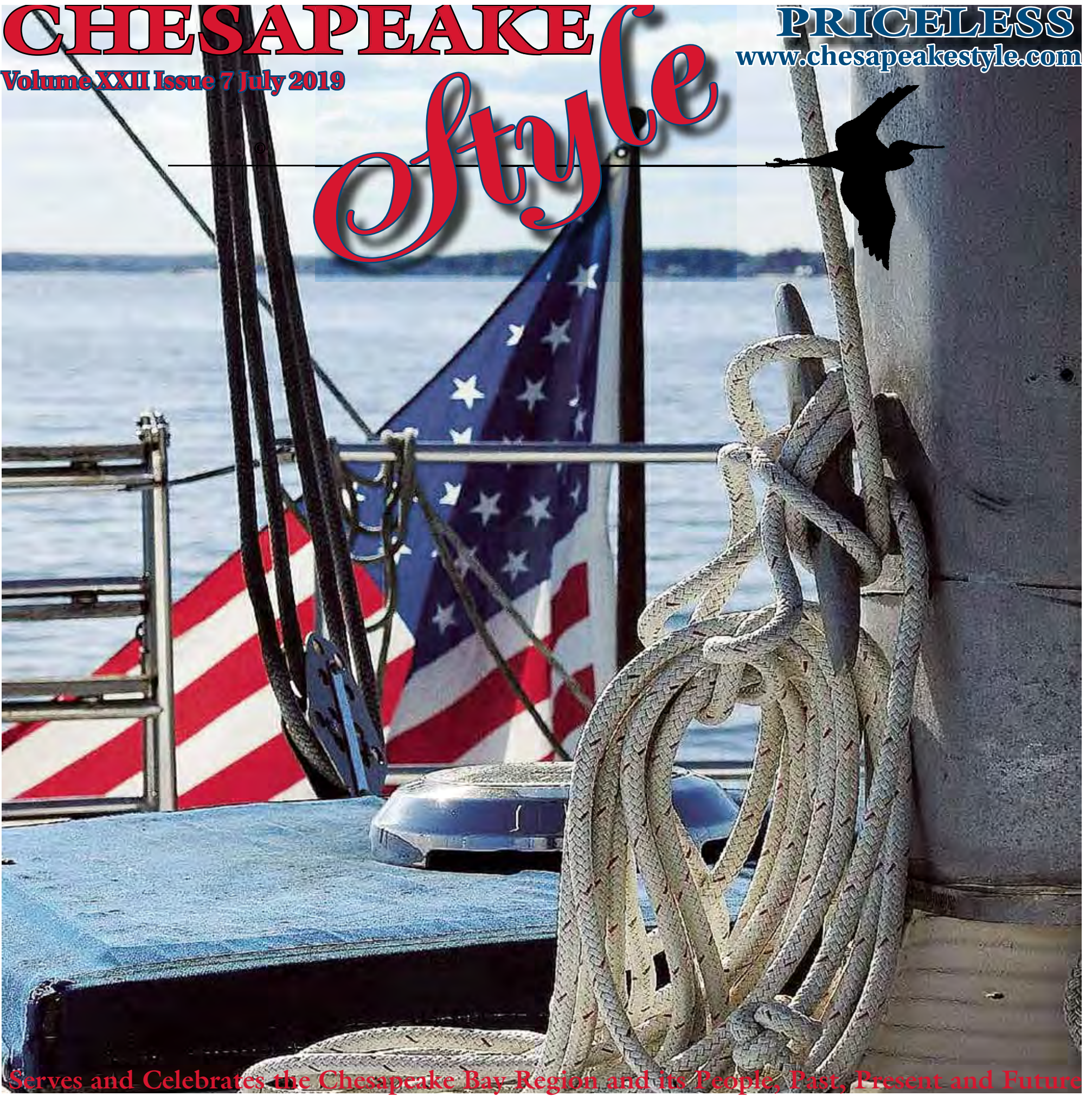


CHESAPEAKE

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Style



Serves and Celebrates the Chesapeake Bay Region and its People, Past, Present and Future

Fast Times on the Rivers

Brandy was born somewhere in the Northern Neck on September 8, 2009. She is a hound bird dog mix, and was loved by her original owner. He went out one night, drinking with his buddy, came home, sat down in his recliner and died. His wife did not want Brandy, so she gave her to his



buddy. The buddy left Brandy outside to fend for herself. That's when she found Tommy, the buddy's next door neighbor. Tommy made a place for her under a ramp, and he fed her and saw that she had veterinary care.

