

A Quarterly Publication of the Mayflower Residents Association

The Mayflower Log



Summer 2023 Volume 23, Number 3

Welcome All Pollinators

Ben Pearce, Mayflower's grounds supervisor, is responsible for a new beauty spot on our campus.



The 'Pollinator Garden' (about 3 x 35 yards) is located on the southeast corner of Park Street and 1st Avenue, just behind the parking lot. Ben explains that he has wanted to do something with that area for several years - one reason being that "It was a pain to push-mow that strip."

This Spring, with the support of Steve Langerud, Ben ordered Native Midwest Wild Flower Seeds Mix from the American Meadows company. These seeds have produced an array of red, blue, pink, white, orange, and yellow flowers. Some have familiar names: Shasta Daisy, California Poppy, Baby's Breath, Wild Sunflower; others are more fanciful: Baby Blue Eyes, Candy Tuft, Lance Leaf Coreopsis. The combination is attracting pollinators like butterflies, bees, moths, and the occasional hummingbird.

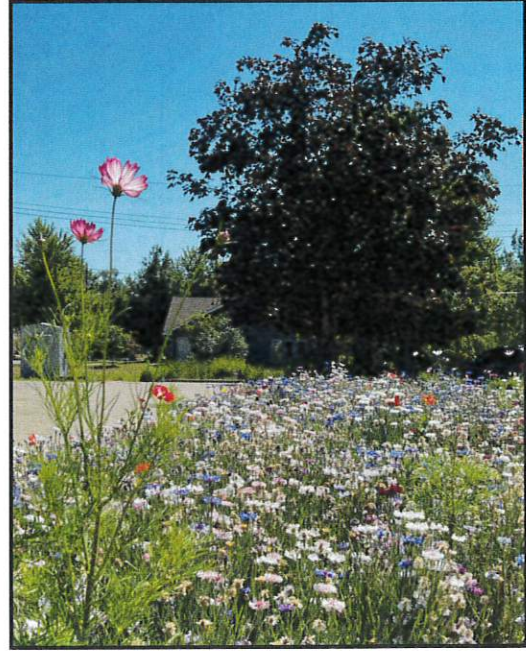
Human pedestrians are also attracted to this colorful strip, and many have expressed their delight and the hope that more such gardens will appear on the Mayflower grounds.

Betty Moffett



Pollinators

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Betty Moffett and Ben Pearce view the beauty of the Pollinator Garden.

Move It, Move It, Move It!

You've probably seen the listing in Bob Mann's "Take Note" missives: a listing of various exercise classes available to Mayflower residents.

I confess that, despite being an avid exerciser, I had not made use of these classes until I found myself volunteering to write a *Log* article about them. So I started attending them, and here are my very impressionistic views on what they are about.

Please note that the leaders may differ from those I experienced; I report on who was leading them during the last week in June.

Resistance Band, (visited on 6/28) - I had long heard about this resistance band class; I even owned some of the

bands used in the classes, but I hadn't imagined what a class would look like. Brett Brennan, a physical therapist with Key Rehab, led a seated session in which participants used elastic bands (provided by him in case you don't have your own) to exercise specific muscles. We focused on the lower extremities, including feet, knees, and hips. Brett was always very clear about which muscles we were supposed to be exercising, so participants could do the exercise correctly. Because we were using bands of different strengths, we could adjust the amount of tension we chose to use, and thus use more or less pressure on the joints and muscles. I and the 12 or so other participants enjoyed our 30-minute session; I came away much more aware of how I could

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Move It

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strengthen areas like my triceps and my (very weak) ankles, not to mention my surgically replaced knee! "Highly recommended!"

Chair Yoga, (visited on 6/29) - I had attended one previous chair yoga class, so I was somewhat aware of what to expect. Led by Leslie Jaworski, a certified group fitness instructor through the American Council on Exercise, the 10 or so participants were encouraged to breathe, to connect breath to movement, and to stretch. As someone who used to do yoga several times a week for many years, I found the practice both soothing and invigorating, since I was stretching areas of my body that I haven't stretched recently. Leslie kept the session connected and continuous, and I enjoyed it greatly.

Gentle Aerobics, (visited on 6/29) - This short (20-minute) session accommodates both sitting and standing participants. The session began with, and returning to, a basic march step. Facilitator Hannah O'Polka is a certified nutrition specialist and fitness trainer; senior and youth fitness certified. She kept participants moving with varied arm motions, body positioning, stretches, twists, and bending. The class certainly does provide aerobic benefit! And, from someone who has always loved aerobics and who needs to move, the class was a distinct pleasure.

