

# *The* Kendalight

Kendal at Oberlin Residents Association

February 2017

Volume XXIV, Number 2

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## **Marvin Krislov Reception - Wed., Feb. 8 - 3:00pm - Heiser Lounge** **“A Decade at Oberlin” with President Marvin Krislov** **Wed., Feb. 8 - 4:00pm - Heiser Auditorium**

Marvin Krislov, 14th President of Oberlin College, will reflect on his ten years here as he prepares to leave his position on June 30, 2017. He has said it is the right time for him to seek new professional challenges. Join us in Heiser Lounge before his talk to wish him well as he pursues other ventures.

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## **Community Conversations:** **Meet Our New City Manager** **Thurs., Feb. 16 - 7:15pm - AUD**

Rob Hillard will share his stories and philosophies about being a city manager for over 28 years, and his excitement about Oberlin. He served as city manager most recently in Allegan, MI, and previously in Yellow Springs, OH. Rob wants to solicit what characteristics individuals believe are needed for the next successful Police Chief in Oberlin. He says the recent vacancy of that position will provide him an opportunity to meet with community groups to hear their views. Kendal is high on his “listening list.”

## **Tired of Snow and Cold?** **Think Spring Fling!**

**Every spring Kendal folks welcome the season with a festival -- Spring Fling!**

The 2017 Spring Fling will take place on Saturday, April 29. We need YOUR ideas. Come, talk and bring suggestions on Thursday, February 2 at 4:00pm in the Fox and Fell Café.

## **Celebrate our Honorees for Black History Month**

Your Diversity Awareness Committee continues to promote learning about notable African Americans during February Black History Month.

**Please notice the special cards on every dining table in all our dining rooms, in the Kendal Library and in the Heiser Lounge.**

Each week in February a new card will be exchanged for the previous one, so while you eat your meals you can read all about Mary Jackson, Bayard Rustin, Ida B. Wells, and Bob Thomas. The cards contain pictures of the honorees and brief descriptions of their accomplishments, showing how these individuals contributed to the advancement of Black Americans.

*-Diversity Awareness Committee*

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# 2017

**Kendal at Oberlin  
Celebration  
of Asian New Year  
(Year of the Fire Rooster)**

**COFFEE WITH  
BARBARA THOMAS  
FRIDAY, FEBRUARY 10  
9:30AM IN LANGSTON**

**AFTERNOON  
EXCHANGE  
MONDAY, FEBRUARY 20  
4:00PM - AUDITORIUM  
BARBARA THOMAS**

**Our Resident Dragon Parade begins at 5:00pm on  
Wednesday, February 15, in Heiser Lounge.  
Then dine on Asian specialties in the Kendal dining rooms.  
Watch traditional Japanese dancer Pam Souza and  
her troupe at 7:15pm in Heiser Auditorium.  
Remember: Wearing red brings good luck!**

If you would like to be a part of the Kendal Dragon and dine with the dancers in the Penn Room, sign the sheet on the shelf opposite the open mailboxes. Space is limited, so sign up soon!

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## **Know Your KORA Council**

Mark your calendar for the next KORA meeting on February 16 at 10:00am in Heiser Auditorium.

At January's KORA meeting, 90 residents welcomed the 2017 KORA Council members as they were introduced and their roles explained.

Council approved the formation of two new ad hoc committees: the KORA Constitution and Bylaws Review Ad Hoc Committee and the Day Trips Ad Hoc Committee.

The KORA Constitution and Bylaws have not been reviewed since 2008. Some amendments and changes have occurred that need to be considered in a revision. The newly approved Constitution and Bylaws Ad Hoc Committee is charged with bringing suggested changes to KORA in August 2017.

Jim Helm chairs the committee.

For some time residents have expressed a desire for more day trips at Kendal. The Day Trips Ad Hoc Committee is charged with developing guidelines and procedures for leading trips and determining the feasibility of having more day trip offerings. It will be conducting a survey of resident interests and also looking for people willing to lead and coordinate trips. The co-chairs of this committee are Louise Shoemaker and Betsy Young. Council approved two proposals brought forward by the Budget Committee.

The first was a budget adjustment granting \$1,000 to the Arboretum Committee to cover such things as the cost of tree-labeling supplies and the planting of tree saplings in the nursery. Council also approved the purchase of a small computer, a free-standing backup device, and a standard bookkeeping package which will become property of KORA and reside with the KORA Treasurer.

If you were not able to attend the KORA meeting (or even if you were),

## **Register Now for LifeLong Learning Classes in Heiser Auditorium**

For more information or to register, phone 440-366-4148, the Center for LifeLong Learning at Lorain County Community College.

**News & Views: Foreign Affairs.** This popular discussion group meets on the first Friday of most months. Discussion leaders present major foreign affairs topics from the 2017 "Great Decisions" briefing book published by the Foreign Policy Assn. The first two sessions will be from 10:30am to noon: "**U.S. Foreign Policy and Petroleum,**" by John Elder on **Feb. 3** (see p. 4) and "**Trade and Politics,**" by Don Reeves on **Mar. 3**. No registration or fee. **All are welcome.**

**Exploring the Universe with Gravitational Waves.** One hundred years ago Albert Einstein, using his recently developed equations of General Relativity, predicted that accelerated objects of large mass would emit gravitational waves. These waves would move throughout the universe at the speed of light. However, these gravitational waves are so weak that Einstein doubted they would ever be detected. Then, in Feb. 2016, it was announced that two extremely sensitive instruments had simultaneously detected gravitational waves emanating from two black holes spiraling around each other and then collapsing into one, thus providing an entirely new method for exploring our universe. **Dan Stinebring**, Prof. of Astronomy and Physics, Oberlin College, will explain the background of this discovery and indicate how experiments in which he is engaged will further advance our knowledge. Wednesday, **Feb. 8**, 10:30am to noon (1 session). Fee: \$10. (Class #4530)

**Opera Preview: Cendrillon (Cinderella).** The opera "Cendrillon" (1899) by Jules Massenet (music) is a humorous and witty telling of the fairy tale Cinderella. It is performed in French. Joining Jonathon Field, director of the Oberlin Opera Theater, students from the production will present a preview of this opera. Thursday, **Mar. 2**, 4:00 to 5:00pm (1 session). No fee or registration. Performances in Hall Auditorium are March 8, 10 and 11 at 8:00pm and March 12 at 2:00pm. Performance is not included with class. For tickets, call Central Ticket Service, Oberlin College, 775-8169.

