



CROSSLANDS CHRONICLE

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Dining at Leisure or Fit For Kings

Did you know that the food that comes from the Crosslands kitchens to our tables starts with biannual planning at the Kendal Corporation level? Have you ever wondered about how many meals are served daily and yearly?

To answer some of your questions and knowing your love of statistics, we asked John Platt to provide some information. The answers below underscore our admiration for the amazingly gracious service we receive from all of the staff on a regular basis, the delicious results of their special efforts on the holidays, the variety of nutritious food and the more than occasional specials like oyster stew, a seafood bar and tiramisu.

From meat-and-potato buffs to vegetarians, from ice cream faithful to special dieters, we are all remembered and catered to. It is truly amazing what the kitchen produces. Thank you to all of the Food Services staff.

Betty Nathan

Feeding Crosslands by the Numbers (FY 2012)

Staff is present from 6:00 a.m. to 8:00 p.m., 14 hours per day, seven days a week, 365 days per year, 5,110 hours per year.

Approximately 30 vendors supply goods for an average of 910 meals that are served daily, a total of 332,473 meals during the year. The total annual labor hours to produce these meals is 99,090.

The total staff is 100 with 27 full time employees. The production staff has 180 years of combined service; the longest tenure is 33 years. Five staff are Certified Dietary Managers and nine are Certified Food Handlers — all certified by the Chester County Health Department.

We eat 90 gallons of ice cream, 400 - 500 pounds of potatoes and 160 — 180 pounds of fresh fish per week. Twenty five gallons of soup — all homemade — are produced daily. Approximately 60% of the baked goods are made on-site. And, we write approximately 100 comment cards per month.

Food Services recycles approximately, 175 steel and aluminum cans per week and 100 pounds of fryer oil which is refined into bio-diesel.

And, ask to see their staffing schedule — it is complicated and color-coded!

IN THIS ISSUE

Executive Director's Report

Residents Association News

Coming Events

Committee News

Resident Statistics

New in the Library

Calendar

EXECUTIVE DIRECTOR'S CORNER

This month, we resume our planned process to recast Kendal~Crosslands' strategic long range plan. We had deferred this project during 2012 in order to allow us to focus on the construction projects at Kendal and Crosslands and to complete our five-year reaccreditation with CARF. Let's revisit how we expect to create our new plan.

The Kendal~Crosslands Communities Board of Directors has appointed a steering committee composed of directors, residents and staff. In keeping with our commitment to plan with, rather than for residents, that group has been charged with structuring a process that is inclusive and broad based. The committee has in turn appointed four working groups, each of which will focus on a topic of fundamental importance for the plan: human resources, health & wellness, new services and maintaining the marketability of our core communities. We have already composed these groups using additional resident volunteers, members of senior staff, and directors in an effort to include as many perspectives as possible. Other topics such as property and building issues will also be worked on by various existing board committees.

The steering committee has gathered a great deal of demographic and other research, together with the results of focus groups and surveys and is sharing that material with the workgroups for their use. The steering committee has also created a written charge for each workgroup, posing questions to be answered and asking for recommendations within that topic area. We expect each of the workgroups to meet six to eight times reviewing research and considering answers to their questions. As the workgroups begin to reach conclusions, each will hold open meetings for residents to report their progress to the community and solicit comments before submitting their final report.

We expect the workgroups to hold their meetings from February through April including the open meetings for the communities. Following that, the steering committee will synthesize the various workgroup reports into a final proposed version of the new long range plan and submit it to the board of directors for their approval. Of course, we also plan to present the final plan back to residents so that everyone can review the final product. We would now expect the entire process to be completed by this summer.

We look forward to your help with this important project.

Phil DeBaun

DID YOU KNOW THAT...

— five residents of Crosslands are retired occupational therapists? They are Joanna Savery, Jo Clingman, Dot Mullestein, Elva Shultis and Ruth Galantino.

— Larry Lemmons, our esteemed bus driver, has retired after about 28 years of gracious service?

— Liz Mathias is interested in starting a non-fiction writers support group? If you enjoy writing, contact her.

— newsletters from neighboring retirement communities are available in the Library?

Connie Fleming

Deadline for March 2013 *CHRONICLE* articles is February 10. All articles must be signed and are subject to editing. Please put them in the *Chronicle's* open box or send them by email to:

XLChronicle@verizon.net

CROSSLANDS CHRONICLE

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CROSSLANDS RESIDENTS ASSOCIATION

PRESIDENT'S MESSAGE

February is a quirky month. It isn't even really a month at all; it is a number of days connecting January to March. It doesn't fit the description of a month. We all know the rhyme about "30 days hath September" and it ends with "cept February alone, Which hath but twenty eight, 'Til leap year gives it twenty nine".

In "Much Ado About Nothing," a character says to another: "Good morrow Benedict, why what's the matter, That you have such a February face, So full of frost, and storm, and cloudiness." Contrast that face to Bobby Burns with "O my luve is like a red red rose, O my luve is like a melodie, That's sweetly played in tune." It's on many a Hallmark card for Valentine's Day. We have the Ground Hog who is equally quirky, sometimes in a good mood, and most times not. Who wants to be woken up from a winter slumber? Don't even think about planting seeds.

President's Day is another quirk. It is a made-up day. We used to celebrate Lincoln's birthday on February 12 and a separate day for Washington on February 22nd. It is not revealed why they had to be bundled together. So it becomes a muddled day, and we wonder which president we are celebrating. Choose a president and celebrate! Because of the movie, *Lincoln*, I choose to remember him this 12th day of February. The stormy passage of the thirteenth amendment ending slavery was as bitter and as furiously fought as the battle last month in the House over taxes and entitlements. *Lincoln* is a marvelous movie and I'm sure the movie committee will bring it here as soon as it is released on DVD.

