



Gardening is Magic (and Hard Work)



A full crew gets ready to begin the garden on 2nd Avenue. The early birds are, from left to right, Dennis Perri, Marvel Lacasse, Kent McCelland, Jean Perri, Becky Neal and Charlie Duke.

Everyone feels the magic in spring: bursts of flowers on some trees, tiny bright green mini-leaves on others. Spring ephemerals in the woods and bright blooming bulbs in yards. Summer birds arriving, some already nesting. From our backyard we can spot a crow (who may have stuck with us through the winter) sitting on her nest high up in a not-yet-leafy tree. The other day we saw a baby rabbit scurrying back under a

shrub; we suspect he/she has friends and relations. My husband filled and hung the hummingbird feeder, looking forward to enchantment. (I'm writing this exactly a week after Easter, with winds howling and snow flying outside the window.)

There's magic in a seed too, a tiny hard shell waiting for the right time to grow into an entire plant capable of sustaining

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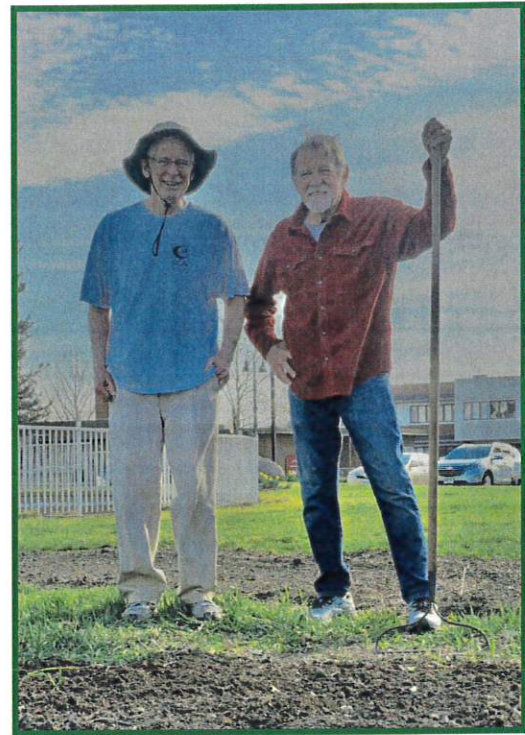
Gardening Magic

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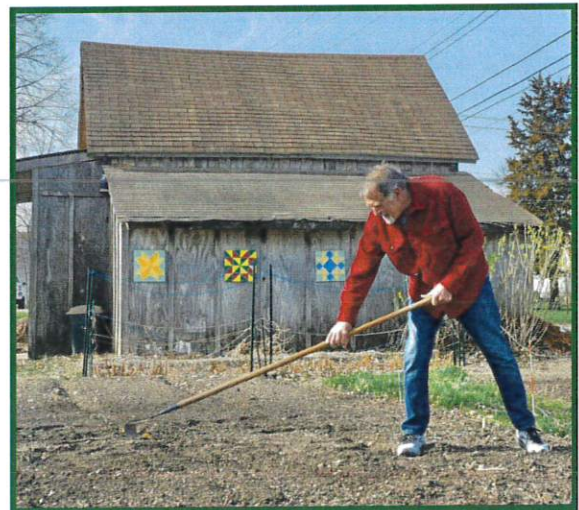
itself from interaction with soil, water, air and light. And of sustaining other life forms from microbes to insects to mammals (including humans and rabbits). Seeds fall everywhere and sprout into plants, ones we approve of like oaks and daisies, and ones we deplore like dandelions and thistles. (Well, rabbits like dandelions and thistles.)

To a fair extent, we like to control the plants that grow around us: what kinds, how tall and how shaped. And we want to protect those plants we have chosen. Gardeners know it's not an easy task. Still they come out eagerly in the spring, ready to participate up close in all that magic (and end up with piles of delicious produce or bunches of bright flowers).

