

## Woolgathering

(from upcoming book *Weekends at the Farm*)

By Carolee Hirsch

One year Charlie's dad Vern decided to raise sheep. Wool is a renewable resource, and surplus sheep become meat. A field of early spring lambs looks enchanting. (An orphan lamb is just as cute, but bottle feeding around the clock is relentless. The weather turned cold, so the orphan was moved into the mudroom. The lamb got diarrhea – not enchanting. Despite our care, it died.)

The rest of the flock grazed and grew wool until a cold late spring Saturday when two sheep shearers arrived. Shearers are in high demand. They schedule regular customers well in advance, and then squeeze extra farms like Vern's into their tight schedule. They work regardless of weather, and my help was needed on the packing crew.



The shearers set up their clipper stations. Shearers are paid by the number of sheep. A good shearer clips the fleece off a sheep in one intact piece, in about two minutes. The farmer provides the rest of the crew – that was us. Vern and Charlie wrangled the sheep to the shearers, and cleared the shorn fleeces and sheep out of the way. They bundled each fleece and pitched it up to the wool sack.

Like an eight-foot-long canvas sausage casing, the wool sack hung vertically from a tall home-built scaffold topped with a small platform around the sack. I sat on the platform, legs dangling into the wool sack, hands clutching a ten-foot pole.

I shoved each fleece bundle into the sack, compressing it as much as possible with the pole until the next fleece thudded beside me a minute later. It was an assault on all my senses. The wind was sharper up on the scaffold perch. Sheep protested in a stuttering chorus. The platform, pole, and canvas bag were variations of roughness on my skin. Before long, my town girl muscles whined that they weren't used to this. The men grunted above the clippers' buzz. Sheep do not smell fluffy; they wear their one coat 24/7, rain or shine. Plus wool is the natural source of lanolin oil. No time for poetic contemplation as fleece after fleece landed on the platform, just thud, shove, and push it down.

continued...

Slowly, the fleece reached up toward my feet. My legs are stronger than my upper body. I thought surely I could pack wool tighter and rest my back by standing in the sack and tramping them down. I slid into the sack. My body weight compressed the fleece more than I expected. Suddenly the platform was far above my head. I couldn't reach high enough to pull back up or grab the fleece. My voice was muffled by wool and canvas. More fleece thudded onto the platform above me.



When one fleece hit the platform and bounced back down, the men noticed that I had disappeared. The noise paused long enough for me to shout. Charlie climbed the scaffold and peered down. I stretched high and he reached down to haul me up. We pushed the waiting bundles into the sack, and Charlie tamped them harder than I had been able to do. Then he handed the pole back to me and climbed down to resume his own job. Soon clippers whined, sheep complained, men grunted, and the next fleece thudded up beside me. Eventually the pile was high enough in the sack so that I could indeed stand in the sack to tramp it down.

Wool prices were down that year, and Vern's wool wasn't top quality. I never was privy to financial aspects of the farm. Vern had a good pension from his government career, and Annabelle still worked full time, so they weren't dependent on the farm income. Probably they just hoped that the farm could break even. Vern sure enjoyed farming.

I don't remember if he ever raised sheep again.

Bonnie Carolee

*(Stock photos)*

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### **From Susan Matthews:**

Are you familiar with **Indivisible.org** and interested in having a group here?  
Let's get together and chat, maybe we can make a difference.

Susan #104, [s.matthews1949@yahoo.com](mailto:s.matthews1949@yahoo.com)



## You are Invited to a Song Bath!

by Sara Mitchell



All are welcome to attend the next  
Song Bath, offered by the Eugene Threshold Singers.

In the **Fourth Floor Lounge on Thursday September 25,**  
**at 2:00 p.m.**

Come and experience being bathed in song...simple melodies to soothe and refresh us all. No need to discuss anything or to applaud (it's not a performance), just come and enjoy, whether or not you've experienced previous ones.

