



LATHROP

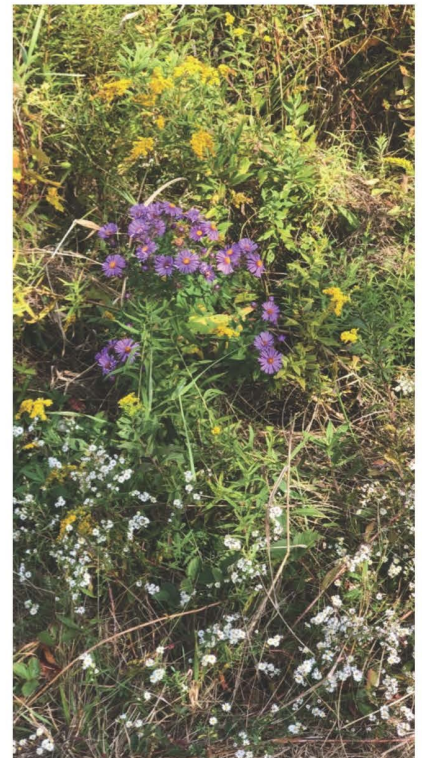
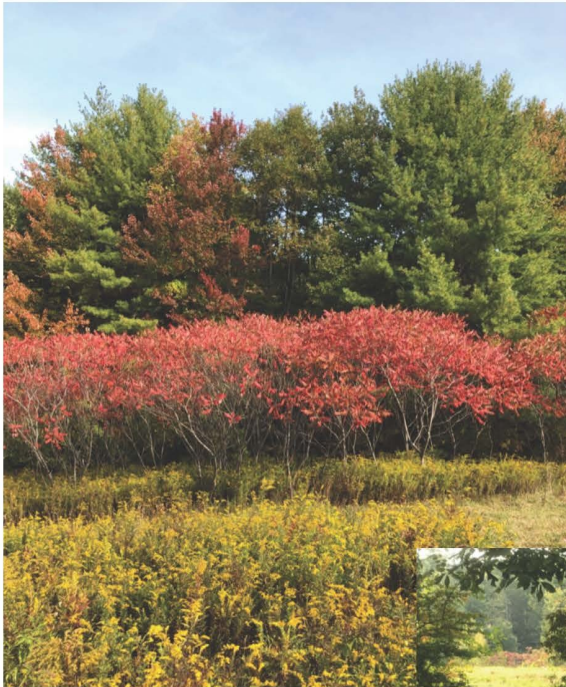
Lamp Post

September 26—October 3

COMMUNITY LIFE



On Thursday (9/24), sixteen walkers enjoyed outings of varying lengths on the East Campus trails. Depending upon the group, walkers were treated to the arrival of fall on the Wide Woods Trail, Mid Woods Meadow, Bassett Brook Bluff Trail, Mulberry Meadow, and for a handful, all of the above!



Keep an eye out for notices about upcoming "pop up" outings to take in the changing fall colors or contact Trails co-conveners Lyn Howe or Lucy B.



COMMUNITY LIFE

A PROCLAMATION TO THE DOWELLS

At the recent Easthampton Residents' Council meeting, various committees paid tribute to Jim and Adele Dowell for their myriad of contributions to community life here at Lathrop.

A proclamation was read at the last of the concerts that Jim produced (225-250 in total!). It was announced that there will a concert held annually in honor of Jim and the annual resident art show will be named in honor of Adele. The Dowells will be missed and we wish them all the best.



**Many thanks to Lucy B. for her photography of in this issue.*

COMMUNITY LIFE

QUARK QUARTET

Saturday, September 26, 2:00pm ~ Northampton;

Sunday, September 27 at 2:00pm ~ Easthampton



The Quark Quartet is comprised of four trained musicians, **Marijo Sherrill**, violin; **Naomi Lesley**, violin; **Jessica Corwin**, viola; **Sally Greenebaum**, cello who do not perform for a living, but who are energized by and committed to performance. In the winter of 2018, they formed a quartet with the goal of offering high quality, engaging, and welcoming chamber music concerts for the Pioneer Valley public. Since their relatively recent founding, they have performed for benefit concerts, Forbes Library recitals, children's concerts, and retirement communities. After their second concert cycle, they

made a commitment to seek out and perform works by under-represented composers--women and composers of color.

THE GREAT HONEY NUT HARVEST



A BIG shout out to Sharon Kletzien. Over 200 pounds of honey nut squash! All her doing.

True COMMUNITY Gardening!