Mayflower's trees and gardens are blooming. And resident vegetable gardeners are ready to plant. Recently I met some of the people who work the gardens near Watertower Square and along 2nd Avenue. Two days ago, in sunshiney shirtsleeve weather at 9 am, Lyle Roudabush and Jack Mutti were marking individual plots and getting excited about planting;



Jack Mutti and Lyle Roudabush are ready to get to work on the Watertower Square garden plot.



Lyle Roudabush applies his rake to loosen up winter-hardened soil.

Lyle had already put in potatoes and purple beans. The next day a larger group at the 2nd Avenue garden, led by Charlie Duke, claimed plots and installed tomato cages, undaunted by the chill wind and occasional drizzle.

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Gardening Magic

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Mayflower staff till both gardens early each spring, sometimes adding manure. Later on staff might try protecting the garden perimeter with rabbit repellent. Watertower Square gardeners are hopeful that the removal of a brush pile near their area will discourage rabbits. (Rabbits are resourceful though, as Charlie Duke knows from experience. He's already fenced his own plot.) Gardeners use grass clippings for mulch early in season, before lawn chemicals are applied. Each garden has a hydrant and hose for watering and shed space for tools; the 2nd Avenue site also has a wheelbarrow and fence post hand-driver. Gardeners are in charge of their own plots, choosing what to plant and where, caring for plants, weeding and



Kent McClelland and Charlie Duke
work on placing the posts.

harvesting. There's a spirit of collaboration though; people work together and watch over each others' plots as needed. Later in the season many have excess bounty to share with friends and neighbors.



Dorothy Noer uses a hammer to secure a corner fence post.

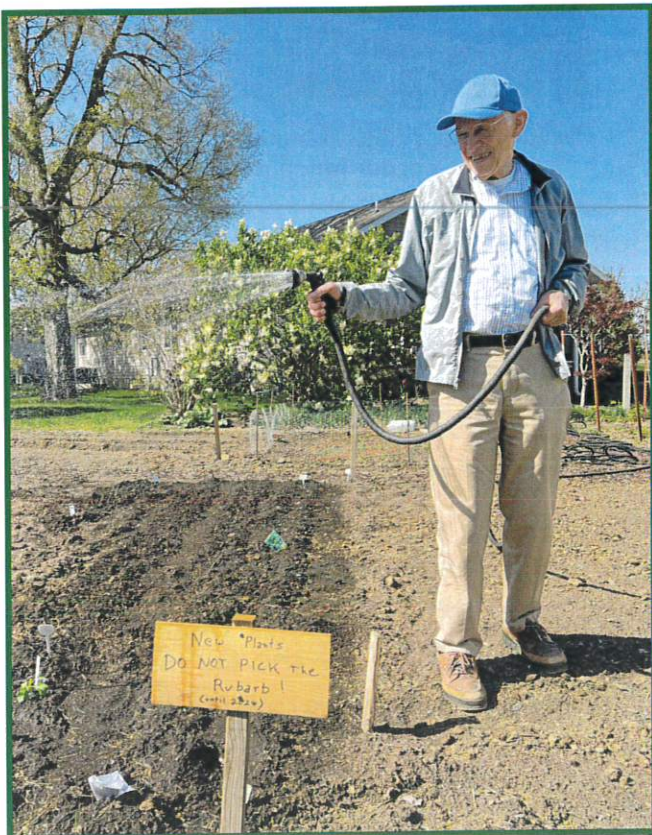
Some history: The 2nd Street garden has existed in some form or other for at least 20 years. I heard memories of the late Warren Loudon building a fence around the entire garden, Gerry Adams organizing gardeners, and especially of the late Katherine McClelland tending to the people as well as the plants and adding personal touches. Kathy Szary and Charlie Duke are the current organizers. The Watertower Square garden began on a smaller scale about 5 years ago and serves a smaller group of growers. Leadership is shared by Jack Mutti, Lyle Roudabush, and Sis Vogel.

