

# HARBOR LIGHT

July 2010

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PLYMOUTH HARBOR INC. (not-for-profit) 700 John Ringling Boulevard Sarasota, FL 34236-1551

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## **RENE WEDER**

**Plymouth Harbor's New**

**Director of Dining Services/Executive Chef**

After an extensive search, we are very pleased to announce that Mr. René Weder (pronounced Vayder) joined the Plymouth Harbor staff on Wednesday, June 16th, as Director of Dining Services/Executive Chef.

A native of Switzerland, René is a classically-trained chef. He graduated from culinary school in St. Gallen, Switzerland, and holds a bachelor of arts degree.

An American with dual citizenship, René immigrated to the United States at age 28. He was hired by the Boca Raton Hotel and Club, a 5 Star/5 Diamond hotel, where he worked for two years as banquet sous chef and executive sous chef.

In 1986, he was recruited by Hyatt. He was executive chef at the Hyatt Regency in Hilton Head, SC, and later at the Hyatt Regency in Beaver Creek, CO, both 4 Star/4 Diamond hotels.

In 1992, René joined the staff at the famous Brown Palace Hotel in Denver, CO. He served as executive chef from 1992 to 1996 and was then promoted to executive assistant manager/food and beverage, a position he held for four years.

In 2000, a promotion for René's wife, Joan, took the couple to Atlanta, GA, where René worked as the director of food and beverage at The Georgian Terrace, a Camberley Hotel, before being recruited by Chateau Elan Hotels & Resorts in Braselton, GA.

René and Joan decided to return to Colorado in early 2003 and purchased the Gasthaus Eichler in Winter Park, CO, a European inn with a 200-seat European continental restaurant and 55-seat Fondue Stube. They operated the Gasthaus Eichler until 2010 when they sold it to move to Bradenton to be nearer to family. René and Joan reside at the Peridia Golf & Country Club.

Please join us in welcoming René into the Plymouth Harbor family!



## Reflections from Chaplain Jerry O'Connor ...

“... know the truth and the truth will make you free.” (Jn. 8 32b) Jesus speaking to the Jews who believed in him.

July is the month in which we celebrate our freedoms and independence as Americans. The Declaration of Independence says it all; the Constitution guarantees it and the Bill of Rights sums it up. But we live in troubled times; mistrust, anger, rhetoric rule the day. We stand up for our rights and freedoms, but forget that we have no rights and no freedoms unless we respect the same for all others. There's a lot of talk about the United States being a Christian nation — “That's the way our forefathers designed it.” “The Constitution is based on Christian principles.” “Foreigners and non-Christians shouldn't be allowed in — especially Muslims.”

Well, I realized (in truth), that I had never really read the documents that undergird our freedoms; my opinions and whatever prejudice I might try to justify were challenged by the truth contained in the documents. I've been bound by my ignorance.

The Constitution has no religious requirements in it. Article VI includes a phrase that says, “... no religious Test shall ever be required as a Qualification to any Office or public Trust under the United States.” The Declaration of Independence infers that there is a God, “We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable rights, ... .” There is also mention of “appealing to the Supreme Judge of the world for the rectitude of our intentions” ... and “... with a firm reliance on the protection of Divine Providence, ... .” In the Bill of Rights it says, “Congress shall make no law respecting an establishment of religion, or prohibiting the free exercise thereof, ... .”

Calvin Coolidge had this to say about the Declaration: “In its main features the Declaration of Independence is a great spiritual document. It is a declaration not of material but of spiritual conceptions. Equality, liberty, popular sovereignty, the rights of man — these are the elements which we can see and touch. They are ideals. They have their source and their roots in the religious convictions. Unless the faith of the American people in these religious convictions is to endure, the principles of our Declaration will perish.”

The words of Jesus, as found in the Gospel of John, remind us that *truth* is essential for us to be free from all that feeds on our ignorance, our inability to *love our neighbor as ourselves* and to *do unto others as we would have them do to us*. Enjoy your freedoms and your independence, but don't defend them out of ignorance of what the founders of this great nation intended. They had spiritual strengths that gave substance to the democracy we have inherited. Celebrate and be grateful you can share it and pass it on.

