown app. As well, we have been gradually reaching out to possible students outside of AMV, and that means allowing time for distributing posters, etc.

We assure you that our diligent curriculum committee of Susan Veras, Jeanne North, Jim Utterback and Ken Rogers are scratching their heads and sharpening their pencils. Some of the most popular classes recently are Intro to iPad, Mail for iPad/iPhone, and Photo Basics. We'll consider repeating those. Some other topics we're considering are Amazon Echo with iPad and Apps with iOS 11.

We'll be meeting, both in person and via email (we do use computers, after all), and with Gary, to shake all this out. And we're determined to meet our own deadline to bring the campus a fresh set of Apple Slices in May. See you then!

HAPPENINGS

Continued from page 9

Tuana Phillips, a master's student in environmental science at the U of MD, shares findings from the project. An optional field study tour at the ponds will allow attendees to observe the equipment.

April 23

Keese School lecture, *World War II from a Daughter's Perspective*, Hefner Auditorium, 7:30 pm. AMV residents Anneke Sengers and Tiiu Kera tell their personal stories.

May 8

The Gaithersburg Chorus Spring Concert, Rosborough Theatre, 7:30 pm. Free admission, but donations are gratefully accepted.

May 10

Derreck Kayongu, Rosborough Theatre, 10:30 am and 1:00 pm. A Top Ten *CNN* Hero in 2011, Kayongu will share his inspirational journey from Ugandan refugee to successful entrepreneur and renowned human rights activist. One among many accomplishments is Kayongu's role as the founder of the Global Soap Project, which recycles used hotel soap and redistributes it to impoverished populations around the world — demonstrating that a simple idea has the power to transform the lives of millions. This is a marketing event, but residents are strongly encouraged to attend.



Global Soap Project founder, Derreck Kayongu, speaks at AMV on May 10.

May 12

Encore Chorale Spring Concert, Rosborough Theatre, 7:00 pm. Features the Encore Chorales from AMV and Frederick and includes a medley of pieces from *West Side Story* and *Swingin' with the Saints*. No tickets or reservations required.

— Compiled by Pam Brown

Welcome New Residents

The Bakers moved from Idaho to Asbury last August, living first in the Wallace building before transferring to the Villas in September. Judy remembers having to alert the security team in Wallace not to be concerned about her walking their aging dog, Calvin, who needed to go out not once, but twice, during the wee hours of the morning. Sadly, Calvin died in March at the age of 10.

Both Bakers are Westerners. Judy, whose dad was a civilian working for the Army, was born in Marshall, TX, but moved to Texarkana and then to Tulsa during her high-school years. John was born in Purcell, OK, and finished high school in Tulsa. Though they attended the same high school, they were a year apart and didn't meet until later, when they were introduced by their good friends with whom they have maintained contact.

After high school, John attended Georgia Tech, but Judy headed



Photo: Marolyn Hatch

Judy and John Baker Villa 516, X6928

to New York City to study ballet, a passion she had had since age seven. In Tulsa, Judy had studied under Eva Matlogova, the mother of Moscelyn Larkin, one of the founders of the Tulsa Ballet. Feeling that she didn't have all the

qualities necessary for a professional ballet career, Judy headed to the West Coast, where she majored in English and French for her undergraduate degree. Years later, she returned to college and received a degree in microbiology.

She used that degree working for seven years at the University of California, Irvine before retiring. John became an electrical engineer and retired from Deep Rock Oil and Gas Company.

Judy's hobbies are gardening and swimming — especially in the Rosborough pool. John's interests are aviation and building model airplanes.

The Bakers have two children. Their son John is a bachelor and works as a computer scientist in Irvine, California. Their daughter Tani (named for ballerina Tanaquil Le Clercq) is a graphic designer with Groff Creative in Silver Spring and mother of Raven, a two-year-old daughter who was born in China and adopted last year. As for so many Asbury residents, being closer to family was a major factor that brought the Bakers to AMV. Welcome to the Villas, Judy and John!

— Sandy Powers, Villas

Billie and Hal Denny moved from their home of 24 years in Southern Shores, NC, and settled into Asbury last December. Born in the states of Tennessee and Kentucky, and growing up in Indiana, this well-traveled duo has also lived in Florida, Virginia, and New Jersey.