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Gardening Magic

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While beginners are involved, many Mayflower vegetable growers are veteran gardeners. Some, like Jeanette Budding, Marvel LaCasse and Lyle Roudabush grew up on farms with large vegetable gardens. Others were backyard gardeners for many years in their pre-Mayflower homes. All brought their skills; some even brought their plants. Jack Mutti and Charlie Duke each transplanted raspberries from their former yards. Katherine McClelland transplanted strawberries from a Harwich Terrace yard when the owner moved out and the new resident didn't want them.



With some warm weather and sunshine, and a little bit of help from the hose, a delicious rhubarb pie may be in Charlie Duke's future!

Here are a few information tidbits I found particularly engaging:

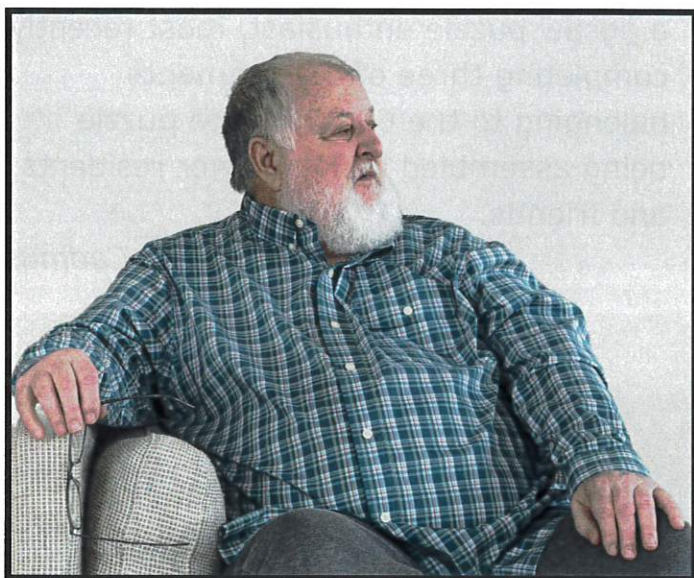
- In both gardens the raspberries and strawberries are shared by all the gardeners.
- Katherine McClelland seeded an area of the 2nd Avenue garden with zinnias because Esther Bethel used to plant and love them.
- Last year Leo Lease planted "Mayflower beans" from Seed Savers—the same variety brought over on the Mayflower—in the Watertower garden. The idea was delightful but the work intensive; old seed varieties are less resistant to diseases and pesticides applied to adjacent lawns.
- One year the 2nd Avenue group tried designating an area as available to all Mayflower residents to harvest, but people had trouble distinguishing between the free veggies and individual gardeners' plots.

If you are a walker, or just passing from one place to another within Mayflower, you might find it fun to check out these garden areas as they evolve through spring and summer and into fall.

Nancy Cadmus



Welcome, Doug Brown



Doug Brown joined the Mayflower Community in November 2022, moving into the Montgomery apartment where his sister, Nancy Wolff, had lived. Mayflower has been a sort of tradition in Doug's family: his mother Clara Brown and a great aunt, Mabel Kingdom, also lived here.

Doug was born into a family with generations of history in Poweshiek County. His great grandfather arrived from England in 1848 to farm near Westfield, south of Grinnell. Doug grew up in the same area on the family farm purchased by his parents in 1940. Initially the Browns raised diverse crops as well as dairy cows, pigs, chickens and sheep. Doug and his brother Greg added more land to their family farm over the years.

Active in 4-H from an early age, Doug showed pigs and sheep at both county

and state level. As a teenager he served on the Poweshiek County 4-H Council. After high school Doug attended Iowa State University, where he studied Agricultural Engineering, and was fortunate to tour around Europe as a summer course. He came home to farm after graduation, but later returned to ISU to take courses in genetics, marketing and other aspects of agriculture, ultimately completing the ISU winter degree in Agriculture.

That early involvement with 4-H led Doug to a lifetime of service in the local agricultural community. As an adult he served long years on the Poweshiek County 4-H Board, the Poweshiek County Soil and Water Conservation Board, on the Grant Township Voting Board, and was Grant Township Clerk for over 30 years, all while working the family farm.

