

See Emilie's article on page 9.

Foulke

—WAYS

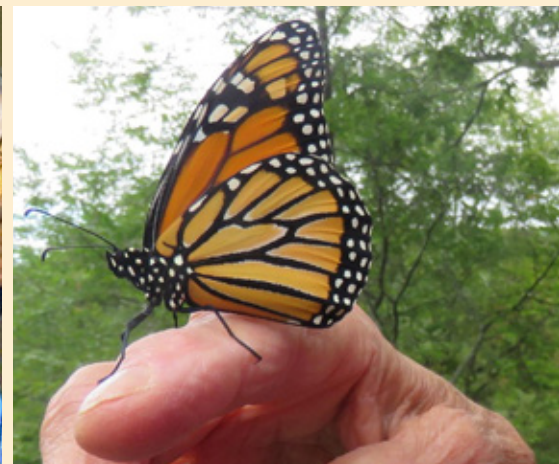
Volume LIII

No. 3

March 2020

•
The Bulletin

•
The news and
views of residents
of Foulkeways
at Gwynedd, Pa.



Monarchs Reign at Foulkeways

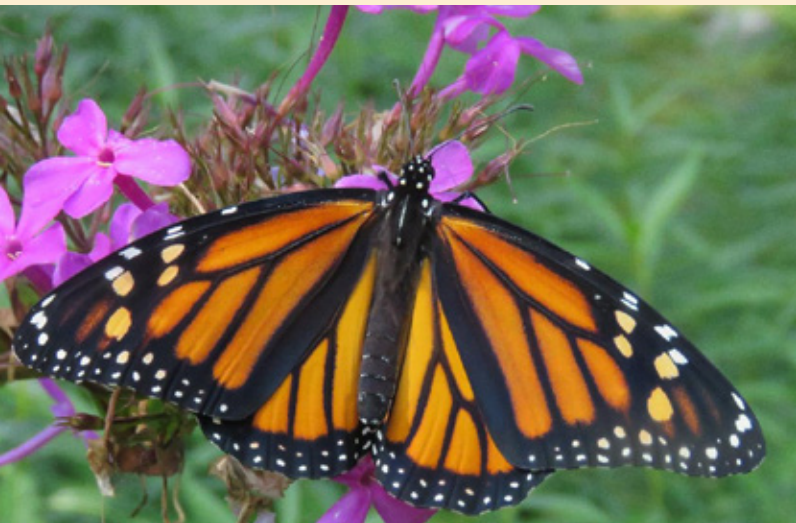


The monarch, our most familiar and beloved butterfly species, is in decline and risks possible extinction. Losses are due to habitat loss, pesticide use, and climate change. The Environmental Stewardship Committee is launching a program, Monarchs Reign at Foulkeways, to help this iconic species. To survive, monarchs require milkweed plants, the only plants their caterpillars can eat.

This spring Foulkeways residents will plant milkweeds and fall-blooming native perennials in our patio gardens and public spaces. We will also raise monarch caterpillars in captivity and then release the adults. In coordination with Monarch Watch and Wissahickon Valley Watershed, we will participate in a citizen science project by tagging adults raised at Foulkeways before they fly to their wintering grounds in Mexico.

(continued on page 2)

Learning how to tag monarchs: Margie Trueblood; Kristy Morely, the Wissahickon Valley Watershed; Edie Pamum; Nancy Steinberg; Joanne Ford; Marge Reller; and Marcia Paschkis. Louise Hodgson's finger is the launch pad for this newly-emerged monarch butterfly.



How's Your Green Thumb?

This might be your year of the green thumb to indulge in a community garden plot. Beginning March 1, aspiring gardeners may request a plot by sending a dated note to Gretchen Hall, W-6, email: 16vintonroad@gmail.com. Please include your name, apartment, telephone and email. Garden plots are distributed in the order requests are received. You will have the opportunity to discuss the size you'd like among the plots available, or perhaps arrange a walk-around in the garden to view the opportunities.

So what do Foulkeways folks grow? Tomatoes are always popular in many varieties, as are lettuce, peas, radishes, Swiss chard and the ubiquitous zucchini. But more unusual veggies abound from okra to edamame. Several gardeners enjoy raising berries---strawberries, blueberries, and raspberries are all present. Abundant flowers grow in many varieties with the seeds much favored by visiting birds.

For all gardeners, we provide easy access to water, manure and leaf mulch, a shed full of tools and lots of camaraderie. If you are a newbie to tilling the soil, feel free to ask any of the committee or more experienced gardeners for help.

— Gretchen Hall, Community Garden Committee



Watch for these opportunities to learn about monarchs and provide for their health at Foulkeways.

