



The Green Hills Chimes

NOVEMBER 2020

Green Hills Retirement Community, Ames, Iowa

The Chimes newsletter is for Green Hills residents to inform one another about current trends and offerings in our community. Inside this issue:

Fall color photos

by Allen Trenkle
on pp.1,2,4,6,9,10

2

Friendship Comm.
New Residents

3-4

New Books

5

Book Review

6

Staff Appreciation

7

GH Poet

8

"Plarn"

9

Our Prairie

10

Cartoon

GHRA President's Message



The recent spectacular display of color of trees and shrubs at Green Hills gave us a brief glimpse into the life of plants and their role in nature on earth. Photosynthesis captures energy from the sun so plants can use carbon dioxide from the air to make organic chemicals that provide the basis of life on this planet. As daylight shortens, chlorophyll, the green pigment in leaves, used in photosynthesis reactions, breaks down leaving the original colored pigments that we admire.

All food for humans and animals is derived from plants and for centuries plants were the source of energy for fires to provide heat and light. Plants were the original source of energy stored in coal, gas and oil that we use as the primary source of energy today. The surrounding beauty we see is plants' way of telling us that this part of their life cycle is coming to a close. During the summer, plants produce seed and store energy for dormancy during the cold winter, so their life cycle can begin anew with increased warmth of the sun in the spring.

Enjoying the splendor of the autumn colors also increases one's appreciation of the resiliency of nature to harmful effects such as the SARS-CoV-2 we are currently experiencing. Harmful effects such as viruses are widespread in nature and affect both plants and animals. Multiple species of plants assure the survival of plant life in nature. Since we are one species, our survival is more vulnerable to these harmful effects. Fortunately, humans were blessed with the power of imagination, wonder and reasoning so we can develop methods, medicines and vaccines to help ensure our survival as well as plants.

"In all things of nature there is something of the marvelous."
(Aristotle) —Allen Trenkle



Welcome New Residents



Ann & Norman Rudi
Maples 1203

Thank You

to our Green Hills gardeners
for sharing their produce this summer!
—Toni & Bill Whitman

The Green Hills Chimes

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Submissions Deadline:

15th of each month

The Friendship Committee

Do you know someone
at Green Hills who is ill,
in the hospital, or has
lost a loved one in their
immediate family?

Whoooo —
you gonna call?



The Friendship
Committee Co-Chairs:
Carole Magilton x5113
Anne Durland x5398

Please call the following committee members
if there are occasions when a contact should
be made to recognize illnesses and deaths:

Contact Assignments for **November 2020:**

Apts: Fran Berger x5153

Town Homes: Carolyn Jons x5214



New Books in our Green Hills Library
on the countertop by the windows

AUTHOR	TITLE	CATEGORY
Barelli, John	<i>Stealing the Show: A History of Art and Crime in Six Thefts</i>	Art
Buettner, Dan	<i>The Blue Zones Solution: Eating and Living Like the World's Healthiest People</i>	Health/Wellness
Callaghan, Louise	<i>Father of Lions: One Man's Remarkable Quest to Save the Mosul Zoo</i>	Nature
Caroli, Betty Boyd	<i>Lady Bird and Lyndon: The Hidden Story of a Marriage That Made a President</i>	Biography
Cleeves, Ann	<i>White Nights: A Thriller</i>	Fiction
Dole, Bob	<i>Great Political Wit: Laughing (Almost) All the Way to the White House</i>	Humor
Dugoni, Robert	<i>A Steep Price</i>	Fiction
Gibbs, Nancy & Michael Duffy	<i>The Presidents Club: Inside the World's Most Exclusive Fraternity</i>	History
Gilbert, William S. & Arthur S. Sullivan	<i>The Complete Gilbert and Sullivan</i>	Humor

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AUTHOR	TITLE	CATEGORY
Henry, George T. & Mark W. Hunter	<i>Cedar Rapids: Then & Now</i>	Iowa
Heyman, Stephen	<i>The Planter of Modern Life: Louis Bromfield and the Seeds of a Food Revolution</i>	Nature
Jenoff, Pam	<i>The Lost Girls of Paris</i>	Fiction
Jeremiah, David	<i>I Never Thought I'd See the Day! Culture at the Crossroads</i>	Religion
le Carre, John	<i>A Most Wanted Man</i>	Fiction
Sevareid, Eric	<i>Not So Wild a Dream</i>	Biography