HANDWORK AT LATHROP NORTH

Bits of wool felt, ribbons, tiny buttons, colorful embroidery thread, coupled with patient hands and warm hearts - and what do we find? A



pile of holiday ornaments, ready for sale at area Christmas tree farms. Rowena Roodman put out a call for volunteers to craft this adorable collection of snowmen, candy canes, trees and penguins. Four residents answered her call to cut and sew these charming donations to benefit Cancer Connection. Thanks to Rowena and her team (Sue Bastek, Martha Cushman, Nancy Nowak, Carol Werba) for their colorful donations, and to Bev Bowman, Margie Ewing and Gillian Morbey for their donations of felt.

LATHROP LAND

LATE BLOOMERS

By Barbara Walvoord

For the past weeks, Lathrop's meadows have been a banquet of native goldenrod, feeding many Lathrop creatures, including butterflies getting ready to overwinter here or (for the monarchs) to fly to Mexico. Butterfly larvae eat only milkweed, but the adults sip nectar from a wide variety of flowers. Little flies form galls on the goldenrod stems, providing winter shelter for them, and also winter food for the creatures who lay their own eggs in the gall or puncture the gall and slurp up the little larva inside.

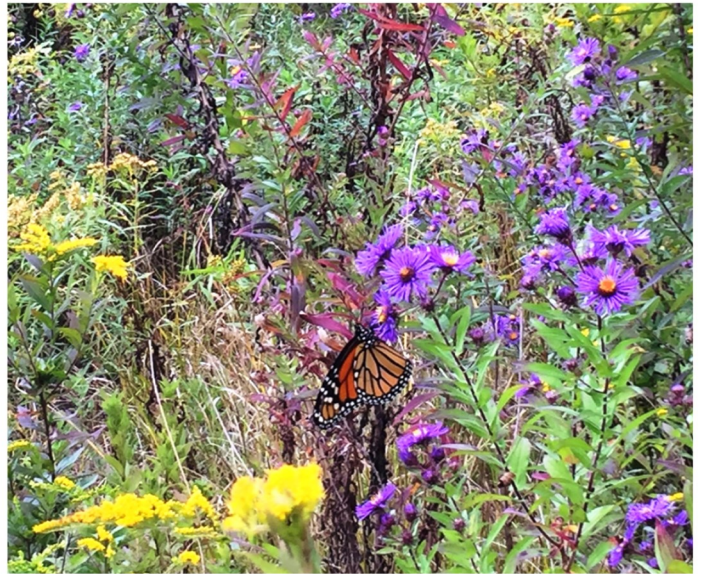
Now, as the goldenrod fades, surprise—a late bloomer—the purple asters. It's a good thing for the silvery checkerspot butterfly and fourteen other species of butterflies and moths

whose larvae can eat only aster. A good thing, too, for native bees (both long-tongues and short-tongued), ruffed grouse, wild turkey, and songbirds. Websites selling garden plants say asters are repellent to rabbits and deer, but plant databases list rabbits and deer among the creatures who eat asters. Hmm.

People can eat asters, too. Or smoke them. Or inhale them. Native Americans burned asters and used the smoke in sweat lodge ceremonies, to revive the unconscious, and to treat mental illness, nosebleed, headaches, and congestion. Aster tea treated earache, gas pains, stomach aches, and fevers. It's a calming herb, too. Herbalist Jim McDonald tried eating aster blossoms as he walked through a meadow, and found himself mellowing out.

Two of our most common aster species—the New York aster and the New England aster--were included in a Chicago Botanic Garden study of 180 aster species. The New Yorker died in the Chicago winter and the New Englander did only "so-so." But our asters love it here in the valley. And we human and non-human valley dwellers love this late-blooming, rich, useful, gorgeous native plant.

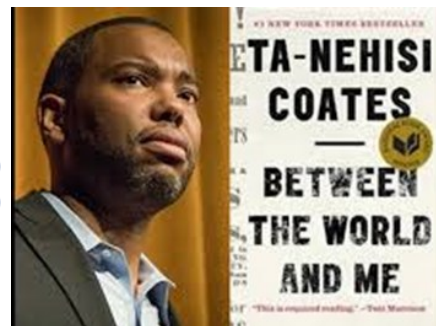
The Land Conservation Committee cares for Lathrop land on both campuses—removing invasives plants, maintaining trails, encouraging the use of native plants, and sponsoring programs and nature walks. See our website: www.lathropland.wordpress.com. We welcome new members. Contact walvoord@nd.edu.



Native asters are "late bloomers" in Lathrop's meadows, rising among the sea of goldenrod, providing a feast for butterflies, birds, and other creatures—and a delight to human eyes-- before winter closes in.

