

Vol 26 No. 09    A Monthly Publication of The Collington Residents Association    October 2014

## McCulley Elected RA President

### *New Incumbents Fill Most Executive Slots*

by George Newman

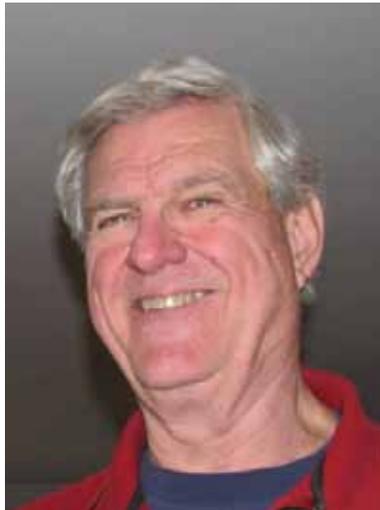
In the first contested Residents Association election in three years, Mike McCulley was elected Oct. 3 as RA president, succeeding Janet Jones.

The other leadership positions, which were uncontested, all changed hands with the exception of treasurer, where Anne McCulley continues in office. Newcomers are Pat Howard, first vice president; Cate Richie, second vice president; and Mary McKutcheon, secretary. They succeed, respectively, Joan Zorza, Jackie Smith and Barbara Bailar.

In an interview the day after his election, Mike said he was “tremendously excited” about his new responsibilities. At the same time he praised his election opponent, Joan Zorza, and noted that “the (RA) Council represents people who voted for her as much as those who voted for me.”

“Part of leadership,” he added, “is working as a team. The other part is acknowledging that

other people may do things differently than you would, but that’s OK as long as things get done and done right.”



**Mike McCulley**

Among Mike’s priorities, he said, will be his relationships with the Collington Board, where the RA president is a non-voting member, and with the Collington administration. He has contacted resident Board members Ken Burton and Kay Laughton and made an appointment to meet with Collington CEO Marvell Adams.

Among other issues he plans to tackle:

– A perceived divide between independent residents and those in the Health Center. “I plan to go to the Health Center after every Council meeting to answer any questions they might have or give them a summary of what happened at the meeting.” He also noted that a group of independent residents will be planting bulbs and perennials in the Arbor backyard, with the

participation of Health Center residents who are able to help.

– Streamlining resident governance. “We need to look at committee structure, and I want the Executive Committee to look into how we can be more efficient not only in the operating committees but also the Executive Committee meetings.”

– District and cluster leadership. Mike would like to see the Executive Committee “take a more proactive role” in encouraging good leaders, who can be invaluable in making new residents feel welcome and in keeping all residents informed. Equally important, he said, they can play an important role in working with resident leadership and the administration in identifying independent residents at risk and getting help for them.

Mike, who has lived at Collington nearly two years, is a graduate of Wesleyan University, with a post-graduate degree from Colgate University. He has worked as an educational fund raiser and commercial real estate executive. At Collington, he has chaired the Buildings Committee as well as the Scholarship Committee of the Collington Foundation. He has also served on the Garden and Marketing committees, on the Collingtonian staff and the Foundation’s Grants Committee.

Asked how he thought Collington residents would feel about him a year from now, he replied, “I hope they will see me as a leader who is looking at the horizon, seeing the issues we’ve got facing us and dealing with them.”

## Kolarek Blog Goes to Bat for the Not-Young

A new blog by Frances Kolarek is now appearing regularly on the Collington site, collington.kendal.org. Go to the “Blog” link at the top of the page to read her work. Here’s an excerpt from a recent post:

“We in our 90s had never expected to see the 21st century dawn — yet here we are, 14 or 15 years later, making dates for dinner, getting haircuts if we are lucky, and warring with technology.

“Baby boomers, on the other hand, stand at the brink of the 70s in terror...Take heart, Boomers! We are making progress. We are reconciling ourselves — no, we are accepting with pleasure — an invitation to live long, productively, and happily. Yes, we old are a happy bunch. With a note of surprise, a Gallup poll has affirmed the fact.”