Although he is mostly retired now, Doug does occasionally help out on the farm, operating planters and combines and assisting with accounting. Now his brother Greg and nephew Kevin run the farm, raising corn and soybeans, but no livestock. Doug misses the days when a diversified 300-400 acre farm could support a large family and send all the children through college. He especially remembers his father's fondness for the cows and sadness at having to give them up for health and economic reasons.

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Welcome, Doug Brown

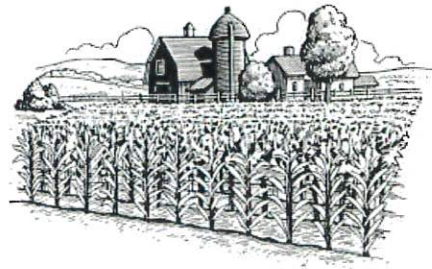
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Diane Harrington, Doug's sister, is very special to him. She lives in Mt. Vernon, Iowa, and worked at Cornell College most of her career. Doug feels fortunate to be part of his nieces' and nephews' lives.

Throughout adulthood, Doug has appreciated Grinnell College's offerings to the community, including sports events, music performances, lectures, symposiums, and course auditing. For

many years Doug kept aquariums and enjoyed the many varieties of fish. He is a jigsaw puzzle enthusiast, most recently completing three of the segments belonging to the 60,000 piece puzzle being assembled by Mayflower residents and friends.

Nancy Cadmus



Faith and Fabric Mayflower Altar Cloths a Labor of Love



Dot Anderson is setting an example for the rest of us at Mayflower: She intends to finish a project she started years ago. "And at my age, I better get going," she added with her typical good-natured humor.

In 2006, Dot began creating quilted coverings – known as paraments - for the altar used at Mayflower's Chapel services. The idea came from another Mayflower resident, Lyle Kuehl, a

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Faith and Fabric

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longtime friend. Dot and Lyle, along with Lyle's late wife, Judy, were classmates at Elmhurst College, Elmhurst, Illinois. The three of them graduated together in 1958. They reunited when Dot, her husband Bob, and the Kuehls all moved to Mayflower in retirement. Lyle suggested the paraments as a way to recognize the seasons of the liturgical (church) year.

In the Christian tradition, the year is divided into liturgical seasons, beginning with Advent (which starts the fourth Sunday before Christmas Day), followed by Christmas, Epiphany, Lent, Easter, Pentecost and Trinity. Dot has made an altar cloth for most of the seasons. With some variations, the liturgical calendar is roughly the same throughout the Christian world.



Dot said she welcomed the chance to help people understand and appreciate the liturgical year. She was also happy to make a contribution to Mayflower. "I believe we are called on to be servants," she said.

Dot comes from a family of quilters. "My mother and grandmother were wonderful quilters," she said. "I grew up playing under a quilting frame."

For her Mayflower creations, Dot used a variety of quilting techniques, including paper-piecing, patchwork, applique and Norwegian embroidery called Hardanger. Her designs reflect the liturgical seasons by using religious themes and symbols as well as designated colors.



Dot made her first altar cloth from a section of a quilted bedspread put together by the late Art Heiman's wife Grace. The bed covering was made in the traditional Cathedral Window pattern, with solid-color strips framing small squares of printed fabric to replicate a stained-glass window.

On the altar cloth for Lent, Dot used applique to reproduce a treasured metal sculpture of the Last Supper that hangs on the wall of the Andersons' Altemeier apartment. For summer and fall, (Trinity season), there are altar cloths that reflect nature's seasonal hues.