Hal served in the Navy as an aviator from 1943 to 1948, then went on to graduate from Earlham College in 1951 with a BA in economics and psychology. He and Billie were married in 1946. After college, Hal held positions with the Navy Department and a New York City-based consulting firm. For 24 years, he worked in Bethesda with the Logistics Management Institute where he retired as a senior vice president. Hal remained in the Navy Ready Reserve for 29 years, retiring with the rank of captain.

During these years, Billie was busy as a homemaker with two young boys. As the children grew, Billie pursued other interests. She took history courses at George Washington University and earned a business degree at Montgomery College and worked for an inte-



Photo: Arthur Forrest

Hal and Billie Denny Wallace 401, X4597

rior designer.

She went on to work at a business and tax services firm, from which she retired as director of human resources and manager of payroll.

Retiring to the Outer Banks of North Carolina, Billie turned to golf, playing twice weekly,

practicing her dressmaking skills and becoming active in United Methodist Women (UMW). She also organized a book club,

serving Duck United Methodist Church, and enjoyed the nearby ocean. She served as a district officer of UMW for 10 years, four as president.

Hal served on the town council for 10 years, six as mayor. He flew as a search and rescue pilot with the NC Civil Air Patrol, and had tours as a squadron and a group commander. On the ground, he was director of the Caring Hands Ministry at Duck Methodist, a

team of 25 men and women who repaired and remodeled homes for handicapped residents, small churches, and not-for-profit service organizations. After Hurricane Katrina, they spent 15 weeks repairing homes in Biloxi, MS.

In recognition of Hal's volunteer service in North Carolina, he was awarded "The Order of the Long Leaf Pine," the highest recognition the governor can bestow on a resident. He also received a "Silver Beaver" award from the National Capitol Area Council, Boy Scouts of America for his extensive service to Scouting, including several years as chairman of the Montgomery District.

Hal's mother, Elizabeth, was Park View resident for several years prior to her death in 1988. The Denny's son Jim and his wife Fran live in Rockville. The Denny's have three grandchildren living locally in Fairfax, VA, and one in Boston. Their son David passed away on Christmas Day, 2016.

We welcome Billie and Hal to the Asbury community, where they are certain to find volunteer opportunities.

— Kathy Hirata

Lucinda Keister Trott 605, X5038

Sometimes Lucinda Keister can make a very quick decision, and other times she will consider many aspects of a coming change. This native of Ohio, youngest of three children in a family that moved many times during her childhood, always loved to draw. After high school, she enrolled in Ohio's Hiram College as an art history major. After her sophomore year, when the family made a major move to the DC area, she transferred to George Washington University where she completed her degree.

After graduation, Lucinda and a friend headed west to start their careers in the Denver area. Where does a young art history major find a job in the big city? The art history had to remain a personal passion while she sought professional positions in more traditional arenas. She first found a job at Fitzsimmons Army hospital, and later at the Denver Public Library. There she met a young man on a blind date, which generated the life-changing first "quick decision" – within one week of meeting, they decided they had met their life partner and would marry – and so they did!

As her husband David was a Maryland native, they returned to this area where they raised two daughters. David worked as a scientific researcher in the parasitic diseases and malaria sections of NIH. Lucinda was first employed at Prince George's County Public Library, but later landed a job in the History of Medicine



Photo: Hal Gaut

department of the National Library of Medicine, a unique and innovative national treasury repository. She especially enjoyed revisiting and enlarging her knowledge of art history as head of the Prints and Photographs Collection.

She remained there until retiring in 1994. Her library passion was contagious within the family as one daughter now works at the Library of Congress, while the second is a massage therapist. The family has claimed Maine as a special place, and return there near Southwest Harbor for at least three weeks of vacation time each year for well over forty years.

After her husband's death in 2010, Lucinda gradually began to consider what to do

for the next chapter in her life. This was the "slow decision" time, visiting various retirement communities and considering their suitability for her own needs and wants. She had done her homework and knew she wanted a CCRC for her next home. What impressed her about Asbury were both the physical campus and the wide variety of services and cultural activities.

She made the move to Trott in January, to a sixth-floor apartment that includes a clear view of Sugarloaf that attracts the artist's eye. And she still faces the double-headed decisions — some quick and some slow — that many of us experienced at the time of our move: What to save, what to sell, how to prepare the former house for sale while side-stepping boxes in the new apartment before selecting a special space for everything we decide to keep.