BOOK REVIEW

The Flight of Gemma Hardy by Margot Livesey



When her widower father drowns at sea, Gemma Hardy is taken from her native Iceland to Scotland to live with her kind uncle and his family. But the death of her doting guardian leaves Gemma under the care of her resentful aunt, and it soon becomes clear that she is nothing more than an unwelcome guest at Yew House. When she receives a scholarship to a private school, ten-year-old Gemma believes she's found the perfect solution and eagerly sets out again to a new home. However, at Claypoole she finds herself treated as an unpaid servant. To Gemma's delight, the school goes bankrupt, and she takes a job as an au pair on the Orkney Islands. The remote Blackbird Hall belongs to Mr. Sinclair, a London businessman; his eight-year-old niece is

Gemma's charge. Even before their first meeting, Gemma is, like everyone on the island, intrigued by Mr. Sinclair. Rich (by Gemma's standards), single, flying in from London when he pleases, Hugh Sinclair fills the house with life. An unlikely couple, the two are drawn to each other, but Gemma's biggest trial is about to begin: a journey of passion and betrayal, redemption and discovery, that will lead her to a life of which she's never dreamed.

Set in Scotland and Iceland in the 1950s and '60s, *The Flight of Gemma Hardy* — a captivating homage to Charlotte Brontë's *Jane Eyre*—is a sweeping saga that resurrects the timeless themes of the original but is destined to become a classic all its own.

The paragraphs above are a summary from the Goodreads website. Once Gemma starts working in the Orkneys, her life becomes both more traumatic and exciting. Read the rest of the book to find out what happens to her. The Green Hills library has two copies, or use Amazon or Kindle to find it. The author, Margot Livesey, a professor of creative writing, is a member of the faculty of the Writers' Workshop at the University of Iowa.

—Ellie Mathews

Show Appreciation to Employees of Green Hills

Green Hills residents decided many years ago that there would be no tipping for employee services. Instead, it was decided to have an annual staff-appreciation event, in December, and provide a gift of appreciation to each employee of the Resident Association and of the Health Care Corporation. This year our **Staff Appreciation program** will be held on December 9, at 10:00 AM for GH Resident Association employees and at 1:30 PM for GH Health Care employees, barring changes due to COVID-19.

A letter from the Employee Appreciation Committee is being sent to all residents asking for contributions to the Employee Appreciation Fund. Please consider being as generous as you are able as a way to say “Thank You” at this time of year to our loyal employees. We have set a goal this year to raise \$85,000.00. Last year contributions averaged \$485.52 with a maximum of \$3500.00.

The Appreciation Fund is distributed among all employees based upon the number of hours each has worked this past year, regard-

less of their job or length of service. Only Kat Kilbane and Jessica Walker, as well as Josh Naviasky, are excluded as each is employed by Life Care Services.

Our employees provide a wide range of services. This past year has been unprecedented given the COVID-19 pandemic. Maintenance and outside yard work or snow removal still made demands. Additional services have also been provided since last March when we essentially shut down all activities. During this time period staff has worked diligently to keep us healthy and safe. This is a good time to say “Thank You” for all their efforts for our benefit.

Remember, your contribution is your decision. Please be as generous as possible. Your donation may be either cash or check. Make checks payable to “Green Hills Appreciation Fund.” All donations are confidential! Place your contribution in the envelope provided and leave it at the reception desk no later than December 2, 2020. Additional envelopes are available at the reception desk.

Thank you for your generosity.

Your 2020 Employee Appreciation Committee:

Carolyn Jons, Joan Mathews, Rae Reilly, Clifford Smith - Chair, Carol Wright.



Our Own Published Poet

The Iowa Poetry Association just published Lyrical Iowa 2020, 75th Anniversary Edition. Included is a poem entitled “Gloria of Mata Ortiz, Mexico” written by **Green Hills resident David Mayer Gradwohl**. David wrote the poem in 2017 while he and Hanna were on a small group tour to Copper Canyon and the village of Mata Ortiz in the state of Chihuahua, Mexico. The group spent a day in the home of master potter Gloria Hernandez, during which they observed her making an olla (ceramic jar), overseeing the firing of other pots, and were served lunch. Gloria’s making the olla piqued David’s experience as an archaeologist and as a student in several ceramics classes at The Octagon Arts Center in Ames. David has read and written poetry since he was a small child under the tutelage of his mother, Elaine Mayer Gradwohl, a wordsmith and poet. He writes poetry for fun as an avocation, but has published more than three dozen poems over the years.