Brandy was the most popular dog in the neighborhood—all the other dogs came to run and play with her. One day she was run over by a truck. The driver

stopped, found Tommy who scooped her up and rushed her to the vet. She survived surgery, with drains above her shoulders and when Tommy took her home she needed to recover indoors. Much to Tommy's surprise, she was perfectly housebroken, was respectful of the cats and the bird. He had to take her outside to do her business. She required that her business be kept private and refused to take care of business on the leash. So she was allowed to run to take care of business. And she continued to live in the house. One day she was running with another buddy, and was nearly hit by another truck. Her buddy was hit, and the driver told Tommy she jumped out of the way at the last minute. This happened in the late summer of 2013. I visited Tommy periodically and Brandy always greeted me.

That same summer two of my dogs (German Wirehaired Pointers) crossed the Rainbow Bridge. The one remaining did not know how to be an only dog. Brandy always looked at me with her soulful eyes, and at times I felt my deceased GWP spoke to me through Brandy. When Tommy said he needed to find a secure home for her, I knew it was serendipity, as I needed her as much as she needed me. Two days later she came to live with me. My yards have high fences and locked gates. Because of her hound nature, she settled in, brought peace and calm to my remaining GWP.

I named her Brandy Lee, and she loves everyone, especially men. She adores children, and is adored by all. She takes her job as protector of my home seriously, barking, hair raised on her back, whenever she sees someone on our road or near our yard.

She had made herself at home on every single piece of furniture in the house. Of course she has! It's the hound in her. Every day with Brandy is a good dog day.

Athena is ready to celebrate July 4.

Joy Brenda Burch photo



Style f

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The mission of *Chesapeake Style* is to serve and celebrate the Chesapeake Bay Region and its people, past, present and future. Letters to the editor are welcome.

The editor reserves the right to edit all submissions for clarity, lousy spelling or any other reason that strikes her fancy.

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Chesapeake Style

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About the cover~

Sharon Wood Fine photo of *Seanchai*. From the Captain, Patrick Derry, "You are more than welcome to use the photo of Seanchai. She is a 50 foot Gulfstar ketch built in 1975. As I recall, we were on the Potomac river when you took this picture. We were heading back to my home dock after wintering over on the hard at Krentz Marine."

Seanchai (shan-a-key) were traditional Irish storytellers and the custodians of history for centuries

in Ireland. They could recite ancient lore and tales of wisdom whenever it was needed and could be considered as something of the Google of ancient times.

Sharon adds, "Photography became my passion about eight years ago when I was inspired by the photos of a good friend... wildlife and everyday life on the water have become my favorite forms of photography. My camera is Nikon Coolpix P1000.

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ACROSS FROM TRI STAR

Gardening in *Style*~Succulents



plant may look great, damage from over watering could already be rotting the roots and will spread upward and kill the plant. These plants have adapted to living in the desert areas and thrive on long dry periods especially in the winter when they go dormant. Dormant succulents should be watered about every six weeks. Never allow a succulent to sit in water as this is sure death for the plant.



simple cactus plants and aloe vera, but the variety available today is so much more interesting. Some are perennial in this area and will spread and thrive in our zone. Others are a bit more tender and should be carried inside when temperatures

respectable fairy garden should have several different succulents. Also, strawberry planters are perfect for some like the Hens and Chicks. Your imagination is the only limit to decorating with succulents and cacti.

In summary, succulents are desert adapted, so neglect is their friend. They come in many different forms, textures and colors. Plant them in well drained soil and make sure that your planter has drainage holes. They range in size from miniature to tree size, blend with any decor, and some even bloom. Go ahead and give them a try.

Nancy Shelley photos.



By Nancy Shelley

Succulents are at the very top of my favorites list. They are beautiful and can make anyone look they have a green thumb. Actually, they are so tough that I have heard them referred to as indestructible and never die. Their biggest enemy is over watering.

Succulents store water in their leaves, stems and roots. Over watering is by far the most common reason for losing your succulents. While the

Succulents are very shallow rooted and should be potted in a fast draining soil. Your local garden center will have a mixture that is specifically made for cacti and succulents. If you don't have access to a special mix, you can use regular potting soil and just add perlite to increase the drainage.