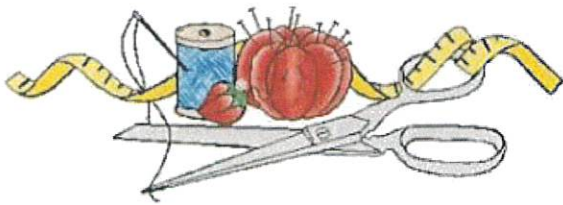
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Faith and Fabric

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After several years of work on the paraments, Dot put the project aside. "I kind of ran out of steam," she said. A final, half-finished parament currently hangs in her closet waiting to be completed. She vows to finish the job. She is sure to work with the same care and devotion that she lovingly used in the others. Thank you, Dot.

Mary Schuchmann



Hello to Lynn Cavanagh

Lynn Cavanagh was born in San Francisco and lived there until she was a teenager, at which time she and her family moved just north to sunny Fairfax in Marin County. She attended Marin Community College for two years, San Francisco State College for one year, and graduated from the University of Minnesota with her degree in Elementary Education and English.



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Hello to Lynn Cavanagh

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She met her husband-to-be, Mike, at her cousin's wedding in San Francisco. Both the bride and the groom (who was Mike's best friend) had been trying to set these two up for some time, but Lynn, knowing another 'Mike Cavanagh' just wasn't interested. She quickly changed her mind when she met *this* 'Cavanagh' at the wedding. They married a year later and moved to Minneapolis, where Mike pursued his Ph.D. in English literature.

The Cavanaghs made the transition from Minneapolis to Grinnell with their first son, Sean, when he was only five days old! Mike started his teaching career that humid August day at Grinnell College, as Lynn flew into Des Moines with Sean. Their good friends Peter and Karin Connelly, who already lived in Grinnell, were very helpful in getting the shell-shocked parents settled here.

Lynn was a 'Mom' to Sean and younger son Peter, who followed two years later, until the boys were in school. She took a job at the UCC Preschool and eventually became a special education teacher at Bailey Park Elementary School while earning a masters degree in Learning Disabilities from the University of Iowa and then a certification in Reading Recovery. At her retirement 26 years later she was teaching a first grade classroom and reading recovery program. She loved teaching!

Older son Sean and his wife Diana are journalists and live in Silver Spring,

Maryland. Sean is the managing editor for 'Ed Week: Managing Brief' and Diana is senior vice-president of strategic partnerships at 'Foreign Policy'. They have two children—Daniel (10) and Isabel (7). Lynn traveled to Spain with the family this past summer.

Peter and his wife, Erin, are Iowa educators and live in Wellman, Iowa, south of Iowa City. He teaches social studies and has had a long and successful career teaching and coaching high school football for Mid-Prairie HS. Erin teaches high school English and is working as a teacher leader this year. Their children are Kate (22) and Will (18), who both attend University of Iowa.

In retirement Lynn has enjoyed volunteering in the schools, tutoring reading with Mike, writing poetry and nonfiction journal articles especially about Grinnell pioneer aviator Billy Robinson, grandparenting, and traveling. She and Mary Schuchmann put together a pictorial history book of Grinnell published by Arcadia Press and also a handsome and widely used children's local history book used in the schools. Both are available at Pioneer Bookshop. Mike died in 2017.

Lynn moved in late February to Harwich Terrace North and is looking forward to getting to know more people in the Mayflower Community.

Betty Moffett



HOSPICE IN GRINNELL

Started with a dream and determination

The concept of hospice is familiar to almost everyone these days, especially seniors. While the details of hospice may be fuzzy, most of us understand and appreciate the idea of palliative care at the end of life.

You may not know, however, that hospice services in Grinnell owe their beginnings to a Mayflower resident, the late Mary Lou Clotfelter. Mary Lou initiated and led the formation of Hospice Grinnell, which started slowly in the late 1970s and was officially organized in 1982. At the time, the idea of hospice was largely unknown in the United States.

In a talk Mary Lou once presented to a group of hospice volunteers, she told of being influenced by publication in 1967 of "On Death and Dying" by Elizabeth Kubler-Ross, which describes the five stages of grief.

