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Cottage Windows Tell Stories

by Mary Bird

Editor's Note: Collington cottages sport an unusual feature: display space offering passers-by a literal window into residents' lives. Our reporter looked into the stories behind some displays.

In the late 1960s, **Irene Wood** was staying at a pension in Florence, Italy, with a "chicken pitcher" on every dining table. The water poured out of the chicken's beak. She just had to have one like it. As she travelled in the region, she noticed each village had a distinct pitcher design: chicken, rooster or other fowl. Sienna, for example, favored a black, white, yellow and brown bird. This was the start of Irene's collection.

Back in the States, Irene added to her collection, and now has rooster, fish, chicken, owl, and pig pitchers. When Irene moved to Collington, her friends gave good homes to many of her pitchers but she kept a dozen to display

Hannah Tyson and her husband, **Dan**, met potter Gerry Williams in New Hampshire, when Hannah and Williams's wife were colleagues at the Church Women United organization. For several summers, the Tysons went to the Phoenix



Irene Woods's rooster pitcher. More window display photos, p.12. Photo by Mary Bird.

Workshop run by the Williamses in Goffstown, N.H., where Dan worked on pottery and Hannah helped cook for the campers. During this period, Williams developed the unique red glaze that decorates one of the pots in Hanna's window.

Not long after World War II, **Shirley Knudson** and her husband were stationed in Germany. The people there had very little, and occasionally someone would approach the Knudsons trying to sell something. Even though the Knudsons didn't drink, they bought beer

steins. Two bought then and others purchased on a second tour of duty in Germany decorate her kitchen window.

Arnold Klick is another resident who has accumulated his collection over a period of time. For 18 years he drove to beaches from Alabama to Maine, collecting shells. Welk shells are his favorites. Many displayed in Arnold's window were found on the islands in the Bay of Fundy.

It was love at first sight when **Helen Lauck**

saw some chubby blue and white ceramic candle holders in a British import store in Chicago over a decade ago. She bought the entire collection at once and now displays them in her kitchen window.

The magenta watermelon slice in **Grace Toler's** window caught my eye, and then I noticed the other brightly colored fruit and vegetable plates displayed. They were neither collected over time or all at once. When Grace moved to Collington five years ago a friend gave her the window display as a house-warming gift.

The eight paper weights in **Suzanne Gimbrere's** window are part of her mother's collection, split between Suzanne and her three siblings. The collection began with a paper weight from the 18th century which was passed down from Suzanne's great uncle. Suzanne remembers the collection glimmering in a mirrored, custom-made cabinet in her mother's home.

Jim Tent's window is filled with 19th- century pocket watches handed down from his and his wife's families. One women's watch was made by the Waltham (Mass.) Clock Company. Many of the time pieces still work, but Jim has trouble keeping them wound.

Denise Bunting celebrates the change of seasons with changing window displays. Over the months of my rambles, I have seen the window change from Halloween to Thanksgiving to a silver, blue and white Christmas wonderland. In July the window had a patriotic theme and now shows off painted bird houses. The cottage window is the perfect way for Denise to display her

see Windows, p. 11

Letters to the Editor

Kudos

Congratulations on the September issue, the best I have seen in 2+ years.

Don Judge

Kudos, and a Correction

Thank you for a wonderful expanded September edition - great articles and pics!

I've never been called an impresario before (back page), and alas, not now either! Pat Howard was the impresario behind the Talent Show. Her hard work allowed us to have a fun evening enjoying the myriad talents of Collingtonians.

Marilyn Haskel

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.

Tim Sabin's Worthwhile Journey

By George Newman

When the iconic Michelin guides want to bestow their highest praise, they declare a destination “vaut le voyage” -- worth the trip, worth the effort to get there.

Tim Sabin chose “Vaut le Voyage” as the subject of his “Neighbor Talk” before a packed auditorium on Sept. 19, describing a life’s journey not always smooth, rarely easy, but unfailingly worthwhile.

His talk inaugurated a new series, successor to the former “Know Your Neighbor.” “Neighbor Talks” are overseen by a committee chaired by Tom McCain.

Tim recalled his time at Bowdoin College in the 1960s, when the zeitgeist hardly favored a young gay man. Though he didn’t come out then, his sexual orientation was hardly a secret. “I flunked Closet 101,” he said.