**Seeking Perfect Community: From Thomas More's Utopia to the Shakers, Oberlin, Oneida and Beyond.** The search for the perfect community is a recurring theme in history and literature. **Grover Zinn**, Professor Emeritus of Religion at Oberlin College, will present a survey in four parts of ideals and examples through the ages. Tuesdays, **Mar. 7, 14, 21 and 28**, 10 to 11:30am (4 sessions). Fee: \$25. (Class #4531)

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take time to visit the KORA bulletin boards to review Council goals and special projects for 2017, read the minutes of the meeting, and catch special announcements. The KORA website is also a good source of information. Go to [kaores.kendal.org](http://kaores.kendal.org).

One of the primary goals of KORA Council for 2017 is to welcome and encourage ALL residents to participate in KORA. Council will do its best to listen to your concerns, represent your interests, and connect you to Commi-

tees and Interest and Service Groups. Don't hesitate to talk to Councilors, ask questions, give feedback and become involved with KORA or one of its groups.

One of the joys of participating in KORA is to be with people of good will and good humor wanting the very best for residents at Kendal at Oberlin. We keep our community vital by nurturing our relationships and our Association.

-Ann Francis, KORA President

# PROGRAMS

## **First Thursday Health Lecture “An Overview of Holistic Medicine” February 2 - 7:15pm - AUD**

Speaker Edward D. Miller, MD, received his medical degree from Duke University and did his residency in Obstetrics and Gynecology at the University of Pittsburgh. Currently the OB/GYN hospitalist at Medina Hospital, Dr. Miller is certified by the American Board of Obstetrics and Gynecology as well as the American Board of Holistic Medicine. He is a former chair (and current member) of the KatO Board of Directors.

## **First Thursday Health Lecture “Affairs of the Heart” March 2 - 7:15pm - AUD**

Dr. David Joyce of the North Ohio Heart Group will present an update on heart health and disease management. He will bring five or six cardiologists to participate in a panel discussion and answer questions. This may be a first for a First Thursday Health Lecture!

## **Oberlin Theater: “Denial,” by Peter Sagal Thurs., Feb. 2 - 7:30pm - Hall; Sun., Feb. 5 - 2:00pm - Hall**

When the government prosecutes a professor who is trying to convince the world that the Holocaust was a Jewish hoax, he turns to a brilliant Jewish lawyer. Offended by censorship in any form, she takes the case but is quickly drawn into a moral quagmire. Opposing her is an idealistic prosecutor and a venerable Holocaust survivor who call her loyalties into question and make her confront the differences between what is legal and what is right. The conflict that ensues concerns issues of history, memory, free speech, and how the stories we tell about ourselves determine who we are. Directed by Paul Moser, Oberlin Professor of Theater. \$8 general admission. Call Central Ticket Office at 775-8169 for tickets. **Sign up for Kendal bus.**

## **Oberlin College Convocation: An Evening with Paul Beatty Tues., Feb. 21 - 7:30pm - Finney Chapel**

Free and open to the public. No tickets required. **Sign up for Kendal bus.**

## **Lunch Bunch: Moosehead Grill, Amherst Wednesday, February 8**

The grill is well known to barbecue lovers for its ribs, pulled pork, beef brisket, and more. But salads and sandwiches, as well as seafood, chicken and steak, are on the menu, too. Bus leaves Heiser at 11:30am, returning about 2:00pm. Bus charge: \$8.00. Place check to KORA for \$8.00 in Box #157 by Monday, February 6. Lunch at your expense. Sign-up sheet will be posted Wednesday, February 1.

## **John Roberts and Deb Cowan, folk singers Thurs., Feb. 23 - 7:15pm - AUD**

John and Deb share an enthusiasm and passion for the old songs and ballads that have been handed down through the oral tradition in the English-speaking world. Even though an evening with this duo will certainly include many traditional songs, there will be contemporary songs as well, some by writers personally known to both performers. Be prepared to sing along!

## **“America Again,” with pianist Lara Downes Sat., Feb. 4 - 7:15pm - AUD**

Acclaimed American pianist Lara Downes will perform and discuss selections from her recent album “America Again.” Inspired by the Langston Hughes poem “Let America Be America Again” and our current social and political turmoil, the album celebrates the rich polyglot of cultures that make up American music.

## **Excerpts from “Rent” MAD\* Factory Sun., Feb. 5 - 1:00pm - AUD**

Performers from the MAD\* Factory, a non-profit educational theatre arts organization that serves the greater Lorain County community, will sing selections from their upcoming performance of “Rent.”

## **NOYO Wind Symphony: New Frontiers Sun., Feb. 5 - 2:00pm - AUD**

The new Wind Symphony ensemble of the Northern Ohio Youth Orchestras will present their first public performance, playing “Moon Song and Tribal Dance,” by Carol Brittin Chambers. Their coaches, students from the Oberlin Conservatory Horn Quartet and Reed Trio, will also perform.

## **Shangru Du, piano Thurs., Feb. 9 - 7:15pm - AUD**

An upperclassman at the Oberlin Conservatory, she will play Schumann’s Arabesque, Op. 18, Schumann’s Fantasie, Op. 17, and Beethoven’s Piano Sonata in F sharp Major, Op.78.

## **Allie Su, piano, Lee Allen, trombone Tues., Feb. 21 - 7:15pm - AUD**

Recently returned from a tour in Taiwan, these Oberlin Conservatory faculty members will perform music by Hindemith, Gabay, Casterede, Piazzola, as well as a Chinese folk song.

## Sunday Movies in Whittier at 7:00pm

Feb. 5 - No film tonight!

Join us to watch the Super Bowl at 6:30pm in the Games Lounge.

**Feb. 12 - Breakfast at Tiffany's (1961)** A lonely, struggling writer (George Peppard) is enchanted by his neighbor Holly Golightly (Audrey Hepburn), an eccentric happy go-lucky party girl with a penchant for high fashion and wild parties. He soon discovers how vulnerable she really is. Song "Moon River" was Oscar-winner.