If you're new to The Abbey, you might wonder what a Song Bath is like. So...Imagine settling back in your chair and letting soft soothing music wash over you. It's like being bathed in song. Threshold Singers offer their songs in a special format called a Song Bath. For optimal sound effects, chairs are arranged in a circle with a recliner chair in the center. Several singers are seated around the recliner, and participants are invited to take turns sitting in it, if they want to try a more "surround sound" experience. It's a gentle serenade, with calming and soothing lullabies offered to the whole circle. (No soap or water is involved!)

**Space is limited. To sign up, or for more info,**  
**call or text Sara Mitchell at 541-912-6015.**



## In the Neighborhood

By Jeanne Armstrong

### Old Town

These stories derive from what could be called Eugene's emerging "Old Town," roughly covering an area from The Hult Center to Monroe Park plus streets north and south of tenth. I cannot offer a connecting theme that ties them together, except that I met each person in Old Town, an area that both attracts and houses a wide spectrum of humanity.

### Ladonna

I was on my way to meet a friend at the Abilities Diner and Bakery when I noticed a tall, slim woman clutching a spire of a classic wrought-iron fence and gazing wistfully around. The fence was locked, and it enclosed about half an acre of residential property. A large, handsome Victorian-style home sat in the middle. As I got closer, I noticed that the woman was well dressed and groomed and looked to be a very fit 75 years old. As I approached with my walker, I spoke so as not to startle her.

Good morning. What are you looking at?

This was my sister's house. She died recently.

I'm sorry.

She was a wonderful woman. Her name was Verona, like in Italy, but she wasn't from Italy. She was the second of us five sisters.

Where did you fit among the sisters?

I was fifth of five. I'm Ladonna. My sister lived in this house for 40 years. She had the fence put up when the neighborhood got bad. She worked for the government her whole life.

Wouldn't you like to go in?

I would, but I don't know the people who bought it – a holding company or something.

As I turn to leave, she asked my name. She took my hand, gave it a little shake and said, "I'm glad you stopped."

### Thomas

After a stop at Kiva one morning, I heard music as I walked toward 10<sup>th</sup> on my way home. It turned out to be a pretty good rendition of *Take me Home, Country Roads*, sung with a warm, clear, smooth tenor voice, like John Denver himself. A slight man, neatly dressed in jeans and shirt and wearing a western hat, was accompanying himself on his guitar. His case was open and the pot primed with some bills and coins.

I appreciate a good busker and sat down on one of the metal benches outside the library to listen. I surreptitiously dug my wallet out of my walker bag and pulled out a dollar bill.

continued...

Just then, the man finished a phrase and took a break. I saw my chance for a bit of conversation and rolled my “legs” on over.

You play very well. (I put the bill in his case.)

It’s my good old 6-string guitar that does it.

Have you been playing long?

Started on the guitar when I was 8 years old, 65 years ago. My grandpa gave it to me.

You sound as though maybe you are from...

Oklahoma.

What brought you to the West Coast?

After my parents died, I came as far west as I could to get a new start. I was homeless here for a few years, but then a policeman got me off the street.

A policeman?

He asked me if I wanted some help, and he helped me. Now I am housed.

What keeps you busy?

I go to college at LCC. I am taking courses in Human Services.

That’s great. I used to work there.

And I am interning at *Sponsors*. Do you know what that is? (I do.) And I volunteer at the courthouse, helping to escort men as they leave. (Maybe they are being released from prison.)

This community has been very good to me.

What is your name?

Thomas.

I told him mine and, given the nature of his story, asked permission to use his. He nodded an okay.

I walked on home, feeling good about Thomas’s story of kindness, rehabilitation, and success.

Jeanne Armstrong

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“Rage Against the Machine never specified what type of machine they were furious with, but I recon it was probably a printer.”