But if some at Bowdoin were less than welcoming, others encouraged him in pursuit of two passions that would become life-long: languages and theatre. And he found, inscribed on a flagpole at the side of Bowdoin’s Hawthorne-Longfellow Library, “a citation, I discovered in my third semester, to Cicero’s 70th chapter of his essay on old age: ‘Life is short, yet long enough to live well and honorably.’”

Essential to living well for Tim was the study of languages. At Bowdoin “I continued Latin, began Greek, skipped over a year of German to do advanced work, and added Old and Middle English. I was quite mad.” At the same time he began to act and direct: Euripides, Johnson, Shaw, Yeats, “and what discerning minds might have called the world’s worst production of the Scottish Tragedy.



And in all these and to this day, directing with even greater zeal than acting.”

In midlife he suffered a bout of depression, which he characteristically described with a literary reference: “In Dante’s words, I found myself in a dark forest.” And characteristically, he found salvation in language: The study of Italian – “the language of passage from dark to light” – led him out of Dante’s forest.

Rejected by the military because he was gay, Tim found a job in storefront legal services offices in the slums of Dorchester and South Boston.

“I started this work first off to make a living, and slowly yet inexorably I discovered that here was an opportunity the Army had denied me. There was work to be done. Tenants to protect from slumlords; benefits to obtain for the old and the enfeebled; health care to find for sick children. Even evictions to block.”

Yet “This was not a romantic endeavor; many of our clients were themselves unpleasant or made downright nasty after three generations of poverty.” Eventually the ugliness associated with the Boston racial busing crisis drove Tim from his post.

“Then I met Jim [Holmes, his husband and fellow Collington resident] and it was time to pack up my languages, and to follow his already expert lead in traveling the world.”

“It is with no fear of condemnation that I assert

see Tim’s Journey, p. 8

We Welcome Our New Neighbors

Helen Weinland (Cottage 4210, Ext. 7374): “Living Abroad with Uncle Sam”

By Peggy Latimer

Helen grew up in Chappaqua, N.Y. After earning a B.A. in history from Mount Holyoke College, she attained an M.A. from Indiana University and began working toward a Ph.D. centered on 19th-century Britain.



Helen was an instructor at Ohio State University during the Vietnam and Cambodia era. “It was a time of great uproar on campus,” she noted, including racial and gender discrimination. In 1970, she was part of a small group of women who initiated courses in women’s history.

Very little British history was being taught at American universities. “So I left academia,” Helen says, “probably just as well.”

Moving to Washington in 1973, Helen served in the Foreign Service for two decades. After retirement in 1994, she wrote a book about her experiences because people always asked: “What was my favorite place? I always say it’s less to do with the country than what I did there.”

She was a political officer in Lagos, Nigeria, when that country had a new government modeled on the U.S. rather than the British form. “The new politicians didn’t know how the system worked, so we became the experts,” she observed. “In spite of the frustrations, Lagos was very enjoyable.”

Helen arrived in Berlin in 1989, one of her last assignments. At the time, there was some opening of the Iron Curtain, but still considerable

tension over who controlled what. Her job was to liaise between the American mission, the French and English missions, and the West Berlin city government. Then one night in November, the East German government opened the Wall. “No one knew it was coming. It was wild,” she recalls.

Returning to the U.S., Helen moved to Maine and then to Boston. There she joined Trinity Church and became involved in Partakers, a mentoring program administered by Boston University that helps prisoners earn college degrees. She also joined the Trinity Church Choir, “a long-time dream.”

While in Nigeria, Helen became friendly with a family there. The oldest daughter came to the U.S. to study, and Helen became “her American mother.” That daughter is now married and has just had her third daughter. “I’m ‘Nana’.”

Why Collington? Helen had recently broken her foot and realized how isolating that can be. She discovered a number of friends had moved here, and she liked access to the city, the full range of continuing care and the diversity of residents.

Helen’s a member of the Collington Singers and has joined the Annapolis Chorale. She also enjoys the Foreign Affairs Discussion Group. She loves to travel and in November is going to Patagonia with the Zelmans.