**Feb. 19 - Dave (1993)** An ordinary guy named Dave (Kevin Kline) is asked to double for the President of the United States. Sigourney Weaver plays the first lady who ends up helping him in the deception. PG-13.

**Feb. 26 - Age of Adaline (2015)** A young woman (Blake Lively) stops aging after an accident at the age of 29. For almost eight decades, she lives a solitary existence, never allowing herself to get close to anyone who might reveal her secret. But then she has a chance encounter with a charismatic young man. PG-13.

### Saturday Foreign Film February 11 -7:15pm - AUD

**The Yellow Rolls-Royce (1964)** British English. This British drama, romance and comedy tells three separate stories about the lives and loves of those who own a certain yellow Rolls-Royce: first, purchased by the Marquess of Frinton for his wife as a belated anniversary present; second, by Gangster Paolo Maltese for his woman Mae to tour Paolo's home town in Italy; and third, in the possession of socialite Gerda Millet after the outbreak of World War II for her visit with Yugoslavian royalty (and unwitting participation in the Yugoslavian fight). The feature film will be preceded by



The Kendal Gallery now features the work of **Mindy Tousley**, executive director of the Artists Archives of the Western Reserve in Cleveland. On display are her monoprint collages, topographic landscapes and some three-dimensional figures she calls her "toys." A reception date will be announced later. At the end of March the **water-colors** of **Sheila Eckstein** will go on exhibit.

Last chance to enjoy the **Friends Gallery** exhibit of David Miraldi's photographs of Indian scenes and people. At his reception last month he described his techniques for engaging people to pose naturally as well as strategies for taking sneaky candid shots. The show will come down on

an 8-min. piano prelude to the concert "Symbiosis," by Manuel Obregon, accompanied by beautiful scenery, animals and birds of the Costa Rican rainforest by filmmaker Jose Cortes.  
*-Dnight Call*

### Saturday Night Movie February 18 -7:15pm - AUD

**12 Years a Slave (2013)** In 1841, Solomon Northrup, a free black man living in New York, was kidnapped and sold into slavery. The movie, based on a true story, chronicles his struggle to survive under his new circumstance and eventually to regain his freedom. It stars Chiwetel Ejiofor as Northrup and Michael Fassbender as his ruthless owner. Also in the cast are Benedict Cumberbatch, Brad Pitt, and Lupita Nyong'o. Rated R.

### Additions and Corrections for Kendal at Oberlin Directory 2017

**Allen Huszti:** new email address. Check with Heiser Reception Desk.

**Richard Kish:** email address. Check with Heiser Reception Desk.

February 6 to be followed by the **paintings** of **Eric Dull** which will be displayed until April 3.

The **Community Gallery** will show the **photographs** taken of people and places in Mexico by **Rosti Didchenko** from February 3 until April 3.

And the **Curio Cabinet** display of **Judy and Tom Riggle's** collection of interesting small objects will be followed by **Barry Walker's** wooden decoys, and other birds that he carved himself. It will be a quintessential Barry Walker Show.

**Kendal Collects:** This summer is the time for the **Kendal Collects Show**, paintings and objects from the collection of you, the Kendal residents. We know most residents have collected interesting art. Think about what you might like to lend us for display from May 16 until August 26! Entry forms will go into your box in March.

### News and Views: Foreign Affairs

#### Fri., Feb. 3 - 10:30am - AUD

Kendal resident environmentalist John Elder will talk on "**U.S. Foreign Policy and Petroleum.**" John has long been involved in the debate concerning energy usage policy both foreign and domestic. For 45 years, the country has alternated between periods of energy security and insecurity, sometimes able to wield petroleum as a useful instrument of oreign policy, sometimes not. Despite the so-called "energy revolution," the U.S. today is by no means disentangled from foreign dependence and global trends. No registration or fee.  
**All are welcome.**

## Kendal Resale Shop Talk

*Benefiting Kendal Residents Assistance Fund and Community Charities*

The special sales in the Resale Shop conducted during the last two weeks of December were a big success. Thanks to all the shoppers from the Kendal and Oberlin communities, we made over \$1,300 for Residents Assistance Fund (RAF) in two weeks! Plus, we cleared a lot of inventory, making room for new and previously stored donations. The Resale Shop was quite bare at the start of January 2017. It's now once again filled with wonderful items, thanks to our generous donors and hard-working volunteers.

Thanks to Dan Reiber's efforts, and the residents who donated all or a portion of the sale of their cars, the commissions to the RAF for car sales in 2016 totaled \$8,250. Dan reports the same number of cars (seven) sold in 2015, but for a total of \$5,800. Great work, Dan!

Resale Shop deposits to the RAF for the month of December totaled \$3,731.50. In all of 2016, Kendal Resale Shop deposited a total of \$39,626.42 to the RAF, in addition to the \$8,250 auto sales commissions, for a grand total of \$47,876.42.

In addition, KRS donated hundreds of pounds of clothing, books, electronics, etc., in 2016 to community charities in Lorain and Huron counties. Thanks to all our donors and shoppers!

**DID YOU KNOW?** Kendal at Oberlin residents can donate all or a portion of the sale of their cars/trucks/vans to RAF. If you are interested in doing so, please contact Dan Reiber. Dan is listed in the Kendal at Oberlin resident telephone directory.

THANK YOU! Keep those donations coming and keep shopping the KRS!  
*-Nancy Lombardi, Chair,  
Kendal Resale Shop*

## DID YOU KNOW?

**Did you know that Kendal's Residents Assistance Fund has grown from the \$500,000 set aside by the Board at Kendal's founding in 1993 to about \$3.7 million today?**

**And that it has provided about \$1.5 million in subsidies to residents who needed help over that period of time?**

The RAF has grown thanks to a second commitment from the Board of \$255,000; retained investment earnings; legacy gifts of residents who've gone before (bequests and charitable annuities and trusts); annual gifts from current residents, staff, families, friends, and KORA groups; memorial gifts; and proceeds from the Cardinal and Kendal Resale Shops, including car sales.

