Collington Gets a Picture-Perfect Frame Shop
by Pat Howard

If you’ve priced a picture-framing job recently you’ll appreciate what an asset we have in the Collington Residents’ Association Frame Shop. Everything needed for professional picture framing is now housed in Apartment 208 and in the woodshop, presided over by Bob Milford, a recent arrival at Collington with his wife, Veronica.

Bring Bob your picture and he can help you choose the frame, matting and glass that will set off your artwork to perfection, and he will estimate the cost and the time needed. If you are lucky enough to find Veronica Milford in the shop, she also will help you choose just the right colors. And you will be thrilled to find that rather than three or four hundred dollars, your frame will cost such a reasonable amount for materials that you will doubtless be inclined to add on a sizeable donation to the Residents’ Association.

Bob and Veronica Milford came to the United States from Australia about 40 years ago. Bob traveled extensively for the World Bank, often picking up art that appealed to him. But when he tried to have the things framed, the cost was more than he had paid for the pictures. So he found a class in framing and started learning to do the work himself. He next found a professional-level class and Veronica found a wholesale source for his materials. Thus a frame shop was born, housed

Framer in chief Bob Milford, right, with trainee framer Crane Miller. Photo by Pat Howard.
in their basement in McLean, Va. When Bob retired they moved to the banks of the Patuxent River, in Lusby, to a house they designed to accommodate the growing shop. He continued to do framing for himself, family and friends, and for members of a nearby artists’ colony. Bob says he has never made money from framing, that it’s a hobby. But if you watch him work, it’s obvious that he is a meticulous craftsman who adheres to the saying, “Measure twice and cut once.”

When the Milfords came to Collington three months ago, they not only brought their household goods and Susy, their little black Pomeranian; they also brought shelves, drafting tables, table saws, stacks of framing wood and mat board, glass and an assortment of tools. For the move, the large tables and shelving all had to be disassembled, trucked here, and, with the help of Ron Hawkins, Crane Miller and friends, reassembled in the small apartment shop. The miter saw, which makes some noise and creates lots of dust, went to the woodshop. Crane added a large glass-cutting frame, which is in the apartment shop.

Bob generously has started to pass on his expertise; Crane is chief framer-in-training, Ron Hawkins is also learning, as are Anne Stone, Helen Lauck and Maja Keech – Interiors Committee members who hope to become adept enough to frame artwork for the public areas of Collington. On the shop wall are examples of his work and Veronica’s good taste, including framed needlepoint and cross-stitch pieces which Bob not only framed but stitched himself.

Bob and his helpers will frame pictures, mirrors and other artwork for anyone who asks on the same basis as the woodshop – pay the cost of materials and make a donation to the Residents’ Association. Their labor is a gift to us all.

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**Corrected Correction**

Because of some unfortunate confusion over terminology, a correction last month stated that Erin Devine, Collington’s Director of Nursing, was not an R.N. We were right the first time, in February. Erin most definitely is a Registered Nurse. We apologize to her and to our readers.

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**The Collingtonian**

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The Collingtonian invites all Collington residents to submit articles, photographs and story suggestions, preferably concerning Collington and its people. We also welcome “Letters to the Editor” commenting on the Collingtonian and its content. Submissions may be e-mailed to collingtonian@gmail.com or placed in the Collingtonian mailbox. All submissions are subject to editing for length, clarity and style.
Jackie Reed and Sarah Veerhoff of Cottage 1117 will be married in Collington’s Chapel on May 17, a first for us and, as far as we can ascertain, a first for a retirement community in Maryland. The Reverend Dr. Carol Jablonowski, Rector of St. Andrew’s Church, College Park, will preside at the 2 p.m. ceremony.

One of Jackie’s fellow teachers at the Frost School in Rockville will provide the wedding cake. There will be no wedding gowns, but both agree “Sunday outfits” best describes their choice. Informality marks their approach, and although wedding invitations will be sent, all Collington residents are welcome to attend.