- "The Magic of Monarchs," by Kristy Morley from Wissahickon Valley Watershed, Monday, March 23, 7 pm in the Auditorium. See photo and write-up below.
- Gardening with Native Plants in Your Patio Garden, a workshop, Tuesday, April 28
- Milkweed plant giveaway, early May
- Pop-up events in Pollinator Garden
- Raising and releasing monarchs, July through September
- Tagging monarchs migrating to Mexico, September

We can help monarchs reign at Foulkeways and support their population in North America.

— Edie Parnum

The Magic of Monarchs

Mon Mar 23

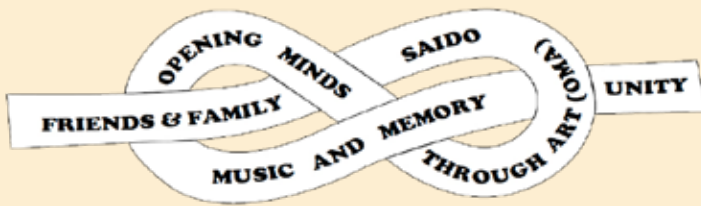
Auditorium at 7

Join us as we kick off Monarchs Reign at Foulkeways with a presentation sponsored by the Environmental Stewardship Committee about monarch butterflies. Kristy Morley, Senior Naturalist at the Wissahickon Valley Watershed Association, will describe the conservation and lifecycle of the monarchs, including their fantastic fall migration. She will also discuss how we can use understanding monarchs as a springboard for conservation of other pollinators.

— Edie Parnum



5TH ANNUAL
**FORGET ME KNOT 5K
 & 1 MILE WALK**



On Saturday, May 2, 2020, Foulkeways will mark the 5th anniversary of its Forget Me Knot 5K and 1 mile walk. Our Forget Me Knot funds have been used to enhance our dementia care program. Our Music and Memory program, Opening Minds through Art (OMA) program, and SAIDO programs have benefited tremendously from the funds of the Forget Me Knot event. Foulkeways will continue to grow its dementia care program with an interactive sensory system. Please stay tuned for more info to come!

Lunchtime "training" walks with residents will start March 4th. Meet with Fitness Center staff at the Community Center on Wednesdays at 12:15 pm to get ready for the event. Look for signup sheets in the mailroom or call the Fitness Center. To register for the Forget Me Knot walk please pick up a registration form from many of the departments around Foulkeways. Turn in your completed form to the front desk before April 10th. Registration is \$20 and includes a long sleeve Forget Me Knot t-shirt. After April 10th cost is \$25. Be sure to invite your family and friends to participate!

— Rita Porreca-Ward, x 7273

Pansy Sale

Thu Mar 19 Entrance to Community Center 8 – 1
 Cash only, please.



**Reflections Deadline
 Is Tuesday, March 31**

Reflections Calling

On June 1, you will find a copy of Reflections, our yearly literary journal, in your mailbox. We hope you will see a piece you wrote in its pages. A sonnet, a travel essay, a chapter of your memoirs, a lyric, a reflection, a short short story, a fable, that idea you have been wrestling with and finally put on paper: we want to hear what you have to say. If you have a drawing or a photo that would reproduce well, we want that as well.

Please submit five unsigned copies of your writing, your name on a separate piece of paper, to Jenny Stanton at N-5 by March 31, 2020. Handwritten (one copy) is fine as well. Questions? Email Jenny at jsta834373@aol.com.

— Polly Leshan





**Building the H Bomb:
A Personal History, by Kenneth Ford**

Mon Mar 9

Auditorium at 7

In 1950-52, Kenneth Ford, aged 24-26, interrupted his graduate studies in physics at Princeton to participate in the design of the world's first hydrogen bomb. His talk will be partly personal memoir, partly a nuclear physics primer, and partly a look at how the small team of scientists achieved success. He will add comments on the nuclear proliferation that has occurred since then and discuss the present outlook for nuclear disarmament.



Kenneth Ford in the lab at Princeton, 1952

Typhoid Mary, Immigrant

Mon Mar 16

Auditorium at 7

Poor Mary Mallon, as misunderstood a hundred years ago as she is today. She had four things going against her: she was poor; she was Irish; she was female; and she was an immigrant. How did her name become synonymous with a disease which she herself never experienced? Resident Jim Miller tells her story, which has relevance today in areas of public health, gender equality, income distribution, incarceration rates, immigration policy, and individual freedom.



**Family, Hope and Resilience
on the Migrant Trail**

Mon Mar 9

Auditorium at 11

For the past 20 years, photographer and TED Fellow Jon Lowenstein has documented the migrant journey from Latin America to the United States. Sharing photos from his decade-long project "Shadow Lives USA," Lowenstein takes us into the inner worlds of the families escaping poverty and violence in Central America -- and pieces together the complex reasons people leave their homes in search of a better life. Come, listen and discuss this 2019 TED talk.