Yet we still need to raise more money. The RAF must function like an endowment, retaining a stable principal fund. In good years, we may take in more money than we need to distribute, but in bad years, we may find the need far outstrips the inflow. In fact, the money we've taken in annually since the Great Recession of 2008-09 is less than the money we've distributed in subsidies. In recent years, subsidies have amounted to about \$200,000 annually and are projected to rise. To maintain the purchasing power of the fund, we ideally should draw down no more than 5% a year, yet we're currently drawing down between 5.5 and 5.6%.

Although all 13 Kendal communities are recognizing the challenge to grow their Residents Assistance Funds, Kendal at Oberlin has been cited by the Kendal Corporation as a model because we already have projected our future needs and are working on a plan to address them. *-KatO Committee on Philanthropy*

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### First Thursday Evening Hours at Allen Memorial Art Museum February 2 - 5:00-8:00pm

Opening reception for spring exhibitions. A welcome program will be held at 5:30pm for the objects in a new installation of African art in the East Ambulatory. It will be led by Adenike Sharpley, former artist in residence, with Matt Rarey, assistant professor, and Oberlin students in his seminar "African Art in Museums: From Collection to Display." New exhibits: the Ripin Gallery, and Asian art in the Stern Gallery West and South Ambulatory. **All are welcome.**

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### For the Vision Impaired

**Low-Vision Support Group  
"Hidden Thoughts of the  
Visually Impaired"  
Thursday, February 9  
4:00pm in Green Room**

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### Genealogy/History Group "Puritan Migration from England to Northeast Ohio" Tues., Feb. 14 - 7:15pm - AUD

Mary Clare Beck will discuss the history and culture of the English Puritans from their 17th century migration, to the Massachusetts Bay Colony, and then to the Western Reserve and Firelands of Northeast Ohio, including Oberlin.

She will use as examples some of the descendants of John and Abigail Strong. **All are welcome.**

Talk to Nancy Hultquist if you can fill one of the slots in the fall of 2017.

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### Reading of *The Kendalight* Wednesday, February 1, at 11:00am in Whittier Lounge

**NOTE TIME!** Jane Blodgett will read the current issue of Kendal's newsletter. All are welcome!

## More about Kendal's New Residents

Linda Grashoff and  
David Benzing

### Maxine Houck

Born in Cleveland, I was reared in Westlake, a truck-farming community with a population of less than 5,000, at that time called North Dover. Fortunately, those people included my family -- and three discernible liberals.

The Congregational minister taught me social justice, ideological questioning, and the existence of a booklet entitled "Invest Your Summer." That booklet took me to summer projects on an Indian Reservation in North Dakota; the hills of Puerto Rico; the state mental hospital in New Mexico; and the Jewish Community Center in Oakland, CA. The second liberal was the Westlake Superintendent of Schools, an Oberlin College graduate. He hired very good teachers, including my third liberal, another Obie who taught me Latin, English, writing, speaking, theater, friendship and, later, in Westlake High School, how to teach.

I received a BA in government from Oberlin in 1958 and 22 years later an MA in English from Youngstown State. In the interim I taught two years in New Mexico; was a typist for the Canadian Military Police in Germany; taught in Westlake; married; took a 14-year maternity leave; and resumed my career as a high-school English/social studies teacher in Howland (near Warren, OH). I taught another 20 years, including a year as a Fulbright exchange teacher in Hungary. Then I retired.

I moved back to Oberlin in 2001. I have also lived in Tiffin, OH, but mostly in Youngstown (27 years). My sons live in Cleveland Heights; Macedonia, OH (with the two grandchild-



Maxine Houck

dren); and Laramie, WY. My daughters are in Chicago and Denver. My interests include gardening, cooking, reading, and theater. I have worked for the League of Women Voters; the Bill Long Foundation; Oberlin Rotary; Grandparent Readers; Friends of the Oberlin Public and Oberlin College libraries; the Nineteenth Century Club; Choral Spectrum; and the Oberlin College Alumni Association. Things I have done, but now don't, are myriad.

### Recent Transfers

**Bernard Eckstein** moved from a Cottage to Patterson in mid-January. He does not have a telephone.

**Helen Taylor** moved from a Cottage to an Apartment in early January. Phone number remains the same.

### Looking for Someone?

Find biographies of all residents, newcomers and old-timers, in "Who's Here" on the Kendal Library center bookcase.

**Linda:** My life is full of second chances. Raised in an eccentric religion, I was saved by studying psychology, my undergraduate major at the University of Michigan, and by my college roommate's introducing me to Unitarianism. Having endured eight years of a difficult marriage, I was released by divorce and -- 15 years later -- given another go by marrying David Benzing. Working as a writer and editor with constant deadlines and attempts to please competing audiences led to my escaping into the pure joy of art-making; I retired early to give art more time. Having lost fondness for our idyllic but isolated place in the country, I look forward to being with old and new friends in Oberlin and at Kendal, where I look out on Betty's [Weinstock] Woods and drive out to enjoy the countryside in smaller doses. The downsides were not unalloyed pain. My first marriage yielded two wonderful children, Tamara Packard, a labor-and-employment lawyer in Madison, WI, and Adam Packard, a commodities broker in Chicago. Earning a master's degree in journalism, also at Michigan, while doing my best as a single mother, gave a sense of pride. I loved the nitty-gritty work of editing the *Oberlin Alumni Magazine* and following Carol Ganzel in editing the Oberlin College *Observer*. While on the *OAM* staff, I worked with an alumnus at Adobe Systems to create the first complete magazine in the world offered in electronic format. Retiring in 2001 I swore I'd never write another word for publication. Thirteen years later "They Breathe Iron: Artistic and Scientific Encounters with an Ancient Life Form" proved me a liar. A copy



*David Benzling and Linda Grashoff*  
*Photo: Linda Grashoff*

of the book is in the Kendal library. Other pleasures include overseas travel on David's coattails; seeing my art work displayed at Kendal, Ginko, FAVA, and in Michigan and Florida art galleries; and continuing to photograph the iron bacteria, mostly along the Vermilion River in and near Schoepfle Garden.