A couple of weeks after the ceremony, the couple will leave for Sedona, Ariz., where they will take part in a seminar led by Deepak Chopra, the alternative medicine advocate.

In Washington, where they lived before coming to Collington, they had entered into a registered domestic partnership. Asked why they had decided to marry now, Sarah chimed in instantly, “Because we are in love with each other.”

They shopped extensively for a retirement community. After each visit Jackie would ask Sarah, “How did you like that one?” Sarah recalls saying, “The people didn’t look happy there.” At Collington, they found smiling faces and a friendly welcome.

Sarah is retired from IBM, where she enjoyed a successful career, serving as a systems engineer in New York, London and Moscow. Jackie credits Sarah with designing the computer program that simplifies obtaining scheduling information from airlines. Her family for two generations were proprietors of an art gallery on Connecticut Avenue in Washington. Sarah inherited many works of art and has given Collington a great many of them.

Jackie’s father was in the military and her early life was marked with travel. She spent some time teaching in the Ozark mountains. Today she is a reading teacher for children with autism, dyslexia and other learning and developmental problems.

Both women are full of praise for the reception they have met here, where they find their fellow residents are consistently friendly and accepting of their lifestyle. Almost in unison, they declared, “What more can we ask?”
William Kate, Jr.  
Cottage 5106. Ext. 5091.  
William moved to Collington from Silver Spring. Born in Apopka, Fla., he grew up in Atlantic City where he graduated from high school in 1950. Then he attended Lincoln University in Pennsylvania but was drafted into the U.S. Army in 1952. He served for 16 months in Korea. After his military service he attended Bradley University in Peoria, Ill., for two years. In 1956 he entered dental school at Howard University, graduating in 1960. He had an internship at the Veterans Administration hospital in Tuskegee, Ala. and then moved back to New Jersey to open a dental office.

Then he decided to activate his reserve commission in the Army and made a career of dentistry in the Army, retiring in 1986. Next he joined the dental faculty at Howard University for ten years, retiring in 1996.

William subsequently entered private practice for 15 years. He achieved board certification in prosthodontics and became a member of the Society of Military Prosthodontics in Europe. William has enjoyed traveling around the world. He had military tours in Vietnam and while there traveled to Hong Kong and Bangkok. William is an avid skier and has skied in Austria, Germany, Italy, and France. His hobby is flying and he owns a Piper Arrow, which is for sale. William is a widower, his wife having died six years ago. His family consists of a son and two grandchildren.

Robert and Veronica Milford  
Apartment 226-228, Ext.7540. The Milfords moved to Collington from Lusby, Md., on the Patuxent River. The Milfords are from Australia, having spent 45 years of their lives there and 45 in the United States.

During World War II Robert was a wireless operator and air gunner with the Royal Australian Air Force. After the war he earned a Bachelor’s Degree and a Master’s Degree in Agricultural Science from the University of Queensland. His special area of interest is tropical pasture and animal nutrition. He worked for the Commonwealth Scientific and Industrial Research Organization in Queensland. He then went to England, where he obtained a doctorate in agricultural science at the University of Reading.

Upon returning to Australia, he again worked for the Commonwealth research organization, then went to Paraguay as a technical adviser on a World Bank project. Finally in 1969 he moved to the District of Columbia to work again for the World Bank as a specialist in agricultural development.

Veronica had her own career as a primary school teacher and then as a home economics teacher. She attended a teacher’s training college in Australia. Teaching in a primary school in Queensland, she first rode a horse to school, and later commuted by bicycle. When she accompanied Robert to England, she taught home economics. Veronica recalls that she had polio at age seven and, as all the schools were closed because of the polio epidemic, she listened to classes over the radio. No excuse for not learning!

For hobbies Robert does cross stitch and Veronica knits and crochets. Robert enjoys picture framing and has set up a framing studio. (See P. 1)

Veronica and Robert were born six weeks
apart, Robert in March and Veronica in May. They have four children, three girls and one boy. They have four grandchildren in the United States and six in Australia.