Weight training, (visited on 6/30) - In this 30-minute session attended by 20

people, Hannah O'Polka focused on the lower body, with squats, leg lifts using different muscles in the hips and legs, and stretches for those same muscles. Many participants stood for much of the session, but Hannah seamlessly included variations for those who remained seated. Time for water breaks was included, as well as warm up and cool down. Great session.

As you are probably aware, the Mayflower folks in charge of wellness have worked very hard to upgrade both facilities and programming. Speaking in particular about these classes, I feel strongly that the staff are providing high-level fitness programming. And if you are a Mayflower resident, the classes are free! Hope to see you there in the future!

Judy Hunter

Mayflower Well-Being Classes:

Senior Strength. Monday and Friday.
10 am. Carman Center.

Chair Yoga. Thursday.
10 am. Obermiller Center.

Gentle Aerobics. Tuesday and Thursday.
1 pm. Obermiller Center.

Resistance Band. Wednesday.
10 am. Carman Center



Move It

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RESISTANCE BANDS

The strength of the bands creates pressure and tension on muscles.



CHAIR YOGA

This exercise helps to stretch muscles and can leave you feeling energized.

GENTLE AEROBICS

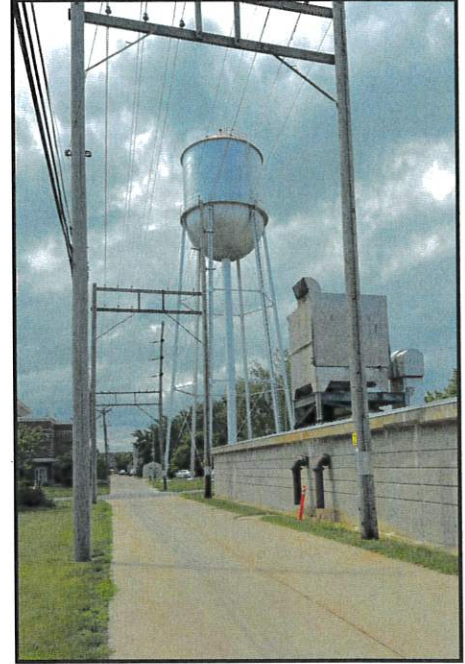
Whether standing or sitting, this class will help you work out tired muscles.



WEIGHT TRAINING

This training will help you strengthen muscles with weights and movement.

Reflections on Grinnell Water – Old and New



The Grinnell water tower and water treatment plant stand just north of Mayflower's Watertower Square. The new plant will be built in the adjacent green space.

The current Grinnell water treatment plant was built in the early 1950s. As the photo shows, the water facilities abut the Mayflower campus along 2nd Avenue. The plant was constructed at about the same time as the first Mayflower residences. The water tower looms over us and is the namesake for our latest residence, Watertower Square. The city has announced a \$35,000,000 plan to build new water treatment facilities. The plan includes a new building on the lot across 2nd Avenue north of Watertower Square that was purchased from Mayflower. A course I taught at Grinnell College and some personal anecdotes sparked my interest in Grinnell water. A few facts and stories about our water might also interest *Log* readers.

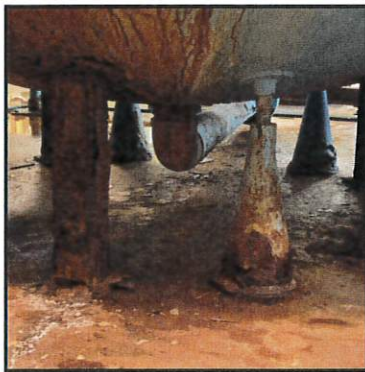
Upon moving to Grinnell for the first time in 1968, Joyce and I realized that the city water would take some getting used to. It was not terrible, but it had a distinctive unpleasant taste and left a reddish stain wherever it leaked and dried out. The stains were easy to identify as iron deposits. When the late Bill Oelke (Mayflower resident for 15 years) retired from Grinnell College in 1973, he left behind a general education course entitled *Water Chemistry*. I got the job of introducing a new course to replace it. I learned many things from Bill, including an account of his attempt to help the city in about 1952 select a new water treatment system. This preceded the current water

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Grinnell Water

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treatment plant. Bill described to the city council two plausible systems: a "lime process" that precipitated and separated out the hard water ions, and an ion exchange process that operated on zeolite clay charged with salt brine. He reported that the lime process had higher capital costs but lower operating costs than the zeolite/ion-exchange process. He recommended the former, but the city opted for the latter. That is how we got into the present situation. A couple photos show severely corroded facilities inside the treatment plant. These represent some of the reasons to replace the current system.