A good thing about February is the days are noticeably longer. The earth turns and light is coming back. We rejoice in the hope of spring being not too far off.

Fanny A. Cracknell

President, Crosslands Residents Association

SECOND VICE PRESIDENT'S REPORT

The following committee changes have been reported:

Betty Nathan is replacing Jane Krick as co-Chair of the Better Hearing Committee. Dick Kline will remain as co-Chair. Betty will also be working with Jennifer Allcock on the Hearing Support Group.

Jane Krick

CONCERNS SESSION
Tuesday, February 19
Webb-Savery Room
10:00 - 11:00 a.m.



**Really Useful Stuff on
Our Web Site,**
www.crosslandsres.org

Tuesday, February 5
10:30 a.m.
William Penn Room

The Ancient Geeks (the Web Site Committee) will show you how to get to that useful stuff on the site from your computer or from the community computers in the computer room.

February is a Month of Special Days

2 Groundhog Day
10 Chinese New Year
12 Lincoln's Birthday
14 Valentine's Day
18 President's Day
22 Washington's Birthday
24 Flag Day



LIGHT 'n' LIVELY

Louisiana Dance Program
Sat., Feb. 9 - Wm. Penn Room - 7:30 p.m.

Performers Larry and Ava offer a program of dances from southwest Louisiana. To music that mixes Cajun, jazz, country western and the blues, they present Cajun, creole and zydeco dances. Enjoy the dances and learn about their regional origins and evolution. Perhaps you will even accept Larry and Ava's invitation to try out some steps.

Betty Bryan

SING ALONG

"It's a Grand Night for Singing"
Fri., Feb. 15 - Wm. Penn Lounge - 7:00 p.m.

The son of Oscar Hammerstein II wrote these words about his father: "I will invite you to read his lyrics with attention to the moods and attitudes they tell us about. You'll discover all the wonderful songs celebrating love and beauty and optimism."

The Crosslands Sing Along invites you to come to the William Penn Lounge to sing those songs that have played such an important part in America's musical history — Hammerstein's collaboration with Kern, Rogers and many others.

Sarah Lee Houston

NEED A RIDE HOME AT NIGHT AFTER A CONCERT, FORUM OR OTHER EVENING EVENT?

Dial Firbank at 5622 and a bus will come for you in minutes. Forget the number? Refer to the sign on the receptionist's desk.

MUSIC COMMITTEE

The Pyxis Piano Quartet
Meredith Amado, Violin - Amy Leonard, Viola -
Jie Jin, Cello - Hiroko Yamazaki, Piano
Tues., Feb. 12 - Wm. Penn Room - 7:30 p.m.

This is a group new to Crosslands. It is beginning its fourth year as a quartet. These musicians perform piano sonatas, duos, trios and, of course, piano quartets. It is the Ensemble in Residence at the Delaware Art Museum and has performed to a sold-out audience at the DuPont Hotel Gold Ballroom for the Delaware Symphony Orchestra Champagne Chamber Series.

The Pyxis Piano Quartet is very active in education. They work extensively with children and conduct master classes. They have collaborated with many institutions including New York University, West Chester University, James Madison University, Franklin and Marshall University, the Pennsylvania Academy of Music, the University of Delaware and the University of North Carolina School of the Arts. Space doesn't permit including the individual careers of the members, but the printed program will be able to do that.

The Delaware School of Music Rising Stars
Tues. Feb. 26- Wm. Penn Room - 7:30 p.m.

The Music School of Delaware was founded in 1924 at which time it was called The Wilmington Music School/Delaware Music School. It is the only state-wide accredited community music school in the nation. It hosts over 75 workshops and master classes each year at various locations throughout the state. Its nearly 100 educators offer programs for people of all ages, from pre-school to senior citizens, providing private instrumental and vocal lessons. The school also offers courses in music theory, conducting and musical theater for choral and orchestral ensembles in both classical music and jazz.

The graduates of the school perform regularly throughout the region. Performing for us will be students ranging in age from 14 to 18 years old. Come and enjoy the future stars.

Bill Dugan

TUESDAY EDITION

"Living History of the Civil War Era"**Tues., Feb. 26 - Wm. Penn Room - 10:00 a.m.****Speaker: Florence K. Williams**

Dr. Williams is a living history interpreter who now lives in Coniston. Her focus has been on food techniques and domestic skills of the 18th and 19th centuries. She demonstrates carding, spinning and dying of wool, hearth cooking and other domestic skills. She also studies women's organizations during and following the American Civil War. A current research topic is the Refreshment Saloons of Philadelphia.

Come, hear and see photographs of her living reenactments.

Betsy Pusey

BOOK REVIEW

The Little Blue Book: The Essential Guide to Thinking and Talking Democratic**Authors: George Lakoff, Elisabeth Wehling****Mon., Feb. 18 - Wm. Penn Room - 11:00 a.m.****Reviewer: David Rhoads**

The Little Blue Book, as its subtitle suggests, is a primer for Democratic voters. It advises Democrats on how to use language to link their moral values to their policies. The authors demonstrate clearly and forcefully how to make that connection, giving hands-on advice for discussing the most pressing issues of our time.