Helen commented that the Foreign Service has changed a lot since 9/11. “Now there’re all kinds of regulations; it’s distorted,” with huge embassies in places like Baghdad that are not needed, with a shortage in other places. In her memoir, “Living Abroad with Uncle Sam,” she wrote, “I often thought my life was a lot duller than my friends believed.” She realized while writing, “I have changed my mind.”

Bernie and Faye Rosenberg (Cottage 3010, Ext. 7308): Short Courtship, Long Marriage

By Ann Davie

Faye Rosenberg was raised in Syracuse, N.Y.,



and attended Syracuse University. Although she had wanted to be a librarian, she met Dr. Lou Di Carlo, who was teaching a summer course in lip reading. Dr. Di Carlo challenged Faye to learn to teach the deaf and helped her obtain a

scholarship to the Lexington School for the Deaf, associated with Columbia University Teachers College.

Faye earned an M.A. and taught at Lexington for a year, living with two roommates from Juliard. They introduced her to the musical world, for which she is “forever grateful.” In May of that year, Faye met Bernie. They had three dates, decided to get married, and did so three months later! Just before coming to Collington, Faye and Bernie celebrated 66 years together.

Bernie had lived in several places in New York and New Jersey. His father owned a factory that made knitted sweaters and shirts. Bernie earned a B.S. at MIT, where he majored in Industrial Economics. He went home to New Jersey and enrolled in Columbia’s program in General Studies. He managed his father’s factory for 12 yrs before it was forced to close in 1962 as low-cost Asian companies came into the market.



While they were living in New Jersey, Faye became an active leader in the American Jewish Congress. She also helped start, and taught in, an interfaith nursery school. During that time three children were born: David, Nancy and Jim. Bernie and Faye now have six grandchildren and three great grandchildren.

In 1963, Bernie accepted a job in Gastonia, N.C., to run a plant making knitted fabric. It was a typical Southern plant, subject to traditional racial pressures. He told the workers he would run the plant his way, and he began promoting qualified African Americans in spite of pressure from the

Klu Klux Klan. In two and a half years he had built the business up to being a success, but ironically the owners sold it.

During their time in Gastonia, Faye decided to go back to teaching. The superintendent of schools, impressed with her experience, offered her a position as speech therapist, assigning her clients in four schools. Integration was just beginning in the Gastonia schools.

Three years earlier, there had been a severe epidemic of German measles in the area, leaving many deaf children. With her background in teaching the deaf, Faye volunteered to help start a Saturday program for preschoolers with hearing problems. The program soon grew to be the Gaston Oral School, with Faye as its first principal. Within three years it was incorporated into the Gastonia school system.

In 1966, Bernie accepted a job back in New Jersey, continuing his factory management career. They lived in Roseland, where Faye became the speech/language pathologist for the Roseland School system, assigned to two schools.

In 1990, Bernie accepted a position as business manager for The Gramon Schools, New Jersey-based private, nonprofit schools, for emotionally disturbed children.

When it came time for retirement, Faye and Bernie moved to Heritage Harbor in Annapolis to be near friends and family. Bernie served in various board positions of their community association for 13 years, while Faye volunteered as a teacher of children with special needs. Bernie also volunteered at London Town, a restored colonial village and archeological site in Edgewater, Md., for seven years before “my knees gave out” and he needed a new horizon. He found it at BWI Airport, where he is in his 14th year as a volunteer Information Assistant. Faye found satisfying

see Newcomers, p. 10

Hearing Issues: Loud and Clear

By Frances Kolarek

More than 75 people crowded into the Bird Room last month to discuss problems with hearing and acoustics. A questionnaire created by a group including Jeanne Slawson and Ann Davie, chair of this subcommittee of the Health Committee, had earlier generated a heavy response.



Dr. Gwyneth Newcomb, audiologist to Collingtonians for 23 years, and Robert Reigle, Information Technology expert, spoke to the gathering. There were questions galore. Dr. Newcomb, who spoke slowly and clearly, reminded her audience that rapid and mumbled speech escapes even those without hearing problems and explained that the effective use of hearing aids requires some training and practice. Learning how to use new hearing aids, not a simple matter, is a subject of an information sheet she distributed.

Rob Reigle, who had installed portable microphones in the Bird Room for the occasion, was peppered with questions about flawed acoustics in both the dining areas and the auditorium, where improper use of microphones by those asking questions was recognized as an ongoing problem. Speakers were instructed to talk into the **end** of the microphone, holding it a few inches in front of the mouth.