**Carl and Anne Brown**

Cottage 3101, Ext. 7316. Many will remember hearing Carl give a lecture on the Middle East in January very shortly after he and Anne arrived from Princeton, N.J. The Browns have known each other since they were children in their birthplace of Mayfield, Ky. They went their separate ways for education and employment before finally marrying.

Anne attended Hollins College in Virginia for two years, then the University of Missouri, from which she graduated with a bachelor’s degree. She taught kindergarten and first grade and then went into special education, for which she trained by obtaining a Master’s Degree in Special Education from Trenton State College (now the College of New Jersey).

Carl went to Vanderbilt for his bachelor’s degree and then entered the foreign service and began the study of Arabic, which he perfected in future years while living at various times in Lebanon, Egypt, Jordan, Sudan and Tunisia. Carl obtained his doctorate at Harvard University and taught there for four years before going to Princeton University for the remainder of his academic career. He was at Princeton from 1966 to 1993. During his long career he either wrote or edited a dozen books.

Anne had her own writing career as the author and illustrator of a children’s book. In addition to writing she does painting in oils and loves to play tennis. She is hoping to find tennis partners here at Collington. Carl and Anne have been married 60 years and had three children. A daughter died, but their two sons, one in Seattle and one in Arlington, have produced six grandchildren. Proximity to their son in Arlington influenced their move to Collington.

**Farris and Eulane Rose**

Cottage 5104. Ext. 5089. The Roses moved to Collington from Smithfield, Va., Eulane was born in Winchester, Ky., but moved to Irvine in the same state, where she eventually met her husband.

Farris was educated at Eastern Kentucky University, earning a Bachelor of Science degree in accounting and finance. He made his career in the U.S. Army, serving all over the world – seven years in Europe, one year in Vietnam and one year in Korea. In the U.S. he was stationed variously in Kentucky, Texas, Washington state, Wisconsin and Virginia. In the first part of his Army career he served in the Armor Branch and in the last half worked in finance. He retired as a full colonel after 23 years of service.

Eulane also was educated at Eastern Kentucky University in Richmond, Ky., and received a bachelor’s degree in Music Education. She taught high school music full time and while accompanying her husband during his service in Germany she taught in elementary school. Eulane considers herself fortunate to have been able to teach in most of the places where her husband served. Altogether she taught for 27 years. The Roses have three children and six grandchildren. For hobbies Eulane does quilting and cross stitch and Farris does woodworking. April 4 marked their 57th wedding anniversary.
Her Music Therapy Hits a High Note
by Frances Kolarek

“With rings on her fingers and bells on her toes” leaps to mind when thinking of Sarah Spiece, music therapist for our Health Center.

Monday evenings find her making music of many kinds with residents of the Fourth Floor and the Arbor. Never played an instrument? Not to worry, join the Boomwhackers, where the only requirement is to whack your plastic tube when Sarah points her finger at you. And Ding! A musical note sounds!

Sarah has recently gotten a new set of Boomwhackers, which range over all eight notes of an octave from C to C, plus incidentals. Since most popular music is not written in that key, Sarah has transposed a group of songs and written down the new notation.

The group, which provides the weekly evening entertainment required of assisted living communities by Maryland law, may play “Song writing,” taking a well-known song and setting the melody to new words with everybody offering a line. Last winter “Summertime” from “Porgy and Bess” was transformed into a song celebrating winter. The result? “Fun with a purpose, which creates a sense of community and achievement for participants,” Sarah explains.

Or maybe participants will form a drum circle. Sarah’s bag of tricks knows no end.

Most mornings from 10 to 11:30 Sarah is busy with a group in the Arbor, using games and interaction with music in ways that improve residents’ quality of life – the ultimate goal of the program Sarah oversees.

Afternoons are for one-on-one reaction with individuals who aren’t physically up to group activities. Doris Harris, in the Chesapeake wing, for instance, is a singer. With her guitar Sarah may strum the opening chords of a familiar hymn and Doris joins in with her rich voice. “Incorporating music in the lives of our residents in any way I can is my objective,” Sarah explains. “And if an element of creativity follows, so much the better.”