**David:** I grew up in the Rust Belt town of Mansfield, OH, where my father had taken a job in a steel mill during World War II. What followed for me was a typical Middle American upbringing spent with playmates comparable to those depicted in the film "Breaking Away." Everything changed after I entered college -- an unlikely event given my dismal prior academic performance and assurances from both mom and dad that my future indeed looked pretty bleak. Attendance at Miami University was possible only because back in 1955 a graduate of any accredited high school could matriculate in any of the state's public universities.

What had been an early childhood interest in nature re-emerged, and I went on to earn a doctorate in botany at the University of Michigan followed by four decades as a faculty member at Oberlin College. Being a natural scientist based at a first-rate liberal arts college provided exceptional opportunity for scholarly creativity, took me to

## Take the Kendal Day Trip Survey

Day trips to special events and places of interest have been an enjoyable activity for Kendal residents across the years. Presently, an ad hoc committee has been formed to investigate the possibility of renewing the day trip program. The committee seeks input from the Kendal community about interest in and ideas for future day trips. To that end, surveys will be placed in all residents' open mailboxes in the near future and should be returned to the Heiser Reception Desk by February 15.

many fascinating locations across the tropics, and assured contact with stimulating colleagues and rewarding students. Additional activities along the way included stints in the military and elected office plus additional public service, much of it dedicated to promoting environmental sustainability. Since retiring in 2006 I've continued my nearly lifelong dialogue with nature, publishing technical monographs, leading field trips, and delivering programs on subjects as disparate as climate change and Darwinian evolution vs. creationism. I also still enjoy sharing my wife Linda Grashoff's interest in photographic art, often tagging along as she seeks suitable subjects in the backcountry of north-central Ohio and central Florida. Along with two partners, I've also established and remain actively involved in a small estate winery (Vermilion Valley Vineyards) located about ten miles northwest of Oberlin. I have two daughters -- both professionals -- one an attorney and the other an academic. My autistic son resides in a nearby group home.

### IN MEMORIAM

**JEAN SCHAAL**  
**JANUARY 1, 2017**

**EMIKO CUSTER**  
**JANUARY 16, 2017**

**HELEN KETCHAM**  
**JANUARY 17, 2017**

**YUJI IJIRI**  
**JANUARY 18, 2017**

**MARY "FRAMPIE" AILEY**  
**JANUARY 20, 2017**

**ANNE PARROTT**  
**JANUARY 23, 2017**

### Kendal Kryptogram #145 -by Nina Love

**CAN YOU FXSS FEX BQXOFUXLL AW O  
TOU PZ REOF TOGXL EHT OUBQZ.**

**-OPQOEOT SHUYASU**

**Solution to Kendal Kryptogram #144: "If con is the opposite of pro, is congress the opposite of progress? -Anonymous**

## KORA Website and Resident Database

The KORA Website, <http://kaores.kendal.org>, now provides direct access to the Kendal Resident Database.

**There will be a tutorial session for Residents in the Auditorium on Tuesday, February 21 at 4:00pm or on Friday, February 24 at 4:00pm.**

You will learn how to get information from the database, and how to login and change your own personal information.

**There will be a special tutorial session for Committee Chairs in the Education Training Room on Thursday, February 23 at 4:00pm or on Monday, February 27 at 4:00pm.** Committee chairs will learn how to change committee information and how to put their events on the KORA calendar.

We suggest that committee chairs attend both a Resident session and a Committee Chair session.

**What you will see in the lefthand column of buttons on the KORA Website depends on how you are connected to the internet.** The Organization and Calendar buttons display data from the database, and other database buttons appear along the left side.

**If you are connected to a private server**, through your phone, or from the outside, you will see two additional buttons: Arboretum and Login.

**If you are connected to either the Kendal-Resident or Kendal-Secure (staff) network**, you will also see an Artworks button, a Names button, and eventually a Eureka button.

The **Arboretum button** lets you find and identify trees in our John Bartram Arboretum, which is our Kendal at Oberlin campus. That data is maintained by the Arboretum Committee.

The **Calendar button** displays the next 30 days of events directly from the resident database. Committee chairs can update the calendar for their events by logging in – more on that later.

The **Organization button** displays the KORA council and committee organization tree. If you are connected to the Kendal-Resident or Kendal-Secure network, the display will also include the Kendal at Oberlin administration organization tree. This information is maintained directly by the KORA Coordination Committee and the KatO Human Resources office. Committee chairs can update their committee information and membership by logging in.

The **Names button** lets you find residents and staff by name, by cottage, by phone or by email. Residents and staff can add to and update their personal data by logging in, and can limit what login groups can see their information.

The **Login button** asks for your login name and password, and gives you access to make allowed changes in the database. Both the login name and the password are case-sensitive. If you have not been given a different access, each resident's default login name and password is the same as the connection name and password to the Kendal-Resident network on the white laminated card you received.

*-Dennis Cook for the KORA Website Committee*

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## Kendal at Oberlin Health Services Forum Wed., Feb. 22 - 4:00pm - AUD

- **Presentation: Exercise is Good for You!**
- **Preparing for a Conversation with Your Physician**
- **Gayle Reeves' observations of dementia care in the Netherlands**

*-Stacy Terrell, KatO Chief Health Services Officer*

## Large Trees Pay us Back

Alan Siewert, the Urban Forester who teaches the Tree Commission Academy we have hosted here at Kendal, says that four aspects influence tree decisions -- scientific, emotional, political and personal taste. He concludes that the last three "must be pushed back in favor of sound scientific decisions."

This is not always easy for us to do. And so we ask "why?"

Scientific evidence leads to the recommendation that we should plant the largest tree appropriate for the particular site, and choose in favor of diversity because with diversity comes protection against catastrophic events.

Large trees deliver big savings and benefits:

- More shade leading to more energy savings;
- Cleaner air which equals better health;
- More storm water management and less soil erosion;
- Shaded streets and parking lots which make for comfort and a longer time between resurfacing.

Research done by the Center for Urban Forest Research of the U. S. Dept. of Agriculture has shown that benefits of large-statured trees far outweigh the costs of caring for them. Large trees give \$65.18 in yearly benefits at a cost of \$13.72 while small trees give \$17.96 in yearly benefits at a cost of \$6.23.

