

The Mayflower Log

A Publication of the Mayflower Residents Association



SUMMER 2016 - Volume 16 - No. 3

THE TREES OF THE MAYFLOWER (Part I) , Luther Erickson



Black Locust in bloom in mid-May



Autumn Blaze maple in full fall color at
716 Broad St.

Since my boyhood when I helped to plant the extensive evergreen windbreak that protected our Wisconsin farmstead from the cold north winds and drifting snow in winter, I have had a strong affinity for the trees that are such a critical part of our surroundings.

An important part of the Mayflower community is the landscaping of the area, especially the trees that play such a prominent part in the landscaping. Before I identify important general features of the Mayflower tree population, its evolution, and its likely future I will note some specific examples that particularly impressed me in our first two years as Mayflower residents.

I have been pleasantly surprised regularly by the lovely vignettes that often catch me by surprise in my walks to and from our 716 Broad St. home at Harwich Terrace North. On a lovely May afternoon recently I was on my way to retrieve my Jeep from the north rental garage on Park St. when I was startled to see an abundance of lovely white flower clusters gracing every

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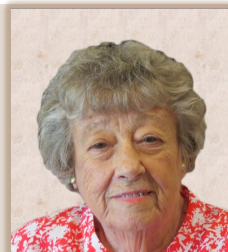
Welcome New Residents



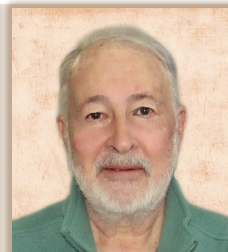
ADKINS, Ed (* Esther)



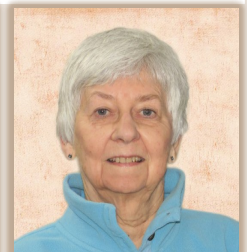
ADKINS, Esther (* Ed)



ASHBY, Mary Margaret



CAULKINS, Doug
(* Lorna)



CAULKINS, Lorna
(* Doug)



CRANDON, Cindy



POLLAK, Bill (* Carol)



POLLAK, Carol (* Bill)



STARRETT, Beverly



VERRETTE, Sallie

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branch and twig of the very gangly and open locust tree, the tallest tree in the block. The just emerging green leaves that surrounded the petals and a few complementary white clouds in the background completed the lovely view. Just a week or two earlier, the tree was still the gangly collection of large and small branches and the sturdy, gnarled trunk that had survived still another tough Iowa winter, probably at least its fiftieth.

The striking white flowers of the single locust with its many individual clusters contrast sharply with the lovely white ovals of the four blossom-covered pear trees, two at each end of the semi-circular access drive along Broad St., that had been in full bloom 2-3 weeks earlier. And, of course, we look forward to the color splash of the autumn blaze maples that have been planted widely on Mayflower public spaces in recent years. My favorite example shields our front entrance and windows from the sun in summer and brightens fall days with a blaze of orange in October.

The Mayflower Community Tree Inventory Project

A large Grinnell city tree inventory project was undertaken by the Imagine Grinnell program in 2011 to generate an inventory of the trees in the entire city. Each street tree in the city was identified, located by GPS technology, and measured for circumference (defined as diameter at breast height, dbh) and other qualities. This encyclopedic information for all of the 400 trees in the Mayflower Community is available in a numerical database and an interactive digital map that can be accessed from the internet and manipulated to show more detailed information selectively.

The digital map shows the location of each tree as a dot, color-coded to identify the species of the tree. A convenient option allows the display of specific designated species to compare the distribution of pines, ash, oak, or maple trees, for example. A click of a mouse on a specific dot brings up an insert page that lists all of the qualities of that specific tree that were recorded at the time of the survey. Access to the data and software is available through the following link provided by Jack Morrison:

<https://batchgeo.com/map/b7c95f890ccb453beaca7d0f4b5a8118>



John Marwin enjoys ancient hackberry from his apartment porch

Several examples of the use of this software will be described in more detail in part II of this description of *The Trees of the Mayflower Community*. In the next issue of *The Mayflower Log*.

Overview of the Mayflower tree population.