Sarah has played saxophone since fifth grade, considers her voice an instrument, and plays guitar. In her three plus years at Collington she feels that she has accomplished more than she dreamed she could.

A graduate of Queens College in Charlotte, N.C., with a bachelor’s degree in Music Therapy, Sarah chose Queens – far from her home in Fairfax, Va. – because it was one of a few offering this course of study.

Of Sarah and her work, Director for Health Services Judie Wohnsiedler, says, “We are lucky to have someone of her caliber.”
In the Health Center, a Center of Art
by Frances Kolarek

An explosion of contemporary art and a wall of artfully hung oriental works meets the visitor to Tilda King’s room in the Chesapeake wing of our Health Center. Works by Rauschenberg and Motherwell, both notable contemporary artists, hang in the hallway leading to her room. A small Homage to the Square in yellow by German-American artist Josef Albers, famous for this series, hangs above her bed among works by Europeans whose names are unfamiliar to me. A Picasso etching bought in Paris is one of her favorites.

I visited Tilda on a Monday morning as she was being wheeled away for a shower by Amina Zaida, a Geriatric Nursing Assistant. While she was gone I had time to enjoy Tilda’s small world, complete with potted plants on the window sill, orchids on the dresser and her handsomely-framed art.

Tilda and her husband owned a furniture store in Kalamazoo, Mich., specializing in Danish modern. They traveled regularly to Europe for business and to roam art museums and galleries and collect.

“You might say art is in my genes,” Tilda remarks. Her mother was a commercial artist with a strong interest in oriental art, and an uncle taught at the Art Institute in Chicago.

The Jim Dine heart picture, a copy, in the beauty salon is a gift from Tilda, as are the Japanese prints there. So are the framed posters from art museums lining the wall between the Salon and Security.

Although Tilda no longer moves about freely, she identifies the works in her collection without hesitation, often commenting about where they were purchased. And she expressed her gratitude to Adele Kennedy’s niece, an art student, who hung the works in her Chesapeake room. Tilda’s son now accommodates the balance of her collection in his Baltimore home.

As for life in the Health Center, Tilda pronounces herself happy to have someone dry her hair after a shower, select a handsome outfit from her wardrobe, and settle her comfortably in a wheelchair to chat with her visitor. “As you enter the nineties,” she tells me, “there’s a lot of appeal in having somebody take care of you.”
“Collington TV”
© Nina Rulon-Miller

Across
1. On our calendar
7. Not much
14. Corrida figure
15. Indicate
16. Trophy taker
17. On our calendar
19. Still-life subject
21. Opposite of paleo-
22. Spanish aunt
23. Pinnacle
26. On our calendar
28. Beefeater and Bombay
29. Set straight
32. Capote nickname
33. Lug
34. On our calendar
37. Biblical book of prophecies
38. Power loss
42. On our calendar
46. Flees
49. Sought office
50. Italian wine
51. Taps
52. On our calendar
54. Golf bag item
55. "___ Beso" (Paul Anka hit)
56. Zodiac animal
57. The "E" in Q.E.D.
60. Oops! On our calendar
63. Tennis great, Andre
67. Inexpensive restaurant
68. Peach ___, fruit drink
69. Hostile
70. On our calendar

Down
1. Texter's afterthought
2. Louis XIV, e.g.
3. Big coffee holder
4. Hawaii's state bird
5. Kind of cut
6. Mountain in Genesis
7. 1972 treaty subj.
8. Dieter's choice
9. "Wth this ring, ___ wed"
10. Axis leader
11. Ref's call
12. Soup bean
13. Children's book, "The Little ___ that Could"
18. Sound of astonishment
20. "Zuckerman Unbound" author
23. Suspense novelist Hoag
24. Arena shouts
25. Hummus holder
27. French vineyard
28. "In the ___": 1969 Elvis hit
30. Some things for the mill?
31. ___ ark
32. Punches
35. HBO rival
36. Heavy weight
39. "I smell ___"
40. Donate
41. Fencing weapon
43. Base coats
44. Cooking utensil
45. "Picnic" playwright
46. Architectural detail
47. Winter melon
48. Observed Yom Kipper
52. Farm machine
53. Zoo critter
56. Artist Magritte
58. Teen follower?
59. Mexican sandwich