The life expectancy of a large tree is 120 years while the life expectancy of a small tree is 30 years. "Trees, after all, are the only part of the municipal infrastructure that actually increase in value and service over the years," according to Tree City USA. Can we afford not to invest in large trees?

*-Anne Helm for the Arboretum Committee*

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## Check Out Friends Corner!

A beautiful collection of Norman Rockwell plates donated by resident Jan Wanyek will be on display throughout the winter.

## Kendal Resident Rights and Responsibilities

In October 2016, you received a copy of your rights and responsibilities as a Kendal resident. Your rights are based on the mission and values of Kendal at Oberlin and cover three areas: medical, cares and concerns, and privacy and safety. As a reminder of these important points, *The Kendalight* reprinted these rights in recent issues.

This month we list some of your healthcare responsibilities as a Kendal at Oberlin resident. If you have any questions about your resident rights and responsibilities, please call Kim Peters or Kim Preston in Social Services.

### Kendal Resident Responsibilities

To help us meet your healthcare needs and provide you with appropriate care, your responsibilities as a Kendal at Oberlin resident are:

1. To provide, to the best of your knowledge, all necessary personal and family health information including your present complaints, past illnesses, hospitalizations, medications and other matters related to your health and to report any changes in your condition to the responsible practitioner.
2. To participate to the best of your abilities in making decisions about your medical treatment and in carrying out the plan of care agreed upon by you and your caregivers.
3. To ask questions of your physician or other caregivers when you do not understand any information, instructions or what is expected of you.
4. If you believe that an error has been made in your medical care, to inform Kendal staff and/or your physician. You are responsible for reporting your symptoms in an effort to assist our health care staff in preventing medical errors.
5. To inform your physician or other care providers if you do not understand your diagnosis or treatment or if you desire a transfer of care to another physician, caregiver or facility.

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## Neighborhood Buddy System

The semi-annual update of the Buddy Lists for each neighborhood is being completed. The area coordinators now are:

- 1<sup>st</sup> Floor Apts. - Betty O'Connor
  - 2<sup>nd</sup> Floor Apts. - Carl and Barbara Whitehouse
  - Phase I - Mary Lynne Grove and Marian Lott
  - Phase II - Marie Evans
  - Phase III - Judy Tandy
  - Cottages 1-24 - Elizabeth Brinkman
  - Cottages 25-52 - John Leinenweber
  - Cottages 53-80, 101-104 - Nancy Cooper
  - Cottages 83-100, 105-120 - Jill Wettersten
  - Cottages 121-141 - Kay Rider
- If you are not yet participating in the Buddy System, feel free to contact

your area coordinator for more information and assistance.

I would like to thank Anne Davis, Sabra Henke, Diane Follet and, of course, the late Emiko Custer for their help coordinating their neighborhoods.

Remember, as you plan vacations or moves to Stephens Care Center, it is important to notify your buddy and help find a replacement buddy, when possible.

Thank you all for your help with this. The Buddy System really does help keep us safer. *-Elizabeth Hole,*

*Buddy System Coordinator*

## Art Studio Space Available

If you are a Kendal resident who would like a small work space in the Creative Art Studio for periods of time, call Joyce Parker.

## Conversations with Community: "Taxes Applicable to Kendal Residents"

**Thurs., Feb. 9 - 4:00pm - AUD**

Kendal resident Joe Palmieri, District Coordinator for the AARP Tax Aide Program, will speak about federal, state, school, and local taxes as they apply to Kendal residents. He will comment on the tax implications of the Affordable Care Act.

## Tuesday Tea at Allen Memorial Art Museum February 14 - 2:30pm

How does photography construct stereotypes? Mir Finkelman (OC '16), curatorial assistant in the Office of Academic Programs, discusses this artistic medium in relation to works in "Images in Black and White" in the Education Hallway, which she curated.

**All are welcome.** If you need a ride, meet at Heiser Reception Desk at 2:10pm to carpool.

## Harmonia: Workshop on Eastern European Music Fri., Feb. 17 - 11:00am - AUD

Presented by the Ohio Regional Music Arts and Cultural Outreach (ORMACO), Harmonia members will discuss East European music, instruments and culture. They will demonstrate various styles and types of music. There will be music selections for each country and conversation about the cultural settings of the music growing up in Eastern Europe and among U. S. immigrant populations.

### Arthur LaRue, baritone, Fri., Feb. 10 - 4:00pm in Heiser Lounge

Resident Marilyn Gallagher's son will sing. Come sing along!

## Table Tennis Booms at Kendal

Barely had the New Year begun when table tennis was setting new records. In week one, average attendance rose from 11 to 16 players per session; and on January 11 we tallied an all-time high of 22! Talk about hidden benefits: During the boom, one player declared her stiff back cured after a half-hour's practice! (Less luck the next time, but said player was smiling as always after the morning's fun.)

As our on-site observer reported, the alcove, too, was clickety-clacking. Newly won-over residents were turning up there by twos and, not *so* oddly, ones. These latter were trying out the serve return board Doyle Harbaugh had built for our use. Doyle had coached us twice by week three, and our debt to him grows steadily.

On January 18, eight wide-eyed toddlers from the Kendal Early Learning Center filed in, hand in hand, to look on. Unexpectedly, they got their first try at hitting a table tennis ball. Miss though they did, they had big news to tell once they got home. Someday, when they're asked how old they were when they began playing table tennis... If you saw the superb exhibition by the Pech brothers last fall, you'll know why a dozen players signed up for Seth's coaching clinic on January 28. Without doubt, we'll have another dozen ready for Seth's return before long. The chance to learn technique from a stellar player and teacher comes rarely!

Until severe illness forced Yuji Ijiri to cease playing, as a group we took joy from his quiet determination. Whenever he whizzed a backhand past us -- the backhand was his forte -- he clasped his hands before his bowed head, as though to say: "Sorry." We'll hold brave, gentle Yuji in dear memory.

*-Sidney Rosenfeld*

**Need a Second KatO Directory 2017?** Put \$1.00 in Box #8 with YOUR name and YOUR unit number and one will be delivered to you.

## Saturday Walks

Every Saturday through the winter, residents who would like to go for a walk off our Kendal campus are invited to gather at the Heiser Reception Desk at 9:00am. The group will decide where to walk on that day.

