

# FEBRUARY RUNNER

*“Winter, a lingering season, is a time to gather golden moments, embark upon a sentimental journey, and enjoy every idle hour.”*

~ John Boswell



## Bird of the Month – Parrot

Parrots are beautiful, intelligent birds that are known for their colorful feathers. There are over 350 different species of parrots found primarily in tropical and subtropical climates. Parrots have strong curved beaks, lovely plumage, and impressive smarts. In fact, some parrots have even figured out how to get into garbage cans to get food. Others can imitate human speech. One famous parrot, Puck, can say well over 1,700 words. Parrots also have *zygodactyl* feet—instead of having three toes in front and one in the back like most other birds, parrots have two in the



front and two in the back. This adaptation gives parrots an advantage when it comes to grip. Many parrots mate for life, often with both the male and female caring for their offspring. Parrots live long lives, with some living into their 80s. They are also omnivores that primarily eat seeds, nuts, fruit, and insects.

## Special Days

**Groundhog Day**  
February 2

**Tu BiShvat**  
February 5–6

**Super Bowl**  
February 12

**Valentine’s Day**  
February 14

**National Flag of  
Canada Day**  
February 15

**Presidents’ Day**  
February 20

**Mardi Gras**  
February 21

## Flower – Violet



The violet is a sweet flower known as a symbol of love. These delicate blooms are very popular in planters and small bouquets. February’s flower is also the state flower of Illinois, New Jersey, Wisconsin, and Rhode Island. In the Victorian era, violets were prominent in the language of flowers. Purple violets represented faithfulness and purity. White and cream-colored violets meant “Let’s take a chance on love.” The heart-shaped leaves of the wild violet signify love.

## Birthstone – Amethyst



The amethyst is February’s birthstone. Its decorative use can be traced back 25,000 years, found among the remains of Neolithic man in France. Today, most commercial amethysts are from Brazil and Uruguay. In the U.S., they are found in Arizona and North Carolina. The stone’s name comes from the Greek word *amethystos*, which means “not drunk”; it was believed that those who wore it would not get intoxicated. Early Egyptians placed the stones in the tombs of pharaohs, believing that they possessed good powers.

## Show Your Birthday Colors

### **Pink: (Feb. 1–4)**

You are a dreamer. You try to reach your goals, and when you want something, you don't let anything stand in the way. You're a very loyal friend.

### **Red: (Feb. 5–10)**

You are loving, dynamic, and kind. A born leader, others seek out your opinions and guidance. However, you are as good at collaborating as you are at taking the lead.

### **Blue: (Feb. 11–15)**

You are a creative person who draws inspiration from all parts of life. You have a tight-knit circle of friends and family, and you stay very close to them.

### **Green: (Feb. 16–21)**

Outgoing and friendly, you get along well with others whether they are old friends or new. Your inquisitive, positive attitude is contagious.

### **Purple: (Feb. 22–28)**

You are always looking for the next project to tackle. You are very active, and your long list of goals keeps you very busy. From decorating to fashion, you have a superb sense of style.



## Nuts About Chocolate

In honor of World Nutella Day, February 5, 2023, dip into a jar of the popular hazelnut and chocolate spread. Participants in the yearly celebration also share recipes, photos, and messages about the delicious Italian product.

### February Zodiac

Aquarius (Water Bearer)  
February 1–18

Pisces (The Fish)  
February 19–28

**February**, along with January, was added to the Roman calendar when the calendar was extended from 10 to 12 months (around 700 BC). *February* comes from the Latin word *februare*, meaning “to purify,” because the Romans purified themselves in February in preparation for the arrival of spring. The Anglo-Saxons called the month *Solmonath* (“cake month”) because cakes were offered to the gods during this time.

## Valentine's Day Around the World

On Valentine's Day in Wales, a man carves a wooden “love spoon” for his beloved, decorating it with symbols like a key (to his heart). Danes exchange pressed white flowers and “joke letters” signed with dots. In South Korea, men receive the gifts—ladies get their gifts a month later on March 14. And in Iraq, lovers exchange red apples decorated with cloves, representing Adam and Eve.

### What's Lucky in February?

Lucky Color: Blue

Lucky Animal: Monkey

Lucky Letters: *L* and *W*

Lucky Day: Saturday

Lucky Plant: Rose



## February Birthdays

Vivian Maier (photographer) – February 1, 1926

Tommy Smothers (comedian) – February 2, 1937

Norman Rockwell (artist) – February 3, 1894

Hank Aaron (ballplayer) – February 5, 1934

Garth Brooks (singer) – February 7, 1962

Jules Verne (writer) – February 8, 1828

Ann Axtell Morris (archaeologist) – February 9, 1900

John Thompson (basketball star) – February 10, 1906

Elisabeth Carron (opera singer) – February 12, 1922

Edgar Bergen (ventriloquist) – February 16, 1903

Cindy Crawford (model) – February 20, 1966

Majel Barrett (TV producer) – February 23, 1932

Marilyn Michaels (comedian) – February 26, 1943



Good Day,

Here we are in February already.

This month I will again be sharing a story of a new resident.