**Corrosion on
current
equipment
shows the need
for replacement.**

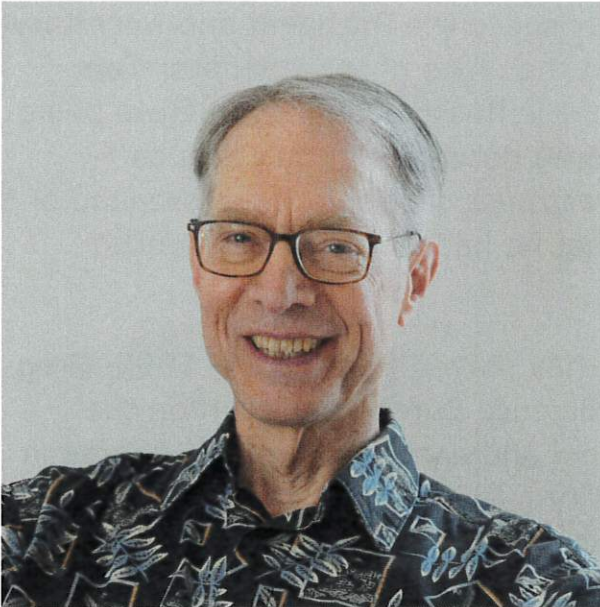


The new system for water treatment is extensive and promising. The proposed means of getting the hard water ions and other impurities out of the feed water is a process called nanofiltration. It forces the feed water under pressure through membranes that have pores or holes on the order of 0.01 micron in diameter. Water molecules and most singly charged ions can get through, but the doubly charged, hard water ions cannot. This raised for me the question of whether the natural and beneficial 1.2 ppm (parts per million) concentration of fluoride ion in the current feed water would be preserved. The Wubbels family is fond of the fluoride in Grinnell water. When each of our three kids, who were born and raised in Grinnell, reached adulthood, none of them had any dental cavities! Keagan Richmond, director of the plant, was surprised by my question about the fluoride ion, and checked on how nanofiltration affects it. He reported that the fluoride ion is reduced by nanofiltration from 1.2 to 0.4 ppm. He suspects that this level, along with dentifrices now common that contain fluoride ions, may provide adequate cavity protection.

The water plan aims to be functional by mid-2026. It entails many improvements not mentioned above such as a new water tower south of town and a new water well to the Jordan aquifer. These will supplement the current facilities. Overall, the plans will fix a major sore spot for Grinnell. We should look forward to this huge improvement.

Gene Wubbels

Welcome to Greg and Pam Thielmann



Greg and Pam Thielmann, who recently moved into Watertower Square, have traveled widely and lived in many places before choosing to come to the Mayflower.

Greg was born in Newton, Iowa, and graduated from Newton High School ('68) and from Grinnell College ('72), and spent three summers as a ranger at Crater Lake National Park. Pam earned a degree in library science from Kent State University in her native Ohio and then served in the Peace Corps from 1976 to 1979.

After beginning his work as a naval budget analyst at the U.S. Office of Management and Budget, Greg focused on arms control and security issues with the U.S. State Department. That focus led the couple to live in Brazil, Germany, the Soviet Union, and, in between, in Washington, D.C.

The Thielmanns met in the Miami airport as they were each returning to Brazil, where they were both working. Pam was serving in the Peace Corps, helping medical students access the medical library and learn "medical English." Greg was a Foreign Service Officer in Brasilia.

They were married in August 1980 in Westlake, Ohio.

Their first posting after their marriage was to Bonn, Germany, from 1982 to 1985. The strong dollar facilitated personal travel. Official Washington interest in the German peace movement made Greg's position satisfying, since, as he says, "It's nice when people want to read the reports you're writing."

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Thielmanns

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Returning to Washington D.C. in 1985, the couple welcomed their daughter Emily. Greg worked with Paul Nitze, at that time a Special Advisor to the President and Secretary of State on Arms Control. He spent a year posted in the office of Iowa Senator Tom Harkin. He also did an intense 10-month study of the Russian language before being posted to the Soviet Union from 1988 to 1990. Greg describes these years as "encouraging." In this time of Gorbachev and *perestroika*, just before the breakup of the Soviet Union, people were again interested in what he had to say in his reports! Daughter Emily attended preschool in Moscow.