The walks are between 1 and 3 miles at a leisurely pace, usually in one of the Lorain County parks. We will car pool. The assembled group will also decide if the weather is suitable. Come join us! *-Jerry Berner*

## Tuesdays Talks with the Kims

Kim Preston and Kim Peters, Kendal's Social Services Associates, want to get to know you! Join the Kims over lunchtime in Langston on the third Tuesday of the month. Discussion will be open to areas of interest and concern.

See you at the oval window table on February 21 from 12 noon to 1:00pm. *-Kim Peters and Kim Preston*

## First Church United Fellowship Saturday, February 11- AUD 9:30am: Food and Fellowship 10:15am: Sensational Silver Screenings

Marty and Colette Buck will once again share film clips from classic Hollywood love stories. Back by popular demand!. **All are welcome.**

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## RELIGIOUS SERVICES AT KENDAL

### Episcopal Service

Saturday, February 11, 11:00am, Gathering Room.

### First Church Service

Sunday, February 19, 4:00pm, Gathering Room.

### Roman Catholic Mass

Friday, February 17, 10:00am, Crossroads Room

### Society of Friends

Sundays, 10:30am, Education Center

## Kendal Therapy Dept.

### Discovery Series: Open House Thurs., Feb. 16 - 3:00pm - AUD

Meet your therapy team and learn more about their areas of expertise.

## Plastic Caps/Lids for Benches

This is a REMINDER. Bring your plastic caps and lids to the Langston napkin return or the Employee Lounge as soon as possible. When we have collected 200 lb., Green Tree Plastics in Evansville, IN, will process the caps and lids into a colorful bench for the Kendal Early Learning Center. See the complete list of acceptable items at the napkin return. For more information (and pictures) log on to [greentreeplastics.com](http://greentreeplastics.com) or contact Jerry Berner, Lisa Wilken or Jeni Hoover.

**NOTE: UU Kendal Gathering is cancelled on Wednesday, February 15 so you can attend the Dragon Parade in Heiser Lounge at 5:00pm, starting off our Asian New Year festivities.**

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## The Kendalight

Monthly newsletter of the Kendal at Oberlin Residents Association, 600 Kendal Dr., Oberlin OH 44074  
Consulting Editor: Robert Baldwin  
Managing Editor: Elizabeth Aldrich  
Proofreaders: Kathy Reichard, Mary Simons  
Photos: Lyn Cope, Eleanor Helper, Sally Nelson-Olin, Gary Olin  
Production: Don VanDyke

Deadline for the March 2017 issue of *The Kendalight* is February 15. The editors regret that they cannot assume responsibility for errors in content in material submitted for publication.

**Note: Please submit articles by email to our address:**

*Klite600@yahoo.com*

If no email access, please type article on separate sheet, sign and place in *Kendalight* open mailbox. All articles must carry a signature and telephone number.



## Dining and Nutrition Services

### Watch for Sign-up Sheets for These Dining Groups:

**Solo Diners:** Thurs., Feb. 9, 5:30pm,  
The Den (meets second Thurs.).

**SPINACH (Senior Persons Inter-  
ested in Nutrition and Community  
Health):** Wed., Feb. 22, 5:15pm, Will-  
iam Penn Room (meets fourth Wed.).

### Join us in Langston for an Intergenerational Gathering

**Thursday, February 23, 3:15pm  
Fairy Tale Day!**

Come and meet Cinderella (in per-  
son) and hear more about other  
fairy tale friends.

*-Lisa Wilken, Langston Dining Manager*

### Horticulture News

- On Friday, May 12, the Horticulture Committee will present a Kendal tradition, the ever-popular annual plant sale. More details will be forthcoming.
- February is a good month to start seeds for planting outdoors in May. To reserve space under grow lights in the Horticulture Room, please give Don Reeves a call or leave a note with your contact information in his open mailbox.
- For a community garden plot to grow your vegetables, fruit or flowers this summer, you may arrange a tour by calling Melissa Reed or by leaving a note in er open mailbox. Most plots are 10 x 10 feet.

### CAUTION! New Pedestrian Signs!

Notice the new pedestrian signs in the northeast section of Kendal Drive? Watch for more of them around the perimeter. Drivers still need to take care: in winter, the view of the walk adjacent to the sign at the crossing from Phase 2 is blocked by wind screens. Don't let driver/car and pedestrian collide. Each of you needs to watch – and wait!

*-Your Safety Committee*

**Call 775-9868 to hear announce-  
ments and menus of the day.**

### What's the Deal With Gluten?

Gluten-free diets are definitely all the rage right now. Gluten is the collective term for the protein found in wheat, barley, rye and, to a lesser extent, oats that triggers the immune response. Gluten gives bread its chewy texture; its elasticity allows pizza chefs to twirl the dough into the air.

People blame gluten for a myriad of disorders ranging from arthritis and asthma to multiple sclerosis and schizophrenia but there is little evidence that gluten is the cause of these problems. However, for those who suffer from celiac disease, eliminating gluten from the diet is crucial. Celiac disease is an autoimmune disorder in which the body triggers an attack on the intestines every time gluten is eaten. Inflammation and damage occur in the small intestines and nutrients are not absorbed, leading to nutrition deficiencies. Symptoms include abdominal pain/bloating, chronic diarrhea, weight loss and weakness. Depression may result from feeling overwhelmed and socially isolated.

**Celiac disease** occurs in about 1% of the population; about 90% of the cases are undiagnosed or misdiagnosed. It is diagnosed by blood tests for gluten auto antibodies and a biopsy of the small bowel to assess damage to the small intestines. There is no cure. Although in most cases the body quickly returns to health after initiating a strict

gluten-free diet, the diet must be maintained for life to achieve optimal health.

**Gluten sensitivity**, on the other hand, may impact as much as 6% of the population, or 20 million Americans. According to the National Foundation for Celiac Awareness, gluten sensitivity (non-celiac) is found in “individuals who cannot tolerate gluten and experience symptoms similar to those with celiac disease but who lack the same antibodies and intestinal damage as seen in celiac disease.” There are no definitive diagnostic tests for gluten sensitivity at this time but symptoms improve with a gluten-free diet.