## **Darlene Gilbert B 222**

Darlene is a fairly new resident at Paul's Run, arriving in January 2023. A native of South Philadelphia, living on Porter Street, Darlene met her husband at the age of 16 on a "dare". Darlene was shy and introverted, but to her and her fellow girlfriend's surprise, Darlene spotted a few young men on the corner and she herself picked out Harvey Gilbert. Darlene wrapped her arm around Harvey and invited him to a gathering.

That first night meeting was filled with such joy and laughter, Darlene had to ask Harvey to leave for her stomach hurt from laughing all night! That fateful night brought 64 more years of love, laughter, and 3 beautiful children. Darlene and Harvey's first home was on 5<sup>th</sup> St. near Wolf in South Philadelphia, then a move to Levick Street.

After her husband passed, Darlene continued to live on Levick Street until recently when she moved here to Paul's Run. Darlene stated she had wonderful neighbors and misses them dearly.

Darlene worked as a bookkeeper after her youngest went to kindergarten, but her favorite job was working in the accounting department at The Curtis Institute of Music where she worked for 10 years until retirement. The Curtis Institute would often offer free tickets to many musical performances in the area to the staff. Darlene and her husband fell in love with opera after attending their first performance of “Turandot”.

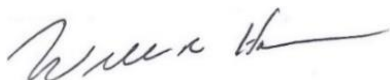
A volunteer at Jeanes Hospital, Darlene enjoyed helping others.

Darlene was already very familiar with Paul’s Run as she would often visit her friends who already lived here. Darlene said she has always loved Paul’s Run both as a guest and now a resident.

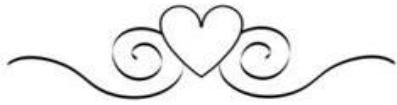
As a resident of Paul’s Run, Darlene admits she hasn’t attended many events, but appreciates all the help she has received already. She is very pleased with her apartment and stated the staff promptly addresses any needs immediately.

Welcome Darlene!

Sincerely,



Executive Director



In Memory of:



Grace Benedetto

Miriam Zucker

By: Mr. Gennaro J. Longino

By: Harve and Susan Strouse

By: Mr. and Mrs. Ronald  
Wandersee



Snowflake Gifts



In Celebration of:

Joseph D'Aquino Jr.

Bebe Fox

By: Rita D'Aquino

By: Jeffrey and Cindy Gordon

## **Paul's Run Celebrates 22 Residents Age 100 and Better**

The greatest generation - keepers of tradition and history. With their collective experiences and wisdom, they are a treasure.

On January 10th, Paul's Run celebrated 22 residents who have reached the age of 100 and beyond, a contingent who most represent that generation. Their spirit, passion and energy is an inspiration.

“When I realized that 5% of our residents here at Paul's Run were 100 or older, I knew we had to celebrate them,” explains Molly Bybee, Director of Community Life.

The day started with visits to the salon for many. Residents were given special treatment. They came for haircuts or to have their hair styled for the evening. Several had their nails done, too.

The auditorium was transformed into a magnificent dining room. Tables adorned with tablecloths and gorgeous, floral centerpieces provided class and elegance. Balloons gave the room a festive atmosphere.

## **Mayor Kenney Pays Tribute to Honor Residents**

As residents arrived, they were pinned with a corsage, an indication that this was no ordinary celebration. Greeting them was a special guest, Philadelphia Mayor Jim Kenney.





Mayor Kenney personally spoke with each resident, going from table to table. He inquired about where they grew up and their neighborhoods. They talked sports, history, and a host of other topics.

When he addressed the audience, he recognized their generation's sacrifices as well as their contributions to the world. He congratulated them on reaching the age of 100, stating that he would be distributing a special tribute for their accomplishment.

The tribute, he explained, is the third highest honor given by the mayor's office. It was his great privilege to bestow it upon each and every one of them.

The Mayor also commended Paul's Run. He exclaimed that he was impressed from the moment he walked through the doors with the warmth, beauty and friendliness of the community and the compassion of the staff.

## **Residents Share Their Secrets to Reaching 100**



Luanne Fisher, President and CEO of Liberty Lutheran, congratulated all for living a century. "I am honored to be here among you," she stated. "Not many of us will be so lucky as to reach 100. So, I want to ask you, what's your secret?"

Those in attendance didn't hesitate to reply. While many cited eating right and exercising, several gave other answers like keeping active and having joy in your life. Of course, there was also humor in their answers.

“Eat ice cream,” shouted one. “Wake up every morning,” another quipped.

“Aggravation,” cried another.

Perhaps the most endearing came from the couple in the room that’s been married the longest, Mr. and Mrs. Waldowski.

“Love,” shared Mr. Waldowski. “Never go to bed angry and always kiss your wife goodnight.”



## **A Royal Feast and a Walk Down Memory Lane**

Dinner started with shrimp cocktail. As they began eating, Molly offered a champagne toast to celebrate. Michelle Wildsmith, Chaplain, read a special prayer she wrote specifically for them.

The chef had prepared a special dinner that included baked salmon and beef tenderloin with sides of asparagus, roasted and mashed potatoes and baby carrots. For dessert, residents were treated to a Paul’s Run favorite, cheesecake.