### *The Collingtonian*

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**Internet:** Read this issue, selected past issues and the “Collingtonian Extra” at [keepingupwithcollington.org](http://keepingupwithcollington.org)

*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](mailto:collingtonian@gmail.com) or placed in the Collingtonian mailbox. All submissions are subject to editing for length, clarity and style.*

# A Horse of a Different Gender

by Morris MacGregor

Washington counts some thirty equestrian statues among its public monuments. Most depict American military leaders of the 19th Century (with the notable exception of Joan of Arc, the maid of Orleans). One statue, commissioned by Congress in 1872, rises at the intersection of Massachusetts and Rhode Island Avenues and 16th Street (now known as Scott Circle). It portrays Gen. Winfield Scott, “Old Fuss and Feathers,” hero of the Mexican War and commander of the U.S. Army for 20 years. The nationally celebrated sculptor, Henry K. Brown, was commissioned to do the work.

Brown’s full-scale model drew heated criticism from the experts and Scott’s family... As one spokesman put it, Brown had rendered the hero “too old, too fat, too stiff, and too short-legged.” Even greater ridicule was heaped on the horse: A spindly-legged mare for a general? Never, one family spokesman made clear. Nothing but



*General Scott astride his androgynous steed.*

a stallion would do. Actually, Scott **was** old, fat and stiff, and his favorite horse was his little mare. Brown belonged to the new realism school of art, and there were things he refused to change, but the sex of the horse was a different matter. As one reporter delicately put it, “Brown made only minimal accommodations. The result was a too-small horse with the head and body of Scott’s mare, but the external physical characteristics of a stallion.”

The added equipment fooled no one. Following the

statue’s dedication Phil Sheridan, the great cavalry leader, was heard to say to his wife, “Never let them immortalize me on such a dreadful animal.”

***Next month: Thomas Jefferson brings culture to Washington***

# We Welcome Our New Neighbors

by Barbara Allen and Jeanne Slawson

## Noemi Escandell.

Cottage 1203, Ext. 7235.

Noemi moved to Collington from Coral Gables, Fla., where she lived in retirement after concluding her career as a college professor of Spanish language and literature.



Noemi was born in Havana, Cuba and has lived in Granada, Spain, and also in Iran when her late husband worked for the United Nations.

After she got her B.A. from the City University of New York in Queens, she earned an M.A. and a Ph.D. from Harvard University. She then taught at Westfield State College in Westfield, Mass., and later at several other colleges. Noemi writes poetry and has published three books of poetry. She also plays the piano and has sung in the Springfield (Mass.) Symphony Orchestra choir. She and her husband had four children and she now has five grandchildren. One of her sons lives in Washington, D.C.

## Sonya Shelley



Apartment 341, Ext. 7587.

Sonya moved to Collington from Las Vegas, where she had lived in retirement for 15 years. She was born in Wisconsin and got a B.S. degree there, whereupon she went into high school teaching for

three years. In the 1960s she went to Japan and taught senior high English.

In the next phase of her life she married and as

a housewife had the opportunity to go to graduate school to get an M. Ed and then a Ph.D. at the University of Maryland. She then taught at the University of Maryland as a professor in the School of Nursing, teaching research methods and statistics. She retired early from this position and moved to Dallas, Texas, with her second husband, who worked in high-energy physics. Sonya and her husband have four children - one in Leesburg, one in Chicago, and two in Los Angeles. Sonya has edited a newsletter for the Unitarian Church. She enjoys reading and doing crafts, especially scrapbooking with a group that meets regularly. She has an extensive fine art collection as a result of the cruises she has taken all over the world.

## Floyd Thiel

Cottage 1211. Ext. 7243.

Floyd, a widower, moved into Collington in July from Friendship, Md. He had been in the area for about fifty years and owned a tree farm, which he recently sold.



Originally from Nebraska, Floyd served in the Army Air Corps during World War II. After the war he attended Harvard University, where he earned B.A. and M.A. degrees in government and economics.