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Crossword Answers, p11
Gala Evening to Benefit Collington Scholars
by Mike McCulley

On April 25, you will have an opportunity to support the Collington Scholarship program by attending the Evening of Fine Wines and Epicurean Delights. In addition to the excellent food and drink implied by the title, the evening will include a raffle with a grand prize of a seven-day Holland America cruise. Most important, however, this gala event will support the Collington Scholars, our highly motivated employees who are continuing their education. I would like you to meet just a couple of them.

**Lynn Storm** – Lynn is one of the lead nurses on the Shenandoah wing of the Creighton Center. She is a caring R.N. who treats her patients with loving care and compassion. By working three 12-hour shifts each week, Lynn is able to carve out blocks of time for her academic work. She is working toward a B.A. from Regis College, taking her courses online. Lynn sees the degree as a door opener to greater opportunities within her profession.

Lynn has two grown children and lives in Crownsville, outside Annapolis, with her husband, John, and two-year-old Jack Russell terrier, Jax. When Lynn is not caring for her patients, attending class or doing homework, she enjoys reading mysteries. She lives a very full life, is exceptional at what she does and we are fortunate to have her at Collington.

**Sha Asonglefac** – A dining room server with a perpetual smile, Sha has been serving us with quiet efficiency for four years, earning the respect and appreciation of both residents and staff. Sha is working toward a B.S. in criminal justice at Bowie State. If all goes according to plan, he will receive his degree this coming December.

With four older brothers, Sha is very much into “guy things.” He is an avid New Orleans Saints football fan, and loves “muscle” cars. He drives a Pontiac Grand Prix.

Behind Sha’s smile and delightful sense of humor is a serious young man on the move. His goal is to work for the FBI, and he expressed particular appreciation for Collington resident Curtis Langford’s guidance and mentoring. Clearly, he feels a special bond and deep gratitude for the counseling Curtis has provided.
The newly opened Copper Canyon Grill in the Woodmore Towne Center (the Wegmans shopping center) is one of five area restaurants operated by Blue Ridge Restaurant Group. The group also operates the Stanford Grill in Columbia, where we have eaten several times.

Four of us arrived about 5:30 p.m. on a Friday evening to find the restaurant filled and many waiting. We were told the wait would be 45 minutes, but it was less. We noted immediately the resemblance to the Stanford Grill: a large dark room filled with wooden booths and a bar off to one side, with a view through large windows of the kitchen in back. It also has a similar menu.

We were fortunate to be seated at a table in a side room just vacated by a special party group as it was less noisy. The restaurant features a large fireplace, but it was not going and looked like it never had been used. In our side dining room, however, was a video screen displaying a burning fire.

The menu is limited, on one large sheet, but offered sufficient choices. The restaurant advertises “American comfort food.” The portions served, whether entree, salad, appetizer or desert, are humongous. I would say the prices are moderately expensive, but you can easily figure two meals or more off of one serving.

We were more than satisfied with all the items we ordered: Caesar and house salads (shared), a strip steak, rotisserie chicken, meat loaf and a ham, roast beef and sliced cheese sandwich with dipping sauce. Our shared brownie with ice

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Kiev Diary: Impressions of Ukraine as a Soviet Republic

*Editor’s Note:* Whenever a far-off part of the world is in the news, you can be pretty sure a Collington resident has been there. In 1958 Ruth Galaid, a former correspondent for Time magazine, visited Ukraine as part of her third trip to the Soviet Union (see the November 2012 Collingtonian). Following are excerpts from the journal she kept in Kiev:

Coming to Kiev from Leningrad, the contrast couldn’t be more sharply drawn. Kiev seems to have the spirit of a frontier town. Leningrad is sophisticated but tired. Leningrad is a study in pastels on an old canvas and the art of restoration. Kiev is a brand new canvas splashed with bright colors.