Prior to the event, Molly had requested old photos from residents and family members. With those photos, she arranged a slideshow that was shown on the big screen throughout dinner, providing a glimpse of their rich lives.



Pictures included childhood photos, yearbook pictures, those who served in uniform, and lots of family photos with children and grandchildren. As the slides rotated through, tables were abuzz with conversations about their collective pasts.

Two men discovered that they both attended Simon Gratz High School in Philadelphia, graduating one year apart. They never knew each other prior to moving to Paul's Run, so it was a treat to discover their common history.

Congratulations to all our centenarians! Thank you for sharing a part of yourselves with us. You continue to inspire us daily.

*Special thanks to Molly who had the vision for this celebration. It takes a village to pull off an amazing event like this. Kudos to the entire team who planned and executed the perfect evening: coordinating logistics, preparing and serving the food, decorating the auditorium, helping residents dress for the occasion.*

*Corsages for residents were sponsored by Bayada Home Health Care*

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Resident Thank You for the Centennial Celebration:

*Thank you one and all for having a most delicious, caring, delightful evening. I appreciate all the work that was involved and the kindness from everybody.*

*Thank you,  
Frances Gold*

**February, 2023 >>>**

- ***Pictured right:  
Another great  
turnout for Joe's  
monthly Sunday  
Drum Circle.***



## *A Monthly Look at Music & Wellness in the Paul's Run Community*

### **Featured Music & Wellness Programs in February:**

- **WEDNESDAY  
FEBRUARY 8th at 2:00 PM**  
“The Dazzling Divas!” Paul’s Run Community Members, Abby, Beverly, and Geri share their music entertainment talent singing some of their favorite popular standards.
- **SUNDAY FEBRUARY 19th  
at 2:00 PM  
in the AUDITORIUM:**  
Drum Circle with Percussionist Joe Tayoun.

### ***What does music and wellness mean?***

- Building community
- Positive connections
- Reducing stress
- Motivation

What does music and wellness mean to you?

If you would like to share ideas or have recommendations, contact Ryann at [ryannl@paulsrun.org](mailto:ryannl@paulsrun.org) or call 215-934-3003

## **Compromise**

**By Arnie Escourt**

Prayer cannot be superseded  
God is a beacon of truth and light  
Respect is always needed  
No matter who is wrong or right.

True friendship is like a short, slippery rope  
Attached to only two or three  
True love is based on mutual hope  
That builds the family tree.

Marriage is a fragile being  
Requiring constant care  
True love is giving and sharing  
And each always being there.

Kind words and loving kisses  
Before you go to bed.  
A smile and a caress will never miss  
And never an angry word should be said.

A husband and his wife  
Should live and behave like friends!  
True love means preventing marital strife  
Always trying to avoid anything that offends.

Compromise seems to be the magic key  
To fix problems that tend to stir  
Say, "If it is ok with you, then it is ok with me."  
To make most problems better than they were.

Old and Distracted  
By Arnie Escourt



We know our tomorrows will be like our yesterdays  
And we wish it will turn out to be a brand-new day  
Will my wishes and resolutions ever come true  
Or will tomorrow's expectations go up the flue?

In our current days, time just spills into an empty bag  
And we have memory lapses that annoy like a dirty rag  
The hours and days seem to fade into many weeks  
We tend to forget the names, numbers, and words we seek

We now call our friends sweetie, dude, buddy, or honey  
Forgetting is upsetting and not one bit funny  
The world around us seems to keep shrinking  
Changes, no big house, car, partner, it is all rather stinking

Experience, habit, and common-sense steer us through each day  
We shower, we dress, we eat, we continue to find our way  
However, devices around us never seem to continue to run  
And those old activities of interest, are no longer fun

Yes, we fumble and bumble our way, but seem to get there  
And not being able to find our way, is quite a scare  
We try to ignore our new faults and dumb mistakes  
And try to dismiss them with the wasted effort it takes

Look, the fog has lifted and the sun came out  
We can walk outside, play Bingo or sit around and pout  
None of us really knows our future or what to plan  
But life is valuable and we will try to enjoy it, as best we can!

Can't I Be Me  
By Arnie Escourt

I could never learn it right away,  
Isn't it okay, if it takes another day!  
Who said we're all the same?  
Why do they always need someone to blame?

They don't understand how I feel?  
Can't I be just me? So, what if I'm not ideal?  
What is the problem and what is my proper place?  
Why can't I do things, at my own pace?

I try not to get upset, and I can't dance.  
Have some money, no gold that glitters, no extravagance  
Sometimes I do not know how I got where I went,  
And nobody seems to care if I was lost or sent.

I can do whatever I have to do.  
So why can't I do it a little differently than you?  
I do not do everything perfect' or as they say.  
I want to do most things, my own way.

Yes, I am stubborn, and have my own opinion  
And sometimes I can be as annoying as a dandelion  
I do not expect to go down in history  
I just want to be left alone, and just be me!

