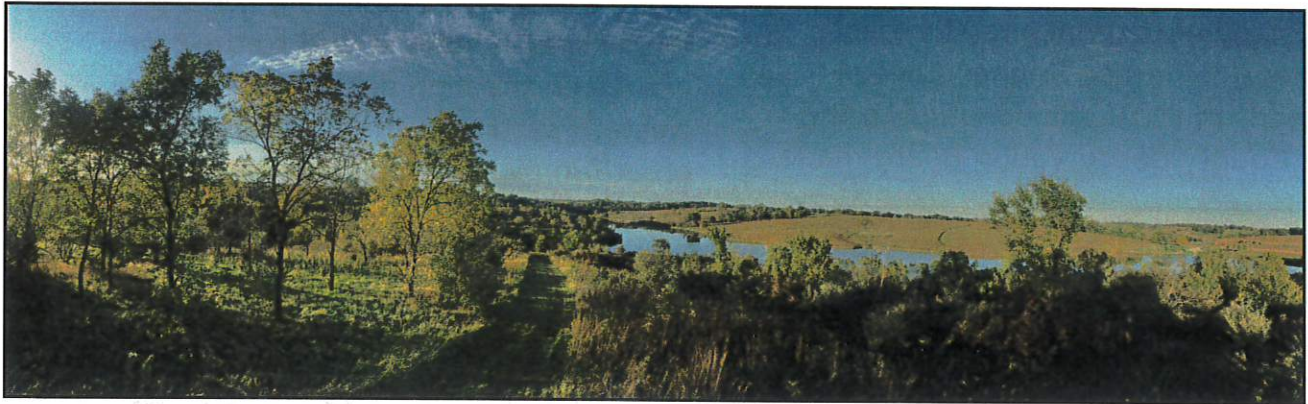


The Mayflower Log

Spring 2022 Volume 22, Number 2

A Different Kind of 'Spring Cleaning'



The Krumm Nature Preserve shows the beauty of summer in Iowa.

Have you heard of "forest bathing?"

Forest bathing (Japanese term *shinrin-yoku*) implies walking to step back from everyday cares, to escape from technology, to breathe deeply, to meditate, and to improve mental health.

Mayflower residents have several nearby options for engaging in forest bathing, or for just taking a pleasant walk in the woods.

The Mayflower campus is within a short drive of several sites that afford walking in nature. Rock Creek State Park, 7 miles west of Grinnell, offers 1697 acres, several trails, with a 602-acre lake. The Krumm Nature Preserve, 6 miles south

and west of Grinnell, offers a 450-acre nature preserve with a lake that features a wheel-chair accessible dock. The Sugar Creek Nature Center, 5 miles west of Grinnell and formerly tended by Audubon, offers hiking paths in an area that has been managed for its trees, birds, prairie and woodland flowers, including the rare green dragon plant. Grinnell College's Conard Environmental Research Area (CERA), 11 miles south and west of Grinnell, is a research station where the public is invited for "hiking, bird watching, photography, painting, drawing, and other facets of the study and enjoyment of nature." (<https://www.grinnell.edu/academics/majors-concentrations/biology/cera>).

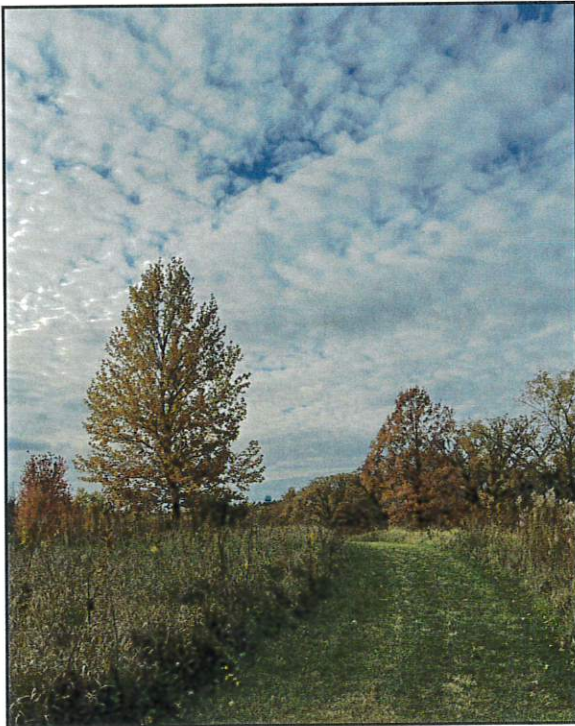
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'Spring Cleaning'

(continued from page 1)

The newest addition to this wealth of nearby walking opportunities, opened in August 2021, is the Uhlenhopp Arboretum, located just off Route 6, 4.8 miles west of Grinnell.

The Arboretum offers miles of trails through prairie grasses and a wealth of trees, many of them planted by Elliot Uhlenhopp, a former Grinnell College professor. In 2018, his donation to the Jasper County Conservation Board made



Mowed paths at the Uhlenhopp Arboretum make walking easier for visitors.

this area available to the public. The 250-acre park contains seven ponds – each named after the days of the week – miles of prairie grass, and plenty of opportunities for foraging. There is also a cabin available for renting.