International Film Series: AMEN

Mon Mar 23 (film)

Auditorium at 1:15

Tue Mar 24 (discussion)

Auditorium at 11:00

The International Film Series continues with the showing of the noted Greek-French director Costa-Gavras' 2002 film *Amen*, a historical drama that examines the political and diplomatic relationship between the Vatican and Nazi Germany during World War II. A discussion of the film, led by resident Kostas Myrsiades, will be held the following day in the auditorium.





**Roebing Museum,
Roebing, New Jersey**

Fri Mar 20

12:15 – 4:30

We'll first be guided through the museum to see the seminal engineering innovations of John A. Roebing's Sons Company – builders of the Brooklyn Bridge. To build the bridge that "couldn't be built," they had to create wire rope. Their cable transformed the world, making possible long suspension bridges, undersea cables for transatlantic communication, and elevators that allowed skyscrapers to be built. After our museum visit, our guide will join us on the bus to tour the nearby "industrial village" which the Roebing family built for workers. The whole complex is on the National Register of Historic Places. Details and sign-up sheet are on the mailroom bulletin board.

— Phyllis Taylor

**Nakashima Studio and
Bowman's Hill Wildflower Preserve**

Sat Apr 4

12:15 – 4:45

In nearby New Hope, we'll visit the home and workspace of furniture designer and architect George Nakashima, internationally renowned for his style of "organic naturalism." We will visit four of the 21 buildings designed by Nakashima on the lovely 12-acre property. Our bus will then shuttle us to nearby Bowman's Hill Wildflower Preserve to look for spring flowers and birds in the 134-acre nature preserve and botanical garden.

Both places have uneven terrain and steps. Wear shoes that are suitable for outdoor walking, but easy to take off before entering some of the Nakashima buildings. Sign-up sheet is on the bulletin board in the mailroom.

— Linda London



**Lobby Art: March
Community Art Show**

We're pleased to display the work of many of our residents and staff. We appreciate their willingness to submit their artwork, sculpture, and crafts for all of us to see.



If you walk from the Community Center to your apartment after dark, you would no doubt appreciate the chance to turn off your iPhone flashlight and be guided by the moon. Clouds willing, your chances of doing this are good in the first part of March, and again near the end of the month. On the first, the moon will be up from sunset until midnight, albeit as a slender crescent. It becomes a half moon on March third and grows into a full moon on the ninth.

On March 1, the crescent moon will be a little west of overhead at sunset and will chase the sun down toward the western horizon as the night progresses. By the third it will be a half moon (first quarter) and will be overhead at sunset. Each night thereafter for the next half dozen days it will start the evening somewhat farther to the east, until on the ninth it will be a full moon near the eastern horizon at sunset, and spend the night in the sky. A day later, on the tenth, it will rise about half an hour after sunset. Then it will start rising later and later, until on the 14th it will rise around midnight. Unless you are a real night owl, don't expect any help from the moon from about the 12th to the 26th, when a crescent moon will again be ready to assist. By the end of the month, the moon will be ready to provide good light for the walk home.

In summary: If the clouds part, you can expect the moon to light your way home from the first to the 12th of March, and again after the 26th—weakly in the first part of each interval, more strongly as the days pass.

— Ken Ford



Polly Price, keeper of library puzzles, finds the piece.

Polly Leshan

Puzzles Abound

If you were feeling in the mood for one, do you know where you might find a jigsaw puzzle at Foulkeways? You may have noticed one spread out on a table to the left of the door to the Dining Room in Central or in a niche next to the stairs on the first floor of the Library or in the Edward Hicks Room in Abington. However, if you wanted to take a puzzle home to work on, we have more than two hundred of many sizes to choose from. You can find them in cupboards just behind the checkout desk in the Library and behind the puzzle table in Central; many more are stored in the Edward Hicks Room and in other gathering places in Abington and Gwynedd.

For an excellent use of a puzzle, Carol Randall gave me a Grandparent's Tip. Recently two of her grandchildren came to visit, but they were so busy texting, texting, texting that their silence made her decide to spread out a puzzle on her table. After a while, the grandkids looked over to see what Carol was up to, and she noted that for the first time that day, she saw their faces. Lo and behold, phones abandoned, two generations joined up to talk and laugh and complete that puzzle with absolutely no help from electronic forces.

— Polly Leshan



There is always a jigsaw puzzle in progress outside the main dining room. Here are Ginny Bergey, Deborah Pirie and Nancy Remy.



Recycling

The Issue with Tissue

America's heavy use of toilet paper – particularly the pillowy soft kind – is worsening climate change and taking “a dramatic and irreversible toll” on forests, especially the Canadian boreal forest, which covers almost 60% of Canada and is home to 600 indigenous communities. Its huge size means it can absorb large amounts of carbon dioxide from the atmosphere, the equivalent to the annual emissions of 24 million cars each year. About 28 million acres have been cut down since 1996, an area the size of Pennsylvania. Virgin pulp, the key ingredient in toilet paper, accounted for 23% of Canada's forest product exports.