There are many plants that fall in the category of succulent or cacti. Most everyone is familiar with

drop to about 45 degrees. Inside, most plants in this category enjoy a southern window, but keep an eye out for fading or bleached out leaves as this could be a sign of too much sun and the plant should be moved.

In recent years, fairy gardens have become very popular. Every

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So, Why Do Squirrels Act Squirrely?



judgement. On the contrary, they are efficient problem solvers, aces at deception, and have parlayed their athletic skills into almost unbelievable heights when confronted with figuring out the best way to raid a bird feeder.

As gymnasts eternally in search of free food, squirrels can rotate their back ankles

180 degrees, thus enabling these furry contortionists to perform feats any circus acrobat would envy. They are also equipped with peripheral vision that is equal to focal—front—vision so that they don't need to turn their heads to see what is going on

around them. And for sunny days, they have a film or natural pair of sun glasses protecting their eyes.

Internally, and perhaps Nature's nod to mitigating the effects of a predominately nut, seed, and fruit diet, squirrels cannot vomit, burp, or experience heartburn, even though they also like to eat picnic leftovers and are rapidly developing a taste for fast foods. Perhaps in years to come evolution will step in and enable their digestive systems to malfunction more fully in response to pizzas and Big Macs.

In addition to stealing food that is clearly earmarked for birds, squirrels are paranoid hoarders. They don't like to share. Once they've solved the initial problem of finding a nut, then where and how long to hide it, they have to contend with possible poachers and free loaders. They do this by digging fake holes and pretending to bury

nuts in them while actually tucking the nut inside their mouth and waiting to bury it later, out of view.

It's estimated that squirrels can remember and recover—best case—as much as 80% of the nuts they bury, but these figures vary considerably between sources. What is certain is that both squirrels and crows consistently outperform college students by wide margins in comparable nut/seed finding memory tests.

In fact, American gray squirrels are so smart, their mastery of deception so advanced, and their threat so real, that 14 of them were actually accused of being spies and subsequently arrested on charges of espionage in 2007 by Iranian Intelligence officials. This may seem totally bizarre, the stuff of urban legends, but it did happen – and historically to other animals as well. Stay tuned!

Sharon Wood Fine photo.

By Ellen Dugan

We've all seen it. The squirrel who dashes madly out in the road, stops on a dime, looks around, zigs a few steps, zags the other way, then abruptly stops again. We slam on breaks but it's too late.

If only the poor animal had kept going it could have made it. Are squirrels stupid or what?

Well, they're not stupid. Or spastic. Or suicidal. Squirrels are just not skilled street crossers. They haven't yet learned that cars are among their chief predators, able to run faster than almost anything else nature has thrown at them. A squirrel's zigzag behavior is a defensive maneuver perfected to foil foxes, hawks, bobcats, and coyotes as well as some overly aggressive domestic cats and dogs. It just doesn't work very well against cars in a paved setting.

This doesn't mean that squirrels lack good

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Style Spotlight~ A Treasure Trove of Fun



By Martha M. Hall

Most of those in the work world would like nothing better than to have a job doing what they love, instead of what they have to do to pay the bills. Some few are lucky, and Jennifer Vaughan is one of those. Owner of Crying Shame Frame Shop & Gifts, Jennifer has been doing what she loves at the same spot since 1999, and her business has evolved from a weekend antique store to a full time, seven days a week, frame shop and collection of gift items that are unique to the Chesapeake Bay area.

When Jennifer began her store in 1999, she was working in Richmond at a job that was not particularly rewarding. Married, and living in her parents' former house, Jennifer was commuting to Richmond each day for work.

"My mother had a lot of antiques in her house, and I began to add to them as my husband and I settled in," she explained. "I moved some of the antiques to a single room in our current building and began selling them on the weekends.

As time went on, I wanted to change up my furnishings in our house, so I started moving more and more things into the shop. Gradually, we took over more of the building until we finally occupied it all. When

the market for antiques began to decline, I branched out into framing and gifts. Finally, I quit my job in Richmond and decided to run this business on a full time basis, and here we are!" she laughed. "I love it!"

And what's not to love? Jennifer's shop, named for her father's boat, *The Crying Shame*, is a two story house that is jam packed with unique and delightful items, sure to please even the most critical shopper. A graduate of Virginia Commonwealth University, Jennifer has put her marketing degree to good use, and her presentation and staging skills are obvious at Crying Shame.