Ed Scully

February 2022

I've noticed that there's a number of older folks living here, not quite as actively at Paul's Run as some years ago, and it has made me wonder if they may recall a song of yesteryear that was sung very often by the Ink Spots, Vaughn Monroe, Kitty Kallen, Frank Sinatra, and Bonnie Prince Billy : "Dream a While ". The lyrics to it may be akin to what some of us are actually dreaming as we spend our golden days a bit differently from when we may have been ballroom dancing a few years ago to that tune.

To help us refresh our memory back to that time ,three verses to that tune are presented for you to possibly shout out:

Dream a while, We've only a while to dream  
Love is sweet, But swift as a candle's gleam  
Close your eyes, The music is soft and low  
Dream a while, Before it is time to go

Darling, can't you see, Nothing is ever quite the same  
Give your lips to me, And let our hearts burst into flame  
Hold me tight, For that is the thrill supreme  
Dream a while, We've only a while to dream  
Dream a while, We've only a while to dream  
Love is sweet, But swift as a candle's gleam

Oh, close your eyes, The music is soft and low  
Dream a while, Before it is time to go  
Darling, can't you see, Nothing is ever quite the same  
Give your lips to me, And let our hearts burst into flame

Hold me tight, For that is the thrill supreme  
Dream a while, We've only a while to dream



Ed Scully – February 2023 Continued

Every February our attention somehow is taken to two of our greatest presidents with the usual stories about the wonderful things that they have done. Here are a couple of their other parts of their activities that most biographers may have overlooked or possibly felt were not really important enough to ever relate to their readers. Well, contrary to the really recognized what-ers, what follows this prelude can be something you never may have heard that you can relay to your grandchildren or grandmother:

The New York Central Railroad offered the Abraham Lincoln \$10,000 a year to become its general counsel. This offer certainly occurred at the wrong time -- just almost when he was nominated to run for election to the presidency of our United States. His reply to the official who made the offer was as follows: "What could I do with \$10,000 a year? It would ruin my family to have that much income. I don't believe I had better consider it."

When President, after glancing at a voluminous report given to him about a newly invented gun he angrily responded that "I should want a new lease on life to read this through" Upon throwing it down upon the table, he added: "Why can't you exhibit a grain of common sense? If I send a man to buy a horse for me, I expect him to tell me his points -- not how many hairs there are in his tail."

With regard to George Washington, he certainly illustrates how untruths are told about persons who are famous. His first biographer, Rev. Mason Locke Weems works were examined and they were correct in only two details: He was born and he commanded the Revolutionary Army.

Another example of Weems' inaccuracy is that the story about Washington chopping down a cherry tree is invented.

Weems' imagination often ran completely out of bounds and even common sense. I wonder if he ever married Martha.

Ed Scully - February 2023 Continued

Any Paul's Run resident who spends some time on the main floor of the "A" building has most likely seen Richard Mansley the 28 -year - long resident who speeds about everywhere on a rotator every day for at least a half-hour and probably even longer. Almost certainly, his daily trips help him to chuckle vigorously when finding something amusing. Almost daily Richard is seen in the library, his starting- out point, where he always makes a copy of the puzzles in The Inquirer.

This has got me thinking about the definite benefits of walking. Accordingly, from only a brief review of the Internet, a few benefits of a walk are shown below to help gain your interest in walking, if only for a few minutes a day. I look forward to having to move over to let all the many residents walk by me just about any time of the day or maybe even sometime after nine o'clock in the evening. You are urged to give this some thought about being or staying a walker (At least 8 1/2 minutes or more of thought are recommended).

Here are a few benefits of just a little daily walk :

It improves one's life span.

It boosts cardiovascular health.

It reduces the risk of heart disease.

It reduces risk of and living with Diabetes.

It pushes heart rates to desired higher zone.

It helps to burn calories.

It helps to lower blood sugar

It certainly helps to enhance one's mood.

It is an excellent aerobic exercise.

It builds helpful muscles and bones (for falls).

It moves you from abodes for socializing.

When walking outside, you breathe fresh air.

An after-thought is my amazement at how rapidly our staff members whiz around Paul's Run and are mostly in a blur because of their speed. (Is rapid walking a Paul's Run hiring requirement?) An event that may be welcome here is a walking race, like the Penn Relays held every April. How about a scheduled race of staff members from the front desk to the library and back some lazy afternoon. It could be observed and cheered on by our residents! Who is the champion walker?

Ed Scully – February 2023 Continued

I previously mentioned our resident, Richard Mansley, who is also the source of the following information about Bustleton where we spend most of our days. It is hereby announced that any window you now look out from, you will be looking out at Bustleton, now an integral part of our wonderfully fair city of Philadelphia.

An 1804 issue of The Newtown Railroad Reel contained a story that the town of Bustleton was then almost as primitive as it was even before the Revolution. Amazingly, all of approximately 800 residents disliked the idea of any factories trying (happily in vain) to locate there. It was then hailed as a community of persons who trace their ancestry back dozens of decades before there was even a vestige of what was independence that was to be in the nation of the United States.