Americans tend to be more concerned than the rest of the world about ideal toilet paper texture in their homes, largely due to decades of marketing. We make up just over 4% of the world's population, yet account for more than 20% of global tissue consumption. The average four-person household in the US uses over 100 lbs of toilet paper a year.

Many manufacturers are making more environmentally-friendly products. The Natural Resources Defense Council recommends Green Forest, 365 Everyday Value 100% Recycled, Earth First, Natural Value, and Seventh Generation, which are made entirely of recycled material and use a chlorine-free bleaching process that does less harm to the environment than other methods. You can find Seventh Generation at Giant, and a couple of brands at Weavers Way.

— Judy Inskeep

TOILET PAPER	
BRAND	GRADE
Green Forest	A
365 Everyday Value, 100% Recycled	A
Earth First	A
Natural Value	A
Seventh Generation	A
Trader Joe's Bath Tissue	A
Marcial 1000*	B
Marcial Small Steps	B
365 Everyday Value, Sustainably Soft	D
Cottonelle Ultra	D
Scott 1000	D
Scott ComfortPlus	D
Trader Joe's Super Soft Bath Tissue	D
Charmin Ultra*	F
Kirkland	F
Angel Soft	F
Quilted Northern	F
Up & Up Soft & Strong	F





SPOTLIGHT

The spotlight falls on a member of the community from time to time.

Spotlight on Raj Patel

Do you ever wonder what gets achieved by the Foulkeways scholarship fund, which solicits our contributions once a year? Raj Patel is a case in point. Raj, who was born in Gujarat, India (as was Gandhi), is a nurse in Gwynedd House. Anyone who lives there or has stayed temporarily has most likely seen his cheerful smile.

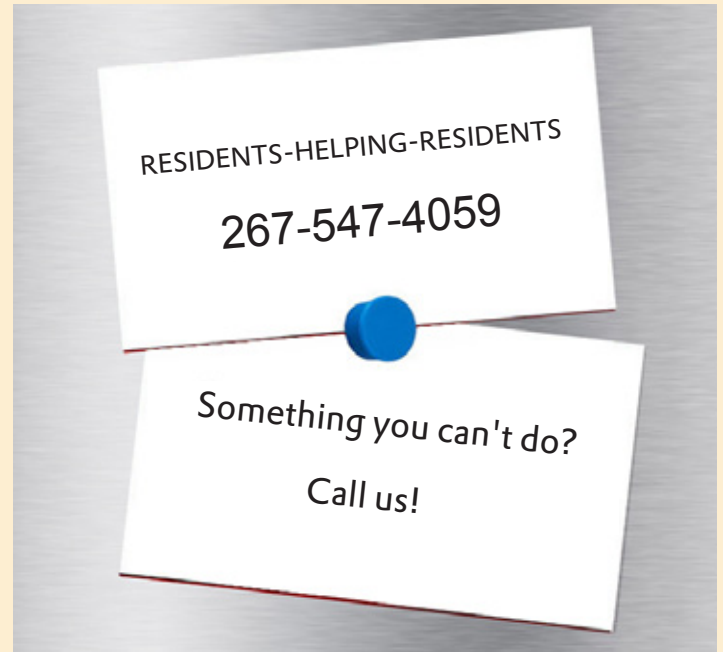


Raj came to the U.S. at age 22 in 1986, following some of his family members, who helped him with twenty dollars and three changes of clothes. He worked in a textile factory and a construction company before deciding upon nursing as a career. He took courses to become a certified nursing assistant, and began working here in 1991. The nurses said he should study to become an RN, and resident Marion Blakeley urged him in that direction.

He obtained a Foulkeways scholarship for the first two semesters and did well, despite being worried about math and English (his first language is Gujarati). Science was a problem for him and he realized he couldn't work and study at the same time so he left the job, which made him ineligible for further scholarship help. "Things were tight," he says, with a family to support, but he made it work.

Not very long after arriving, he returned to Gujarat to marry the wife chosen for him by his parents (he did have veto power, however). They have two sons, aged 29 and 30. Raj works the day shift, as nursing supervisor when it's a week end, and sometimes does the evening shift if staffing is short. He likes to work with people, and is pleased with being part of the Foulkeways community.

— Judy Inskeep



Residents-Helping-Residents Up and Running!

The telephone help-line opened on December 6, 2019. It is now receiving about two requests each week. Fifteen fellow-residents have volunteered and been trained to respond.

Most frequent request:

"My phone has dropped where I can't reach it."

The help-line is open 24/7. Call (267) 547-4059, and you will speak directly to a fellow-resident "on duty."

If you would like an additional wallet card, they are in the mailroom on the bulletin board.

The project is restricted to requests from residents in Independent Living. Eligibility may widen to include Assisted Living/Personal Care if the trial continues to go well.