When they returned to Washington D.C., where they stayed from 1990 - 1995, Greg worked at first in the Department of State's Intelligence Bureau and then on the Germany Desk. Meanwhile, Pam returned to school and earned a master's degree in social work from Virginia Commonwealth University.

They returned to Brazil from 1995-1998. Pam was happy to be back in a place where she was fluent in the language and had friends from her Peace Corps times; she put her social work degree to work as a counselor in Brasilia's American School. They traveled frequently around the country, and Emily attended the American School with daily Portuguese lessons.

When they returned to Washington D.C. in 1998, Greg returned to the same Intelligence Bureau office where he had worked previously and became the acting office director. It was in retiring from this office in 2002 that he gained brief fame in describing his bureau's lone voice of dissent from the intelligence community's assessment that Saddam Hussein still had active weapons of mass destruction programs in Iraq. Scott Pelley earned an Emmy Award for his interview of Greg in 2003 on "60 Minutes." Greg also received the "Citizen Watchdog" award from the Center for Investigative Reporting for his contributions.

After retiring from the State Department, Greg returned to work for the Senate Select Committee on Intelligence for four years, while daughter Emily attended Vassar College. Emily and her husband currently live in Philadelphia with their 2-year-old daughter Cleo. Emily has a career matching foundations with worthy causes they can support in defense of democracy. Currently Greg continues to serve as a board member of the Arms Control Association.

When asked why they chose to move to Grinnell, Greg points out that he's returning to his roots in Iowa; Pam mentions that she is "done with cities," and cited the ability to go for walks around town as a draw to the Mayflower. Mayflower is pleased to welcome the Thielmanns!

MRA President (Twice in a Row!)

The presidency of the Mayflower Residents' Association (MRA) is meant to be a one-year job, and not a particularly onerous one. Yet Gerry Guenther is approaching the end of his second year as president. A series of complications involving a string of successors (illness, moving away from Mayflower, etc.) induced Gerry to graciously agree to continue through 2023.

I moved to Mayflower a bit over a year ago, midway through Gerry's first year as president and just as Mayflower was emerging from the more extreme COVID precautions and edging back toward gatherings and all the activities those entail. Becoming involved in Mayflower life, I began to think the MRA presidency was a huge time commitment. Gerry chaired the MRA Council and Town meetings, introduced guests at Forums and Lyceums, and even attended the first meeting of the MRA committee I had joined. I wondered if he had to attend all the committees!

This impression was an illusion. Gerry wants everyone to know that being MRA president does not involve a huge time commitment. He said that his president duties have never interfered with other things he wants or needs to do. Duties are simply to:

- Meet more or less weekly with Mayflower's Executive Director (Steve Langerud).
- Give a brief report at quarterly Board of Trustees' meetings.
- Meet twice-yearly with the Executive Board.
- Write and send annual fund appeals for MRA activities and for Christmas gifts to staff.
- Preside over two MRA Council meetings and two MRA Town meetings per year.

Serving on MRA committees isn't part of the president's job. In Gerry's case, it was an artifact of circumstances. Partly due to the suspension of activities caused by COVID, membership on the Forum and Lyceum Committees had dwindled. Because Gerry was one of a very few remaining members of the Forum Committee, he didn't resign when he became president. He continued until the committee gained members and stability, and then merged with the Lyceum Committee to create the Events Committee.

We have a new president-elect who will take over at the end of this year: Montie Redenius. Traditionally, the president-elect was in charge only of organizing the welcome of new residents, recruiting and training neighborhood hosts, and holding an annual thank-you lunch for them. It was a small job but carried a big consequence: the incoming president had to learn the job from scratch while doing it. Gerry is instead

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MRA President

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including Montie in some of everything. With this system, future presidents will experience a smoother transition.

Some tips from Gerry that may be helpful to residents:

How to get on committees:

- Fill out the volunteer sheet that's circulated each fall with your preferences.
- Contact the Nominating Committee (Kathy Herman and Mary Schuchmann) or the Chair of the committee you're interested in.
- Be flexible.
- Enjoy the benefits: make friends and learn skills.