It was written "There is no hustle in Bustleton". To those living there, it was thought that its way of living should continue as a real town of most all of them having a large interest in life. From a sanitarian's viewpoint, the town of Bustleton could not have been better located. It is on very high ground and its soil is very richly prolific, i.e. it produces fruit abundantly. Probably our outsiders were more concerned with the chief highway of this little place that has a "good top", as the farmers say, although they had little use for it, except for sometimes driving to church on Sunday. The highway was then about fifty feet wide but its possible widening was felt by many to be "the incarnation of all evil; there must be no boulevard in the town of Bustleton". Note that Grant Avenue was widened from its 50 feet to 100 feet with papers saying it will be a significant drive or a grand boulevard. What do you think of Grant Avenue as it now is? There was a word -picture of Bustleton, so called because at one time before the town was named a woman known as the "Bustling Bee" lived there. This name was abbreviated/ corrupted from time to time until the name of "Bustleton" finally evolved as it now is.

Entertainment was rather meager and when it took place, sites were mostly St. Luke's Hall and Union Hall. Each winter 2 or 3 amateur shows with local performers were held and also visiting minstrel shows were very well attended. Jokes heard at these shows are the jokes of the town all winter until the next aggregation comes to visit. The news article also mentions the trains of then which will be a subject in a later Runner.

## Slavery

By Jack Birnbaum

In case you have wondered why slavery is bad this poem can perhaps explain why

Of all the crimes committed by man none is loathsome than that of slavery, a crime that strips a trace of one's dignity and self-respect

It robs a woman of her rights to appear seductive without make-up ala natural held in great stress and also made-up with many chains

Although her condition is explicit within its view may be hard to be construed as different without showing any signs of maternal retrospect

It disallows her to and to have or to flaunt exhibits of her charms, it strips her needs to have a right, to make up or to use such concepts

It does away with man's prerogatives, he does not have either the right to have a choice, nor he may not have the right to making a choice

It does away with his needing to set an example, nor can he decide whether or not to be allowed to pursue or even to raising of his voice

Being a slave there aren't any choices, if the man says work, you do or he can use his whip to deliver unto you as one devastating smash

It relieves you of losing your temper as you are notified those rights you've been granted have this day, them, you can in no way them cash

There are no needs for either men or women to doing what is considered as being a good deed as credit will not be given this day, to be

There is no talk of fun and enjoying or the company and compassion of others for with slavery there are no such qualities, only misery

Emancipation to Jim Crow  
By Jack Birnbaum

The emancipation of some four million American black slaves began in the 1860's when Jim Crow began its reign of some 90 years for seeking human and civil rights

Slavery as an institution was designed as income for its masters, while the slaves were seen as less than human their humanity, usually invisible as a part of these slights

Family life was not protected or recognized, coercion was its tool, the slaves mean of resistance ran from open hostility to sabotage, reducing profits were its goals

With emancipation came migration as many slaves fled southern plantations for Hilton head Island, South Carolina a Union army base, as a refuge for those souls

Many more slaves in spite of their lack of job skills or lack of housing, fled to the north in the face of Southern white hostility toward their civil and human rights

Some 185,000 Black soldiers enlisted in the Union Blue, fought well, though under paid, and in general put into practice their view of slavery as being a human blight

Freedom to them was conferred by government, enumerated by law, free speech, to vote, to keep and bear arms, and due process under law, civic rules for one as one and all

Freedom of humanity, a right to form families, a right to personal safety, right of adequate food and shelter, right to read and write, right of adequate payment, & also stand tall

These then are not only the goals of our democracy but through our stated commitment of equality it should be not less than an expectation for all, whether one is black or white

Old Jim Crow had better know that ancient southern traditions as is this one, is not to be abided any longer, and that its termination is part of a rule abolishing it is not so, not quite

## Allegories and Missions By Jack Birnbaum

Words used by craftsmen do create effects, also moods, well beyond compare  
In theater, or music hall, cinema, or sung, spoken, or written are, extraordinaire

They communicate what we are, or were, and that which we may yet, become  
It notes accomplishment or foibles, schemes or dreams, they are, wise or dumb

The events were of history our hope larger, but the events were so much less  
Beauty is denoted as villainy or heroics are seen just as being a very big mess

This effect and more are from a deft use of words and create images by the score  
The goal of this event is a parable an ancient word of truth a part of a moral lore

A parable is by definition an allegorical story of a religious truth told in this form  
The timeless images can include of knights and dragons in projection as a norm

Any can be villain or hero today, sans morality, truth sales are now of the couth  
The format in this age has the intent of desire that could fit it in as a sweet tooth

Public relations replace a past morality by making a purchase be as an obsession  
New words are now available to scapegoat some but others can use as repression  
Will we see a mutation from veneration to scorn, is mans soul now in question?