The inventory identified 400 individual trees representing 40 specific species, an average of 10 individual trees for each species. However only 14 species are represented by more than 10 individual trees each. These most common trees account for almost 300 of the 400 total trees: 36

blue spruce, 33 crabapple, 23 silver maple, 21 autumn blaze maple, 20 ash, 20 serviceberry, 20 white pine, 19 amur maple, 18 pear, 16 aspen, 13 sugar maple, 13 linden, 11 arbor vitae, and 11 redbud. Seven distinct varieties of maples, the four listed above and three less common varieties, black(5), Japanese(2), and red(6) maples, account for 89 individuals or almost a quarter of the total.

Many of us remember the time when the American elm was the dominant street tree

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in this area. When the Dutch elm disease killed off most of the elms in this area in the 1970s, ash trees were often planted to replace the elms. So the current Mayflower trees include 20 ash trees and only 4 elm survivors. More recent invasion of the destructive ash beetle has raised concern about our ash trees, but with only 5% ash trees, the impact of the potential loss would be relatively moderate.

The Mayflower Community, which began with the construction of Montgomery, Edwards, and Pearson in the 1950s and the addition of Buckley and Altemeier in the same block in the 1960s and 70s, did not leave much room for trees except for the trees already there at the north end and west side of that block along 2nd Avenue and Broad streets. Some of the biggest evergreens (spruce) and hardwoods in the community now grace those areas. A pair of giant hackberry trees now tower over the north end of Montgomery Hall and challenge resident John Marwin (age 95) for longevity.

The development of Harwich Terrace North in the 1990s represented a new pattern for Mayflower and resulted in an attractive integration of street layout for 8 duplex housing units and a well-coordinated tree planting for the entire block, which also includes a 10-car parking garage. Except for the large locust whose blooms I admired in May and a nearby

hackberry, all the other trees were planted as part of the systematic development of the block 20 years ago or by the individual property owners since then. The purchase and development of the railroad depot across Park Street as a restaurant and the railway express office and adjacent property by the Kintzingers cleared the way to develop the block. Orlan Mitchell built the first house at the northeast corner of the lot near Park St. and contributed substantially to a sound selection of trees in the communal open spaces of the block. Several other residents have taken responsibility for maintaining small areas in their neighborhoods throughout the Mayflower Community.

Finally, with the completion of the Watertower Square apartments, a detailed landscaping and tree-planting plan has been developed for the grounds surrounding the unit. The trees shown in the 2013 inventory map for that block have all been removed and several new plantings have been completed. Those plantings should be added to any updated inventory of the area.

Fall issue of the Mayflower LOG will include *Part II. How to access detailed maps showing the location and properties of each tree in the Mayflower Community.*

Luther Erickson

WELCOME ESTHER AND ED ADKINS - WS 103

The first thing you become aware of when you visit Esther and Ed Adkins' first floor Watertower apartment is the sound of their two 9-year old Pomeranian dogs--Bear and Jewel. Bear actually belongs to their daughter Lisa, who lives in Pearson Hall at Mayflower, and Jewel belongs to Esther and Ed. Both Bear and Jewel are calm and friendly when a visitor is sitting down, but make a lot of noise when that visitor arrives or leaves. The Adkins sincerely hope that the dogs' barking doesn't bother others.

The Adkins moved into Mayflower on December 10, after living in Grinnell for many years. In fact, Ed was born on a farm west of Grinnell. A sign advertising "Adkins' Dairy" on the shelf outside of their door reminds visitors of the business that occupied Ed's family for many years. Indeed, Ed and Esther lived on the farm place for many years.

Esther came and went from Iowa during her early life. Born in Iowa, she moved to Illinois at age 2 and lived there till she was 17, when she moved to Grinnell. Shortly after high school graduation, she moved to Rock Island, IL, and lived there for 5 years. She was on a weekend visit to her mother, who lived in Grinnell, when she met Ed.

They met in late February and were married in November.

When he met Esther, Ed had just finished two years of service in the US military, where he served in air rescue. After returning to Grinnell and marrying Esther, he worked for IH Harvester for 24 years before working for Parmley's Plumbing and Heating.

Esther worked in the counseling office at the high school for 23 and a half years. She still keeps in contact with counselors and teachers with whom she worked.