### In Memoriam

**Horace W. “Buzz” Gross**

June 4, 2010

**Kay E. Glasser**

June 21, 2010



## It's the Little Things You Do That Count

Do you remember that ridiculous old song?  
"It's the little things you do that count.  
Little things, my dear, but how they mount."

That silly rhyme might be Plymouth Harbor's new mantra for cutting our use of electricity. All the "little things" can add up to a batch of savings. Here are a few of the ways, little things, you might try.

1. Start with that energy hog, your refrigerator. Look for the place where the temperature is selected, usually numbers from 1 to 9. Try adjusting the refrigerator and freezer controls up a notch. Maybe you will be able to get the spoon into the ice cream now.
2. If your icemaker is making ice faster than you can use it, turn the icemaker off occasionally. If you are leaving for a month, turn it off for the month.
3. Then there is the dishwasher. You can turn off "Heated Dry." That will also mean less heat in your apartment.
4. You have switched to compact fluorescent light bulbs (CFLs), haven't you? They are not a problem any more. They can be warm-colored or cool-colored like outdoor light, and, if you buy a reputable brand, they will last almost forever. With these bulbs, you will cut the power used by  $\frac{3}{4}$  and CFLs give off a fraction of the heat of conventional bulbs.
5. Reading by a window during the day will produce savings and you should be cooler without the heat from a lamp.
6. And then there are our computers. Turn them off when you are through and please do not leave them on all night. TVs, stereos, cell phones and all our other assorted toys are drawing power constantly. Turn them off when not in use.
7. When you leave a room, turn off the light -- every time.

And there you have it. All those "little things you do that count," when they become habits so that you do them without thinking, well, my dear, just look at how "they mount."

~ Compliments of the Conservation Committee ~

### Employee of the Month -- June 2010

#### *Sandra Esparza of Dining Services*

"Sandra gets an A+ for all of the qualities that describe someone as an Employee of the Month. She's cooperative, has a great attitude and work ethic, and she's always willing to go the extra mile. Sandra has a very sweet personality -- it's a pleasure to be around her. She's wonderful with the residents!"



## **INTRODUCING**

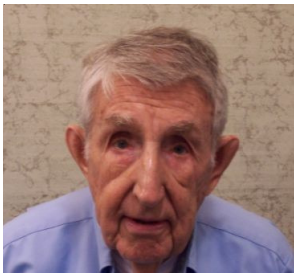
**H. Graham Barkhuff**

**Patricia P. Barkhuff**

Move-In Date: May 18, 2010

Apt. N-209      Ext. 176

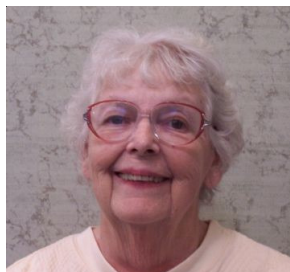
Pat and Graham Barkhuff are the newest members of the "I've been almost everywhere club." Name a country and the odds are good that they have been there. Their lifelong dedication as public school teachers in Saugerties, NY, gave them the lovely benefit of long summer vacations in which to travel.



Barky spent two years in the Air Force in Korea between his University of Buffalo years and his M.S. work at the State University of New York at Albany. An Albany

native, he moved down the Hudson River to Saugerties, liked it and stayed there for 31 years. As a retired teacher of industrial arts, he will probably need his own corner of the Woodshop.

Pat taught high school English for all those years. Her absolute favorite of the literature she taught was Steven Vincent Benet's poem, "John Brown's Body." When you ask Pat, a woman born in Hanover, NH, educated in New Hampshire, Ohio, Wisconsin, and SUNY Albany plus a summer fling in Oslo, how she ended up in Saugerties - the answer is, "I met Barky."