The answer I believe, is once again, use the original to reflect both ethics and merit  
There seems no reason to separate being each does now attain one virtue to inherit

Without use of the words of mendacity and images to promote the rule of authorism  
To return to the parable again allegories of faith and morality is yet a needed mission



Not Perfect, By Jack Birnbaum

As it came time to pick a site as our national capital our founding fathers could choose a site that served our nation, perfectly, or a site, not perfect, but also served their political needs as well

The post Constitution capital New York was already a cosmopolitan port, while Philadelphia filled with anti-slavery Quakers and southern cities with slaves made them candidates with a smell

James Madison felt Presidents Washington's investment in the Potomac development company was a perfect solution for the president and the southern states, to become a balanced plan

So, the Virginia Legislature allocated \$22,000 and Madison plus other Virginians and foreign investors awaiting Congressional action with interest when an opportunity rose up amidst the sand

Alexander Hamilton's report on public credit was stymied and he and James Mason made a deal, that Hamilton would provide the votes if Virginia could support the Potomac as it's capital space

Then a bill appeared in the Senate supported by Washington on the Potomac capital site to begin in 1800, not perfect, but with Hamilton's report a use southern support, it was a plan for this place

To survey the site selected he chose Andrew Ellicott who worked on the Mason-Dixon line who in turn hired Benjamin Banniker as an assistant, a free black man, who had astonishing mental skills. Together Elliot and Banniker laid out a plan starting at Jones point, they laid out the boundary lines with long avenues into circles that Washington loved placing public buildings on small raised hills

The street plan would produce 15,000 building lots that would then be auctioned off and the funds for these lots would now become available to be of use for the public building construction

But this conception ran into problems as all three contractual companies hit snags, one was dismissed, two others went bankrupt so completion of the Capital by 1780, was not a viable option

Such an event would leave Philadelphia as capital and undo the balance of the plan so, Washington asked Congress and received a \$500,000 loan, now to be able to construct our Capital city

While not perfect these events gave us a capital, rewarding the Potomac company and the Southern states eliminating Philadelphia and an employee and his black assistant a deserved victory

2023. Where will it take us?

By Sr. Franceline Malone

I'm looking above the computer to my bulletin board which supports a new calendar, compliments of Audubon. A mountain bluebird perches among frozen branches above an un-messed up month. Scattered around the board are multiples (at least as many as I can fit on the space vacated by the calendar) of photos. Lots of family shots- mom and dad, brothers and their wives and kids, SBS all the way back to the novitiate, Cincinnati, St. Michael Indian School, nieces, nephews, with their little ones.

Several- recently sent to me of smiling little girls and boys - were my grand nieces and nephews. Except for my niece Mary's four grown boys, the grand nieces outnumber the grand nephews! But one and all their beautiful smiles brighten up my bulletin board.

We Sisters of the Blessed Sacrament were called by God to serve Him and his people as SBS. We love our families and it was not easy to bid them goodbye, but we continued to love them and stay in touch. Church rules changed as time went by, so we had more opportunities to visit and stay with them and they with us over the years.

We SBS had a three year novitiate before setting out for the missions. Besides deepening our spiritual life during that time, we also prepared for future ministry. We took college classes, worked in the chapel, the convent, played together (yes even baseball), took long walks, got to know each other and helped one another. I remember putting on plays which we wrote ourselves. And the older Sisters actually clapped for us!

We had a lot of fun times. We'd walk about a mile to the river, where we would sit on steps leading down into the water. Once one sister took off her shoes, placed them on a lower step while she wet her feet. Along came a motorboat, gone were the shoes!. Not fun! Sister walked home, would not let us carry her. Months later when we were back at the river again, what washed up while we were there? A leather shoe, of course, not ready to put on, naturally!

2023 by Sr. Franceline Malone continued

When we were in our third year, we were assigned a grade to teach. We put to work our two years of studies, teaching an elementary class, obeying all the regulations, not only of the state but also of the diocese of Philadelphia! I had about 30 fifth grader boys and girls in the afternoon. Took my turn administering diocesan tests and correcting them!

My first mission was in Cincinnati, Holy Trinity. I taught fifth grade and I could look out the window and see people walking in Kentucky across the river. Cincinnati tore down that section of the city, so the next year I taught at St. Henry School, 1878 or so, in a poor area near the railroads. The families were struggling. I taught first and second grade children in one room on the second floor with a very long staircase going up, and my little children had to climb it!

Anyway, most of us young ones were still studying while we taught. Loved it!

Enough! Great beginning of my wonderful life!

## **Adirondacks & Climate Mitigation**

**By Sister Franceline Malone**

New York's Adirondack State Park was created in 1892 way before this New Yorker was born. It is the largest park in our lower 48 states. According to their brochure which I got this week, it is bigger than Yosemite, Yellowstone, Glacier, Grand Canyon and Smoky Mountain National Parks, combined. With its six million acres it is recognized as a model of large landscape conservation. Over 2.7 million acres are publicly owned and protected as "Forever Wild." Its abundance of clean waters found in vast sections of its unbroken forests, make it a welcome home territory for migratory birds, butterflies, reptiles, mammals, countless fish species attracting a constant flow of fishermen and women.

Adirondacks & Climate Mitigation by Sister Franceline Malone continued

More than half the land is private with 105 towns and villages, farms and communities, working forests, providing homes for full time residents as well as seasonal ones. More than 12 million visitors find the Adirondacks fascinating each year. People and nature thrive together in those mountains. Unfortunately, the threat of climate change is putting the neighborliness of people and nature at greater risk. Climate scientists, concerned that if the annual rise in temperature remains the same, by 2122 the Adirondacks will feel like that of today's Richmond, VA.