The T-Coil in the Auditorium has recently been repaired and some residents reported that it was functioning well. Dr. Newcomb emphasized that hearing aids with this capacity need to be properly tuned into the system

to be effective, an adjustment she can make during her office hours on Thursday mornings.

Of serious concern are acoustics in the Dining Room, where ceilings are low and

walls are largely window glass which echo back any sound, conversational or ambient. Remedies will have to wait until the bistro opens and areas in the dining room can be closed off.

Ann Davie hopes to consult with Karen Boyce, Chief Operating Officer, at an early opportunity. She was most impressed with Dr. Newcomb's citation of a John Hopkins study, which shows that hearing loss frequently makes worse dementia, heart disease, diabetes, depression (from isolation), and the risk of falls through loss of balance. Ann noted, "I've made my appointment with Dr. Newcomb, having been reluctant for four years: it's time!"



A colorful visitor: Peggy Latimer spotted this Monarch butterfly at the Hilltop Gardens.

Lots of Work Going On



Wherever Collingtonians looked in September, they saw construction and maintenance in progress. In addition to the ongoing work on The Landing dining venue, crews braved heat

and steam, above, to resurface the perimeter road. Others defied gravity to replace the roofing over the apartments and the Clock Tower. Photos by George Newman.



Progress Report on Health Issues

By Frances Kolarek

When Ashley Walters assumed the position of Director of Health Services seven months ago, taking on a job that had been vacant for a long year, she expected to find some rust. And she got right to work on the worst spots.

“We have made strides,” Ashley says, but there’s still a long way to go.” Her main focus has been on two areas: response times to calls in emergencies and communication between staff and residents, both in the Health Center and among independent residents.

Ashley’s own records show improvement in response times, and most residents agree. There are occasional complaints, but these are becoming less and less frequent.

Communications are improving, too, thanks to training sessions with staff. “Speak clearly. Listen better. Think ‘customer service,’” Ashley urges. “Look straight at the person you are addressing, and remember you are talking to ‘senior ears.’” Competency checks of staffers reveal weaknesses, which are then addressed.

There is also the issue of congenial relations between residents and staff. This is a two-way street, where resident reaction plays an active role. Think of Health Center residents, Ashley tells staff, as if they were family members. “Imagine your own mother lying in the bed. How would you like to see her treated?”

Seven months into her job Ashley believes, “We are still far from where we want to be, but we’re getting there.” When she arrived, the Clinic was perhaps the rustiest spot. She faced complaints that staff was unfriendly and spoke with accents hard to understand. Today,

it is running smoothly with Sherrie Payne, the receptionist-technician and two nurses, Imelda Che and Delvie Campbell, who is on loan from the Potomac Wing, where she has worked for some years.

The physicians’ organization has changed its name from MDICS to ADFINITAS, with the same two physicians and certified physician’s assistants as before.

Sharon Odumodu, Director of Nursing, who oversees the Clinic, will be visiting other Kendal facilities in the near future to learn how their clinics function before filling the vacant position of Clinic Manager.

A testimonial to effective rust removal is a resident’s story of her call one night to Security for emergency medical help. Two nurses arrived promptly, a male and a female, who came to a quick decision that her husband required hospitalization, called 911 and saw the patient wheeled into the ambulance. Before departing they made sure the patient’s wife was in her car, following the ambulance to the hospital. Some weeks later, when she ran into the pair in a Collington corridor, they exchanged hugs and wishes for the husband’s early recovery. Progress? You be the judge.

Tim’s Journey from p. 3

Jim Holmes and I would not have lasted these 41 years had our relationship been characterized by other than friendship. Friendship has given us the ability to travel together, to speak the same language, to participate in the theatre of life with neither horror nor boredom, and find, in short, that the voyage is worth it.”

Restaurant Review: Jerry's: Magnet for Crab Lovers

By Carl Koch

Jerry's Seafood is a family-friendly restaurant highlighting "crab specialties" but also offering other seafood and one filet mignon dish. If you wish to impress visitors with our world-renowned blue crabs,

take them to Jerry's, where the variety of crab dishes includes the "crab bomb." Late summer until Thanksgiving is the best time because the crabs have become big and weighty through the summer. The restaurant is about six miles from Collington, near Bowie Town Center.