The Barkhuffs packed a lot within those Saugerties years. Pat was the first woman to run for Town Council, in 1968, before many women did that kind of thing. Barky's stint on the state board of the National Education Association was accompanied by a batch of volunteer activities: Boy Scouts, J.C.C.s, the Lions Club, and on and on.

Their overarching commitment has been the devotion to their churches, in Saugerties and here. For their 26 years in Sarasota, they have been hardworking members of the United Church of Christ, working as deacons, in the library, in the Women's Fellowship and on various councils.

It really has not been all work and no play: reading, of course, painting, cooking, concerts, plays and musicals, bridge, movies, repairing things, and for Barky, the big one is collecting and repairing antique cars. At one time, he had 23 old cars. He is down to one now but if anyone is interested in a 1964 Corvair, his is for sale.

Their son, Angus, a California-based weather observer for the U.S. Weather Service, is retiring and, no surprise, he has bought a motor home and plans to travel.

This traveling pair left in June for their condo in Rutland, VT, and plan to come back in September. In the meantime, we are looking forward to getting to know them better when they return.

- Ish Pedersen



Independence Day  
Sunday July 4

## **INTRODUCING**

**David A. Beliles**

**Ruth A. Beliles**

Move-In Date: May 5, 2010

Apt. T-814            Ext. 428

Now happily ensconced in T-814, David and Ruth bring rich and fascinating backgrounds to the Plymouth Harbor mix.

David, born in Louisville, seems also to have been born to be an ink-stained wretch (that's not pejorative, is it?). He gravitated to the



newspaper business early, serving as a reporter, editor and publisher on many Midwest papers. He and Ruth ultimately spent the last 17 years before their retirement in Grand Island,

NE, where David was vice president of operations for Stauffer Communications, a newspaper and radio chain. Along the way he accumulated a flock of impressive honors, including the University of Nebraska Award for Excellence in Journalism.

After attending Columbia College in Chicago and service in the U.S. Marines, he began at the

Urbana (IL) Courier, where he encountered "... a good-looking girl" working as assistant society editor, and promptly made her acquaintance.

The young woman in question was Ruth, who was there partly because she was a native of Urbana and a graduate of the University of Illinois. Later, she earned a masters in English from Truman State University in Missouri. When the Beliles' offspring, David and Lisa, were in college she taught high school English, and later, freshman English at the University of Nebraska, Kearney.



When David and Ruth retired, their son-in-law, Matt Walsh, persuaded them to locate on Longboat Key, where Matt was -- and is -- publisher of the Longboat Observer, of which he and David are now owners, with David serving as chairman of the Observer Group.

And through these circumstances they came to Plymouth Harbor, where we can now enjoy their congeniality and wit -- and rejoice with them when their first great-grandchild, who at this writing is expected momentarily, makes his appearance in this blessed corner of the plant Earth.

- Don Wallace

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## *Welcome New Residents*

**Donald Jenkins**

**Carolyn Montgomery**

Apt. E-313 ... Ext. 242

June 4, 2010

**Jeanne M. Nunn**

Apt. E-208 ... Ext. 222

June 22, 2010

**Norbert I. Berta**

**Maria F. Berta**

Apt. T-1201 ... Ext. 340

June 30, 2010

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## **INTRODUCING**

**Arthur Brock**

**Carol Brock**

Move-In Date: May 26, 2010

Apt. T-712            Ext. 462

The Brocks are anxiously awaiting their move to the Tower near the end of June. Meanwhile they are enjoying life at Plymouth Harbor in the North Garden and becoming acquainted with all the activities available here.

Arthur Brock was born and raised in the Bronx, NY. He is a New York University College of Engineering graduate as an industrial engineer.



He served in the U.S. Army Air Force from 1943-1946. He recalls his solo flight from a military training air base at Arcadia, FL. How times have changed!

Arthur married Carol, the love of his life, in 1952. They have two sons, one daughter, and two grandchildren, all living in the New York metro area. The Brocks lived in Queens and New Rochelle, NY, during their married life and later moved to Longboat Key in 1987. He served on the board of directors at the Privateer and the

Sanctuary on Longboat Key. He also served on the Architectural Review Board of the Sanctuary.

