



The Breeze

Winter Edition



January
2007

Resident Feature by: Flo Carris *The Princess of the Wiscasset Castle*

On a cold, windy afternoon, one might have seen a woman dressed in a parka, a long woolen scarf wrapped around her neck, a stocking cap pulled down over her forehead and a strand of gray hair poked out like a stiff piece of frosted straw. This courageous, pink-cheeked woman trudged three times around the island (the parking area) at St. Andrews Village. Could this be the Princess of the long vacated Wiscasset Castle? (alias Jane Standen Tucker).

Jane's father Richard was born into a seafaring family. He himself was a ship's captain from Wiscasset. The Tuckers were in the cotton trade. They built their ships in New England but sailed with full loads of cotton from Savannah and Charlestown to Liverpool and Le Havre.

To know Jane is know her family. Her father was an astronomer, a graduate of Lehigh University. He first went to Cordova, Argentina to the Argentine National Observatory. In 1893, he went to Lick Observatory, Mt. Hamilton, outside of San Jose, CA. In 1913, Richard Tucker married Ruth Standen, secretary to the Director of the observatory. In 1917, their daughter Jane was born.

At school age, Jane with 8-12 others attended the Mt. Hamilton one room school.

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Staff feature: July Hasch by: Carol Howe

Meet July Hasch, Assisted Living's Nurse Manager

July Hasch is now Nurse Manager in the Assisted Living area at the Inn.

That's right: "July" is her name, not Julie. (When our citizens asked about her name, she explained it came from her maternal great-grandmother, so it's not a new name).

This smart lady has earned a Bachelor of Science degree, Summa Cum Laude (translate, "With highest distinction") and an RN degree. She'd been attracted to work in St. Andrews Assisted Living for some time, but-with young sons John and Jay (now 10 and 6) didn't have the time to spare for such work.

When Debbie Siegel, Barbara Marr and Mary Craig moved into larger space on the first floor and, as their jobs shifted, July Hasch applied for the position.

Now, with both boys in school, she has the time.

Hasch has a concern for each of her residents, keeping a discreet and friendly eye on them. There's plenty going on in that area: Donna Townsend leads a really popular exercise session twice a week and activities coordinator, Mary Craig has a full schedule of events planned each month. (Have you been to one of their tea parties, featuring goodies baked every week)?

Earlier, Hasch had worked in Gregory Wing. She earned her CNA before attending the University of Southern Maine.

She and her family live on Southport, not far past the bridge on Rte. 238. Son John is involved with team sports, according to the season, so there's some driving to do.

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Welcome New Friends.....

Russell and Elsie Palmer are settling into Village life at 106 Emery Lane.

Marjorie Hanselman, our newest apartment resident, has lived locally for many years. She resides at apt. #106.

Reba Pixley has purchased 99 Emery Lane. Reba will move into her new home as soon as her Phoenix home is sold.

Do you have an article idea for the Breeze?

Are you interested in working on "The Breeze"?

If so, please see Carol Howe or Lisa Cunningham. They will be happy to give you more information on how you can help!

A Literary Review by: Walt Schmid

Team of Rivals

By: Doris Kearns Goodwin, A Pulitzer Prize winner

This is a most instructive & informative book about Abraham Lincoln & his war Cabinet. Lincoln selected as his Cabinet of advisors the most capable people in the land. They also represented the strongest rivals for the office of the Presidency.

Prior to reading this book about the period of the Civil War, I was of the belief that all the miserable, rotten politics were the product of our generation, Lo and behold, we are pikers compared to the earlier politicians.

It is amazing that Abraham Lincoln was able to fuse all these disparate individuals (some who sought to overthrow him and supplant him as President) and convert them into a positive and effective force.

The book is heavy reading—by that I mean the book is physically heavy. It is however, very readable.

The author goes into amazing detail, all of which is thoroughly researched and documented. As history unfolds in the text, we see a very different perspective of the Civil War from what little we were exposed to in school.

The author develops complete backgrounds on the main characters and their motivations. It is amazing how Lincoln was able to keep these diverse personalities functioning and was able to weld them into a devoted and efficient team.

This a good and interesting “read”.