That art passion sleeps no more — it has reawakened with a leap into watercolor classes here and she would love to explore portraiture as well. One glance at the talent that Asbury neighbors display in our Art Gallery at Rosborough can assure her that she is not alone. She brings also the awareness of new opportunity to indulge her declared "obsession with knitting." The Montgomery County Fair here in Gaithersburg each August often features blue ribbons won by Asbury residents in many different avenues of artistic achievement. Go for it, Lucinda!

— Sandra Clunies, Trott

Nancy Mattson Diamond 515, X6551

Nancy Mattson moved into her apartment in February and is a proponent of lifelong learning. After she and her husband had raised their three sons, she earned a BS in business. Because of her passion for learning, she is a great advocate for Montgomery Community College where she was employed for twenty years, mostly in the human resources department.

She was born in Memphis, TN, but lived throughout the Midwest with her family. In 1956, her family moved to New Mexico, where she met and married her husband, and where they raised their family until moving to Rockville in 1976. Two of her sons are now living in Ellicott City and one lives in Virginia Beach. She has five grandchildren. Her oldest granddaughter will be graduating from William and Mary this spring and three other grandchildren are attending college. Her youngest grandchild



Photo: Jan Garman

is in high school.

Along the way, besides being a "soccer mom" for many years, she has been a longtime member of the Chevy Chase Women's Republican Club. She is also active in Faith United Methodist Church and in PEO, a women's organization emphasizing education. Attending Oasis classes, concerts, reading and playing bridge are her fun pursuits. It was through friends at Faith UMC that she became acquainted with Asbury.

She is looking forward to her new lifestyle which gives her more time to take advantage of many of Asbury's lectures, concerts and day trips. She also looks forward to sitting on her balcony and enjoying the beautiful surroundings, unencumbered with maintaining a house. She knows that it is a relief to her family that she is here. We are all glad that she is here. Welcome, Nancy!

— Jan Garman, Diamond

Welcome New Residents



Photo: Bob Tedesco

Elizabeth J. Moore Mund G5, X6558

Elizabeth moved to Mund just before Christmas last December. She was born in Youngstown, OH. Elizabeth is single, but has many nieces and nephews scattered around the country. She is Presbyterian.

Elizabeth received her BFA in interior design from Syracuse University in New York. Her career was spent as a realty specialist with the Federal Aviation Administration. Her job entailed writing regulations for the procurement of real estate for the FAA and its many properties around the country.

Upon retirement from the Federal government, she moved to France for five years

where she studied the French language and traveled.

Elizabeth has many interests including aqua aerobics, which she does three times a week in the Asbury pool. She also enjoys visiting museums, traveling, attending movies, music, and gardening. She hopes to have a flower garden on her patio.

Another strong interest is bridge; she is hoping to find a bridge group here at Asbury or to fill in when someone needs a substitute. Give her a call!

We welcome you to Mund, Elizabeth!

— Bob Tedesco, Mund

Sandra Powers Villa 500, X5933

It was early December when Sandy Powers joined the Villa community after a shorter than expected wait, having been told it might be up to two years before she could move in. Sandy came from Chambersburg, PA with her two cairn terriers, Bacca and Bridget.

Sandy was born in Bradford, PA, but soon moved to New York City during WWII where her father, a mechanical engineer, joined the Navy and was stationed at the Brooklyn Navy Yard. He was one of a group of pioneers in the development of the process for using water to extract oil. By the time Sandy was in 6th grade, her family, which now included another daughter, moved to Texas. Having attended Midwestern Music and Art Camp at the University of Kansas for two summers when she was in high school, she decided on the University of Kansas for college and began as a music major. Sandy studied the clarinet, became a music camp counselor, and took summer classes and completed her program in 3.5 years. However, she had changed majors along the way and was awarded her degree in English with a minor in music.

At the end of her senior year, Sandy had what turned out to be a very important conference with the dean of arts and sciences, who presented her with information about the Folger Shakespeare Library in Washington. Not quite ready for such a career move, Sandy became a stewardess (an obsolete designation, to be sure) for Pan Am flying interna-



Photo: Marolyn Hatch

tional routes for one year to earn money for graduate school. She learned French during her training to go along with her fluent Spanish.