This is a photo Hanna took of Gloria in her kitchen/studio in the village of Mata Ortiz, Mexico. Next to her is the olla that she had just formed that caused me to write the poem. The olla would need to dry, of course. Then she would apply a slip to the surfaces, paint designs, and turn the vessel over to her husband (also a ceramic artist) to fire. In general, the men in the family fired the pots under Gloria’s watchful eye.

GLORIA OF MATA ORTIZ, MEXICO

A gentle lissome woman, she sits
at a table in her kitchen workshop,
arranging her favorite potting tools
within easy reach: a small plastic dish
for scraping, serrated knife, and needle.
Her hands deftly construct an olla out of clay
she had mined, crushed, sieved, soaked,
and wedged into a gray plastic mass,
begging to take a shape from the past.
A flat earthen tortilla pressed into a plaster mold
forms the olla's base and lower walls.
Each chorizo coil of clay is added to the
emerging vessel walls, pinched and smoothed
purposefully but seemingly without effort,
from her decades of caressing clay.
The container’s shoulder, neck, and lip are
handsomely fashioned; the vessel set to dry.
The olla’s elongated form is exquisite,
reflecting the grace and beauty of the potter.





Plastic store bags=Plarn=Mats for the homeless

Green Hills is still collecting your plastic store bags. You may bring your clean plastic bags to the coat room across from our Community Room. Several residents have been active in turning a large batch of those bags into balls of “plarn” (plastic yarn) that Madison Strauss collects and turns into sturdy lightweight mats that she donates to homeless shelter agencies and individuals. The plarn makers sometimes work together or take the bags to their homes to turn into plarn. If you want to get in on the action, plarn-making groups will be meeting in LeBistro on the 5th, 12th, and 19th of November at 3:00 p.m. Remember to wear your mask and practice your physical distancing while in LeBistro. Keep those bags coming and you are welcome to join the plarn team!





A Green Hills Milkweed pod,
photographed by Allen Trenkle

Prairie Restoration Is Beginning

The Grounds committee has received strong support for restoring the prairie to the community asset it was planned to be when originally installed. The Grounds staff researched prairies and received estimates for restoring our prairie. It is expensive to have the restoration done by an outside company. Selena presented a plan to the committee which she feels the staff will be able to handle. A major hurdle and probably the biggest eyesores in the prairie are the volunteer trees and honeysuckle shrubs that have invaded the space. Selena felt they could not get to them this fall.

Enter Super Volunteer (and committee member) Paul Brackelsberg. Paul volunteered to remove what trees he could if he were able to do it “on his own time and at his own pace.” Daily he has huge stacks of trees that he has removed and he has treated the stumps to inhibit future growth. Let’s just say he has a very rapid pace. I think he might be racing against the colder weather. I hope you have had the opportunity to walk by the prairie and see the difference Paul has made!

Thank you, Paul! You really are Super Volunteer!

—Suzy Shierholz



Paul's cuttings ready for pick-up

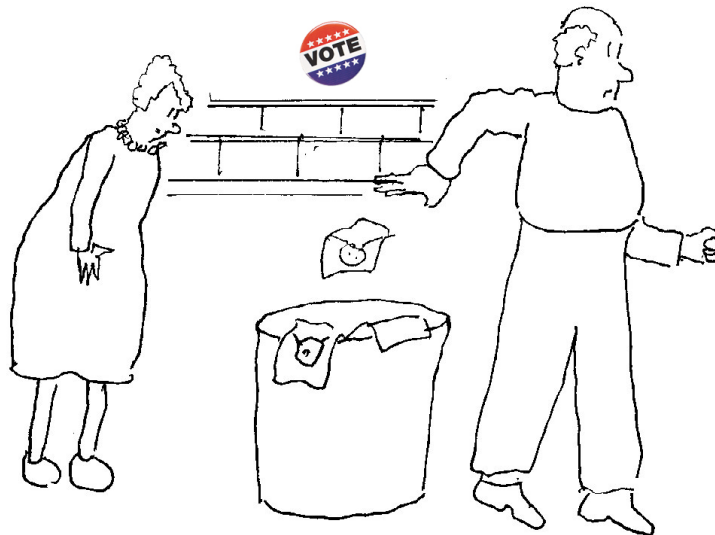


Another side of Paul



Remember: to see all the Chimes photos in full color, open the Chimes PDF version when it arrives in your e-mail.

Ed's Cartoon Corner



The mail room trash offers residents
a way to gauge who's behind in the elections.