If you you have a question or an opinion, please speak to any of the help-line operators: David Sa'adah x 7031, Carolyn Schodt x 7065, Howard Cell x 7191, or Paula Cell x 7191.



A sure sign of spring, snowdrops (*Galanthus nivalis*) appear on campus.



Nature at Foulkeways: It's Ours!

Wood Thrush: At Risk from Climate Change

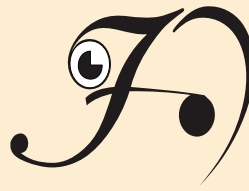


Last fall I watched wood thrushes in our woodland. Using their bills to flip over fallen leaves, they found and consumed beetles, caterpillars, ants, moths and other insects I couldn't see. These thrushes also flew up into shrubs and vines where they devoured ripe berries. They were feeding voraciously in preparation for their arduous trip to their wintering grounds. We don't see these birds here during the winter. However, in January I saw numerous wood thrushes 1700 miles away in Belize, Central America, the heart of their winter territory. They were seeking insects and fruits in the understory of the tropical forest and even on the lawn of my ecolodge.

Regrettably, the wood thrush population is in severe decline, a 62% loss in the last 40 years. According to a recent report from the National Audubon Society, this species is highly vulnerable to climate change with its heat waves, drought, and flooding. Plus, their insect prey may hatch too soon and be unavailable when needed in spring. They are also impacted by habitat loss and degraded woodlands. Despite Audubon's conservation efforts in North American and Belize, these thrushes are expected to be gone from our area by 2050. "Birds are messengers," Audubon asserts. "They speak to us and declare something is wrong."

Can we do anything? Fight climate change, of course. Close at home we can remove invasives in our woodlands and plant fruit-bearing native shrubs, trees, and vines like viburnums, spicebush, highbush blueberry, hollies, Virginia creeper, dogwoods, and black cherry. With a thriving understory, we'd see these thrushes probe the leaf litter for insects to feed themselves and their young and find berries to fuel their migration back to Central America.

— Edie Parnum



Performing Arts Events

Auditorium at 7

Sat Mar 7 - Sophie Shao, cello and Zachery DePue, violin.

Sophie Shao, cellist, winner of the Avery Fisher Career Grant and top prizes at the Rostopovich and Tchaikovsky competitions, is a versatile and passionate artist whose performances the New York Times has noted as "eloquent, powerful," and the Washington Post calls "deeply satisfying." Zachary DePue, violin, is known for his virtuosic, high-energy performances. Zach is the former concertmaster of the Indianapolis Symphony Orchestra, and has a busy career as soloist, chamber musician, and mentor.

Tue Mar 10 - Philadelphia Sinfonia Chamber Ensemble (all strings).

The Philadelphia Sinfonia Youth Orchestra supports the artistic growth of young musicians in the Delaware Valley by providing high-level ensemble experience in a supportive educational environment. We are thrilled to welcome them to Foulkeways for another performance.

Tue Mar 17 - Sandra Carlock, piano, Guillaume Combet, violin.

Sandra Carlock, piano, has appeared as recitalist and soloist with orchestras throughout the United States, Great Britain, and Europe. She has become known as a master teacher, lecturer, recording artist, collaborative pianist, and chamber music artist. Guillaume Combet, violin, graduated with a Premier Prix (First Prize) in Violin and Chamber Music from the Conservatoire National Supérieur de Musique de Paris and received his Advanced Certificate in Violin Performance from the Juilliard School.

Tue Mar 24 - James Vaughen, trumpet, Jenny Chen, piano.

Bonnie Slobodien of Allegro Music Consultants first heard this duo in recital at Curtis and was "completely charmed by their obvious joy and unmistakable artistry." James, grandson of Vic Vaughen and Janet Wallace, is in his second year at Curtis, and Jenny is a Curtis staff pianist working on her doctorate. Their collaboration is exhilarating, and we look forward to having them share their talents, enthusiasm, and love of great music with us at Foulkeways.

Tue Mar 31 - Minas Brazilian Jazz. Orlando Haddad and Patricia King formed Minas in 1978 at the University of North Carolina School of the Arts. They proceeded to play all over the eastern United States before moving to Brazil. Minas takes Brazilian and American roots to create a sound that is fresh and innovative, including ballads tinged with Blues and Charo, to Folk, Bossa Nova, and upbeat Sambas.

— Evelyn Willis

Over fifty Foulkeways residents volunteered the names of their favorite restaurants nearby. Call or visit individual websites for menus, prices, and hours/dates open.

The most frequently mentioned places have asterisks beside them. \$ indicates reasonably priced, \$\$\$ means expensive.

— **Emilie Harting**

Abys Coffee Shop \$

www.abyscoffee.com, 30 S Bethlehem Pike (corner of Bethlehem and Butler), Ambler, PA 18914 (215) 367-5984.

Excellent salads and sandwiches. Breakfast, brunch and lunch.