Arthur's hobbies are woodworking and photography. He and Carol have enjoyed many overseas travel trips with Elderhostel as well as many interesting trips to National Parks in the U.S.A.

Carol was born in New York City and later earned her B.A. degree at Syracuse University. She was a member of Phi Sigma Iota (Romance Language Honor Society). Later, she earned her M.L.S. at Columbia University School of Library Science. I am sure she will be a great asset to our Library at Plymouth Harbor. She was an elementary school librarian from 1972-1986 in Mt. Vernon, NY.

She has served as a volunteer at Mote Marine and established the "Sinai Stitchers," a group of women from Temple Sinai involved in knitting and crocheting items for the Red Cross and baby items for the N.I.C.U. at Sarasota Memorial Hospital and CYESIS.



She and Arthur have led busy and interesting lives and will be a great asset at Plymouth Harbor. Welcome Aboard!

**- Peggy Schwarz**

### **Resident Meeting**

Wednesday ~ July 7 ~ 3:00 pm ~ Pilgrim Hall

Hurricane Season 2010 Preparations  
EDSU Project Update



## New in the Library (\* indicates a gift)

### FICTION - Regular Print

**Anthill** by E. O. Wilson  
**The Dead Republic** by Roddy Doyle  
**Private Life** by Jane Smiley  
**The Scarecrow** by Michael Connelly  
**The Soloist\*** by Steve Lopez  
**Three Complete Novels\*** by P.D. James  
**Two Complete Novels\*** by Ken Follett

### NONFICTION - Regular Print

**Nomad** by Ayaan Hirsi Ali  
**Operation Mincemeat** by Ben Macintyre  
**Sarasota: 1940-2005** by Amy A. Elder  
**War** by Sebastian Junger

### NONFICTION - Large Print

**Game Change\*** by John Heilemann  
**This Time Together\*** by Carol Burnett

### DVDs New in the Media Library

**The Best Years of Our Lives\***  
**Blue Sky\***  
**Chocolat\***  
**Crazy Heart**  
**The Crusades\***  
**An Education**  
**Garrison Keillor\***  
**Grey Gardens**  
**Invictus**  
**It's Complicated**  
**The Little Drummer Girl\***  
**The Lovely Bones**  
**Sherlock Holmes**  
**Stalag 17\***  
**The Young Victoria**

### FICTION - Large Print

**61 Hours** by Lee Child  
**After the Darkness\*** by Tilly Bagshawe  
**Garrett\*** by Linda Lael Miller  
**The Girl Who Kicked the Hornet's Nest**  
 by Stieg Larsson  
**The Girl with the Dragon Tattoo\*** by Stieg Larsson  
**Innocent** by Scott Turow  
**The Lion** by Nelson DeMille  
**Nashville Noire\*** by Jessica Fletcher  
**Reckless\*** by Andrew Gross  
**Return to Sender\*** by Fern Michaels  
**Savor the Moment\*** by Nora Roberts  
**Storm Prey\*** by John Sandford  
**The Wild Zone\*** by Joy Fielding  
**Wrecked\*** by Carol Higgins Clark

## YOGA

A New Offering  
 Mondays ~ 3:30 pm  
 Fitness Room



Yoga classes will be offered on Monday afternoons at 3:30 in the Fitness Room beginning July 5. Call Ext. 252 to sign up. The cost is \$40.00 per month.



# Places to Go ... Call Ext. 252 to sign up

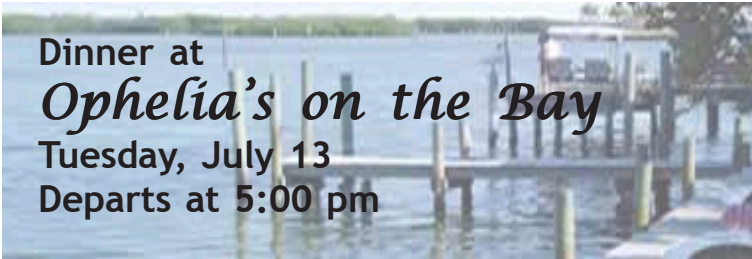


Bus outing to **Tervis Tumbler** factory and lunch at **Left Coast Seafood**

Friday, July 9 ~ Departs at 11:15 am  
Cost: \$7.00 plus Dutch Treat lunch



Ever wonder how they make those insulated tumblers with the lifetime guarantee? We'll tour the Tervis Tumbler factory and visit their factory store. Closed toe and heel shoes are a must!