John Moynes

## Why the Hell Not?

By Bill Winkley

When I worked for Sight Savers of the UK, stationed in the S. Pacific, staff from around the world would go to London headquarters each September for a staff meeting. Each attendee would have one hour on the program and my first year I surprised my colleagues: We were seated around a large, oval table that was segmented. Without revealing my plan, I asked that one segment be temporarily removed and then for all attendees to step inside the oval, replacing the missing segment as I stepped inside myself. With a colleague, I then demonstrated three types of hugs, the first two very conditional, followed by a full body, “lean into me” hug. I insisted that only the third type was acceptable and then that every person had to full body hug every other. Many, especially the Northern Europeans, were quite reluctant, including our stuffy CEO. When they realized I was serious and unrelenting, even the most hesitant gave in, even ol’ Sir High ’n Mighty!

Before our gathering the following year, several fellow staff, both home office and worldwide quietly asked me whether I would be conducting the same exercise. I of course did (along with a program report on my work) as I did each following year.

**I think we should make hugging each other often a regular part of our wonderful Abbey culture here.** Here’s an article from *Nice News* that demonstrates why:

### **Physical Touch Is the “Mother of All Senses” — Here’s How It Benefits Our Lives**

**We need four hugs a day for survival, eight for maintenance, and 12 for growth** — at least according to a saying credited to renowned family therapist Virginia Satir. While regularly receiving a dozen daily hugs may feel excessive to some, it’s all too easy to fall on the *other* end of the spectrum: spending more time connecting with your devices than your fellow humans.

“Touch is the mother of all senses; **if we receive touch regularly, it helps us to grow emotionally,**” massage therapist and healing expert Beata Aleksandrowicz tells *Nice News*. “Touch is what makes us human. It is the first sense developed in [the] human embryo. “And though technology may have diminished our exposure to touch, our craving for it hasn’t gone away. One 2019 study found that **72.7% of participants reported that their desire for touch exceeded their current touch frequency.** “Touch is fundamental to all human interaction,” Aleksandrowicz says, adding: “It gives us a sense of reality.”

But in what other ways does it impact our bodies, and **how can we get more of it?**

Check out the complete article from *Nice News*:

[https://nicenews.com/science/the-benefits-of-physical-touch/?utm\\_source=convertkit&utm\\_medium=email&utm\\_campaign=Why+physical+touch+is+so+important+-+18423774](https://nicenews.com/science/the-benefits-of-physical-touch/?utm_source=convertkit&utm_medium=email&utm_campaign=Why+physical+touch+is+so+important+-+18423774)

And if you’re not reading *Nice News*, maybe check it out and subscribe; it’s free here:

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**Now get out there and collect your 12 for today, and *repeat daily!***

## Art Committee Report



The Ketubah is a work of art. It is also a traditional Jewish Marriage Contract. It serves as a legal document and a symbolic representation of love and commitment. Robin Haggard's husband, Jimmy, had this made to celebrate their 20th wedding anniversary. Robin has loaned it to the Abbey for display over the table in the 4th floor Lounge. Thank you, Robin. [It](#) is beautiful and makes a nice addition to the Lounge. We are hoping that the Peruvian tapestry that was in the Lounge can be sold at Fine Consign as it is too valuable for our auction.

The Art Committee members have been busy this past month. The first weekend of August we held an art sale in the Pub and since then we have been culling artwork from the Abbey walls and displaying them in the Pub for silent auction sales. Many have been sold and the bidding has been competitive. The silent auction will display different pieces through the end of September, so keep a lookout for your new treasure. So far the sales have earned close to \$200. These funds are used for art supplies; in the past we have purchased a large print from professional photographer David Simone which is now outside of the Pub, donated to the Library Committee for new books and given Judi Cameron an honorarium for the art she left to us.



If you have art of your own that you would like to share or don't have room for since you downsized, please ask a committee member to see your artwork. There are certain guidelines for what goes on community walls; the committee meets once/month and makes the decision on what is displayed. It may be donated or loaned and we ask that you fill out a form before it is hung. Please be patient as the changing of the Pub Art keeps us busy. Art Committee meetings are the first Thursday of each month. The committee members are Katherine Witt, Patty Kasper, Betsy Hall, Bruce Bonine, Carolee Hirsch, Wes Brown, Karry Nestor and Nita Nettleton.