As I wandered through the warren of wonderful gifts, I had a hard time not imagining signs, pictures, china plates, flags, pillows, and other home décor items in my own home. Similar items are grouped together, with subtle themes being carried out at each nook and cranny. The overall theme of the store is Fun, particularly on the water, and Jennifer stocks many items that lure shoppers into a happy place, full of sunshine and warm breezes and all things nautical.

Several rooms upstairs are divided by theme: a Baby Room—where I bought a baseball cap for my nephew that proclaimed "River Baby"—a Tee Shirt Room that had every imaginable color and style, decorated with sayings and pictures that remind you of where you are: "I put Old Bay

on my Old Bay," and a room with plenty of items for dog lovers and seafood lovers.

All things Crab are everywhere, and I came close to buying a couple of nifty, nautical collars for my pets. Jennifer even has a Tee shirt with a picture of a Labrador Retriever holding a box of Old Bay seasoning, an

obvious reference to her Lab, Scarlett, who is the official store mascot.

The framing portion of Jennifer's business is an enterprise in itself, and she credits her husband with designing the shop where she creates works of art and memorializes meaningful remembrances for her customers, using current conservation methods and materials.

Jennifer is as quick with suggestions for framing; she tries to keep her wait time down to a week, but she can accommodate last minute requests as well. "I get supply deliveries every week," she said, "so I don't have to wait for what I need to meet a customer's request." Her frame shop is complete with machines for mat cutting, frame cutting and joining, glass cutting, and a mechanism for mounting posters and pictures for framing.

"I took a week long course in Chicago before I began my framing business, and I continue to take courses to increase my skills. When I consult with a customer on framing, I do a little education on the importance of using conservation methods and materials, and they

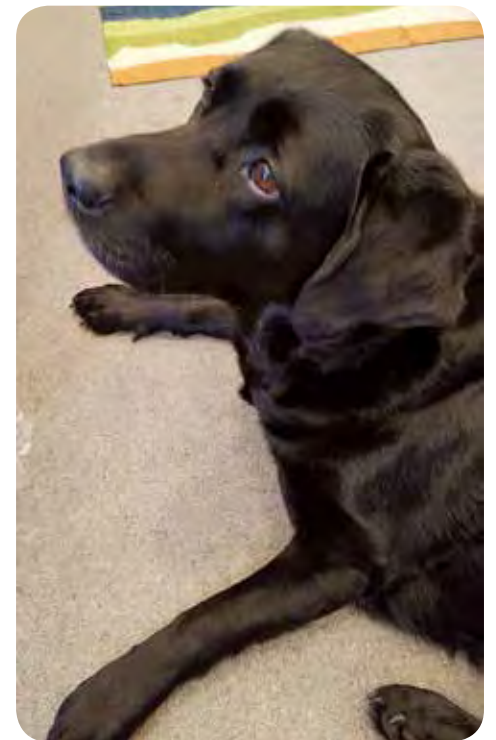


understand why it's a little more expensive, but very much worth it. When you care enough about something to have it framed, you want it to last."

Crying Shame is a not just a local shop, it's a destination, and you owe it to yourself to visit the house with flags and art work on the lawn. If

you don't find something you just have to have, it's a Crying Shame!

Visit Crying Shame Frame



Shop & Gifts at 103 Church Lane, Tappahannock, call them at 804-443-0070, check their website: www.cryingshameframeshop.com, or follow them on Facebook, Crying Shame Frame Shop & Gifts. *Martha Hall photos.*

Museum Ships Weekend

Style f



By Gerhard Straub

Every year on the first weekend in June there is an event known as Museum Ships Weekend that combines two activities that seem to be shared by many folks. That would be boats and Amateur Radio (Ham Radio).

It is organized by the Battleship New Jersey museum's Amateur Radio club, and museum

is a great way to generate some worldwide publicity for the vessels and museums and give Amateur Radio operators around the world a bit of a challenge.

The Rappahannock Amateur Radio Association (RARA) teamed with the Reedville Fishermen's Museum to put the museum's skipjack, *Claud W. Somers*, on the air for the event. She had some impressive company, as there were 116 museum vessels participating in the event, ranging from battleships to tall ships.

Tall ships on the air included *Elissa* from Texas and *Star of*

India from California. The presidential yacht *Potomac*, sister ship to *Sequoia* here on this coast, participated from California as well. Additionally, there were five aircraft carriers, eight battleships, three liberty ships including *John W. Brown* in Baltimore, and 28 submarines, including the Civil War era submarine *H. L. Hunley*—well at least from the Hunley museum. Even Marconi's yacht, *Elettra*, participated from Italy.