How to get issues heard:

- Speak up, to the MRA president, committee chairs, or Steve Langerud (who has an open door policy). Maybe gather support from other residents too.
- Just because your idea/request isn't fulfilled doesn't mean you weren't heard. Realize that Mayflower has financial limitations, so the answer may be no or not yet or we have to fund raise.

In Gerry's words: "My involvement in the MRA has been, and continues to be, an enriching experience. I will always be grateful for the people who have stepped up and given of themselves for the benefit of the entire Mayflower community."

And we are grateful to Gerry for his leadership.

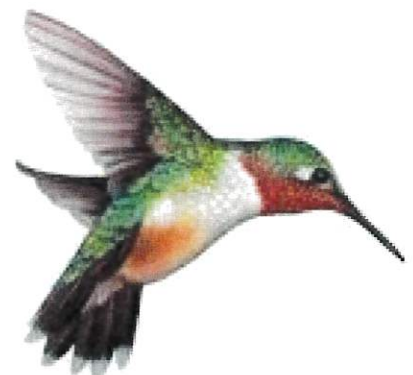
Nancy Cadmus

Hummingbird Habits

The guard is on duty, silently his mate glides in,
settling briefly for her day's end drink from the feeder.
Evening comes quietly, as if to let her drink in peace.
I move, and she is gone.

Tomorrow dawns.
She darts in again, under the watchful eyes of her mate.

Territorial rights within family limits.



Sue Drake

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Do you Remember...

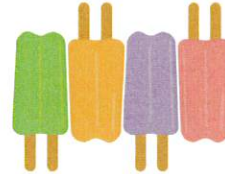


When I was a girl, growing up in a small town in Wisconsin, our grocery stores were all pretty much local. I think we may have had an A & P (Atlantic and Pacific Tea Company), but nothing like the large and many faceted markets of today. Among the things I remember about these stores is that there were no freezer cases. There were refrigerated meat cases, where shoppers picked out a roast or some chops, but there were no aisles of frozen entrees, vegetables, dessert treats, etc. That was a thing that was not yet prevalent in small rural towns. If we wanted ice cream, we usually went to a drug store, where there were soda fountains with freezer cases holding these kind of treats.

So ... that is why, when I was a young, the arrival of popsicles in the spring and summer months was such an exciting phenomenon! I distinctly remember kids running up our street, or my mom announcing that the popsicles were "in" at the local stores. To me it was more exciting than the arrival of the first robin!

Our popsicles were flavored frozen ice bars, mostly fruity, made with two sticks, so you could share them with a friend, or slurp the melty 2nd half yourself. The flavors were usually cherry, orange, or grape, and occasionally banana, root beer, and chocolate. I remember that the chocolate usually melted faster than the others. Later, frozen chocolate popsicle bars were sold as Fudgesicles.

These simple treats were such a delight, one that made the summers special. It was a bit like waiting for Halloween or Christmas. In our day everything was not there at our beck and call. Popsicles were only there in the summer for us... and in my memory they were well worth the wait.



Dorothy Martinek

My Favorite Wall

I tell my friends I sit on the deck
And watch both the water and birds.
The inlet from the ocean comes right to
my door;
It's a scene for which there're no words.

And if I'm in need of a different scene,
I shift in my chair just a bit,
And see a creek from my childhood days
With the trees in fall foliage — it fits.

The need of that moment with memories
galore,
Of fishing on a Sunday afternoon
Hoping to catch the catfish of the day,
Even though it meant dealing with
bones!

So ocean and timber—an inlet and
creek—
Are with me each part of my day.
They make memories so real I find
peace in each look;
It's heaven! What more can I say!

Patricia (Pasha) Buck
*Pasha Buck was a Mayflower resident for
several years until her death in 2023.
She wrote this poem in March, 2022.*



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Photos by Bill Pollak

Relaxed Fit

Threadbare cuffs, a frayed collar and tattered tail, the once bold plaid shirt hangs on a hook by the back door. Waiting for a yard chore or household repair, now it's become my uniform of usefulness.

In early life, it could have helped me feel affirmed by conforming to a youthful fad. Or, in later years, valued by being in fashion, the day's "good taste." Now its importance seems to be just being there.

Why is it so difficult to toss it out, make into a rag? It's been well used. But something holds me back. Perhaps it's the look of character, showing its age. It deserves some respect after I've worn it so long.

Such comfort it offers, the way it fits. It feels good, like an embrace, much as being with an old friend.

Warren Robert Reinecke
Published by Lyrical Iowa, 2017