Betsy Hall

## ActCom Report

Bill Winkley

In response to a call for volunteer members as we resurrect the Activity Committee, Karen Fierman, Karry Nestor and Katherine Witt (the K-Team?) stepped forward immediately. We have a committee!!

Other residents have indicated their willingness to assist as needed, but don't want to commit to be ongoing ActCom members. We decided this is a great approach: the core committee and ad hoc volunteers! None of us is shy about asking for help!

Our first meeting was 8/21/25 when we did our basic planning for the year ahead, beginning with our traditional Halloween party in October or November of this year. Here are the parties we hope all will enjoy, *including staff*, dates to be determined:

1. Halloween
2. End of Year in December
3. New Years Day or Eve
4. Mardi Gras
5. Cinco de Mayo
6. Juneteenth – We decided to hold this in the side yard (weather permitting) and include the day's meal. We're hoping to engage, finally! Dan Powell's *One More Time Marching Band*. And Dan has indicated interest, if the dates are right.

As always, other groups can and should plan other events, that those above are the basic responsibility of the ActCom.

As always, we'll depend on Michele and Daphne to help with expenses, refreshments, etc. We all know that we couldn't do this without their support and we thank them.

So, Abbeyans, start planning your Halloween costumes and props.

A special shout-out to our committee members!

Anyone wanting to help with our expenses for such things as paper plates, napkins, flatware, decorations, etc. is encouraged to hand your donation to any of the ActCom members. Traditionally and going forward, committee members have reached into their pockets to cover these. And we'll continue!

And watch for our announcement of dates and times for each festive event!



Laissez les bons temps rouler !





**As Summer Fades...**



Susan's flowers are thriving on the First Deck,



where it's not so sun-drenched

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While Betsy's daughter (L) and grandson enjoy time together on the Willamette.

## Why we Love Our Kids

From Bill Winkley

1. **Nudity:** I was driving with my three young children one warm summer evening when a woman in the convertible ahead of us stood up and waved. She was stark naked! As I was reeling from the shock, I heard my 5-year-old shout from the back seat, 'Mom, that lady isn't wearing a seat belt!'
2. **Ketchup:** A woman was trying hard to get the ketchup out of the jar. During her struggle the phone rang so she asked her 4-year-old daughter to answer the phone. 'Mommy can't come to the phone to talk to you right now. She's hitting the bottle.'
3. **More Nudity:** A little boy got lost at the YMCA and found himself in the women's locker room. When he was spotted, the room burst into shrieks, with ladies grabbing towels and running for cover. The little boy watched in amazement and then asked, 'What's the matter, haven't you ever seen a little boy before?'
4. **Police:** While taking a routine vandalism report at an elementary school, I was interrupted by a little girl about 6 years old. Looking up and down at my uniform, she asked, 'Are you a cop?'
5. Yes,' I answered and continued writing the report.
6. 'My mother said if I ever needed help I should ask the police. Is that right?'
7. 'Yes, that's right,' I told her.
8. 'Well, then,' she said as she extended her foot toward me, 'would you please tie my shoe?'
9. **Dress-up:** A little girl was watching her parents dress for a party. When she saw her dad donning his tuxedo, she warned, 'Daddy, you shouldn't wear that suit.'
10. 'And why not, darling?'
11. 'You know that it always gives you a headache the next morning.'
12. **Death:** While walking along the sidewalk in front of his church, our minister heard the intoning of a prayer that nearly made his collar wilt. Apparently, his 5-year-old son and his playmates had found a dead robin. Feeling that proper burial should be performed, they had secured a small box and cottonwool, then dug a hole and made ready for the disposal of the deceased. The minister's son was chosen to say the appropriate prayers and with sonorous dignity intoned his version of what he thought his father always said: 'Glory be unto the Faaather, and unto the Sonnn, and into the hole he goooes.' (I want this line used at my funeral!)
13. **School:** A little girl had just finished her first week of school. 'I'm just wasting my time,' she said to her mother. 'I can't read, I can't write, and they won't let me talk!'
14. **Bible:** A little boy opened the big family Bible. He was fascinated as he fingered through the old pages. Suddenly, something fell out of the Bible. He picked up the object and looked at it. What he saw was an old leaf that had been pressed in between the pages. 'Mama, look what I found,' the boy called out. 'What have you got there, dear?' With astonishment in the young boy's voice, he answered, 'I think it's Adam's underwear!'