A New Year by: Pat Cosman

Do you remember your school lessons about the God Janus? He comes to us from Roman mythology and is identified with doors and gates. This first month of January is named for him.

Illustrators portray Janus having two faces. The face of an old man looks behind and that of a young man looks ahead.

We would do well to be inspired by him, and let the old man shut the door on all last year’s sorrows, hurts and disappointments. The young man can then open the gate of the new year, allowing us to be filled with enthusiastic optimism and hopefully bring out the best in ourselves.

To all of you, from all of us on the Breeze staff, we send wishes for a pleasant, healthy new year, with the reminder that if winter comes....

Staff Feature continued....

Her husband is Boothbay Harbor’s Chief of Police.

July looks too young to be the mother of her two boys as well as in charge of St. Andrews Assisted Living neighborhood. Don’t be fooled by the looks of this slender lady—she knows exactly what she’s doing, and does it well.

Welcome July!

Resident Services. . . .

A very Happy New Year to you all.

My, what a busy December we had. The holiday cocktail party was wonderful and it was nice to see priority list members and residents gather to celebrate the season together.

Events in 2007 include: Portland Spring Flower and Garden show in March, a visit to the Pine Tree State Arboretum in April and a trip to Merryspring Nature Park's Annual plant sale in May. We will welcome back favorite speakers & musical guests as well to ensure a busy & fun summer season.

Another upcoming project is the distribution of new handbook text this month. This was an exhaustive process with feedback from residents and several staff members. Text is current and easier-to-read format. I am thrilled to have this complete and I think folks will appreciate the end result.

As always, I welcome your suggestions and look forward to an exciting and enriching year with you all.

-Lisa

Health and Wellness by Debbie Siegel, RN

How aging affects your driving: Safety tips and when to give up the keys

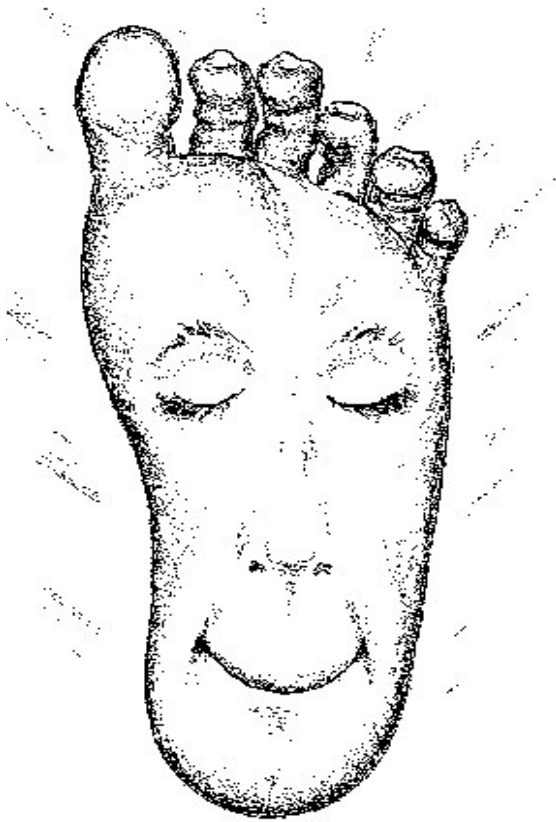
As you age, certain physical and mental changes can make driving more risky.
Learn more about these changes and what you can do about them.

From time to time, everyone feels nervous while driving. But as you age, situations that make you nervous—be it difficulty seeing at night or feeling that all the other motorists are passing you—tend to occur more often, putting you and others at greater risk of having an accident.

Getting older doesn't mean your driving days are over. Take control & understand how your body's limitations can affect your driving. Plan ahead & take steps to avoid dangerous situations.

By understanding your limitations as a driver, you can better prepare for driving or perhaps giving up driving altogether. Listen to your friends and family. If they suggest you cut back on your time behind the wheel, they're only doing it with your best interests in mind. Talk to your doctor about how your health may affect your driving.

For more in-depth information on this article, please stop by the Health Services office, Debbie will be happy to provide you with the full article. 633-4105



Have you heard about the new feet-ture at St. Andrews Village? It's the foot care clinic.