My wife Joyce and I had lunch at Jerry's recently and were impressed with the menu and the staff. The restaurant has plenty of parking and wheelchair access. Inside it is bright and open. Although it was nearly full, it was unusually quiet and conversation was easy.

We started with a glass of sauvignon blanc and one of iced tea. Joyce opted for the soft-shelled crab and was pleased when two large crabs arrived perfectly cooked. I choose the crab imperial lunch and it, too, was delicious. No coffee and no dessert. The bill was \$68.00, not including tip. Jerry's is a bit pricey but it is a quality operation. About one half of the lunch items cost 35% more in the evening.

I offer you some "food for thought" vis-a-vis crab dishes in general. There is pasteurized crab meat on the market from Southeast Asia at half the price of local crab meat. Beware of restaurants that use the imported meat because the end result is a crab dish that lacks firmness and flavor.

In the early '50s, Old Bay Seasoning was de-



veloped to use when steaming crabs. These spicy ingredients are carried by the steam into the crab meat, enhancing its flavor. With time, Old Bay has found its way up the food chain and is sometimes ap-

plied directly on the food. The cream of crab soup at Jerry's is made with spices and served with a sprinkle of Old Bay on top. This harsh seasoning converts a delicate cream soup into Old Bay soup. Not nice.

Lump backfin crab meat retails for just under \$40 a pound and therefore putting fillers in crab dishes saves costs. Jerry's stresses that they use no fillers. However, the right amount of filler can help some crab dishes. For example, a tasty crab cake will have a binder such as cracker crumbs or bread crumbs and this binder helps carry the flavorings in a way that 100 percent crab meat cannot. Don't be impressed when a restaurant claims no filler because the final product may be dry and lack flavor.

Some of these changes of crab meat dishes over time may be the result of customers who confuse spicy food with quality. Jerry's would never use imported crab meat but is sometimes guilty of offering "no filler" dishes, which diminish flavor and moisture. All in all we had a good experience at Jerry's Seafood.

Jerry's Seafood
15211 Major Lansdale Blvd., Bowie, MD 20721
301-805-2284
jerrysseafood.com

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volunteer positions at the Anne Arundel Medical Center for 14 years. They both offered their services to the Annapolis Conference Visitors Center. Although they were very happy in Heritage Harbor, there came a time when it seemed right to move to a continuing care community.

The Rosenbergs considered many places but, “from the moment we walked in to meet Tia in the Clock Tower,” they knew they had found a new home and are “more than pleased” with their decision.

Rita and Bud Gardiner (Apt. 144, Ext. 7515):

A Doctor Duo

By Peggy Latimer

George (Bud) Gardiner was born in Stratford, Conn. His father was a dentist and his mother a “professional volunteer.” Margarita – Rita – was born in Winston Salem, N.C. Her mother was an educator; her father a civil servant.



By his second year at Bates College in Maine, Bud realized he didn't really want to follow in his father's footsteps, but rather to pursue medicine. He received his M.D. from Tufts University in 1961.

Rita's parents insisted that she attend Howard to become a doctor, but she majored in math; medicine came later.

How did they meet? Both were working for the Department of Health, Education, and Welfare [HEW]. Bud was the Regional Health Administrator [RHA] in Philadelphia. Rita, who worked in Rockville, read a memo Bud had written, and “I liked the way he used the language.” They married in 1976.

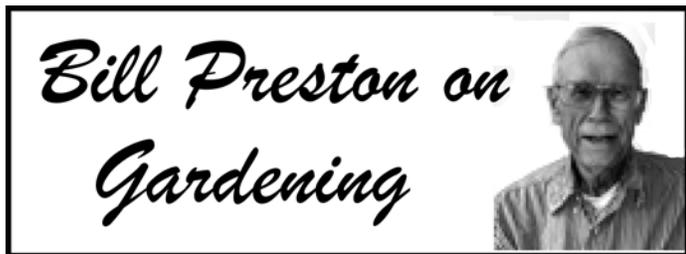
Bud looks at his career in three phases. During the first, he practiced internal medicine, and directed several pulmonary-function laboratories

at Philadelphia hospitals. He began the second phase, community and public health, directing health services at a community agency, which is now Greater Philadelphia Health Action. Bud oversaw a 150-member staff responsible for about \$200 million in health-services grants in a six-state area, including Maryland and D.C.