**Now, if this didn't brighten your day, go back to bed and forget it.**

## **Some Thoughts from Bill:**

### **True Love?**

If you wanna know who loves you more your spouse or your dog. Put them both in the trunk of your car and drive around for a an hour. When you open it you'll know...

### **Maybe you have to be from Texas to appreciate this:**

Texas A and M gets a new dean, and for one of his initiatives he asks the college heads to identify students who are homesteading – accumulating credits without graduation. The business dean comes back with Leroy. He has been a student for 15 years. The dean calls him in and says. “Son, we want to get you out of here with a diploma. I am offering the chance to take a one question final exam for a degree in business management. Go home and study and your exam will be Saturday morning”. Leroy says “OK, dean “.

Well, word gets around (everyone knows Leroy). So the dean moves the exam to Kyle Field, open to everyone. Come Saturday morning, the stands are full of 60,000 students, alumni, and Leroy’s family and friends. In the middle of the field, there is a small table, chair, and microphone setup. Leroy and the dean wait silently. The dean finally asks “son, are you ready?” and Leroy nods. The crowd goes silent. The dean says, “son, here is your question. What is 2 plus 2?” Well, Leroy licks his pencil tip and gets to ciphering. As he works the crowd buzzes with excitement. After ten minutes Leroy leans back and the crowd hushes. Leroy says “dean , I have the answer”.

The dean says, “go ahead,” Leroy proudly says, “2 plus 2 is 4!”  
And the crowd as one screams “

**“Give him another chance! Give him another chance!”**

Bill Winkley

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### **Have you seen what I call a Banana Tree?**

I try to eat a banana each day for its many nutritional benefits (it’s rich in potassium, that us oldsters especially need), but when I get the organic ones at The Kiva, they didn’t stay yellow for more than a few days before they begin to turn brown and lose their taste. Then I discovered this gadget on Amazon that lets the banana hang, almost like its mother tree, and they last all week before becoming overripe. It holds a whole “hand” of bananas!

You can thank me after you’ve tried one. (About \$8.00, called Banana Holder )

Jim McConnell



## Committees of Yore Reactivated!

By Bill Winkley

Remembering what each committee added to our Abbey quality of life in years past, a call was made for volunteers for the three committees below. The following residents stepped forward:

1. **Activities Committee:** Plans and executes major events for our residents. Think our Halloween, End of Year, New Years, Mardi Gras, and Cinco de Mayo parties over the past 10 months. These activities do not preclude other groups or individuals' making plans for events.
  - Winkley, Bill, Chair
  - Fierman, Karen
  - Witt, Katherine
  - Nestor, Kary
2. **Welcome Committee:** On word for our CEO of a new resident(s) moving in, the committee selects a volunteer resident to help that person or couple meet other residents and to serve as a resource for information about the Abbey programs and dedicated spaces, etc.
  - Williams, Sue, Chair
  - Fierman, Karen
  - Southwick, Linda
  - Witt, Katherine
3. **Personal Profiles Committee:** Each new resident, who wishes, is invited to write up a short biography of her/his life that is assigned a committee member, who edits it, or to be interviewed by a member who will write it up. Either will then be sent back to the resident. Once that resident is satisfied with hers/his, it will be published in the Abbey newsletter, *The Echo*.
  - McConnell, Jim, Chair
  - Coleman, Stan
  - Armstrong, Jeanne
  - Bernstein, Janet

Anyone wanting to serve on one (or more) of these committees is encouraged to contact the Chair(s).

***Laissez les bons temps rouler !!***

(Ed. Note : For non-Creole speakers; that's "Let the Good Time Roll!!")