In addition to their daughter Lisa, the Adkins have two other children: their son Gene is a lawyer in St. Paul, and daughter Lacinda is a surgical nurse in Des Moines.

After they retired, the Adkins travelled extensively: to Sedona; Scotland and Ireland; Alaska; Washington DC; Nova Scotia; and a three and a half week trip to New Zealand and Australia.

Now they are settled comfortably in their Watertower apartment, where they enjoy their dogs, their family, and their new environment.

Judy Hunter

WELCOME MARY MARGARET ASHBY - B 201

Mary Margaret Ashby is one of the newest residents of the Mayflower Community, but is familiar to many of us as a long-time resident of the rural Grinnell area and as a secretary for the Science Division of Grinnell College for 3 decades.

Mary Margaret was born in 1925 on a farm near Hartwick, IA. She was the next to the youngest of 5 daughters and one son born to Alma and Walter Ruble. The family later moved to a farm near Chelsea, and attended public school. After a subsequent move to rural Grinnell, she attended

Grinnell High School and graduated in 1943.

Her first job after high school was as the secretary for Joe Van Horne at General Telephone Company in Grinnell. She also took the Federal Civil Service Exam, which led to 10 weeks of further training at AIB and a job as secretary to the personnel director at Wright-Patterson air base in Dayton, OH. After the war, she returned from Ohio and cared for her mother for a

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time before accepting a job in Grinnell as secretary to Reinsurance Company president L. G. Keeney.

While working at Reinsurance, she met her future husband Bob Ashby, a Grinnell area farmer and 1941 Grinnell High School graduate, who was farming his family's land southwest of Grinnell. They were married in 1949 and moved into the new house that Bob built on an attractive site on their Jasper County farm near the current Lynnville I-80 interchange. Their two sons were born in the 1950s, Michael ('52) and Dennis ('56), and attended public schools in Grinnell. Michael went on to Iowa State University and followed in his father's footsteps to farm, with his wife Deborah, near Gilman, IA. Michael and his father shared livestock and major equipment for many years to keep the two farms running smoothly. Dennis graduated from Grinnell College and Drake Law School. He lives with his wife Carolyn in Des Moines and currently teaches law at Des Moines branches of Loras and Upper Iowa Universities. The Ashby sons each have 2 children and between them 4 grandchildren and 11 great grandchildren. These great grandchildren have been a great source of pleasure for Mary Margaret and Bob in recent years.

In 1960, after a decade of getting her children started, Mary Margaret answered an ad for a secretary for the Science Division of Grinnell College. Bill Mendoza, who was chair of the Science Division,

interviewed her for the position and promptly hired her to begin a three-decade career as the much-respected supporter of the faculty in the departments of Biology, Chemistry, and Physics. That is where I met her when I joined the Chemistry Department in 1962. So I had the pleasure of working with her for 27 of the 29 years she held that position.

The technical changes in handling the information and its communications in science fields have been dramatic in the past few decades. Mary Margaret adapted to those changes as they were evolving and helped us all to adopt the new technologies. Just as challenging as the changing communication technologies was the range of expectations of multiple faculty "bosses" which she also handled effectively to make the Science Building at Grinnell College a productive and exceptionally harmonious workplace.

Bob Ashby died (Dec 23, 2015) in the house that he built for his new bride in 1950 and where they lived for the next 66 years. After his death, Michael and Deborah invited Mary Margaret to move in with them until her Buckley 201 unit became available in May, which she did. While I was interviewing her for this bio sketch, two visitors stopped by to chat. And she was looking forward to joining her regular bridge group later that day. She will not be lonely in her new setting. And her presence will brighten Buckley Hall for all of its residents.

Luther Erickson

WELCOME DOUG AND LORNA CAULKINS - WS 303

Doug and Lorna Caulkins and their beautiful cat Sophie, have moved into their Watertower Square apartment.

Lorna and Doug first moved to Grinnell in 1970, but before that happy event....

Doug grew up in Rapid City, South Dakota; Lorna, in Florida, North Carolina,

and a suburb of Chicago. They met at Carleton College where they both worked in the Banquet Hall, as Head Waiter and President's Room Waitress. The day Lorna graduated, they were married. The couple then went to Cornell University, where

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Lorna studied French literature and Doug, Anthropology.