At about the same time, the Rev. Phil Ramstad, pastor of the United Church of Christ in Grinnell, was also learning about the ideas expressed by Kubler-Ross. In 1976, he offered an evening class, open to the public, on new ways of looking at the subject of death. At the final class session, two nuns from St. Francis Hospital told of patients without nearby family who were sometimes alone in their last hours. "The nuns asked if we could

form a group of sitters to be with such patients if needed – to simply hold a hand and be present," Mary Lou recounted to her audience.



A call for volunteers led to an informal group that called itself the Care Pool.

"We later looked back on it as the first small step toward what would eventually be Hospice Grinnell," Mary Lou told the group.

Coincidentally during those formative years, Mary Lou and husband Beryl spent a year in England on a sabbatical leave from the college. There, Mary Lou had a chance to observe a fully functioning hospice program in London and meet Cecily Saunders, who is considered the founder of the modern hospice movement.

Mary Lou returned to Grinnell, inspired and determined more than ever to develop a local hospice program. Working again with Rev. Ramstad, the two of them pushed for a more formal structure than the Care Pool. A letter to a broad spectrum of the community in 1981 brought 33 people to an

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Hospice in Grinnell

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organizational meeting at the UCC. A steering committee was formed, and Hospice Grinnell was incorporated several months later. The next year, a training course for volunteers was developed and conducted, and the first class graduated.

In the beginning, Hospice Grinnell functioned with all volunteers – a medical director, social worker, pharmacist, nurses and a volunteer coordinator. The first medical director was Dr. J.R. Paulson, a young physician newly arrived in Grinnell who believed firmly in hospice philosophy. Mary Lou served as volunteer coordinator until 1990. After that, she continued as a patient-care volunteer. The staff worked without compensation for the first several years.

Mary Lou said the biggest problem facing Hospice Grinnell was convincing doctors that hospice was a good idea. "It took time and education and a lot of effort by Dr. Paulson to persuade them to refer their patients before the last day or so," she said.

Hospice Grinnell – the forerunner of present-day hospice services now available in Grinnell – is a testament to the power of a dedicated individual and the spirit of a caring community more than 40 years ago.

Thank you to Beryl Clotfelter for providing a copy of Mary Lou's presentation to hospice volunteers.

This article was compiled by
Mary Schuchmann and Judy Hunter

What Mayflower residents should know about hospice:

Eligibility

Person has decided to forego curative treatment and a doctor judges them to be within six months of death. However, after six months, the person can be re-certified.

Expense

Covered by Medicare, Medicaid and most health insurance plans

Location

Usually in home, medical or care facility or a hospice house

Features

Pain and symptom control; coordination with doctor; respite care; spiritual care; family conferences; bereavement support

Decision-making

Person in hospice can continue to make medical decisions, or, if unable, by person appointed to the Durable Medical Power of Attorney



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Photos by Bill Pollak

Do you Remember...



When we were kids, on a warm summer night, my folks would send us outside to play until we were called back inside for bedtime. Other parents must have given the same order, as usually all the neighborhood kids would gather under the central streetlight.

Things started with a lengthy discussion about what to play, and then we would pick one of the many "kid games" of the time, such as Red Rover, Mother May I, Simon Says, Red Light/Green Light, Duck-Duck-Goose, etc. Teams were chosen and the game began.

Hide and Seek was a fairly far reaching game, as it usually spread out onto lawns and did not just center under the streetlight. Someone was picked to be

IT. Everyone hid while IT covered his eyes and counted to 20. When ready, IT would cry, "Ready or not here I come!" The first one found had to be the next IT. The last one found was the winner. If someone stayed hidden and could not be found, everyone would call "Ollie, Ollie, alls in free, if you don't come now you'll be IT!" In our neighborhood, which was mostly Norwegian, the call was "Ole, Ole Olsen, alls in free, if you don't come now you'll be IT!" I think there were many different neighborhood versions of this call.

Finally after much fun, we were called back home, tired and sweaty, for a bath and bed!

Dorothy Martinek