He then went to Abilene, Texas where he taught at Abilene Christian College for several years before returning east to work for the Federal Highway Administration as an economist. He lived in Howard and Prince George's Counties. Floyd was married for 70 years and had three sons, one recently deceased. He has eight grandchildren and two great grandchildren. Floyd enjoys singing in his church choir and would like to sing with the Collington Singers.

## Carl and Joyce Koch

Cottage 3007, Ext. 7305. Carl was born six



miles from Collington and grew up in Riverdale, Md. After graduating from Bladensburg High School, he entered the University of Maryland, graduating with a B.S. and M.S.

in Electrical Engineering. After a 20-year career in electronics, he followed his love of travel and natural history by earning a Ph.D. in Geology, with a specialty in Paleontology, from George Washington University. He conducted extensive field work in the U.S. Western Interior during his nearly twenty years as Professor of Geology at Old Dominion University in Norfolk, Va. He is a member of the Paleontology Society.

Joyce was born in Cincinnati and lived there until she was twelve, when the family moved to New Orleans. Her childhood dream of becoming a nurse was fulfilled when she received her Diploma in Nursing from



prestigious Charity Hospital. Moving to San Francisco, she worked for eleven years as a labor and delivery nurse, then returned to school, receiving her B.A. in Health Services Administration from St. Mary's College in Moraga, CA. She moved to Norfolk, Va., where she continued to practice obstetrical nursing. Her final ten professional years were spent as a fertility nurse at Shady Grove Hospital in Rockville, also traveling the country teaching continuing education courses for nurses and consulting on malpractice cases.

Carl and Joyce (whose surname is pronounced Cook) met at a meeting of Singles Gourmet in Norfolk, and after not many months, they married. Twenty-six years later, they have followed up on their long-time plan to move to a CCRC. They investigated many before choosing Collington, which appealed because

of its reputation and proximity to Washington. Here, Carl has pursued his love of gardening and cooking, while supporting the Nationals, Wizards and Redskins. Joyce shares Carl's enthusiasm for the Nationals, and loves to walk and read when not volunteering at the Country Store or the library.

### **Barbara Bowles**

Apartment 254, Ext. 5062

Barbara is a native Californian, born in Turlock and raised in San Mateo. She received her B.A. from the University of California



at Berkeley and her teaching degree from San Jose State. She loved travel and "wanted to try something different," which led to teaching elementary school in Japan and Okinawa for several years.

She returned to teaching in California and met her husband, who worked at Travis Air Force Base but lived in the same apartment building. He was sent to Viet Nam for a year. When he returned they were married. Upon leaving the service, he flew for Pan Am, prompting a move to Trumbull, Ct., and later to Newtown, where they lived for 36 years. Barbara volunteered at her church and its store, and was a driver for Meals on Wheels.

When her husband passed away in 2008, Barbara stayed on in the house for a few years but, after a particularly hard winter, decided, "Enough!" and began to look for a new home. In choosing Collington, she happily moved much nearer her daughter, who has been a great help with the move and in getting settled. She looks forward to the opportunities here for exploring new pursuits and perhaps playing a little tennis if her new knee cooperates.

# Tech Trio Boost Aud Sight and Sound

by Frances Kolarek

Close-ups of the speaker's face, projected on a screen in the front of the Auditorium, have added a new dimension to meetings. The audience not only sees, but also hears more clearly. "Hearing aids or not," John Lees remarks, "Looks like we're lip-reading,"

An overwhelming array of audiovisual equipment concealed behind a new shoulder-high enclosure in a corner of the Auditorium is responsible for this and other advances. During a tour, John Lees explained that the projector hanging from the ceiling is original equipment.

New are the control panels, monitors, DVD players, cameras and a wealth of other mysterious devices. All have been acquired thanks to the efforts of Grant Bagley, John Lees and Karl Edler. None of this trio had prior experience with audiovisual equipment, but the Auditorium presented a challenge they could not resist.