The Caulkins spent the summer of '64 as civil rights volunteers in Fayette County, Tennessee, living with a family who farmed nine acres of okra with a mule. They still have great admiration for the local organizers, one of whom had been shot several times by the Ku Klux Klan—and survived. Across the border in Mississippi, three civil rights workers were murdered that summer.

In '65, Doug and Lorna moved to Norway and spent 4 happy years doing doctoral dissertation research on the role of voluntary organizations in promoting civic responsibility and local democracy. Lorna remembers Norway as “extraordinarily beautiful...the first place I really felt at home.”

When they came to Grinnell in 1970, where Doug was hired in the new Anthropology Department, Lorna soon started work at the public library, earned her degree in library science at the University of Iowa, and in 1979, became the director of what was then Stewart Library. She oversaw the design and construction of the new Drake Library, focusing on sustainability. On its completion, the library earned LEED GOLD certification, a national measure of green design. They are pleased that the Caulkins Community Room is used heavily by the kinds of civic and cultural organizations that

they studied in Norwegian communities.

During the last 46 years, Doug carried out a wide range of research, often in collaboration with student assistants, departmental colleagues, or faculty at other universities. Recently he focused research and teaching on entrepreneurship, innovation, and community development. He brings alumni back to campus to tell their stories for the benefit of current students. One course on Creative Careers features 20 alumni presenters during the semester and is often the class with the largest enrollment at the college.

In 2007, Doug was elected president of the Society for Cross-Cultural Research, an international organization of psychologists and anthropologists. Lorna (who retired in 2012) served as president of Friends of Iowa Public Television.

Doug & Lorna own 240 acres of reconstructed prairie, woodlands, and wetlands in Mahaska County, which they have put into a conservation easement with the Iowa Natural Heritage Foundation. Much of the county was settled by Welsh immigrants, so they have named their land Y Gwyndwn, Welsh for “The Unploughed Land,” which, with the conservation easement, will be the farm’s future if not its past.

On the back of the Caulkins’ silver Volvo is a bumper sticker that reads “Choose Civility.” They can. They do.

Betty Moffett

WELCOME CINDY CRANDON - A 106

Cindy moved to the Mayflower just before Christmas, 2015. For several days she was traveling back and forth between Grinnell and her family’s farm in the Gilman area and sleeping in her new Altemeier apartment. Then after one hard day of unpacking she decided to drive back

to the farm and sleep there. But it had snowed that day, and when she arrived, the driveway was still not plowed and was drifted over. She had to turn around and drive back to Grinnell. That was perhaps the moment that she knew moving to

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Mayflower was the right decision.

If you do not yet know Cindy, it may be because she is still working full time at our local Walmart store where she has helped people in the fabric and craft area as well as stationery and cards. She is in her 31st year at Walmart, and not ready to retire any time soon. But you might have known Cindy's mom, Enid Crandon, who worked her way from evening relief cook to dietary supervisor over her many years cooking wonderful food at Mayflower Dining Services. And we have Enid to thank for hiring Scott! So she was not only a great cook, she knew a good chef when she saw one.

Cindy was raised on the family farm, but it was during the farm crisis of the 1970's that both parents had to find work away from the farm in order to keep the family afloat. Enid found Mayflower, and her husband, Neven, found the Gilman Telephone Company (now called Partner Communications), and a cousin was able to keep the farm going in their absence. It was hard, but a successful transition, as the farm is still in the family, and they never had to take a handout from anyone. Cindy has moved here from the farmhouse which is now unoccupied. You can tell just listening to her that Cindy shares the love of Iowa farmland and this way of life, even though she has come to the "city" to work and live. One thing she is really proud of is how she cared for her parents, even after her mom began to fail from Alzheimer's disease. Both parents are gone now. Neven died in 2014 and Enid just last

October.

Cindy was educated at UNI, earning a teaching degree in Math. She tried her hand at teaching High School math for one year, but soon decided that teaching was not her passion. She had other short-term jobs in accounting, as a janitor at church, and even working briefly for her mom in the Mayflower dining services before she found her niche at Walmart.