## Four Habits of Exceptional Agers

From an article by Alaina Mancini in Katie Couric Media, 29 September 2023

### They don't join CrossFit (unless they want to)

But they *do* keep it moving! “Something I talk about often with people who are in transition is the idea of ‘sedentary minds, sedentary body,’ and ‘sedentary body, sedentary mind,’” says Keohan. “This bi-directional experience means if we aren’t moving our bodies, our thoughts in our brains are not going to move forward, and vice versa.”

It’s easy to stay in this kind of inactive loop unless you mix up your routine. But it’s important to find activities that feel authentic to you. “I’m not going to send you off to a CrossFit gym if that’s not something you feel organically enthusiastic about,” says Keohan.

Try making a promise to yourself to move frequently, whether that’s daily to the local coffee shop or just [a stroll around the block](#). “I find that the more people move, the more engaged they are with their surroundings and their environment.”

### They're more inclined to bury the hatchet

Maybe you always dreamed of moving to Paris, but never made it onto Air France. Or you wanted to belt your heart out on stage, but were too afraid to take voice classes. As we get older, it’s important to recognize unmet expectations you had, but also to find creative ways to fulfill the *feeling* that those dreams gave you.

“People often self-reflect as they age, especially people over 70 years old: *Did I do that right? This person won't talk to my – did I say the right thing?*,” explains Keohan. “It’s important to process not just resentments, but unmet expectations.”

Those who age well are mindful of what’s possible for them *now*. “Maybe you’re not 25 years old anymore and have too many responsibilities, so moving to Paris isn’t an option. What can you do that’s going to embody that same spirit?” explains Keohan. (Any takers for a croissant-making class?) “It’s all about living in the present moment, and staying passionate about what opportunities are in front of you.”

### They're not afraid to lean on loved ones

Certain aspects of getting older are unavoidable — you may become a widow, lose a friend to disease, or grapple with upheaval as retirement kicks in — and they’re often difficult to navigate on your own. “Any type of loss is hard, and that doesn’t just pertain to death itself. It could be losing a job or housing,” says Keohan.

That’s when it’s time to lean on your support system. “I say this all the time, but self-reliance gets us to a deeper place of isolation, because we may want to be independent and autonomous,” says Keohan. “But in very difficult times, we need people and relationships to buttress us.”

Cultivating hobbies and habits that bring you peace of mind is also important during rough times. “Stress reduction — whether it’s through movement, fostering relationships, or getting back to activities that we love or are nostalgic about — is super important for bolstering your spirit,” she says.

continued...



## **They talk it out in therapy**

Mental health is *integral* to our overall well-being, so it's fitting that those who prioritize their psychological and emotional health tend to age well. Seeking professional therapy, even in a digital capacity through a platform like Talkspace, can contribute to a smoother aging process.

And you don't have to wait for a catastrophic life event to get started. "Behavioral health shouldn't be ignored, just as our physical health shouldn't," explains Keohan. "In successful therapy sessions, people are ultimately going to tell the truth. And it's not their therapist they're telling the truth to, it's themselves. That unburdening can add relief and healing during whatever people are trying to work through."

You don't have to attend in-person therapy sessions if they don't fit into your lifestyle. Talkspace makes it simple to connect directly with a licensed therapist 24 hours a day, through its online messaging platform. Many older adults are embracing this newer way of connecting with a mental health specialist.

In fact, recent research conducted by Talkspace, in collaboration with the University of Washington Medical Center, UC Berkeley, and Weill Cornell Medical College, examined the potential of digital mental health interventions, such as texting with a therapist, to address mental health care disparities among older adults.

The study compared the effectiveness of message-based treatment between older adults (55+) and younger adults (26-35) and found that older patients consistently attended more days in treatment, with both age cohorts messaging their therapists with similar frequency and experiencing similar improvements in symptoms of depression and anxiety.

"I love working with Talkspace because my patients don't have to wait for an appointment weeks away if they need to talk to me — it takes away that time barrier traditional therapy often has," explains Keohan. "By the same token, when you have the messaging component, you can reflect on what your therapist is saying and read back your entries as often as you like."