Dinner at *Ophelia's on the Bay*  
Tuesday, July 13  
Departs at 5:00 pm

"Bayside Dining Special" available (entree price will include a complimentary Caesar or field greens salad and home made ice cream dessert). Cost: \$7.00 transportation plus Dutch treat dinner.



## Circus-Cirque-Circo



At the Historic Asolo  
Friday ~ July 30 ~ Departs 1:00 pm  
Cost: \$19.00 includes transportation and ticket  
*In every language in every land there's only one word that means fun for the entire family -- Circus!*



### Complimentary Ear Check & Hearing Aid Clinic (Low Vision Resource Center)

**Tuesday, July 6**  
Dr. Susan Schnack with Sarasota Hearing Center  
**Tuesday, July 20**  
Marjorie Sancic, BC-HIS, with Andrew Marlow, MD

**Please call Home Care at Ext. 210 for an appointment**



# The Program Committee presents ...

*It's summertime, you're driving down a country road breathing in that fresh country air when someone says,*

## **"IS THAT SKUNK?"**



**Thursday ~ July 1 ~ 7:45 pm ~ Pilgrim Hall**

How much do you know about these recognizable yet mysterious black and white creatures? Where do they live, what do they eat, how and when do they use their defensive spray? DVD:60 minutes



## **Mike Markaverich Jazz Piano**

**Thursday ~ July 15 ~ 3:00 pm ~ Pilgrim Hall**

Mike Markaverich -- one of Sarasota's outstanding pianists and for many years a part of the local music scene -- jazzes up a summer day with his inimitable style of jazz piano.



## **Leonard Bernstein: What is Classical Music?**



**Thursday ~ July 29 ~ 7:45 pm ~ Pilgrim Hall**

"Exact" is the word that best defines classical music, Bernstein says, and he demonstrates this with musical illustrations from Bach, Mozart and Hayden. DVD:60 minutes



## **LET'S HIT THE ROAD THIS SUMMER!**

# **THE SILK ROAD**

**The Art Gallery in the Desert**

**Thursday ~ July 8 ~ 7:45 pm ~ Pilgrim Hall**

Tour the world famous Ma-gao Caves -- over 500 caves containing 3000 murals and statues dating from 366 AD -- in the middle of the Gobi Desert!

**The Dark Castle**

**Thursday ~ July 22 ~ 7:45 pm ~ Pilgrim Hall**

In the Gobi Desert, encounter the famous ghost castle that was obliterated by Genghis Khan, and is believed by the Chinese to be cursed.



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<http://plymouthharbor.org>



# MOVIES

Showing in July

Sundays at 2:00 pm & 7:00 pm

- July 4** *Nine*  
2009 Color 119 minutes Rated PG-13
- July 11** *The Long, Hot Summer*  
1958 Color 115 minutes Not Rated
- July 18** *Shutter Island*  
2010 Color 138 minutes Rated R
- July 25** *The Last Station*  
2009 Color 112 minutes Rated R

**Have a movie request?  
Call Ext. 252 and let us know**

Tuesdays at 2:00 pm & 7:45 pm

- July 6** *Extraordinary Measures*  
2010 Color 106 minutes Rated PG
- July 13** *The Bachelor and the Bobby-Soxer*  
1947 B&W 95 minutes Not Rated
- July 20** *Butch Cassidy and the Sundance Kid*  
1969 Color 110 minutes Rated PG
- July 27** *Greenberg*  
2010 Color 107 minutes Rated R