Cindy took some time off from her job in May to have a knee replacement; (there seems to be a lot of that going around!) In her spare time she enjoys various craft projects: she quilts, sews and crochets. Her passion is reading, and she now has all the books she could ever need come right into her Kindle, a device she uses so hard that she is on her second one now. She has 8 nieces and nephews, 2 in WI, 2 in IL, 2 in LeGrand, one in Sacramento, and one in Seattle.

One funny story Cindy shared with me was when one of her college friends, not familiar with farming, asked what it meant to "walk the beans." It was something Cindy had said she had done as a kid. She smiles to think that this girl had a mental image of Cindy walking a bunch of string beans attached to a leash. I laughed at that even as I hid the fact that I had also never known what "walking the beans" really was all about. Now I know. I hope you get a chance to know Cindy. She is a wonderful person to talk to, and you will enjoy her candor, her humor, and her humility.

Karen Phillips

WELCOME BEVERLY STARRETT - B 311

The front door of Beverly Starrett's 3rd floor apartment in Buckley is decorated with a large and charming Raggedy Anne-type doll. It has a friendly sewn-on face and a stuffed fabric upper

body. From the waist down, it's made of the business end of a floor mop. It's striking because of its size – taking up about a quarter of the length of the door –

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and the skill with which it's made. Beverly says the doll doesn't have a name yet. I suggested May Flower but I'm sure Beverly will come up with something more inventive.

Beverly was born in Killduff, Iowa, a tiny community located southeast of Newton, Iowa. She was the youngest in her family and she lived with her parents on land her father farmed. In September of 1941, when she was about 12 years old, Beverly went with her parents to Knoxville to have dinner with her older sister and her family. As they left Knoxville to go home, her father looked up at the sky and said he didn't like what he saw. The sky was an odd greenish color. As they got closer to their farm, a high wind sprang up. Beverly's father turned the car into a farm driveway and they waited out the storm. Once things were calm again, they went on their way.

When they arrived, there was no home. A tornado had destroyed the house and blown away their possessions. The only thing standing was the chicken coop. Even the dog, Hitler, was gone. Beverly reported that the only thing of hers that she found in the rubble was a skirt. Her father didn't have any insurance on the farm and, she said, "That was the only time I ever saw him cry." The family spent winter of that year in the chicken coop. Neighbors donated clothes, blankets and food. Beverly's mother found or was given a little stove in which she burned corn cobs to heat the chicken coop. Hitler returned

and, despite his unfortunate name, became a much beloved pet for the rest of his life. Iowans are made of strong stuff.

In time, the family moved to a new farm house and then into Newton. There, Beverly met Elton L. (Bud) Starrett, who worked in his father's electrical shop. Beverly and Bud were married and he took over his dad's shop. They had a daughter, Leanne, who lives in Montana and a son, Scott, who is now married to Lisa and lives in Grinnell.

After Bud retired, he and Beverly moved to Lake of the Ozarks, MO. It was lovely there and Beverly really liked her house. After Bud died, about 20 years ago, Beverly started losing her sight because of macular degeneration. She reports that one eye is now totally gone and the other is going quickly. Scott and Lisa finally persuaded Beverly to return to Iowa and live at Mayflower. She said, "I was worried that after getting rid of my house and all my stuff, I wouldn't like it here." Those fears came to nothing. "I really love it," she declared. She's glad to be close to family, including her grandson, Chris, and his three children. Lisa works part-time in the Mayflower Dining Room and happily gets her whatever she needs in town.

As I left Beverly's apartment, she introduced me to her "friend," Eunice Eureka, another large doll who lives on her vacuum cleaner. Eunice is a lovely, smiling lass.

Alice Breemer

WELCOME SALLIE VERRETTE - BB

Sallie Verrette and her husband Victor came to Grinnell in 1961, and *instantly* liked it here—so much so that they never thought of leaving. Maybe Sallie was just ready to stay in one place for a change.

Sallie's parents met in Peru, where her father was employed as mining and metallurgical engineer. Why her mother went to Peru is a bit of a family mystery. A family had asked her to come with them

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as a governess, and she accepted—"the only impulsive thing she ever did." Her parents met in August and married in December, a sudden romance that lasted all their lives.