Rising temperatures are already changing the Park's ecosystems, threatening the survival of wildlife and native plants. Some species of fish - prized by today's anglers - including brook and lake trout - may die out if we don't take swift and decisive action to combat greenhouse gasses that are wreaking havoc on our atmospheres. There are some rare alpine plants found on only 11 mountain peaks in the Adirondacks that are facing shrinking boreal habitats.

Flash flooding and prolonged droughts caused by fluctuating weather patterns threaten the communities' way of life. Local farms, and natural areas depend on their ability to attract visitors. In winter a lack of snowfall affects Adirondack businesses especially those that depend upon skiing, snowshoeing, snowmobiling, or ice fishing. Maple syrup production also depends upon a reliable freeze and thaw cycle to make the sap flow. "The Adirondack Park contains the largest intact temperate deciduous forest in the world....

Scientists recognize that natural climate solutions have a major role to play in global carbon sequestration. The mature trees of the Park's Forever Wild Forest Preserve play an important part in absorbing and trapping greenhouse gasses that are rapidly changing our planet." *Adirondack Council*

The forest contributes in other ways. Its shade cools the streams for cold water fish, wildlife find refuge and habitat there, the vast root systems keep the soil intact, humans enjoy in a palace of respite, it preserves mature forests, it connects landscapes, and it emphasizes the need for climate resilient, connected landscapes.

Our Paul's Run trees, though not in a forest, still contribute to making our world a cooler, greener place for us, for visiting deer, for groundhogs enjoying the grass and birds resting in the shade.

## Climate Change or Better- Climate Crisis?

By Sister Franceline Malone

February 13, 2020 - In the span of 141 years of climate records, there has never been a warmer January than last month, according to scientists at NOAA's National Centers for Environmental Information. Some writers discussing present day climate problems across the world have suggested that we should be talking about the "climate crisis."

Others fear the term might build up fear rather than suggesting we put our minds to finding solutions. A team of 25 scientists are now looking at climate "sensitivity." Their assessment "conducted under the World Climate Research Programme published in *Reviews of Geophysics*, relies "on trends indicated by contemporary warming, the latest understanding of the feedback effects that can slow or accelerate climate change, and lessons from ancient climates. They support a likely **warming range between 2.6 degrees C and 3.9 degrees C** says Stephen Sherwood" of Univ. of New South Wales, a lead author of the study.

Here are some of the problems that climate sensitivity has dumped upon our globe these past few years (not necessarily taken from above article.

2022 record drought, \$18 billion to repair; another Western drought, 91.3% billion; Alaska 16th warmest year in 98 yr. record & 4th wettest on record, June 18, 1 million acres burn; contiguous US - 2nd yr. in row; 2022, \$18 billion record climate and weather disasters, highest recorded separate \$billion events; Flooding - Missouri and Kentucky; 2 tornadoes in south and east; central and eastern US - winter storm/ cold; 22 hurricanes, 3rd most costly on record; Puerto Rico 12-18 inches rain; Florida - hurricane - Ian 159 mph winds; Maine - 5th warmest November on record!

**There has been some good news to report lately!!!!**

The Coronavirus heals itself quickly!

5% less car travel in the world led to visibly clearer skies!

Auto Pause in parks and oceans filled a wildlife bloom gap in parks and oceans.

Climate Change or Better - Climate Crisis? By Sr. Franceline Malone continued

Less noise, less pollution, cleaner water has helped our environments bounce back!