Mayflower residents Kent and Katherine McClelland are enthusiasts about walking at the Arboretum: "We have loved walking at the Krumm preserve ever since we came to Grinnell, but we were very excited to explore the new Uhlenhopp Arboretum this fall. It has taken us multiple outings to do every loop. One great discovery was the farm road that leads from the new farm sheds along the western boundary toward Wednesday Pond and also to the pine groves on the high plateau in the western section of the property. We had great fun picking apples and pears in the fall. We are looking forward to seeing spring blossoms on those fruit trees!"



Last fall Katherine McClelland gathered apples at the Uhlenhopp Arboretum. Photo by Kent McClelland.

Mayflower residents Harriet and Arnie Adelberg also enjoy the Arboretum, especially given their long relationship to Elliot Uhlenhopp. According to Harriet, "Elliott Uhlenhopp was a treasured friend of ours ever since he came to Grinnell as a chemistry professor at Grinnell College. Elliott loved the land, and after he acquired the property in Jasper County,

(continued on page 3)

'Spring Cleaning'

(continued from page 2)

he spent hours tending the acres. He planted many trees and worked to beautify the area. At his request, his farm was donated to Jasper County after his death. He would be delighted to see the number of people enjoying what he created. We have treasured walking the trails and thinking about our friend and the gift he bequeathed."

So whether you prefer forest bathing or just taking a walk, you can take advantage of enjoyable opportunities not far from Mayflower.

Judy Hunter



Photos of the Nature Preserves in various seasons are by *Bill Pollak*.



This path leads to a small bridge across a pond at the Uhlenhopp Arboretum.



Views of prairie and the distant pond greet hikers at Krumm Preserve.



The sky and clouds present a sweeping vista at the Uhlenhopp Arboretum.

Welcome Charlie and Mari Duke

In their 52 years in Grinnell, Mari and Charlie Duke have had four addresses – three of them on Park Street (including their latest, 711 Park Street at Mayflower).

“I have someone on my Christmas card list who thinks Grinnell has only one street,” Mari says.

Mari and Charlie met as students at Iowa State University. Mari was a senior majoring in psychology and Charlie was in his first year of graduate school in physics. Mari was from Mason City. Charlie grew up in Canton, North Carolina, a small town tucked among national parks and forests. He earned an undergraduate degree at North Carolina State University. He chose Iowa State for graduate studies, he says, partly because of its Midwestern location. “I wanted to try another part of the country, and the East Coast was too crowded and the West Coast too far away.”

The Dukes were married in 1965. After graduate school and a year of post-doc work in Denmark, they moved in 1969 to Grinnell, where Charlie joined the faculty at Grinnell College. In his many years of teaching at the school, he also served as dean for 10 years and interim president for six months. He continues to manage the college’s Physics Museum.



Over the years Mari took graduate classes in counseling at the University of Iowa and worked part-time at Burling Library and the old Stewart Library.

The Dukes have two children — Jeremy in Columbia, Missouri, and Abbey in Burlington, Vermont. They have five grandchildren.

The couple moved to Mayflower in January from a 1907 three-story home at 1333 Park Street, across from the college. There, Mari created a front yard full of prairie plants and Charlie tended a large backyard vegetable garden. In a nod to his North Carolina roots, he planted a row of okra every year.

Fortunately, the Dukes’ new home is a stone’s throw from one of Mayflower’s community gardens. Charlie has already put down roots there: He donated plants for the garden’s now-thriving raspberry patch several years ago.

(continued on page 5)

Welcome

(continued from page 4)

Mari and Charlie experienced the common problem of downsizing when they moved to Mayflower. "I leaned on our kids and grandkids to make them take things," Mari says.

The remaining pieces, including three spinning wheels, fit nicely in their new space. They added a screen porch to the back of the house, just like the one they left behind.

The Dukes are veteran travelers. They lived for a time in Germany, Ireland and Australia, in addition to Denmark. Their favorite destination for personal travel has been Newfoundland. Closer to home, they prefer leisurely car trips where they take side roads and stop at out-of-the-way places.

At home, Mari relaxes with reading and knitting. (She has even spun her own wool for special projects.) Charlie enjoys reading and woodworking. He plans to make use of Mayflower's woodworking shop.

Mary Schuchmann

Due to an error in the last issue of Mayflower Log (Winter) the name of Sandy Moffett was inadvertently left out of the Poets at Mayflower article.



Poems from Mayflower

My Month

You could say April's my month,
Though what that means I don't know!
I think of April as gardening time,
Planting all kinds of things without snow!

But I think April has something else—
A promise of warmth in the soil,
And a promise of helping the seeds or
plants
Stay warm throughout the toil!

Planting is not just a job well done,
Or at least that's what I thought;
Planting is a fun way to celebrate
The new life that spring has brought!

So what is this surge of energy
That April brings into play?
It looks like work turns from something
hard
To a wonderful holiday!