John gives Grant the lion's share of credit for acquiring equipment at bargain prices, and points to his talent for nosing out discards and freebies. The three men have each contributed to the cost of the equipment, with Grant, again, topping the list, not to mention his contribution of sweat equity.



***John Lees, seen large and small, checks the audiovisual setup before a program.***

In one of many demonstrations of the equipment, John brought the screen down from the ceiling, projected a DVD on it, and with the flick of another switch the picture appeared on a monitor behind the enclosure, confirming that Channel 972 viewers were now in the picture. Manipulating another panel controlling the nine overhead stage lights, John spot-lit a chair at center stage, then lit up the stage behind the curtain – all by moving slides on the panel.

There are dreams for the future, among which are teleprompters, one at each end of the stage, enabling actors to abandon their printed scripts, providing greater latitude for dramatic interaction. A dream. But this Audio/Visual Group of three dedicated residents knows how to make dreams come true.

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## Inspectors Give Collington High Marks

"Marks we can be proud of," Director of Health Services Judy Wohnsiedler says of our annual inspection by the Maryland Department of Health and Mental Hygiene. She reported the inspection team of three nurses found only two deficiencies in her department. The aver-

age in Maryland nursing facilities is 11.8, according to Health Department records.

Zero deficiencies in Eli Ayoub's Dining Services for the second consecutive year also calls for congratulations. --FK

## Collington's Poster Boy

Visitors to the web site of the National Institute on Aging last month saw this picture of Collington resident Richard Zorza.

"I never thought I would be a poster child for anything," Richard wrote on his "Access to Justice" blog. "The back story," he wrote, "is that my wife Joan and I live in a wonderful continuing care retirement community outside Washington called Collington, and NIA came with a photographer to get some stock photos of seniors, with a focus on activity and engage-



ment. Hence the computer and phone." (For more on Richard and his blog, see the February Collingtonian.)

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## Welcome Additions to Our Fleet

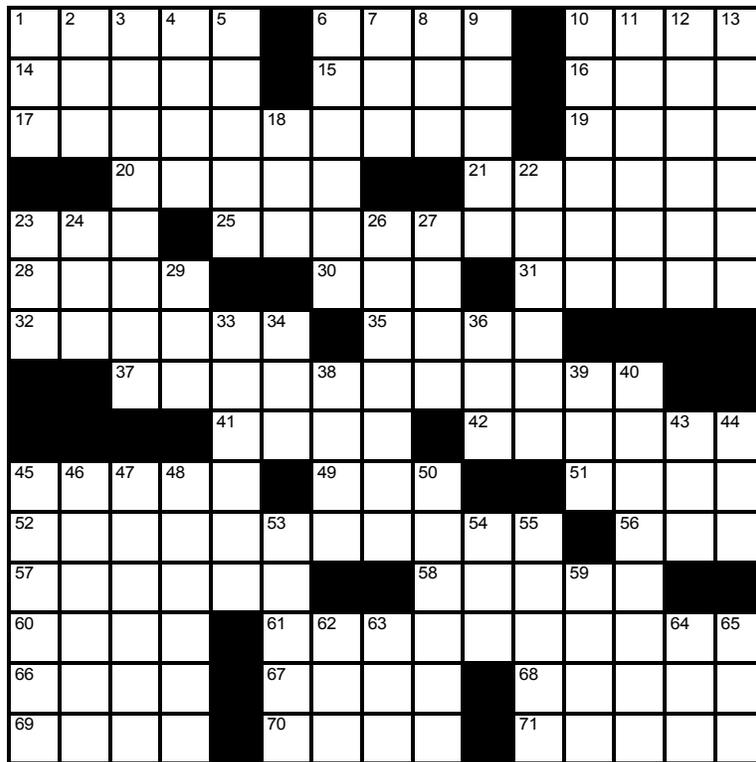


Collington has acquired two new buses -- new to Collington, anyway; they're 2011 models. Each can carry 29 passengers, or 26 plus one wheelchair, or 22 plus two wheelchairs. Security chief Kendall Brown says two of Collington's three buses were traded in, leaving a net cost of about \$50,000 a bus. The older 12-passenger bus will remain in service.