Although patients with celiac disease or gluten sensitivity may feel overwhelmed by the dietary changes of a gluten-free diet, they eagerly embrace the lifestyle once they see the benefits: symptom relief, more energy, better health status and improved quality of life. The diet includes naturally gluten-free fruits, vegetables, meat, fish, poultry, eggs and most dairy, as well as certain grains: rice, corn, flaxseed, quinoa, rice bran, teff, wild rice, tapioca, and chia seeds.

It is extremely important to check food labels for gluten-containing foods like wheat, rye, oats, barley, malt, brewer's yeast and thickeners. Cross contamination is also an important factor. A utensil used to handle pasta and then used in the pasta sauce will contaminate the sauce. If croutons fall into a salad and are then removed, the salad still should not be eaten because of the contamination. Here at Kendal, our goal is to provide the most accurate information possible for our residents' safety and health. We help those who have gluten sensitivity or other allergies/intolerances navigate our menus as safely as possible. Special requests can often be accommodated; it just takes a phone call to the kitchen. If you have questions, be sure to ask the dining room staff.

*-Sue Campbell, RD, L.D.,  
KatO Community Nutritionist*

SUN	MON	TUE	WED	THU	FRI	SAT
<h1>February 2017</h1> <p>CCR = Crossroads      WHT = Whittier Lounge  GaRm = Gathering Rm      Bold Face = at Kendal  HL = Heiser Lounge      tx = Tickets needed  WCH = Warner Hall      ★ = Kendal Bus</p>			<b>1</b> Reading of Kendalight 11:00am - WHT	<b>2</b> Evening Hours at AMAM 5:00-8:00pm Program: 5:30pm Health Lecture: "Holistic Medicine" 7:15pm AUD Theater: "Denial" 7:30pm Hall ★	<b>3</b> News & Views: Foreign Affairs 10:30am AUD	<b>4</b> Lara Downes, piano 7:15pm AUD Alexa Still, flute 8:00pm Kulas ★
<b>5</b> Quaker Worship 10:30am Ed Ctr Mad Factory "Rent" 1:00pm AUD NOYO Wind Symphony 2:00pm AUD Theater: "Denial" 2:00pm Hall ★ Super Bowl in Games Lounge 6:30pm	<b>6</b> Bridge 7:00pm CCR	<b>7</b>	<b>8</b> LUNCH BUNCH: Moosehead Grill, Amherst ★ 11:30am-1:30pm Reception for Marvin Krislov 3:00pm HL Marvin Krislov 4:00pm AUD Song Swap with Judy Cook 7:00pm AUD	<b>9</b> "Update on Taxes" 4:00p AUD Low Vision Group 4:00pm Green Rm Solo Diners 5:30pm The Den (Sign up) Shangru Du, piano 7:15pm AUD	<b>10</b> Coffee Hour with Barbara Thomas 9:30am Langston Arthur LaRue, baritone 4:00pm HL Danenberg Honors Recital ★ 7:00pm WCH	<b>11</b> First Church United Fellowship 9:30am AUD Episcopal Serv. 11:00am GaRm Film: The Yellow Rolls-Royce 7:15pm AUD
<b>12</b> Quaker Worship 10:30am Ed Ctr Film: Breakfast at Tiffany's 7:00pm WHT Mark Edwards, harpsichord 8:00pm Kulas ★	<b>13</b> KELC Valentine's Day Party 10:00am AUD Suggestions & Concerns 2:00pm CCR Bridge 7:00pm CCR	<b>14</b> Tea at AMAM 2:30pm Genealogy/History Group 7:15pm - AUD	<b>15</b> No UU Gathering in Auditorium Fire Rooster Asian New Year Celebration 5:00pm HL Pam Souza, traditional Japanese dancer & troupe 7:15pm AUD	<b>16</b> KORA Council 10:00am AUD Therapy Dept. Discovery Open House 3:00pm AUD Community Conversations: "Meet Oberlin City Manager Bob Hillard" 7:15pm AUD	<b>17</b> Roman Catholic Mass 10:00am Crossroads Harmonia: Eastern European Music 11:00am AUD ARS: Voice Master Class ★ Marilyn Horne 8:00pm Finney (tx)	<b>18</b> Film: 12 Years a Slave 7:15pm AUD
<b>19</b> Quaker Worship 10:30am Ed Ctr Master Class: Marilyn Horne 2:00pm Finney (tx) First Church Serv. 4:00pm - GaRm Film: Dave 7:00pm WHT	<b>20</b> Aft. Exchange Barbara Thomas 4:00pm AUD Monday Night ★ Movie at Apollo Sign up for bus Bridge 7:00pm CCR	<b>21</b> Talking with Kims Noon - Langston Website Tutorial: Residents 4:00pm AUD Allie Su, Lee Allen 7:15pm AUD OC Convocation: Paul Beatty 7:30pm Finney ★	<b>22</b> KatO Health Services Forum 4:00pm AUD SPINACH 5:15pm Penn Rm. (Sign up) Song Swap with Judy Cook 7:00pm AUD	<b>23</b> Cinderella in Langston 3:15pm Website Tutorial: Committees 4:00pm Ed Ctr John Roberts and Deb Cowan, folk singers 7:15pm AUD	<b>24</b> Website Tutorial: Residents 4:00pm AUD Rod Knight with Len Garver's Trolley Run 5:00-6:15pm HL	<b>25</b> Met Opera HD at Apollo: "Rusalka" (Dvorak) (tx) 12:55pm ★ Oberlin Orchestra Christa Cole, viola 8:00pm Finney
<b>26</b> Quaker Worship 10:30am Ed Ctr Film: Age of Adaline 7:00pm WHT	<b>27</b> Website Tutorial: Committees 4:00pm Ed Ctr Bridge 7:00pm CCR	<b>28</b> ARS: Tafelmusik ★ Baroque Orchestra 8:00pm Finney (tx)	English Country Dancing every Sunday - 7:15pm - AUD Episcopal Bible Study every Monday - 10:00am Green Rm Morning Discussion Group every Wednesday - 10:00am - WHT Check Channel 27 (919) for changes in scheduling and late additions.			