NORTH HAPPENINGS

REPORT FROM THE AFRICAN-AMERICAN WRITERS BOOK CLUB



Those who cannot remember the past are condemned to repeat it. (Santayana)
The past isn't dead. In fact it isn't even past. (Obama)

These are powerful messages, messages the members of the African-American writers book group are confronting as they discuss classic books, most recently *Native Son*, written by Richard Wright and published 80 years ago. They've also read *The Bluest Eye* by Toni Morrison and *The Souls of Black Folk* by W.E.B. DuBois. Soon they'll be moving toward the present with Ta-Nehisi Coates's *Between the World and Me*. As they learn more about slavery, reconstruction, segregation, redlining, and the continuing degradation, dehumanizing, and murder of Black people, the participants find the reading experience painful and humbling, as well as sometimes hopeful. They appreciate the legacy of such powerful writing and try to evaluate the current landscape, making connections to the lives of African-American people in the 21st century.

FUND-RAISING DRIVE: SUPPORT THE WORK OF THE MUSIC COMMITTEE

This past week, a letter went to all residents asking for our support in our annual Fund-Raising Drive. Each of us is asked to contribute to one or more funding buckets. One of those buckets supports the efforts of the Music Committee, who works hard to bring outstanding concerts to our communities. This summer we had a great reminder of how important this committee is to the quality of our lives. In May, we discovered that we actually had an outdoor performance space on our campus. Musicians could perform on our porch, and we could sit well spaced on the lawn. Some called it Tanglewood East. We quickly contacted Jim

Dowell, the chair of the Music Committee, to see if summer concerts could be organized. Within weeks, Jim and the committee had eight concerts planned, two for each summer month, performing on both campuses. These concerts have provided moments of joy during a difficult time. We have also given musical groups an opportunity to perform together—a gift during the period of confinement. So please remember to designate a part of your contribution to the Music Committee. Their work enriches all our lives.



THE BELMONTS RETURN OCTOBER 3 AT 4:00



Back by popular demand, The Belmonts, a talented trio of high school jazz musicians, will return to our outdoor stage at 4:00 on Saturday, October 3, to close out our summer concert series. You may remember that we last heard these young men at our 4th of July celebration. Resident sponsors have joined together to bring these guys back for one more performance. Of course, we'll have to work with the weather. But dress appropriately and enjoy the fun.

NORTH CAMPUS WEEKLY SCHEDULE



SEPTEMBER 26 - OCTOBER 3

All listings are open to new participants. Note email addresses for more information.

This is a work in process. Please send Chris additions and corrections.

- Sat. Sept. 26** **2:00** Quark String Quartet on the Porch. **No Walk Around, take your time getting to the concert so you can chat with friends.**
- Mon. Sept. 28** Trash and Recycling pick up
9:00-1:00 Limited Access to the Fitness Center, the Art Room and the Library
You need to get a reservation. Call the Easthampton Front Desk 413 586 0006.
1:30-3:30 Frank Sansom Office Hours
2:00 Healthy Bones and Balance on ZOOM.
contact Carol Neubert cpneubert@gmail.com
- Tues. Sept. 29** **10:00** Yoga under the Canopy \$\$
contact Martha Cushman marthaedit123@gmail.com
- Wed. Sept. 30** **9:00-1:00** Limited Access to the Fitness Center, the Art Room and the Library
1:00 Rob Olmsted Office Hours
2:00 Handicraft group on ZOOM.
contact Carol Neubert cpneubert@gmail.com.
4:00 Walk Around. Go **Left!**
- Thurs. Oct. 1** **Jeff Mitchell's Birthday**
1:00-3:00 Suzie Dickson-Moyer Office Hours
2:00 Healthy Bones and Balance on ZOOM
- Fri. Oct. 2** **9:00-1:00** Limited Access to the Fitness Center, the Art Room and the Library
10:00 Crabapple Lane meets with Thom and Rob under the canopy
11:30 Dogwood Lane meets with Rob and Thom under the canopy
- Sat. Oct. 3** **Joan Wofford's Birthday**
2:00 Walk Around. Go **Right**
4:00 The Belmonts, a jazz trio, on the Porch
7:00 Trivia on Zoom contact Carol Neubert cpneubert@gmail.com

Old age used to be
all in my head,
Now it's in my
joints too.



CONTINUING ON THE MINI SCREEN

Photos from Joan Cenedella, *Walking the Lathrop Woods Loop: Looking Down*. Learn more about what's under our feet as we walk the loop.

If you have news of interest or items to share in the Lamp Post, please contact Chris Hjelt jchjelt@yahoo.com for NORTHAMPTON news and Sarah Gauger sgauger@lathrop.kendal.org for EASTHAMPTON