Good news for trips on potholed roads: Kendall promises the new vehicles will offer a smoother ride than their predecessors. -- GN

# "Collington Arboretum"

© Nina Rulon-Miller



**Across**

- 1. Rwandan people
- 6. Painter Chagall
- 10. Pro \_\_\_\_
- 14. Noted bankruptcy of 2001
- 15. Equal, to Yvette
- 16. Skyward, in Hebrew
- 17. Collington Branches
- 19. Roman dress
- 20. Be afraid
- 21. "Fur Elise" key
- 23. This month
- 25. Collington branches
- 28. Southwestern art mecca
- 30. Corp. V.I.P.
- 31. Exams
- 32. Rock layers
- 35. Boxer's weapon
- 37. Collington branches
- 41. Pottery oven
- 42. Low points
- 45. Keats, for one

- 49. \_\_\_\_ LeShan, psychologist
- 51. Old dagger
- 52. Collington branches
- 56. Network with an eye logo
- 57. "Jersey Shore" nickname
- 58. Poker move
- 60. Ethiopia's largest lake
- 61. Collington branches
- 66. Flair
- 67. Ask for
- 68. Star studded belt
- 69. Stand up
- 70. Brief shooters?
- 71. Appearances

**Down**

- 1. Sam Spade, for short
- 2. Granite State sch.
- 3. Deeres
- 4. Not too bad
- 5. One way to divide

- 6. Like grams and liters
- 7. Cabinet dept.
- 8. Norma \_\_\_\_
- 9. Athletic shoe appurtenance
- 10. Make over a bathroom floor, maybe
- 11. Sing \_\_\_\_
- 12. Stop a diamond theft?
- 13. Morning clock messengers
- 18. Always, poetically
- 22. Country singer Kathy
- 23. NBA tiebreakers
- 24. Feline pet, perhaps
- 26. Turkish title
- 27. Film \_\_\_\_
- 29. Canal gal
- 33. Grandfather clock sound
- 34. Bee fore?
- 36. Dict. listing
- 38. Roman commoner
- 39. Mormons: Abbr.

- 40. Thanksgiving dessert
- 43. Robert E. Lee follower
- 44. French possessive
- 45. Sometimes it has a pearl
- 46. View from Wonder Lake
- 47. Actress Massey and others
- 48. Everett of "Citizen Kane"
- 50. Displays
- 53. Strands
- 54. Sonata, Sonic, or Scion
- 55. Ball game banner
- 59. Bollywood costume
- 62. Web address
- 63. Long-jawed fish
- 64. Chaney of the silents
- 65. Naval rank: Abbr.

# Don't Fall for Medicare Scams

By Mary Bird

*Editor's note: Mary Bird, a board member of the Maryland Continuing Care Residents Association (MACCRA) Collington chapter, based this article on a Federal Trade Commission webinar titled "Pass it On: Older Adults, Fraud and the FTC." This is the first of a series.*

The Medicare open-enrollment period for changing your prescription drug plan begins on Oct. 15 and ends Dec. 7. This is a period ripe for health care scams.

**Example:** A caller claiming to be from the federal government asks for your Medicare number in order to issue you a new card.

*Reflect a moment:* There is no government project to replace Medicare cards. Moreover, government workers should never request your Medicare or Social Security numbers. (An exception would be if you initiate a call to report a lost card.)

**Example:** You receive a phone call, email or postcard offering a big discount on health insurance. These communications often are designed to look like official government notices.

*Reflect a moment:* Under Medicare, insurers are allowed to call you only if you have initiated the contact. The Maryland State Health Insurance Program (SHIP: (301) 265-8450) can tell you if the insurer is qualified to offer Medicare supplemental or advantage plans in the state, can give you the insurer's phone number, and can even give you a "ballpark figure" for the premiums.

How can you protect yourself?

Before you share any information, call Medicare at 1-800- 633-4227.

- If someone calls you, write down the name they use, the name of the organization they say they work for, and ask for a telephone number so you can call back. This information may help the FTC.
- If you receive a postcard or email, save it. Again, this information may help the FTC.