As for the third phase, “I was troubled all along by obstacles facing Blacks and I wanted to address the impact on inner emotional life.” He completed a residency in psychiatry at Hahnemann University, with a focus on community mental health. Over the next three decades Bud started an in-patient hospital unit treating combined psychiatric and medical illnesses, was clinical director of a community mental health center, managed public funding of behavioral health services for Medicaid recipients, and was responsible for minority affairs as medical school associate dean and university associate provost at what is now Drexel University College of Medicine. He is still an adjunct associate professor of psychiatry.

After working primarily in social-services administration, Rita received her M.D. from the Medical College of Pennsylvania (formerly the Female Medical College and Women's Medical College), and continued there with post-graduate training in internal medicine and rheumatology. Following several years at Greater Philadelphia Health Action, she joined the full-time faculty of Medical College (now Drexel), where she also served as medical director of an out-patient clinic.

In 1998, Rita moved into the pharmaceutical industry, undertaking drug safety surveillance. She now works for Merck from home, managing a team that monitors adverse drug event reports, mostly from clinical trials. Rita points out that there's an enormous commitment within the pharmaceutical industry to monitoring patient



Some Like it Cold

Get your sweaters and coats out; we're in for some chilly weather. But many of us don't realize that chilly weather is actually a requirement for subsequent proper development of flowers and leaves of many trees, shrubs, and perennials. What might happen if we get insufficient cold weather this winter? No apples, peaches, cherries -- even no proper foliage on trees, no tulip or daffodil flowers!

Spring would not be beautiful. A lot of plants have this requirement for a cold, dormant period.

This requirement is a special concern for fruit growers. For example, peach trees of a certain variety require a minimum of so many days of cold below 32 degrees or they won't leaf out and bloom the next spring. So each time a new variety of peach is developed, it must be evaluated for chill requirement so that it can be recommended for states where it will get enough cold weather.

As if this evaluation isn't enough: Besides flavor, color, disease resistance, etc., each variety must also be evaluated as to hardiness to withstand cold weather. We end up with different varieties suitable for California, Florida, Georgia, New England, etc.

Once we've made our evaluations for each kind of plant we are introducing, we have to deal with this new problem called global warming and all its weather extremes. All this keeps us constantly testing and evaluating our huge variety of plants. It's a constant struggle, but -- heh, heh -- it also keeps us horticulturists in business!

Windows from p. 3

seasonal knick-knacks.

When **Herb Anderson** and his wife visited their daughter in Swaziland, where she was a Peace Corps volunteer, they also went to Nairobi, Kenya. There they met Masai tribe members and acquired the spear and shield which fill his kitchen window.

Other windows are filled with plants, Lego models, a model castle, mugs, glass ware, crystal bowls, carved wood animals, or miscellaneous treasures. These displays add interest to a walk around Collington.

Newcomers from p. 10

safety, meeting requirements imposed by regulatory authorities all over the world.

Between them, the Gardiners have three children, five grandchildren, and two Puli dogs. Their older son lives in Pennsylvania, their daughter in Manhattan; and their younger son in Reston, Va.

Why Collington? After noting how much a CCRC had improved quality of life for Bud's older brother, they visited many CCRCs, but "once we came here, it was a clear choice." Among the reasons: political compatibility, friendly atmosphere, racial diversity, the grounds, proximity to the NC Outer Banks, and -- not least -- "Collington's passion for dogs." Bud is reconciled to being identified on campus as "the one whose wife walks the dogs."

What are they looking forward to? For Bud: the saxophone and photography. "I've been taking pictures for 70 years." For Rita: "Once I retire, I want to join the Collington Singers, the Marketing Committee, and the Weed Warriors." She's into crochet, crossword puzzles, and mysteries.

Objects in Our Windows

All sorts of things grace the display windows in our cottages (See story, p.1). At center is Helen Lauck's candle collection. The orange and watermelon plates belong to Grace Toler, and the fish pitcher to Irene Wood. Photos by Mary Bird.