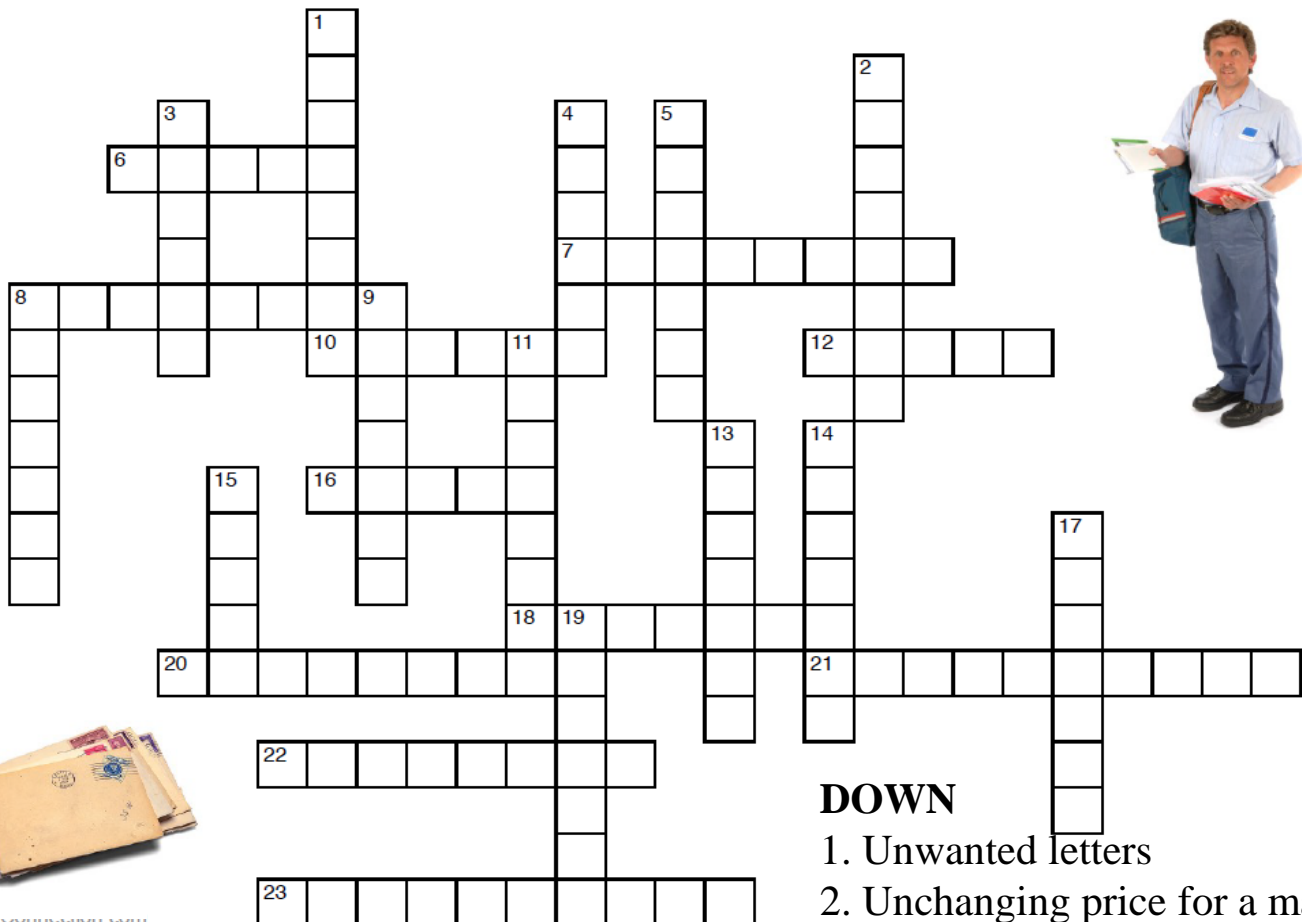
The Turtle Rehabilitation Program released 30 sea turtles into the Arabian Gulf on World Sea Turtle Day. Several other species were returned to the wild. According to the internet, turtles play a vital role in ocean health. (Learn something new *every* day!) Turtles can live more than 50 years, swim thousands of miles, then work their way back to where they were born and lay their eggs.

Scientists have figured out a way to make plastic waste into vanillin; it can become food, flavoring, perfumes and pharmaceuticals! The internet *even* told me it could teach me how to do it. Tempting, but passes that one up



## Positively Postal

Use the clues to fill in the crossword.



### ACROSS

- 6. Mail cargo vehicle
- 7. Shipment of goods
- 8. First postmaster general (last name)
- 10. Written communication in an envelope
- 12. Postage sticker
- 16. Postal worker's delivery plan
- 18. Parcel
- 20. Mail that requires a signature
- 21. Old-fashioned Wild West vehicle once used to deliver mail
- 22. Tourist purchase
- 23. U.S. mail V.I.P., \_\_\_\_\_ general

### DOWN

- 1. Unwanted letters
- 2. Unchanging price for a mailer
- 3. Mail by land
- 4. Return to \_\_\_\_\_
- 5. Letter receptacle with a red flag
- 8. Package label warning: easily damaged
- 9. State with the largest post office
- 11. Letter sleeve
- 13. Post by plane
- 14. Fast delivery choice
- 15. Weighing device
- 17. Five- or nine-digit number added to mail in the 1960s
- 19. Number on a house



## MAIL ISSUES

RESIDENTS ARE ASKED TO RETURN TO THE RECEPTIONISTS ANY MISDIRECTED DELIVERY FROM THE UNITED STATES POST OFFICE.



THE RECEPTIONISTS WILL ASSURE IT IS RETURNED TO THE POSTAL WORKER FOR DELIVERY TO THE CORRECT RECIPIENT



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**THE GENERAL STORE  
HOURS OF OPERATION**

**MONDAY - FRIDAY  
10:30AM-3:30PM**

**SATURDAY -SUNDAY  
11AM-3:30PM**



**THE HOUSEKEEPING  
DEPARTMENT IS ASKING FOR  
YOUR COOPERATION IN  
MAINTAINING A SANITARY  
ENVIRONMENT FOR ALL OF  
OUR RESIDENTS.**

**REMEMBER TO WASH YOUR  
HANDS FREQUENTLY WITH  
SOAP AND WATER OR WITH  
HAND SANITIZER WHEN  
AWAY FROM SOAP AND  
WATER.**



A Request from  
Maintenance:

As much as we like to hear from you about repairs you need, we ask that you contact the front desk and put in a work order so the repair request gets recorded and not forgotten about

**FRIENDLY  
REMINDER**

Our lobby is so beautiful. Please refrain from eating or drinking in that area.

Thank You