The Ukrainians seem more prosperous than the Leningraders and slightly better dressed. They are a lively, vibrant people. They seem to live close to the sun and air and hold their heads up high.

They love music and you always hear someone whistling a tune in the street. The band in the small dining room at the hotel in Kiev played for two hours without a break – mostly folk songs. The band also entertained us with “Yankee Doodle Dandy,” including a vocal by the band leader. Kiev was the only place where we had an American flag on our table, and it was flanked by two others, the Ukrainian People’s Republic and the Russian Republic.

When a man in Kiev laughs, he seems to laugh all the way. I had the feeling, while watching a one-ring circus in Kiev, that the clown would have to be really funny (he was). But if he had a bad act, he might have a rotten egg in his face. Yet if he was good, he would have a beautiful audience, with him all the way. Which makes a Ukrainian something like a Dodger fan!
New vegetables hold great fascination for me, even though I now grow more flowers than veggies. The magazine Vegetable Grower recently featured its annual Vegetable Variety Showcase. I will describe some new tempting varieties you might want to know about.

Abbot & Cobb offers sweet pepper Excursion ll with thick walls and excellent disease tolerance. American Takii features the Scarlet Wonder carrot, which is truly red. Clifton Seed has Infinite Gold cantaloupe that has a long shelf life and disease resistance. Crookham specializes in onions, such as Scorpion with long-term storage and good disease resistance. Golden Valley offers Rio Royal tomato, a firm saladette type, with resistance to 5 diseases and nematodes.

Harris Moran sells Lewis bush beans with attractive straight pods that are very dark green. Harris Seeds offers exceptional curly green leaf lettuce under the name NIZ 44-4707 MTO. Johnny’s sells the new beet variety Baby Beat, well-proportioned, perfect for cooking whole and offered with National Organic Program-compliant pelleting. Outstanding Seed Company offers Progress pumpkin, 7-10 pounds, dark orange with long handle and with mildew resistance. Reeds Seeds offers many varieties of cabbage, including Super Elite which matures in 85 days, has good holding quality and disease resistance.

I’ll just list some more: Rispens Seeds: Charger hot pepper; Rupp Seeds: Xtra Tender sweet corn; Sakata: Charismatic seedless watermelon; Seeds By Design: Fried Green (variety) tomato; Seedway: Ashley spinach; Seigers Seed: Mongoose cucumber; Stokes: Black Magic kale; and Syngenta: Payload zucchini. Not in the Showcase but notable: Burpee’s Steakhouse Hybrid tomato.

Are you tempted to try some of these?

Cream and key lime pie were topped with mountains of thick whipped cream concoction. Wait service, a team effort, was quite satisfactory.

The patrons that night were mostly in their 30s and 40s, many with children. The menu promises jazz music nightly, and a trio of piano, bass and saxophone played soft jazz after six. We were fortunate to hear them from where we were seated.

All-in-all it was an enjoyable night out and we will probably do it again because our kids like that type of restaurant. On our own, we will probably seek someplace else.

Copper Canyon Grill, Woodmore Towne Center, 9300 Taj Lane, Glenarden, Phone: 301-322-8600.

Crossword Puzzle Answers
The weather last month had Collington residents humming “Spring Will Be a Little Late This Year.” But the wicked winter finally loosened its grip, as lawns greened, daffodils burst into bloom and trees sprouted buds.

Lower Left: An indoor greening of sorts took place at the March general meeting, when Security’s new all-electric patrol car was driven (carefully) into the Auditorium for its introduction to the community. Facilities Co-Director David Deel photographed security chief Kendall Brown and the new acquisition.

Photos by George Newman