Aman Indian Bistro \$\$

www.amansbistro.com, 3326 Limekiln Pike, Chalfont, PA 18914 ~6.5 mi (215) 997-6555. Kormas, naans, samosas.

***Arpeggio \$\$**

arpeggiobyob.com, 909 Sumneytown Pike, Spring House, PA 19477, (215) 646-5055. Italian, Greek, Mediterranean. Crowded on weekends.

***Bocelli Restaurant \$\$**

bocellirestaurant.net, 521 Plymouth Rd, Gwynedd Valley, PA 19437, (215) 646-9912. At Gwynedd Valley train station — cozy. Italian: pastas, antipastos, ravioli and freshly baked bread with olive oil.

***Castello Ristorante \$\$**

ristorantecastello.com, 721 Skippack Pike, Blue Bell, PA 19422 ~3.5 mi (215) 283-9500. Northern Italian. Fresh fish daily. Homemade pasta.

***Eastern Dragon Chinese and Japanese Restaurant \$\$**

www.easterndragonfood.com, 830 Upper State Rd., North Wales, PA 19454 ~5.9 mi (215) 855-0366. Both Japanese and Chinese cuisine at reasonable prices.

*** Firebirds Wood Fired Grill**

\$\$-\$\$\$, 1220 Bethlehem Pike, North Wales, PA 19454, (215) 600-0099. American steakhouse, seafood.

Guiseppe's Pizza Restaurant

\$\$-\$\$\$, 46 S Bethlehem Pike, Ambler, PA 19002, (215) 628-4616. Excellent pizza. Varied Italian menu. Quiet courtyard in back for eating outside in warmer weather.

***Harvest Seasonal Grill and Wine Bar \$\$**

1460 Bethlehem Pike, English Village Shopping Center, North Wales, PA 19454 ~3.7 mi (267) 460-8986. Fresh food. Well prepared.

Let's Go Out to Eat !

Iron Hill Brewery & Restaurant

\$\$-\$\$\$ www.ironhillbrewery.com 1460 Bethlehem Pike, 1460 Bethlehem Pike, English Village Shopping Center, North Wales, PA 19454 ~3.8 mi (267) 708-2000. Hand crafted beers. American. Large and varied menu.

***Joseph Ambler Inn \$\$\$**

www.josephamblerinn.com, 1005 Horsham Rd, North Wales, PA 19454, (855) 378-2652. 3-Star hotel, casual plus high-quality dining. Thursday is Buck-a-Shuck Oysters Night. Hand crafted beer, American, Italian influence, varied menu.

La Provence \$\$\$

www.laprovenceambler.com, 27 W Butler Pike, Ambler, PA 19002 (215) 390-1767. Traditional French. In old Ambler train station.

Metropolitan Bagel \$-\$\$

210 Bethlehem Pike, North Wales, Pennsylvania 19454, (215) 619-0155. Classic New York style bagels baked fresh every day. Breakfast and lunch, sandwiches.

***Ooka \$\$-\$\$\$**

www.ookasushi.com, 764 Bethlehem Pike, Montgomeryville, PA 18936 ~6.2 mi (215) 361-1119. Best of Philly Award for sushi. Salads, Tempuras. Hibachi area.

Osaka \$\$-\$\$\$ osakapa.com, 1598

Sumneytown Pike, Lansdale, PA 19446 ~8.6 mi (267) 222-8308. Sushi. Sashimi. Fresh Korean barbecue.

***Po Le Cucina \$\$-\$\$\$**

www.polecucina.com, 805 N Bethlehem Pike, Spring House, PA 19477, (267) 663-7204. Chef Po Le combines French, Italian, and Asian cuisines, and has gluten-free options. He is also a fine pastry chef. Very personal service. BYOB.

Pumpernick's Deli \$\$

pumpernicksdeli.com, 917 Bethlehem Pike, North Wales, PA 19454 ~5.6 mi. (215) 393-5800. New York Style Jewish Deli.

Radice \$\$\$

www.radicerestaurant.com, 722 Dekalb Pike, Blue Bell, PA 19422 ~3.6 mi, (610) 272-5700. Italian, Emphasis on fresh local farm produce and meats. Thin crust pizza and cassola from hot masonry oven.

May we suggest that you save this page for future reference.

Rich's Other Place \$-\$\$

www.richsdeli.com, 924 N Bethlehem Pike, Spring House, PA 19477 ~2.1 mi (215) 628-9737. Atmosphere of old-fashioned diner. Classic breakfast and lunch dishes. Pleasant service. Good.

Ristorante San Marco \$\$\$

www.sanmarcopa.com, 504 N Bethlehem Pike, Ambler, PA 19002 (215) 654-5000. Traditional Italian

Saffron Indian Kitchen \$\$-\$\$\$

60 E. Butler Ave, Ambler, PA 19002 (215) 540-0237. Traditional Indian. Next to Ambler Theater. Has won awards.

Scoogi's \$\$, www.scoogis.com,

738 Bethlehem Pike, Flourtown, PA 19031 ~2.9 mi (215) 233-1063. Classic Italian

***Spring House Tavern \$\$\$**

www.springhousetavern.com, 1032 Bethlehem Pike, Spring House, PA 19477 (215) 646-1788. American. Dinners and lighter fare. Excellent crab cakes.