Ernie Peck

CROSSLANDS TRANSITIONS

"Resident Care"**Fri., Feb. 15 - George Fox Room - 10:00 a.m.****Speaker: Terry Feiler, Director of Resident Care**

Terry will discuss the Resident Care Department and answer questions. New and long-time residents are invited to attend.

*Berdelle Wishart***NATURE CONSERVANCY AND THE ENERGY CONSERVATION COMMITTEE JOINT PROGRAM****"The Science and Consequences of Climate Change and Sea Level Rise"****Speaker: Chad Tolman****Mon., Feb. 18 - Wm. Penn Room - 1:30 p.m.**

Dr. Tolman received a BS in chemistry from MIT and a PhD in physical chemistry at the University of California, Berkeley. He has followed energy and climate change for over 20 years and writes a monthly blog, [Climate Change News](#). He has given many talks on energy and climate change to various groups.

He volunteers for the Delaware Chapter of the Sierra Club, the Delaware Nature Society, the League of Women Voters of Delaware, which he represents on the Delaware Sea Level Rise Advisory Committee, and the Climate Change Task Force of the National League. He is the co-chair of the Newcastle County Congregations of Delaware Interfaith Power and Light, and has chosen to address energy and climate change as his life's mission.

Come join us for what is sure to be a stimulating talk!

Elaine Frost

GREAT DECISIONS

"Egypt"**Mon., Feb. 28 - George Fox Room - 9:45 a.m.****Moderator: Chuck Gosselink**

Our Great Decisions discussions continue this month as we consider the timely topic of Egypt and the Arab spring. Our conversation will center on what has happened in Egypt in the two years since January 2011 and what policies the United States should follow in response to developments there.

In preparation for this discussion, please read the second chapter of the Great Decisions briefing book and keep up with the news from that area. Those who would like to purchase the book and/or join this group should contact Chuck Gosselink. A copy of the briefing book is also available in the library. All are welcome to attend.

Chuck Gosselink

FORUM COMMITTEE

"Awakening Global Enlightenment and Emergent Global Ethics"

Speaker: Dr. Ashok Gangadean
Professor of Global Philosophy, Haverford College, PA
Tues., Feb. 5 - Wm. Penn Room - 7:30 p.m.

Dr. Ashok Gangadean has taught philosophy at Haverford College for the past 43 years. He has done research in the fields of logic, language and comparative philosophy and has written extensively about exploring the concept of a global consciousness. His forthcoming book, *The Awakening of the Global Mind*, develops this theme.

He is a world wide leader of global dialogue on matters of spirituality, being the Founder-Director of the Global Dialogue Institute and Co-Convener of the World Commission on Global Consciousness and Spirituality. He is a dynamic speaker on the spiritual and wisdom traditions of the world and will bring new insights to this fascinating and unusual topic.

Elva Pepper

"Meet Me at the Eagle: the Wanamaker Phenomenon"

Speaker: Michael Lisicky
Tues., Feb. 19 - Wm. Penn Room - 7:30 p.m.

Who among us in years past has not spent delicious hours wandering among the many tempting offerings of a department store? Michael Lisicky, writer and oboist with the Baltimore Symphony, will regale us in this Forum presentation with the rise and fall of these favorite places.

He says, "Why department stores? I don't know, but they are (were) such a part of our identity and, as a child, I thought they would be around forever. Yes, I wrote the books on Wanamakers and Gimbels, but with your proximity to Delaware I can also talk about Kennards and Wilmington Dry Goods." Michael also wrote that he "loves questions and challenges and looks forward to the visit."

We, too, can look forward to this nostalgic evening with Michael Lisicky.

Char Gosselink

INTERFAITH DIALOGUES

Pini's Vision: Now The Reality
Wed., Feb. 27 - Wm. Penn Room - 4:00 p.m.
Speaker: Katy Friggle-Norton

Come to see and hear a presentation by Katy Friggle-Norton on the work of Pini Kidulah in Kenya. Pini spoke to us at an Interfaith Dialogue last year telling of her vision of returning to her home in Kenya to help women empower themselves.

When she was last, here Pini had just finished her Master's Degree in International Development at Eastern University and was preparing to return to her village in Kenya. She told us about her vision of building sand dams to hold water for agricultural programs; of programs to help women grow their own food; of starting sewing industries; and helping women understand their quality and worth. She did go back to her village and has already started work on a sand dam. She has started some classes for women and she is mentoring 20 young women ages 12 — 18 who wish to avoid female genital mutilation and early marriage.

The presentation will show what Pini is doing to achieve her amazing visions.

Jean Worley

**INTERFAITH DIALOGUES UPDATE:
"END OF LIFE ISSUES"**

At the end of November, the Interfaith Dialogues program focused on faith-based and political concerns following the national election.

The primary concern that arose from that discussion was a focus on end-of-life issues for us here at Crosslands. A small ad-hoc group has met to consider the concern and members are exploring what avenues will be the most effective for carrying on such a discussion in the future.

Those on the ad-hoc committee are: Sharon Sundial, Jean Barker, Brigitte Alexander, Andy Palmer, Elizabeth Rhoads and Thomas Swain. If you have any ideas or questions about how this topic can be carried forward as a discussion, please share them with any member of the committee. They will meet again on February 4th.

Sharon Sundial

IN THE GALLERY

Paintings by Mary Lee Barker
January 31 - February 28, 2013

**Thursday, Jan. 31 - Conference Room and
Gallery - 3:30 - 5:00 Show Opening
Artist's Discussion of Exhibition**

Mary Lee's studies of painting and music began early, discovering the cello at age 11 and watercolor painting at age 13.