When the mines closed in 1929, the couple came back to Texas. Sallie was born in 1932, in the middle of the Depression. Around 1933, when the mines reopened, the family moved back to Peru, to a good mining camp. Sallie played with the chickens, ducks, and two goats. She also had a human friend, and the two girls enjoyed a lot of freedom. Sallie's mother taught her at home, using the Calvert method.

But soon the family moved to another camp at an elevation of 14,000 feet, where Sallie and her young sister were frequently ill, and the family decided to leave Peru. The mother and two daughters relocated in Amarillo, Texas, to live with the girls' grandmother. The relocation was a "great trauma" for Sallie. Other children made fun of her for speaking Spanish, and she'd never learned to catch a ball! But her teacher was kind, she made some friends at school, and her mother allowed her 8-year-old daughter to ride the bus downtown to the movies.

When her father came home, he found a job in a defense plant between Los Vegas and Boulder City. This was a happy time for Sallie, who did well in languages—though *not* in math.

Her father took subsequent jobs in California and Washington State. Friends in these places came largely from the Episcopal Church, which always provided a social spot for her mother and youth group activity for Sallie. In fact, she was asked to preach at several churches.

When Sallie entered Willamette University, she was determined to stay put for four years. She majored in French,

and at her graduation, Senator Mark Hatfield told her she had received a Fulbright to study in France. In Paris, she acquired a boyfriend, a Fulbright scholar from Yale, who took her to plays and movies. According to Sallie, this was "a good way to learn French."

She came back to California to be a teaching assistant at Berkley. There, she met Victor, who had the desk in front of hers. Like her parents', the courtship was short and the union a happy one.

After they settled in Grinnell, where Victor had a job, Sallie and Victor's three children—Charlie, Claire, and Paul—were born. Sallie taught part time at the college for 12 years, after which she became the Director of the Community Day Care Center, a job she loved.

She then went part time to the University of Iowa, earning her Masters of Social Work in three years. She was hired as a school social worker in Newton, where she worked for 15 years. Sallie especially enjoyed home visits and working with parents. She took early retirement at 62.

In France, Sallie had met a woman who was a great influence. She told Sallie, a strong agnostic, that "she saw too much good in Sallie for her to be a real agnostic." A few years later, Sallie decided to become a priest. She took on-line classes at the Divinity School of the South Pacific, and also started a program at Mt. St. Scholastica in Kansas to become a spiritual director. It was, Sallie says, "the best experience I've ever had."

Those who have heard Sallie's sermons at St. Paul's Episcopal church in Grinnell can attest to the power and love in her messages.

We are glad that Sallie Verrette, now a part of the Mayflower community, never thought of leaving Grinnell.

Betty Moffett

WELCOME BILL AND CAROL POLLAK - WS 202

Bill and Carol Pollak in Watertown 202 have come a long way around but are back where they started.

Or at least where they lived from 1965-69. During those four years, they and their children occupied the house at 1008 Park Street, a house across the street from Grinnell House. A picture of that house is displayed in front of the door to their new Watertown Square apartment. They moved into the apartment on May 23.

When they lived in the Park Street house more than 45 years ago, Bill, a college professor, was a member of the economics department at Grinnell College and Carol, a social worker, was a part time employee of the local mental health center at its inception.

After living in Grinnell for four years and making some lasting friendships, they moved to Washington DC. The economics department at that time recommended that its members take short-term jobs elsewhere periodically, so Bill took a job with the Urban Institute. They ended up living there for 7 years. While they lived there, Bill wrote a number of papers on the financing and utilization of institutional and home care for aging adults, and Carol worked at a hospital for chronically ill children.

Then, because of Bill's work on aging, the University of Chicago invited him to

be a professor in their School of Social Services Administration, and the family moved again, this time to Chicago, where they stayed for 25 years. Again, Carol worked as a social worker while they raised their children there.

But, when their daughter moved to the Bay Area and started having children, Bill and Carol moved once again, to Mill Valley, California, just across the Golden Gate Bridge from San Francisco. For more than 15 years, they were able to interact daily or weekly with their grandchildren.

Throughout their lives they have enjoyed camping and travel through the west by car. In the past seven years they have participated in several house swaps, where people from Europe traded houses with them for a month or more. In this way they have had stays in Belgium, France, and England.