Feeling anxious about getting started? Focus on the potential positives, like how much therapy might help you accomplish emotionally. "Therapy can really help you make a change in your life if you're afraid to," explains Keohan.

Too often, it's fear that holds us back from truly living fully and presently. These mental and physical habits not only smooth out the wrinkles of worry and the general uncertainty of aging, but they can help guide you as you navigate life's seasons.

"We can't necessarily live as long as we want to, explains Keohan, "but we *can* live well."

Thanks to Bill Winkley



The plants on the Abbey decks are thriving (thanks to our volunteer gardeners) in the warm weather we're experiencing, and Larry sent along this photo as proof.



*Helianthus annuus* L.  
(Some call it a Sunflower)

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"You take your life into your own hands, and what happens?  
A terrible thing -- no one to blame."

Erica Jong .

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<p>"Don't Mess with Old Folks! As we get Older A life sentence is less a deterrent."</p>
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Sign at my barber shop – Jim Mc

## **Library Report:**

### **South African Issues to Be Topic of Library Committee Talk By Margaret Grace Sept. 16**

The Library Committee is sponsoring a talk by Margaret Grace about her experience working as a summer intern this year in Cape Town, South Africa. The event begins at 10 a.m. Tuesday, September 16, in the 4th floor lounge. Margaret worked with a group that is helping victims of gender-based violence, which is a huge problem in South Africa. She spent seven weeks learning about South African culture, the city of Cape Town and surrounding countryside, and meeting other young people from around the world. Margaret will be a junior at the University of Oregon this fall and is Sue Wineland's granddaughter. After her talk, cookies and punch will be provided in the solarium.

### **New Acquisitions Thanks to Residents' Generosity**

Residents will begin noticing new book titles in the coming weeks—books that have been donated as well as ones being purchased thanks to your generous shopping at the book sale. Thank you also for your monetary donations. New Acquisitions will be featured in Books on Display, which is located under the window at the top of the stairs on the first level. Many thanks also to Wes for managing the sale, and for the assistance of the whole committee.

### **Addendum to Library Donation Policy**

An addendum clarifies the Donations to Abbey Library guidelines. Please, if you have donations of more than three books, contact Library Committee Chair Chris to ensure space is available and your collection is relevant for our readership. Surveys show Abbey residents prefer mysteries, recent fiction and biographies. Among other considerations are type size and density. As new books are received, current books may be sold, donated or recycled.

### **Resource Rack**

New to the Resource Rack is the Fall 2025 City of Eugene Recreation Guide. Please let us know what materials would be helpful for you.

### **Book Talk**

Sue Wineland leads the monthly Book Talk, a chance to share what you've been reading. The next Book Talk is Thursday, September 18, from 4-5 p.m., in the Downstairs Lounge, B Floor.—  
Library Committee: Chair Chris, Jeanne, Sue (Wineland), Wes, Linda (Gordon), Cindy

Cindy Nickles

### **The Personal Profile Project**

If you are a new(er) resident of the Abbey, you may not be familiar with the Personal Profile project.

This project offers an opportunity for each member of the Abbey community to introduce themselves to the community at large. The introduction includes a passport size photo of yourself and a brief (two page max) description of things in your life history that you would like to share with your fellow residents.

There are profiles of many of our current and former residents in a binder in the library (labeled **“Eugene Abbey and its Residents”**) on the bottom shelf opposite the desk.

If you are willing to participate in this project, we would very much like to include your profile and photo in this on-going permanent record of The Abbey. These “getting to know” personal profiles have been shown to be a great aid in promoting a spirit of community and belonging as residents learn of others’ interests and life experiences.

Please contact Jeanne Armstrong, Janet Bernstein, Stan Coleman, or me if you would like to participate in this “getting-to-know” project, and we will interview you – or you may, of course, write your own Profile.

Please note that each individual will have complete control of what information is included in her/his published profile. A detailed description of the whole interview/publishing project will be sent to you on request.

Jim McConnell, 541-799-4145, [mcconnelljim9@gmail.com](mailto:mcconnelljim9@gmail.com)