Study of Painting 1945 —1988

Adele Hepbron — East coast watercolor landscape artist, High School of Music and Art — Manhattan, Oberlin College — Paul Arnold, Rochester School of Technology, Glyptotech, Denmark — Askow Jensen, Corcoran School of Art

Master Classes with Charles Reis and Joseph Feininger.

Exhibits and Reviews

City Paper of Washington, D.C., 1985 — "Arches and Doors in City and Country."

Cleveland Plain Dealer, 1996 — "Sacred Journeys."

Washington Post, 1999 — "Un Solo Mundo — One World."

Mary Lee has exhibited at The Potter's House Mary Cosby Gallery, Washington, D.C. since 1966, as well as in Baltimore and Cleveland.

This show will feature paintings of the cello, travels in El Salvador, Ireland and Scotland, as well as many portraits of folk from Loaves and Fishes, Washington, D.C. and a few from Crosslands.

Nancy Geary Pereira

February Showcase Presentation
"Glorious Red"

Objects That are RED, RED, RED!

CAMERA CLUB PRESENTATION

"Cruisin' the Great Lakes"
Fri., Feb. 8 – Wm. Penn Room – 7:30 p.m.
Speaker: Marjean Willett

Kendal resident, well-known artist and repeat Camera Club guest speaker Marjean Willett recently took an eight-day cruise on three of the Great Lakes aboard the S.S. Yorktown with the Road Scholar program.

The cruise started with a night in Chicago, then they sailed up the east coast of Lake Michigan with stops in two resort communities. After a tour of Mackinac Island and a scrumptious lunch at the Grand Hotel, they went through the Soo Locks into Lake Superior, then back to Lake Huron for two stops before departure in Detroit.

They saw waterfalls, museums, Native American dancing and had an interesting visit to the costume and property warehouse of the Shakespeare Theatre in Stratford, Ontario. Onboard there were lectures by Frederick Stonehouse, a Great Lakes historian, and music by a string trio from the Peabody Conservatory.

Marjean will illustrate her talk with slides of her Great Lakes adventure.

Conrad Trumbore

THE FRINGE GALLERY

HOPE

Hope, dressed in photos and quotes, is coming to the Fringe in February. I've wrestled with several ideas or approaches: Hope as an underpinning of faith, hope masking reality, hope building expectations that lead to disappointment, but in the long run I love the line by Emily Dickinson that "Hope is a thing with feathers." It has wings and can take flight. We can still be realistic yet have hope for joy in each day.

So, in February look for some hope downstairs, perhaps some feathers too, on that long hallway wall by the Sports Room.

Lowell McMullin

AMERICAN FRIENDS SERVICE COMMITTEE (AFSC)

HOW IS OUR SALES MONEY USED?

Where does the money from the AFSC sales go? What is the AFSC and what does it do with the money? These are the two most asked questions about our sales, and we will give you the answers to them.

All of the monies from the AFSC sales are donated to the AFSC for their charitable works. Items needed for the sales are either donated gifts or are given by the workers.

The AFSC is a Quaker organization that promotes lasting peace with justice as a practical expression of faith in action. This nurtures the seeds of change and respect for human life that transform social relations and systems.

The group is over 90 years old, having been started in WWI. It allowed Quakers to serve while being faithful to their commitment to non-violence as conscientious objectors. AFSC has worked throughout the world in conflict zones, areas of natural disasters and in oppressed communities to address the root causes of war and violence. They also help those displaced by conflict.

The AFSC was the co-recipient of the 1947 Nobel Peace Prize on behalf of all Quakers for their work "...from the nameless to the nameless..." as stated on the Peace Prize.

Today, it works to change the culture, situation and systems that lead to violence. AFSC attempts to teach people to understand the consequences of violence and to seek reasonable alternatives. The organization is laying the foundation for lasting peace in the many countries around the world where they are active.

In the United States, the AFSC has supported the American Civil Rights Movement and the rights of African-Americans, Native Americans, Mexican Americans, and Asian Americans. Since the 1970s, the AFSC has also worked extensively as part of the peace movement, especially working to stop the production and deployment of nuclear weapons.

The AFSC Sales Committee

2012 SALES REPORT FOR AFSC

Seven shed/apartment sales were held in 2012. Due to the generosity of many residents and/or their family members who donated unwanted furniture and household items, sales revenue for the American Friends Service Committee activities totaled almost \$5,000.

AFSC Sale volunteers Jennifer Allcock, Molly Kline and Betsy Walker met with dozens of families to review donated items. On sale days, the AFSC sales team expands to include Dee Wood, Ellie Hayes and Bonnie Marcus. Mike Bennett, helps set up tables and moves heavy items from the shed. Before final disposal of unsold furniture and household items, they are offered to non-profit organizations that assist homeless families with rehousing.

Crosslands residents who help with disposal of unsold items include Jeanna Levinthal, who takes household items to His Mission (Kennett Square), Dale Kendall, who carries toys to the Mexican Mission, and Beth Binford (a Foulkeways resident) who transfers small unsold items to Gwynedd Meeting where AFSC sales occur on a monthly basis.

Sorting of donated clothing is a major effort and is done by "the two Ruths": Cramer and Spencer. The sorting was recently relocated from Audland to a storage area next to the Exercise Room. Clothing and shoes are sorted into seasonal groups. In 2012, a total of 218 tall and heavy canvas sacks of clothing were distributed: 73 bags to Gwynedd Meeting (delivered by Beth Binford), 63 bags to Goodwill (delivered by Clarkson Palmer) and 82 bags to His Mission (delivered by Jeanna Levinthal) — wonderful gifts to those in need.