When they started looking for a retirement community with multiple levels of care, they first researched places near them in California. Mostly they found that the places there did not afford people the opportunity to cook their own food or to customize their own space; in addition, most of them were in areas that required residents to have a car in order to get anywhere. At the same time, they heard that their long-time friends the Adelbergs, the Hermans, the Grays, and the Dawsons had moved to a community in the town they all used to call home.

And so the Pollaks have landed at Mayflower. Bill talks about "the fun of moving into a new place." And the other people of Mayflower will have the fun of getting to know this couple.

Judy Hunter

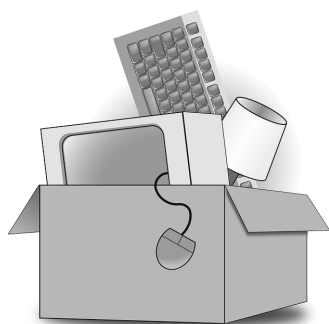
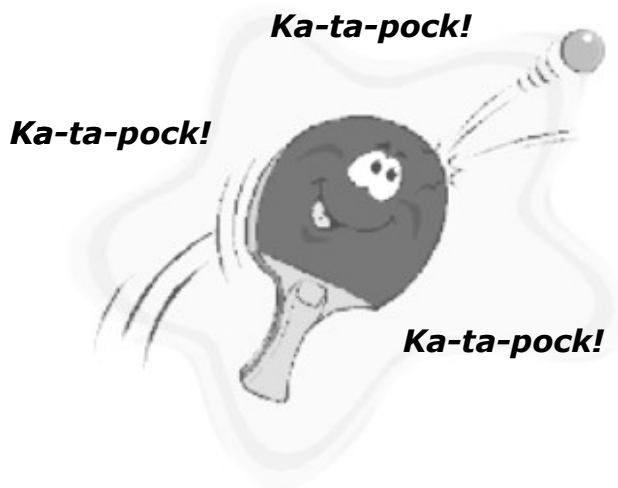


TABLE TENNIS AT MAYFLOWER



In the Table Tennis Center in the lower level of the Health Center, the rhythm of the ball hitting the table and the rackets is soothing. At the same time, the activity is active and enjoyable.

John Noer, who plays regularly, highlights why table tennis is such a great activity: "It's good exercise, equipment is on hand, the games are short, the camaraderie is great and all skill levels are welcome."

The Vic and Irene Engelmann Table Tennis Center in the basement of the Health Center features great lighting, effective ventilation, two top-notch tables, and, most important, a group of friendly and welcoming players.

The Table Tennis Center is in the sports room, for which any Mayflower resident can obtain a key (for a refundable \$5 charge). It is straight across the hall from the Obermiller Exercise Center.

The founder of the program is Irene Engelmann. Before she moved to Mayflower, she and her spouse Vic used Table Tennis as a youth activity in Congregational churches where they were assigned. She started the program at Mayflower by donating used tables and some equipment and instructing people in playing techniques.

Some regular players, like Engelmann and

John and Dorothy Noer, have been playing for many years. Others, like Netia Worley, began only when the center was founded.

Warren Reinecke notes, "I was among the early conscripts, after playing with our daughter and grandson, visiting from California, in 2004. Several of us have won medals at the Iowa Senior Games over the years."

Merle Zirkle, another regular player, points out the supportive attitude among players in the Mayflower: "When you hit a good shot, people say 'Good shot!'"

Engelmann explains why the sport is so good for Mayflower residents: "Table tennis is the best game for senior citizens. It keeps your head, hands and feet busy. We have fun: we laugh a lot and the game keeps us limber. Some people here at Mayflower are humorous characters!"

But Engelmann also tells how the sport helped her recuperate from illness: "After a



serious illness one therapist held me up and another played with me. I never thought I'd get back to playing as well as I do now."

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The regularly scheduled times for play include women's groups at 4 pm on Monday and Wednesday; men's group at 2 pm on Monday; mixed group at 10 am on Thursday. The two tables can accommodate anywhere from two to 8 players at once. The games go to 11 points so no game lasts too long; people who need



walkers or canes use them; those who wish to rest can sit out a game or two, and plenty of fun and exercise is had by all.

Judy Hunter



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