Vic's \$ vicsushi.com

832 N Bethlehem Pike, Ambler, PA 19002 (215) 628-3508. Sushi, sashimi, Japanese and Thai entrees, specialty rolls, tiny, good for takeout. BYOB.

Vida and Comida \$\$\$

vidaandcomida.com, 131 E Butler Ave, Ambler, PA 19002, (215) 641-0900. Spanish. Seafood paella. Osso bucco, and other specialties. BYOB.

The Washington House Hotel

\$\$, www.washingtonhouse.net, 136 N Main St, Sellersville, PA 18960 ~14.9 mi (215) 257-3000. American and international cuisine. Sellersville Theater next door.

Weaver's Way Coop \$

217 E Butler Ave, Ambler, (215) 302-5550. Spacious and open. \$4 dinner on Friday night, 4 to 8. Excellent sandwiches and soup. Delicious prepared food.

William Penn Inn \$\$\$

www.williampenninn.com, 1017 Dekalb Pike, Gwynedd, PA 19436. American. Traditional Dishes. History of the inn goes back to William Penn's time.

Yanni's Gyro \$\$-\$\$\$

213 W Main St, Lansdale, PA 19446-2003. Mediterranean, authentic Greek dishes: pastiche, moussaka, lamb chops.

They Carried Us:

The Social Impact of Philadelphia's Black Women Leaders

By Allener Baker-Rogers and Fasaha Traylor

The authors have given us a timely compilation of over 500 short biographies of black women whose efforts sustained civic life in their mostly separated and unequal Philadelphia communities or disciplines. Well researched and thoughtfully constructed for readers to explore different concerns, it adds important dimension to the study of all American women's lives and their contributions to the incremental building of this country's social and civic institutions. We must understand, however, that black women who achieved note did so often in openly hostile circumstances.

From the city's earliest days to the present, black women have been present as social nurturers, though mostly unseen and unrecognized. Black Alice (Alice of Dunk's Ferry) introduces herself to us by way of a letter she might have written to us if that were possible. Born of the first African woman to arrive in this area c. 1650, she was a ferry operator/business woman, transporting humans and their objects across a river span. Her life serves as allegory for readers and the authors of this important work. Black women have been there all along, often representing constituencies and communities that were ignored or unacknowledged.

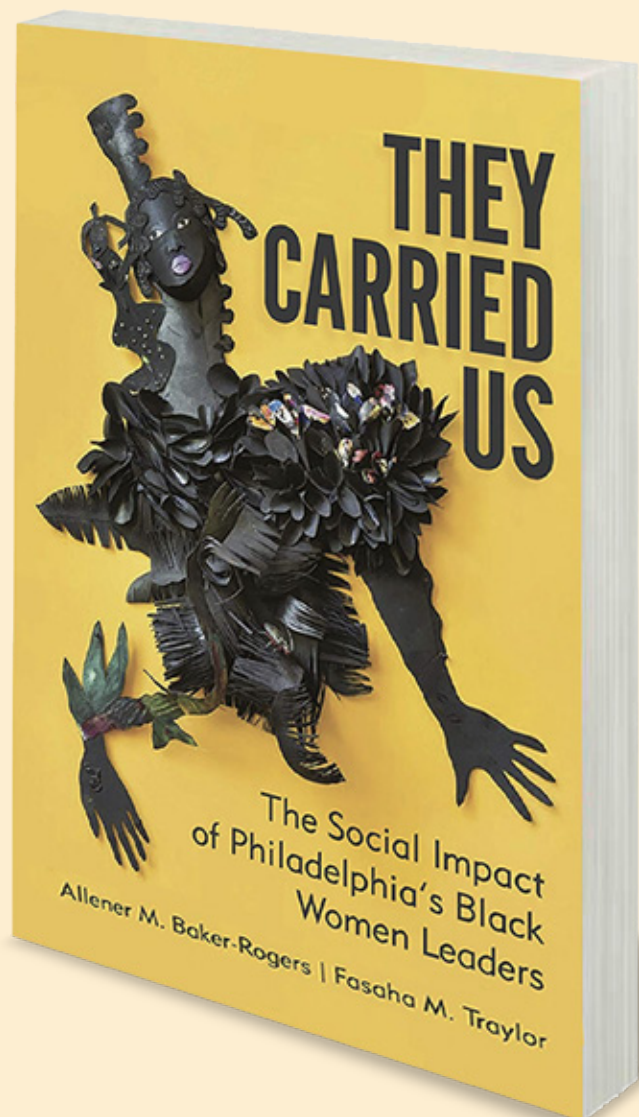
To Philadelphia residents of the recent past or students of Philadelphia history, many names in this book's table of contents may resonate with you since recent local press coverage or broader venues attended their efforts. As students of feminist and American history know considerable inattention and documentation are given to black women who served their communities during the city's historic past. The efforts of these women are magnified when considering both de facto and de jure segregation as context for realities they contested.