Residents and staff seem to enjoy AFSC sales events in equal measure! Every sale involves many hours work over several days by resident volunteers. The contribution of their time to make them successful is greatly appreciated.

Long may this great example of recycling generosity continue!

Jennifer Allcock, for AFSC Sale Coordinators

BETTER HEARING COMMITTEE

HEARING WELL IS GOOD FOR YOU

As we age, we try to compensate for a gradual loss of physical abilities — whether it be by getting a stronger prescription for eye glasses, a cane or a walker, or maybe a hearing aid. When it comes to hearing loss, we can first compensate by turning up the volume of the TV or radio, by looking for a quieter location in the dining room, or by asking others to repeat what they say or even pretending to hear simply by smiling.

Because early hearing loss can be ignored, it can eventually lead to misunderstanding, social isolation and depression. This is why it is very important to identify hearing loss as early as possible. A simple on-line hearing test is available, so it is easy to find out if more formal testing is needed.

If you find yourself trying to compensate for a hearing deficiency, get the facts and find out for yourself. Go to the website:

www.betterhearing.org/hearing_lossonline_hearing_test

for a simple on-line screening test for hearing recommended by the American Academy of Otolaryngology. If you do not have a computer and would like to take this test, a member of the Crosslands Better Hearing Committee can help you.

If a hearing loss is confirmed, call Resident Care for an appointment with KCC Audiologist Dr Chiarello, or with another audiologist of your choice. Don't wait — you do not want to miss anything in 2013.

*Crosslands Better Hearing Committee
Dick Kline, Jennifer Allcock, Ray Firmin,
Betty Nathan, Bill Pepper, Don Scarborough*

NEED TO KNOW WHAT'S GOING ON?

Would you like to **hear** the information presented on either TV9 or TV8? Just call 484-770-5711. Press either "9" to hear a recording of the current day's information on TV9, or "8" to hear the general schedule information that is on TV8.

WHERE IS ACTIVITIES?

Do you ever watch the Today Show? I catch the first 15 minutes before I leave for work and, despite its sagging ratings, I thoroughly enjoy it. Almost every year, not long after the New Year, they do a segment called "Where in the World is Matt Lauer?" during which Matt travels to exotic locations around the world. Some days I feel I am in the middle of that segment, though the title is "Where in the World is Activities?" and our location is hardly exotic.

When Phase 1 of the construction came to an end, we expected to be in a lounge area in New Firbank. As it turned out, the space didn't work for us, but we were delighted to find a small room carved out of the old Pool Lounge. We quickly claimed it for our own and nicknamed it our "Hole in the Wall." That is where most of our group activities take place. It's small, a little dark, a bit awkward, and, best of all, it is ours! Much as we love our Hole in the Wall, it is not large enough to accommodate our office which is currently located in New Audland in what will ultimately be a resident lounge. When you enter new construction through Firbank Central, turn right and keep walking until you see the shiny black Yamaha upright; we are in the room beside it. Come visit anytime, we love company!

Chris McGucken



**WANT AD
Prose Night
Sat., Feb. 23 - Wm. Penn
Room. 7:30 p.m.**

Available: positions for eight or nine readers. Must have a selection from a favorite author to share with the community. Readings should last no more than eight minutes - a firm limit, no exceptions!

In the past, the best selections have come from published authors with a strong sense of style, and the sharp contrast of styles has often been part of the fun.

The sign-up list for these positions will be up soon, so start selecting and practicing.

George Martin



EARTH WEEK

Sunday, April 21 through Sunday, April 28

The Crosslands celebration of Earth Week will have many earth-centered activities for all residents to participate in and enjoy. Plan to be there and take part in a diverse array of activities. Some of the "earthly" highlights already scheduled for that week are:

Educational Opportunities:

Update on energy conservation efforts in our communities by KCC's Tom Kopach.

A Longwood Gardens talk on "Behind the Beauty at Longwood."

A talk about the development of an arboretum by Dr. Harold Sweetman of Jenkins Arboretum.

Experiences in Nature:

A tree walk in our arboretum area.

Trail and bird walks.

Open Houses at the Nature Preserve.

Composting Workshops conducted by Casey Groff.

A nature scavenger hunt for leisure exploration of our grounds.

Watch the Chronicle for additional activities...

An Earth Week Coordinating Committee is working to plan a calendar of events that will encourage connecting with others as well as with our natural surroundings. It is hoped that these events will enhance your appreciation of our natural surroundings and that those who can will feel inspired to commit to some new action or practice to help preserve our earth for future generations.

If you would like to get involved, contact Sharon Sundial, Earth Week Coordinator.

Sharon Sundial

IF THE EARTH WERE AN APPLE...

The earth seems so big and able to support all of us forever. This is an analogy to illustrate how false that assumption is.

Cut an apple into four parts.

Eat three pieces of the apple - they represent the area of the earth's surface covered by water.

Cut the remaining piece in half.

Eat one of the halves - that represents land that people can't live on or farm because it is too mountainous, too cold, too hot, too dry, too wet, etc.

Cut the remaining eighth into four parts.

Eat three of them - they represent land that cannot support crops because of poor soil, weather or development (cities, roads, etc.)

The tiny piece remaining is 1/32nd of the whole apple. Peel that piece.

The peel is the part of the earth that is arable land that can be used to grow food.