*Patricia (Pasha) Buck
February 2022*



(another poem on page 8)

Music at Mayflower

Recent issues of the *Log* have focused on the "arts" in their various expressions at Mayflower. Discussion in the *Log* Committee revealed that we had not yet focused on the musical arts, which may be the most widespread and varied of the fine arts. Many at Mayflower have actively participated in and enjoyed music. Our collective memories extend about 25 years here, but it is likely that the musical scene we will sketch was active from near the inception of Mayflower.

A place to start reviewing music here might be a Lyceum program from March of 2019 entitled "Mayflower Makes Music." The performers were Mayflower Bell Choir, Piano Trio (Piano, Cello, Violin), Barbershop Quartet, Brass Woodwind Group, Harp Solos, Vocal Solo with guitar, and Vocal Duet. These pieces were performed in the Carman Center with ample seating, appropriate audio amplification, and use of its fine grand piano by many. As we all know, one year later our musical activities were halted by the COVID-19 pandemic, and we are currently emerging from that scourge.

Singing groups for men at Mayflower have a long tradition. In 2012, Stan Greenwald and others formed a chorus called the Men of Mayflower. The group had numbered up to ten men including, from time to time, Stan, Gordon Packard, Shane Estes, Ed Phillips, John Marwin, Gene McCaw, John Noer, Ed

Poush, and Howard Raffety. Dot Anderson accompanied the group and acquired much of the music. They were self-directed. They sang within Mayflower at many occasions such as Chapel services, Beebe and Health Center programs, and special events such as the Donor's Dinner. At least two quartets preceded or emerged from the group, including a recent one involving John Buck, John Noer, Ed Poush, Gene Wubbels, and Sue Drake when Ed could not continue. Joyce Wubbels accompanied the group.

Many Mayflower residents have played in the Handbell Choir. It was formed about 15 years ago when Mayflower raised donations for and acquired the bells. They are very high quality handbells. Jeanette Tisdale organized and directed the group for the first 10 years. When she became unable to continue, Karen Phillips took up its direction. The group typically engages six to ten ringers, and they have performed for many occasions, including Lyceum, Chapel, and special events. Like some other groups, they are welcoming new ringers after the two-year COVID hiatus.



(continued on page 7)

Music

(continued from page 6)

A notable group of accomplished musicians is the Grace Notes Trio, formerly known as the Piano Trio. This group formed in 2005 when Pat Saxton (pianist) approached Jean Libbey (cellist) and Diane Eberhart (violinist).

They rehearsed regularly in the Carman Center with the wonderful grand piano Mayflower had acquired. When Pat died in 2011, they took a break until Joyce Wubbels became the pianist in 2016. The group has played in many venues in Grinnell in addition to Mayflower, including the UCC, Methodist, and Presbyterian Churches, Christmas Eve services, Friendship Manor, and St. Francis Manor. Their repertoire is mostly classical, but has extended to hymns and even some ragtime.



The Grace Notes in performance with Joyce Wubbels at the piano, Jean Libbey as cellist, and Diane Eberhart as violinist.

Another notable group is the Too Many String Band. The group numbers about eight at full strength and includes Mayflower residents Betty and Sandy Moffett, Sig Barber, and soon-to-be resident, Bob Cadmus. The other members are Tom Lacina, Mark Laver, Tammy McGavock, and Hugh Sheridan. The music of the group spans folk, country, gospel, and bluegrass, and their instruments (played somewhat interchangeably) are guitars, mandolin, five-string banjo, fiddle, drums, saxophone, electric bass, and harmonica. The places they have played vary from Saint's Rest to outdoor events in Central Park to the State Fair. Mayflower has always been one of their favorite venues.

This brief review omits many musical activities of significance to the community and Mayflower. These include the musical therapy efforts in Beebe and the Health Center, soloists and small vocal groups, the many residents who participate in community groups such as Shults & Co., church choirs, the Grinnell Oratorio Society, and the artists from outside Mayflower who have appeared in concerts here, including those of the Lyceum programs. The Lyceum Committee has been hit hard by the COVID interruption; the MRA is eager to hear from people willing to serve in that wonderful program. We also note with gratitude all that Mayflower has done to support music.

(continued on page 8)



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Photos by Bill Pollak

Music

(continued from page 7)

During the pandemic, Mayflower and the MRA stepped up to outfit Kiesel Theater with first-rate visual and audio systems, and they are now available for musical and other presentations. The space, while small, can accommodate many events. And finally with the restrictions to Carmen Center, for residents, being lifted on April 15, we will once again be able to enjoy the magnificent grand piano and the large, well-equipped performance space, so music at Mayflower may continue.

Gene Wubbels



Poems

(continued from page 5)

Nature's Dance

This morning I woke to find a party in
my front yard.
Golden iris and flaming orange poppies
danced around our maple tree, trying to
wake others, still sleeping.

The sun was out, the rain had stopped.
The corona virus seemed far away.

As the dance went on, my eyes danced
with them.
Thank heavens, nature knows no virus
and mingles in freedom.

Some day, I too, will have freedom to
dance and mingle with loved ones
again.

Sue Drake

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