She entered Johns Hopkins for her graduate work and earned a Master of Arts in Teaching, a program pioneered at Hopkins. She ended

her teaching career at Woodward High School in Rockville, and then finally decided to call the Folger. They had an opening and Sandy worked there for 10 years, then at the Dibner Library at the Smithsonian. She received her MLS at the University of Maryland and ended her career as director of the library at the Society of the Cincinnati in Washington.

Sandy met her husband, Galen, an Indiana farm boy, through colleagues at the Folger and the old Department of Health, Education and Welfare where he rose to the rank of assistant general counsel before leaving to establish his own healthcare law firm. Galen died seven years ago. Their daughter, Kathleen, lives in Virginia and works as a senior account manager at the KonTerra Group, a firm specializing in supporting international humanitarian development and emergency management for organizations and their people, particularly those that operate in high stress environments.

Pam Parmer, a current Villas' resident, had been a colleague of Sandy's daughter, so when it was time for Sandy to make a move, Pam was the link that brought her to AMV. Sandy has been impressed with the friendliness of the residents, the broad spectrum of activities, especially the Keese School. She also has returned to her musical roots and is directing a renewed two-octave Asbury Ringers Handbell Choir. She and the other eight ringers are hoping others interested will join them to expand the Ringers to three or four octaves. Welcome to Asbury!

— Fran Blenderman, Villas

Welcome New Residents

Donna Shields Diamond 818, X4569

Pastel portraits of friends and acquaintances decorate the walls of the apartment that Donna Shields moved into last December. They are a testament to Donna's love of art. She earned a BS in Art Education from the University of Maryland, but her working career was spent at the National Institutes of Health. However, as soon as she retired in 2010, she began taking art classes once more and became active in the Art League of Germantown, where she lived before moving to Asbury. Her work has been exhibited at the Black Rock Center for the Arts in Germantown and at the Kentlands Mansion. Donna was a featured artist at a 2014 art reception at the Embassy of Austria.

Donna was born in Cleveland, but her family moved to Bethesda when she was nine and she has lived in this area ever since, graduating from Walter Johnson High School. She worked in various positions at NIH includ-



Photo: Wayne Cleaver

ing serving as the business coordinator of a nine-month course on the effects of drugs on the body and the body's effect on drugs.

Besides art, Donna loves animals, particularly cats, and was accompanied to AMV by her cat. She loves music, good food, live entertainment, helping others, flower arranging and her church, Grace United Methodist, where she is active. She is also a member of the Germantown branch of the Laytonsville Lions Club. Donna has enjoyed traveling to such places as Venezuela, Hawaii, Spain, France and Italy.

Donna was familiar with Asbury through her Grace Church friends who are happy living here. Once she moved in, Donna understood why. She enjoys the friendliness of other AMV residents and the fact that residents look out for each other.

She feels blessed to be here and her Diamond neighbors are happy that she decided to join them.

— Jan Garman, Diamond

Happiness and good cheer arrived on the Asbury campus last fall in the persons of Judy and Barry Thomas. They bring with them a wealth of experience in business and community service.

Judy's first professional love was nursing, but during the school years of her and Barry's two daughters, she discovered that community service and advocacy were strong interests, culminating in a volunteer job as legislative affairs director for the New York State PTA. In that job she and other advocates persuaded the state legislature to put seat belts on all state school buses. Another accomplishment in Albany of which she is proud is the elimination of corporal punishment from New York's public schools. Her love of people and service, and a call to the ministry led her in mid-life to Yale Divinity School and a career in the United



Judy and Barry Thomas Villa 538, X4818

Methodist Church as pastor in two churches in Connecticut.

Barry Thomas had a success-

ful business career, working in Westchester County and New York City with General Foods, W.

R. Grace and Union Pacific. He retired from an investment consulting firm in Connecticut.

The couple met at the University of Michigan but raised their family in White Plains, NY. For their retirement years, Judy and Barry purchased a home on Cape Cod and will be dividing their time between the Cape and their new home in The Villas.

Barry is an avid gardener and lover of birds, participating now in feeding the birds on Asbury's beautiful grounds. Judy is an active walker and has just bought new goggles, so she can once again pursue her passion for swimming. She has also joined the AMV clowning troupe. The Thomases are the proud grandparents of two granddaughters and two grandsons who live in Denver, New York state, and Germantown/Montgomery Village.