That tiny peel feeds all of us.

www.farmland.org

WINTER SAFETY Black Ice

Black ice is an area that is frozen but appears to be only wet. It forms when we get freezing weather after it rains or areas thaw. It is particularly dangerous just after sunset and in the early morning.

Please be very cautious when you see black ice on our paved or blacktopped roads and paths — walk around it if possible. The Maintenance Department does an excellent job of treating the paths and roads, but new areas can form quickly.

If you find black ice, call Maintenance (5560) or Firbank (5622) if after 4:00 p.m.

SUPPORT GROUP MEETINGS

The following support groups meet regularly:

Low Vision Support Group — Second Monday of the month in the Webb-Savery Room at 10:00 a.m.

Hearing Loss Support Group — Fourth Thursday of the month in the Brooke Worth Room at 4:00 p.m.

Parkinson's Disease Support Group — Fourth Wednesday of the month at Kendal in the training room at 10:30 a.m. This group is open only to those who have been diagnosed with Parkinson's and their partners/caregivers.

Cancer Support Group — Fourth Thursday of the month in the Music Room at 1:30 p.m.

For information about these groups, please contact Lisa Sweeney.

YOUR GOOD FRIENDS MAKE GREAT NEIGHBORS

If you ask residents of Kendal~Crosslands Communities "How did you hear about us?", often the answer is "I have a friend who lives here." So, it's not unusual that the reason why most people inquire about living at our communities is because they were referred by you!

If you would like to refer someone to the community, feel free to complete a resident referral card which can be obtained at the Reception Desk. The card will allow you to easily inform us that your friends, family, former neighbors, someone you know where you volunteer, etc. would like a brochure or maybe even visit. The referral card also allows us to follow up and communicate with you the outcome of your friend's inquiry and perhaps even tell you their move-in date.

Your good friends do make great neighbors and we thank you for sharing the good news about Kendal~Crosslands Communities. Best to you...

The Admission and Marketing Staff

RESIDENT STATISTICS

Transfers

Barney Miller	Crosslands 132 to Firbank 323
	January 15, 2013
Nancy Southworth	Crosslands 68 to Audland 548
	February 14, 2013

In Memoriam

Harry Schalck	December 19, 2012
Erik Hemmingsen	December 31, 2012
Robert Kendall	January 2, 2013
Margaret Richardson	January 4, 2013
Robert May	January 5, 2013
Thelma Bessen	January 7, 2013
Jane MacFarland	January 10, 2013
Robert Andrews	January 16, 2013
Raymond Winch	January 25, 2013

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CROSSLANDS CROSSWORD #2

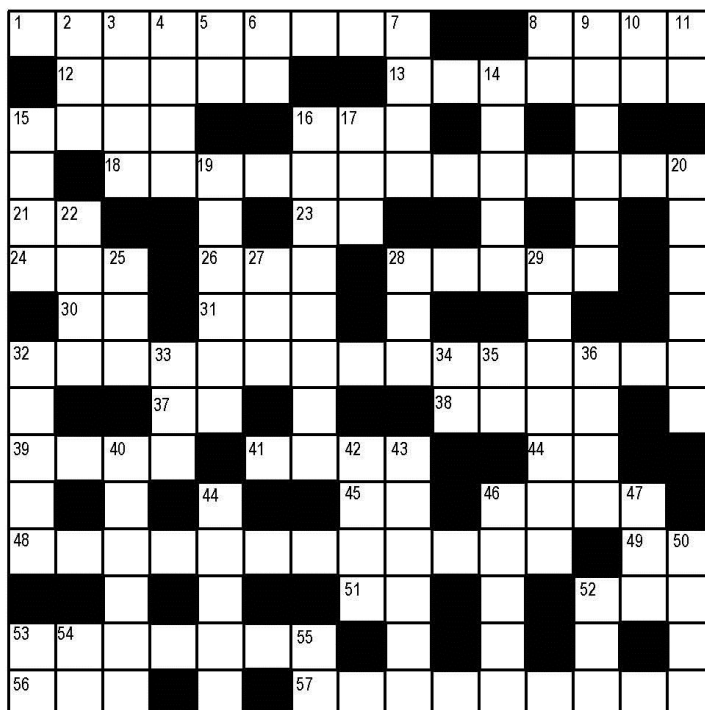
ACROSS

1. Horticultural accreditation being sought for Crosslands.
8. China can be found here.
12. Sharpened, like blades or skills.
13. Crosslands section being renovated.
15. Crosslands electrician.
16. Retired aircraft (abbrev.).
18. Something taken by many residents.
21. @.
23. Degree earned by some Firbank caregivers.
24. Commonest man's name here.
26. Measure of achievement (abbrev.).
28. Nurses use them.
30. Priest's title (abbrev.).
31. Sitting creates this.
32. Simplicity or equality, for instance.
37. Pronoun to designate an object.
38. Ice cream option.
39. Holly genus.
41. 2012 election issue: national ____.
44. The colon in 10:1.
45. Hospital area.
46. E. I. du ____ de Nemours.
48. Green landmark cut down recently.
49. Library ____ Congress.
51. Transport for camping (abbrev.).
52. French friend.