- Report the scam to the FTC by calling 1 (877) 382-4357.

If you would like to receive information from the FTC on scams, sign up for scam alerts at [ftc.gov/](http://ftc.gov/) subscribe.

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## Baggage

by Evelyn Kellman

When your Mama's old  
and wants to give you something, don't say no.  
Never mind it's tacky,  
you've hated it since childhood.

Just know if she's kept it all these years  
it has some secret meaning she can't imagine  
taking to her grave.

And if she honors you with that meaning,  
sit respectfully with it,  
knowing you've been given a precious clue  
to understand this woman you thought you  
knew.

You will see her life in a different context,  
recognize memories of small joys;  
perhaps secret loves;  
captured in a Coney Island vase  
or a yellowed newspaper clipping.

There may be hints of regrets

You will realize

her life, like most women's of her time,  
was punctuated by a family's needs;  
that she had longings never realized.

You will see her perhaps as a teenage flirt  
or the yearbook's "Most likely to succeed."

So, if your Mama's old

and wants to give you something,  
accept it with thanks, and humility.

She is asking you  
to be the guardian  
of her immortality.

# Collington Talk Recalls Historic Time

By Norman Kempster

At a time when public approval of the U.S. government has reached historic lows, Americans should recall that “sometimes our government does something we can all be proud of,” veteran diplomat Edward J. Perkins told a Collington audience Sept. 24.

Such an event, he said, was U.S. support for the effort to dismantle the apartheid system of racial injustice in South Africa in the 1980s. As ambassador to South Africa from 1986 to 1989, Perkins played a significant role in the transition. But the story was far more complex than the bare facts would show.

Perkins credited Secretary of State George P. Shultz with jarring the U.S. government from its customary acceptance of apartheid. Shultz, Perkins recalled, told President Ronald Reagan that “we are in a terrible fix” because of the perception in South Africa and around the globe that Washington was on the wrong side of the issue.

Shultz recommended a symbolic bombshell -- appointing a black ambassador to the white-ruled country, the first time that Washington broke a tacit agreement to maintain a diplomatic color bar in Pretoria. It would not be easy, Perkins related, because “at the time, there were [only] nine black senior foreign service officers” in the entire U.S diplomatic corps. Perkins, then ambassador to Liberia, was one of them.

Although the administration was determined to keep the strategy a secret, word leaked out. The Washington rumor mill predicted that the job would go to Terence Todman, then ambassador to Denmark. Todman turned down the

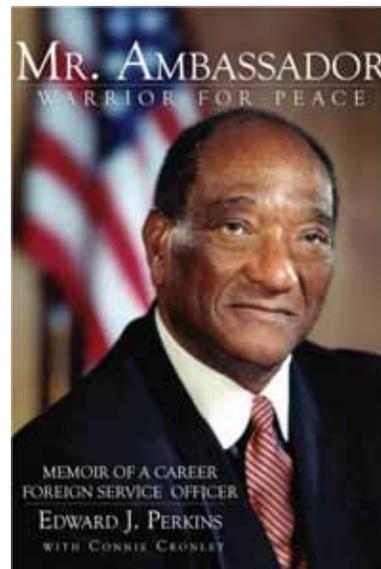
post, saying later that he did so to protest U.S. policy toward the apartheid regime, which he considered far too accommodating.

When the post was offered to Perkins, he took the opposite tack, agreeing to go to South Africa in an effort to undermine the country’s racial policy.

Perkins said he never had a civil conversation with South African President P.W. Botha, who harbored a smoldering resentment toward the black American ambassador and felt betrayed by the administration that sent him.

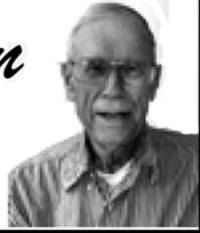
When Perkins formally presented his credentials to the South African government, Botha turned that ceremony into a test of wills, staging the event on the staircase of a government building, placing Perkins below him to make the American appear shorter. The ruse did not work because Perkins was so much taller than Botha that even with a head start the South African president appeared shorter.