— Margaret Sugg, Villas



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Welcome New Residents



Photo: Bob Tedesco

(Anna) Lucile Thomas Mund 612, X5978

Lucile moved to Mund just before last Christmas. She and her husband originally moved into the Villas in 1995, where Lucille continued to live after his death. After suffering from broken vertebrae, Lucille moved into Wilson and then to Kindley. She eventually recovered to the point where she was able to settle into Mund.

Lucile was born in Beaufort, SC and graduated from Beaufort High School. She then went to work for Western Union, where she spent her entire career, and met her husband. He was a Marine who came in to send a telegram and they were married a year and a half later! He spent his whole career in the Marines. She

worked for Western Union until their children were born and then became a stay-at-home mom.

Lucile has two sons: Richard, who lives in New Jersey and has four children, and Larry, who has three children and lives in South Carolina.

Lucile also has a sister who lives in Washington State. She was able to visit the west coast and celebrate her sister's 90th birthday!

Over the years, Lucile was a gardener who loved her fresh vegetables and flowers, a seamstress who made her own clothes, and a talented embroiderer and needlepointer. A talented lady!

We welcome Lucile to our Mund "family."

— Bob Tedesco, Mund

PEACE CORPS

Continued from page 13

Carol eagerly applied as soon as the forms were available. "Luckily, I was accepted as I had already resigned my job teaching first grade in Port Washington, Long Island," says Carol.

Luck continued to follow Carol, who was part of a Peace Corps volunteer group that was brought to Washington, DC, to persuade Congress to pass the Peace Corps legislation. While in DC for this effort, Carol met Vice President Johnson, Sargent Shriver, who was the first Peace Corps Director, and at the White House, President Kennedy.

Carol was assigned to St. Lucia, a place she describes as "a beautiful, tropical island in the Caribbean Sea. Of volcanic origin, it is 27 miles long and 14 miles wide. In 1961, the entire population could have fit into the Rose Bowl." While tiny by world standards, her St. Lucia experience strongly shaped Carol's life.

She was a supervising teacher (ST) in the St. Lucia Department of Education. Her job was to educate young, aspiring teachers in specific subject matter areas and to train them in teaching methods. There were only two secondary schools on the island — one for boys and one for girls. As very few St. Lucians had access to these schools, those who desired more than a primary school education had to become a pupil teacher (PT.) At the end of the sixth grade, those students who



Carol Watkins

wished to become teachers sat for, and hopefully passed, tests that resulted in their being appointed as a PT level one, full-time teachers in one of the island's 52 primary schools.

Most of Carol's PTs were 14-16 years of age. Think about that. These young teachers were only a few years older than their own students. There were four levels of pupil teachers, and two levels of probationary assistants. If one

succeeded at each level, she or he eventually became a head teacher, what we would call an elementary school principal.

What difference did this experience make in Carol's life? She says, "I was profoundly influenced by the opportunity to live and work in a diverse society of African and East Indian heritage." Carol returned home in August 1963 as the USA was experiencing the civil rights movement. She became

passionate about civil rights and equal opportunity. Carol became the first Returned PC Volunteer (RPCV) hired by the Civil Service Commission under President Kennedy's executive order permitting RPCV's to be hired non-competitively into the Federal Service. Carol remembers that she began her career on Nov. 22, 1963, the day of President Kennedy's assassination.

Two years later Carol entered a master's degree program designed for RPCVs at Harvard University's school of education. That coincided with the development of the regulations to implement the Civil Rights Act of 1964. When, in the fall of 1966, Carol returned to the Civil Service Commission, she was assigned to the bureau of training, where she designed and directed courses for Federal officials charged with implementing the new Civil Rights Law. Thus, Carol completed her career shift from elementary education to that of civil rights and equal employment opportunity, a career she says that she could not have imagined while in college. She later worked for four additional federal agencies, primarily in the fields of civil rights and equal employment opportunity, retiring in 1993.

Over the years Carol has maintained contact with her former counterparts and has returned to St. Lucia 19 times since she left in 1963. Carol feels that her St. Lucian friends continue to enrich her life.

"If you live overseas, especially in a 'developing' country for an extended time, you never again see the world the same way. I learned how alike we human beings are in our needs, hopes and dreams."

— Madeleine Bryant

— Compiled by Marolyn Hatch from lecture notes of participants



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