53. Gem for a 35th anniversary.
56. Slangy name for a white wine.
57. Another name for 48-across.

DOWN

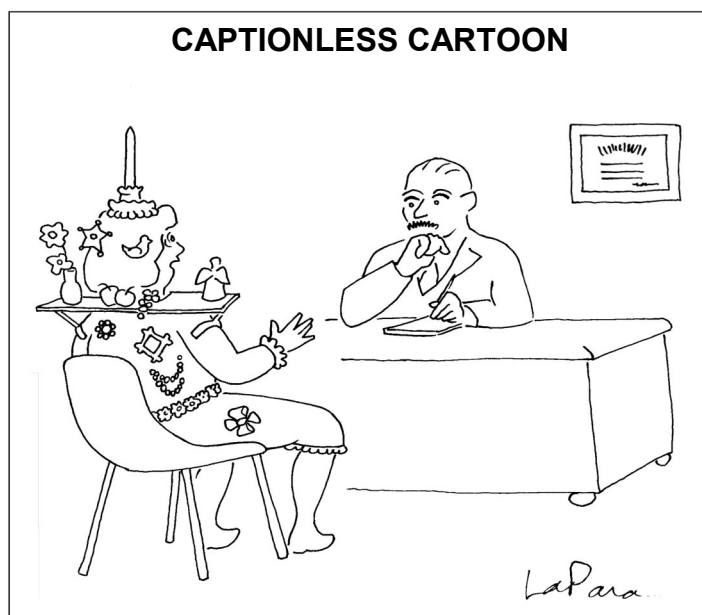
2. Greek letter.
3. Yawn producer.
4. Form of chalcedony, often black.
5. Pertaining to (abbrev.).
6. How regular past-tense verbs end.
7. They may be used in an 18-across.
8. State on the Gulf of Mexico (abbrev.).
9. Popular choices from the bar.
10. Hoosier state (abbrev.).
11. "Per aspera ____ astra."
14. Russian vacation cottage.
15. Cakes of this are a seafood treat.
16. Brunch selection.
17. Moral evil.
19. Young bird of prey.
20. Composition of fireplace in Lounge.
22. Common vegetarian ingredient.
25. Evan's cowboy poem: "Buyin' a ____."
27. Average.
28. Something to do on snow or water.
29. A two-story building at Crosslands.
32. One hangs outside Wm. Penn. Rm.
33. Brand of cold cereal.
34. Southern state (abbrev.).
35. Western state (abbrev.).



36. Manual laborer.
40. Number of Kendal CCRCs.
42. Yuengling or Amstel, for instance.
43. Many residents enjoy this.
44. There are five in the Lounge.
46. Popular pie choice.
47. Mr. Kopach.
50. Optical fiber service, coming soon.
52. Emerald ____ borer (invasive bug).
53. Not difficult, on signs.
54. Third note on the scale.
55. Saint Petersburg affirmative.

ANSWERS, Across: 1. Arborvitae, 8. Asia, 12. Honed, 13. Audland, 15. Corey, 16. SST, 18. Exercise Class, 21. At, 23. RN, 24. Bob, 26. GPA, 28. Swabs, 30. Fr, 31. Lap, 32. Quaker principle, 37. It, 38. Cone, 39. Ilex, 41. Debt, 44. To, 45. ER, 46. Pom, 48. Tree of Heaven, 49. Of, 51. RV, 52. Ami, 53. Emerald, 56. Zin, 57. Allanthus.
Down: 2. Rho, 3. Bore, 4. Onyx, 5. Re, 6. Ed, 7. Mats, 8. AL, 9. Salads, 10. IN, 11. Ad, 14. Dacha, 15. Crab, 16. Scapple, 17. Sin, 19. Eagle, 20. Stones, 22. Tofu, 25. Bra, 27. Par, 28. Ski, 29. Brinton, 32. Quilt, 33. Kix, 34. NC, 35. CO, 36. Peon, 40. Eleven, 42. Beer, 43. Travel, 44. Sofas, 46. Pecan, 47. Tom, 50. FIOS, 52. Ash, 53. EZ, 54. Mi, 55. Da.

CAPTIONLESS CARTOON



SUBMITTED CAPTIONS

- "Creativity is ruining my social life."
- "I still can't get my husband to put down the Sports Section and look at me."
- "I tried to dress for success but they tell me I don't fit in."
- "What does it take to get guys to notice me?"
- "The office party was great, but I lost my job."
- "I do doo-das, Doc., please help me!"

"I'm always the life of the party, but I can't get a date!"
Eleanor Renn #181

Send in your entries for our next captionless cartoon.

NEW IN CROSSLANDS LIBRARY

February 2013

Fiction

Faulks, Sebastian - *A Possible Life*
 Flynn, Gillian - *Gone Girl*
 Flynn, Vince - *The Last Man*
 Griffin, W.E.B. and William Butterworth IV - *Empire and Honor*
 Jin, Ha - *In the Pond*
 Mathis, Ayana - *Twelve Tribes of Hattie*
 McCall Smith, Alexander - *Unusual Uses for Olive Oil*
 Patterson, James and Michael Ledwidge - *Zoo*
 Preston, Douglas and Lincoln Child - *The Perfect Hope*

Audio Books

Reichs, Kathy - *Bones to Ashes*
 Reichs, Kathy - *Monday Mourning*
 Schlink, Bernhard - *The Reader*

Mystery

Peters, Ellis - *Dead Man's Ransom*
 Peters, Ellis - *The Sanctuary Sparrow*
 Preston, Douglas and Lincoln Child - *The Perfect Hope*

Nonfiction

Art Institute of Chicago - *Mary Cassatt, Modern Woman*
 Bailey, Colin B., Rishel, Joseph J., Rosenthal, Mark - *Masterpieces of Impressionism & Post-Impressionism: The Annenberg Collection*
 Colt, George Howe - *Brothers*
 Edgumbe, Stephen J. - *West Chester Pike*
 Gugliotta, Guy - *Freedom's Cap: The United States Capitol and the Coming of the Civil War*
 Maas, Jane - *Mad Women*
 Meehan, Bernard - *The Book of Kells*