Many of the contemporary biographies are first person narratives gleaned with an attention given to the voices of the women interviewed. If you are a reader who hears voices when reading, you will appreciate the forthrightness and the clarity of what you hear. They are audio verité at its best. Baker-Rogers and Traylor scrupulously capture the personality of each speaker. In addition to issues of education, health and wealth, inclusion and legislation that proved instrumental in changes for all Philadelphians, black women's contributions to sports, arts and the sciences are acknowledged broadly by the authors. The final section on performing artists includes interviews of Sonia Sanchez, poet and author of this book's forward and Barbara Jane Bullock, noted artist and this book's cover designer. Both contributions enhance the book's

laudable expansion of our understanding of both history and sociology and the players on these stages.

Every thriving young woman/person who imagines a forward path strewn with obstacles ought to give this a read for inspiration; every older woman/person who may have contested or constructed similar obstacles ought read and reflect on the old saw: Nothing goes over the devil's back that don't buckle under its belly. Figure that one out but if you don't, know that my mother would say that when egregious evil was cited. Or overcome.

— Pat DeBrady



WANTED New Residents

Among Foulkeways' 100-plus committees, activities and services, there is one that would welcome your attention. Do you like people contact? Serving juice and cookies in the afternoon to the denizens of Abington and Gwynedd Houses may be just the thing for you. Are you keen about recycling? Do you like planning trips? Do you know enough about computer technology to help the Luddite-inclined? How about watering plants or arranging flowers? There is a group for you, and joining it soon after settling in is an excellent path to getting to know some other residents who will understand that new people should not be overloaded with tasks. If you find that the first choice is not the best one, a switch to another committee is easy. Why wait?

— Judy Inskeep



Last month a group of 18 residents went on one of Foulkeways' popular TRIPS (see page 5). They enjoyed the Notorious RBG - Ruth Bader Ginsberg exhibit at Philadelphia's Jewish Heritage Museum. Left to right: Phyllis Taylor, Bill Mebane, RGB in cardboard, Lois Pan, Ginny Bergey, Ed D'Orazio, and Mary D'Orazio.

John Taylor

*Everyone thinks of changing the world,
but no one thinks of changing himself.*

Leo Tolstoy

Changes

New Residents

Marlene Demarest	Bulletin correction	E-3	7230
Richard Shapiro		AH-95	7041

Moves

Elizabeth "Betty" Murray	L-11 to AH-73	7141
Howard Lesnick	GH-30 to AH-49	7071
Jean Craig	AH-86 to AH-109	5139

In Memoriam

Ann Lovitz	Jan30
Helene Popper	Jan 30
Arnold Trueblood	Feb 8

Foulkeways Bulletin

Foulkeways at Gwynedd
1120 Meetinghouse Road
Gwynedd, PA 19436
(215) 643-2200

Return Service Requested



Left: Penny Chase captured a golden moment outside the Community Center.
 Right: Janet Henderson completes a botanical illustration of the bonsai bougainvillea in our greenhouse.



MOVIES

March Movies

6:45 in Auditorium (unless noted otherwise)

Selected by Rhoda Pekovsky

Wed	Mar	4	NO MOVIE (due to work in the Auditorium)
Sat	Mar	7	NO MOVIE (due to performing arts event)
Wed	Mar	11	Poms (7:00 Start)
Sat	Mar	14	Umbrellas of Cherbourg
Wed	Mar	18	Harriet (6:30 start)
Sat	Mar	21	Fonteyn and Nureyev
Wed	Mar	25	Linda Ronstadt
Sat	Mar	28	Summoned: Frances Perkins and the General Welfare

Foulkeways Bulletin Committee

Editor: Anne Todd

Molly Diamond, Ken Ford, Emilie Harting,
 Judy Inskeep, Jenny Stanton.

Photographers: Don Griffin, Lois Pan, Anne Todd

Articles provided by Foulkeways residents and
 FRA Committees.

Deadline for submission is the first of the month
 prior to the issue to be published: April 1 for
 May issue, for instance. Extra consideration will
 be given to articles submitted in the weeks before
 that deadline as space allocations are made
 earlier than the actual deadline.

Please submit materials to bulletin@foulkeways.net

The Foulkeways Bulletin Committee reserves
 the right to edit materials for space and style.

The Foulkeways Bulletin is published monthly,
 September through May.

If you wish to receive the Foulkeways Bulletin
 by email, contact Brian_Kersey@foulkeways.org