Treat your feet to a five-minute soak followed by toenail trimming and filing by Debbie Siegel, R.N. Then you get your feet massaged with moisturizing lotion—choose from a variety or bring your own.

You will find this to be toe-tally relaxing—to your very sole—and all this for \$2.00 a toe.

Extra toes N/C

Cartoon & text:
Roy Markwith

Critters Etc. by: Daphne Kimball

The Battles of Spring

Spring to the male red-winged blackbird is one continuous battle. He arrives up here in late March early April. He then chooses a nice stretch of marsh to start his extended family and the territorial battles begin! Every other male red-wing wants that marsh. These are intense and furious battles. You would not believe the speed these birds can reach. Eventually, the victor perches on the tallest tree and the losers settle for less desirable territory.

Battles over? No! The ladies have finally arrived and the courting battles begin. Each male tries to entice and bully as many females as he can. Obviously the male with the best marsh land wins the most females.

Now he has to protect his family and territory from all intruders. That gets pretty interesting as some of our residents know. Folks have been dive-bombed as they walked by the cat tail pond at the bottom of Emery Lane. These birds seem fearless & I have seen them go after sea gulls and even a hawk one time. The crows have the worst of it at our cat tail pond though. They strut at leisure around the pond until the red-wings arrive. The red wings although much smaller, are also much faster and extremely aggressive. No more crows around the pond.

Mid summer arrives and with families raised, the red-wings start to leave. The crows start strutting around the pond again and peace reigns!

Occasionally though, the crows get their revenge. Last September, one red-wing landed on a cat tail. When last seen he was headed fast over the hills with a couple of crows close behind!

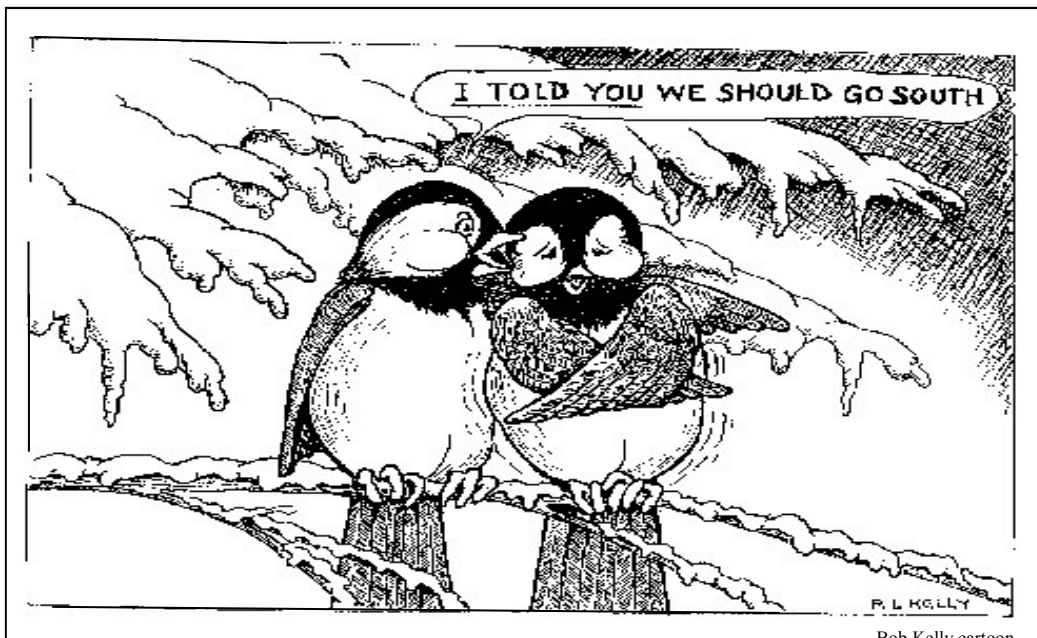
Zippers in the Sky by: Flo Carris

As one ages, there is time to do what seems like nothing, or is it time to let one's mind drift? Drift like clouds in the sky. I remember my mother, looking toward Heaven, laughing and saying, "Look Flo, there are zippers in the sky." My mother had Alzheimer's disease. I thought her statement was just another one of her strange comments. No, not so, because when I looked at the sky, I saw white vapor trails created from the exhausts of powerful jets as they crisscrossed in the azure blue sky. Within minutes these trails dispersed into long, undefined broad back roads of fluffy cotton candy.