VIDEO LIBRARY

"Everlasting Moments" (2008). "Rarely is there a film that evokes our sympathy more deeply than this film." (Roger Ebert). In Swedish with English subtitles.
"People Like Us" (2012). Starring Michelle Pfeiffer. "Charming, Funny, and Heartfelt!" (Scott Mantz, *Access Hollywood*).
"Saving Grace" (2000). Starring Brenda Blethyn. "A real high...with laughs to spare!" (Lou Lumenick, *New York Post*).
"Shipping News" (2001). Starring Kevin Spacey, Julianna Moore and Judi Dench. "One of the Year's Best Pictures." (Rex Reed).
"William and Mary" (2003 & 2004). Award-winning British TV romantic comedy drama series. Seasons 1 and 2 have been cataloged into 3 separate DVDs.

New videos can be accessed when a library volunteer is on duty

HIDING IN THE STACKS...



Imagine this: the Queen is downcast and in particular nostalgic for happy days on the yacht *Britannia* now moored near Edinburgh but no longer provided for her use. She tries a consoling visit to her favorite horse at the Mews, safely within the Palace grounds. To return through the sleet, she's given a hoodie. Unrecognized by workmen newly busy on the route by which she came, she is directed another way, and that way leads outside the walls...
 For those in the Palace solemnly charged with her safety, the Queen has disappeared. If you enjoyed Alan Bennett's fantasy of what might have been (*The Uncommon Reader*), put a hold on William Kuhn's *Mrs. Queen Takes the Train*.

February 2013 - Coming Events



Fri., Feb. 1. NAME TAG DAY.

Sat., Feb. 2. Movie. "From Mao to Mozart: Isaac Stern in China." Wm. Penn Rm., 7:30 p.m.

Mon., Feb. 4. Crosslands Residents Association Board Meeting. Wm. Penn Rm., 10:00 a.m.

Tues., Feb. 5. Crosslands' Website Presentation. Wm. Penn Rm., 10:30 a.m.

Tues., Feb. 5. Forum Committee. "Awakening Global Enlightenment and Emergent Global Ethics." Speaker: Dr. Ashok Gangadean. Wm. Penn Rm., 7:30 p.m.

Fri., Feb. 8. Camera Club Presentation. "Cruisin' The Great Lakes." Speaker: Marjean Willett. Wm. Penn Rm., 7:30 p.m.

Sat., Feb. 9. Light 'n' Lively. Louisiana Dance Program. Wm. Penn Rm., 7:30 p.m.

Tues., Feb. 12. Music Committee. The Pyxis Piano Quartet. Wm. Penn Rm., 7:30 p.m.

Wed., Feb. 13. CCC Letter Writing. Wm. Penn Lounge, 10:00 - 12:00.

Fri., Feb. 15. NAME TAG DAY.

Fri., Feb. 15. Transitions. "Resident Care." Speaker: Terry Feiler. George Fox Rm., 10:00 a.m.

Fri., Feb. 15. Sing Along. "Month of Love and Peace". Wm. Penn Lounge, 7:00 p.m.

Sat., Feb. 16. Movie. *To be Announced.* Wm. Penn Rm., 7:30 p.m.

Sun., Feb. 17. English Country Dancing. Sports Room, 2:30 p.m.

Mon., Feb. 18. Book Review. *The Little Blue Book.* Reviewer: David Rhoads. Wm. Penn Rm., 11:00 a.m.

Mon., Feb. 18. Nature Conservancy and the Energy Committee. "Consequences of Climate Change and Sea Level Rise." Speaker: Dr. Chad Tolman. Wm. Penn Rm., 1:30 p.m.

Tues., Feb. 19. Concerns Session - Opportunity for private discussion with two CRA Board members. Webb-Savery Room, 10:00 to 11:00 a.m.

Tues., Feb. 19. Forum Committee. "Meet Me at the Eagle: The Wanamaker Phenomenon." Speaker: Michael Lisicky. Wm. Penn Rm., 7:30 p.m.

Thurs., Feb. 21. Meditation. Webb-Savery Rm., 10:00 a.m.

Thurs., Feb. 21. Investment Workshop. George Fox Rm., 7:30 p.m.

Sat., Feb. 23. Prose Night. George W. Martin. Wm. Penn Rm., 7:30 p.m.

Mon., Feb. 25. Great Decisions. "Egypt." Moderator: Chuck Gosselink. George Fox Rm., 9:45 a.m.

Tues., Feb. 26. Tuesday Edition. "Living History of the Civil War Era." Speaker: Dr. Florence K. Williams. Wm. Penn Rm., 10:00 a.m.

Tues., Feb. 26. Laughter Club. Webb-Savery Rm., 4:30 p.m.

Tues., Feb. 26. Music Committee. The Delaware School of Music Rising Stars. Wm. Penn Rm., 7:30 p.m.

Wed., Feb. 27. Interfaith Dialogues. "Pini's Vision: Now The Reality." Speaker: Katy Friggie-Norton. Wm. Penn Rm., 4:00 p.m.

DEADLINE for the March 2013 *Chronicle Calendar of Events* is February 5

Use the form found in the 3-tier box on the receptionist's desk. Make and distribute the necessary copies. Leave the filled-out form with the receptionist.