Collington resident Mary Grace Kovar arranged Perkins’s visit. Her nephew is married to Perkins’s daughter.



*A copy of  
Ambassador  
Perkins's  
autobiography was  
donated to the  
Collington Library by  
Mary Grace Kovar.*

## Bill Preston on Gardening



Let's consider some special insects, like the rhinoceros beetle. I found two this summer near the Clock Tower. These are fat tan two-inch-long bugs with rhino-like tusks. They develop from grubs that work on rotted wood in the forest.

The praying mantis, when small, eats many small insects. When mature, it hides under large flowers like zinnias and snatches butterflies and bumblebees that visit the flowers. Last year the zinnias in our hilltop garden were visited by hun-

dreds of butterflies; this year the zinnias have several praying mantises and no butterflies.

This summer the 1100 cottage cluster was treated to an evening of sparkling lightning bugs by the hundreds. These insects, when young, live among grass and leaves on the ground, and they produce a pale light that is rarely noticed.

A very large moth flies among tomato or tobacco plants and lays eggs there. The eggs hatch into tiny green worms with enormous appetites. Eventually they develop into large green four-inch worms that can devour all leaves and small fruits of tomato plants in a night or two.

Along the edges of walkways here at Collington we notice mounds of finely ground soil particles. This is the work of a giant female cicada wasp. She prepares chambers in sandy soil all summer long, then flies up into the trees to locate those summer-singing cicadas. When she finds one, she immobilizes it with a sting, then grasps it and flies it to her den. There she lays an egg on it and uses it for the winter's food supply.

## Keeping Fit

by Tony Harris



### 2014 Walk to End Alzheimer's a Success

Collington first participated last year in the National Capital Walk to End Alzheimer's disease as team Collington Cares. This year, the Collington community took it a step further and helped sponsor the 2014 Alzheimer's Association Walk to End Alzheimer's disease in Prince George's County.

This walk, at the Bowie Baysox Stadium on Sept. 27, was the first to be held in Prince George's County in five years. A total of 77 Collington residents, staff, friends, and family raised money for the event. Of those 77, 50 walked either the one-mile or three-mile course. To date we have raised over \$7,000.00. Compared to last year, we doubled our participation and almost tripled the amount of money previously raised.

To top off the day, Marvell Adams accepted on behalf of the Collington community a plaque recognizing our charitable giving to the walk.

### Crossword Puzzle Answers

S	N	E	M		S	R	S		E	S	R	
N	O	R	O		Y	R	A	P	N	A	E	
L	E	A	P	A	R	A	G	S	A	N	A	T
		E	S	A	I	R	A		K	O	N	S
S	B	C		H	C	R	B	W	L	O	L	Y
E	E	S			A	E	D		S	T	S	O
S	R	D	A	N		N	L	K				
		M	L	E	R	E	P	P	L	I	S	
				T	S	F		A	T	A	S	T
S	T	S	T	E		O	C	F		S	O	T
M	G	L	A	T	A	N	E	R	O		C	O
R	O	R	A	M			R	E	W	O		
A	G	O	T		E	E	R	E	T	E	S	H
L	A	L	E	L	A	L	E	G	A	L	N	R
A	T	A	R	A	R	C	M	A	R	C	S	I

*While We Sleep,  
Our 4-Legged  
Neighbors Roam*



*These pictures, captured on Karl Edler's "crittercam," display what Karl calls the "nightlife of Collington's party animals." Karl has set up a Bushnell X-8 Trail Camera designed to photograph any activity within about 30 feet, in both light and darkness.*

*Karl reports that he acquired the camera after Gerry Burdett found what appeared to be bear droppings near some of the Collington beehives. No bear has appeared; Karl suspects the droppings came from a raccoon. His research shows some similarities.*

*These shots from the crittercam show a common Collington sight, the deer at top, along with a mother and child raccoon, center, and a rarely seen red fox at bottom.*