Now as I sit in a white rocker in front of St. Andrew's Inn, I find myself looking at the sky. As a young camper, I learned that there are four major classifications of clouds: cumulus, stratus, nimbus and cirrus. Now that I have become a regular cloud gazer, I know that there is much more to learn about these forever-changing puffs in the sky.

It is interesting how one thought or experience tends to lead to another. One evening as I was browsing through a catalog of books, "The Book of Clouds" immediately caught my attention. And guess what? John A. Day, the author of the book went to Colorado College, only two blocks from our family home in Colorado Springs. Here in 1936, he received his degree and then went to the Boeing School of Aeronautics. In his book, he offers a quick lesson in "what clouds are" and "how they form", "how they affect our planet" and "how they forecast our weather". The hundreds of pictures in Day's book help us to identify the various combinations of clouds and images. In themselves they are simply lovely to behold. Is it any wonder that John A. Day is known as the "Cloud Man"?

Now, after I gaze at the sky, admire a forming cloud and quickly try to take photos of the ever changing mass, the picture in the sky has already gifted me with another forming piece of art. Or could it be more zippers in the sky??



Bob Kelly cartoon

Resident feature continued from page 1

In 1926, her father retired. The family moved to Palo Alto (the city of tall trees) where she attended local schools. After high school graduation, she attended and graduated from Mills College in Oakland (1938). Jane then worked as an accountant in San Francisco and planned to work until she was financially independent enough to return to college. However, World War II interfered with her dreams. Instead, Jane was employed by Essential Industries, where she was “stuck” for the duration. Jane applied for a position in the American Red Cross only to find out she was too young for that service.

While waiting, Jane first worked for National Lead, the company which made Dutch Boy paint, which was used to paint the Navy ships in San Francisco. Always seeking, she applied for a position with the construction of the Al-Can highway. This project had just been completed. However, jobs were opening up on the Conal project, a pipeline to bring oil from the Midwest to Alaska in order to refine gasoline to fuel planes being flown from the Midwest to Russia and thus to bomb the Germans (a long way round).

Jane volunteered to fly to Camp Conal on the Mackenzie river. She was a cost accountant and secretary until the project was finished. She then returned to Palo Alto.

In 1944, when Jane was 25 years old, she left for two weeks; training with the ARC in Washington DC then sailed on the Queen Elizabeth to the ETO as a secretary in a large military hospital in Paris. She wrote letters on behalf of soldiers requesting emergency leaves for family concerns in the USA.

Later, Jane took over the occupation headquarters in Wiesbaden Germany. In July 1946, Jane returned to Palo Alto where she lived and worked. She also experienced a short stint with the Bechtel Construction Company in Saudi Arabia.

I may have left out some important events in this lady’s amazing life. If you have had the privilege of sharing dinner with Jane, you will immediately recognize that she does not speak up to tell about her unusual experiences. However, in talking with Art Valpey, she found that they had both been in Saudi Arabia.. One evening, Jane and I learned we had both attended Mills College. Another resident had canoed on lake Yellowstone, as Jane had with her sister. “Have you been to the Grand Canyon Jane?” one resident inquired “Yes!” She’d been through the Canyon by rowboat. Later she met an Englishman who was sailing through the West Indies. The two joined forces to sail on the Englishman’s ketch. (It sounds like “The African Queen”).

And so it goes with Jane. She was always ready to say “yes” to some adventure or another. She required very few material things and a minimum of cash; she was ready. However, as my husband used to say, “The one who travels alone, travels fastest”.

After Jane’s mother and father died, she moved to Boston to be near her oldest living relative, her Aunt Jane Tucker of Wiscasset & Boston. Until 1964, after her aunt’s death, she commuted to Wiscasset to handle family business. And in 1972, Jane moved to Wiscasset.

Part II of this fascinating article will be published in the Spring Issue of the *Breeze*.



Tell us what you think...

Comments/Suggestions _____

Please return to Carol Howe or Lisa Cunningham