Chesapeake representation was also done by *NSS Savannah* in Baltimore. The vessels hailed from over 11 different countries.

Chesapeake Bay skipjacks, as well as many of the other vessels participating, were not normally set up for worldwide shortwave radio! As a result, the folks from RARA suspended a large wire antenna from the top of *Somers's* mast and set up radio equipment under the pavilion at the museum.

According to Wray Dudley,

one of the RARA organizers and a *Somers* crew member, 18 members of RARA participated as radio operators and they made contact with 373 other Amateur Radio stations using both voice and Morse code. Seven of the stations contacted were other museum vessels, including two Coast Guard vessels and the aircraft carrier *Yorktown*.

A certificate is given by the Battleship New Jersey club to any Amateur Radio operator that makes contact with at least 15 museum

vessels. Additionally, individuals can request verification of a contact with *Somers* and they get a nice card, known as a QSL card, in return.

All in all, it is a fun weekend that highlights the nautical heritage not only of the United States, and specifically the Chesapeake Bay, but of countries all around the world. It also celebrates the role of radio, especially shortwave radio, in that nautical heritage. If any of this sounds like fun, either the radio part or the vessel part, or both, and it really is, get in touch with RARA or the Reedville Fishermen's Museum and help keep the legacy going.

See you on the water.

Gerhard Straub photos of A Somers/RARA QSL card and Rappahannock Amateur Radio Association members manning the radio.


Gerhard Straub is master of the skipjack Claud W. Somers which is owned by the Reedville Fishermen's Museum.



vessels from around the world participate. The rules are simple. The vessel must be real, meaning not a replica, and the radio operation must occur on or within sight of the vessel.

Amateur Radio operators using shortwave radio then try to communicate directly with as many museum vessels as possible. Keep in mind that this is all a tribute to communications before the age of satellites and internet, when communications occurred with no intervening infrastructure. It

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Style Spotlight~Where to Find That Special Home Decoration



previously in Kilmarnock for six years and White Stone for four years. The current location is nice, easy to find.

Years ago the building in Callao was the old Wardley Theatre. Just to the right inside the entrance is the old Wardley Theatre projector, an interesting part of the past. Now Mosaic Consignments and Gifts is the home for beautiful items, mainly home decoration. The building also houses the Northumberland County Chamber of Commerce and Visitors Center.

Jane was attracted to having a consignment shop

featuring home decoration because that is a special interest of hers. She also likes working with people. A new addition to her staff is Yvonne Vaughan, a sales associate.

Mosaic Consignments and Gifts was named One of the Best Consignments Shops in Eastern Virginia, January 2019, by *Virginia Living Magazine*, Readers' Choice. Mosaic Consignments has a great reputation, known for quality, honesty and consistency. Jane also works with area charities and services, Interfaith Service Council Northern Neck by fixing or selling items for them.

Besides the wide variety of home decor items and furniture, the shop has some clothes, some are new, all are chosen by a person with



discerning taste. Also, in the inventory are made in Virginia food and soap products. Other special additions are by artisans, making stained glass, pottery, carvings, furniture and art.

There are owls made of wood, glass, leather, feathers and many other materials. Some of the owls are life size and others are two inches tall. There are other collections of special items that represent someone's special fascination. This is not a place to rush past the arrangements.

There is a wide variety of home decoration items, large and small. Then add to that the interesting pieces made by artisans; this shop is full of possibilities. The Virginia made food and soaps, jewelry, clothing and knickknacks add a multitude of dimensions. At Mosaic Consignments and Gifts, one could redecorate their house, get a few new outfits with accessories, some Virginia made snacks and then do their Christmas shopping.

Go check out Mosaic Consignments and Gifts at 153 Northumberland Hwy, Callao, VA 22435. Call 804-529-1030. The website: <https://mosaic-consignments-gifts-llc.business.site/> or <http://mosaicconsignments.blogspot.com/>. On Facebook, Mosaic Consignments & Gifts LLC. Joy Brenda Burch photos. Top, Yvonne Vaughan, Associate Sales and Jane Woodle, owner.



On display is a special table, benches and bowls. They were done by James Butt of Kinsale. There is also outdoor furniture, dishes, silverware, jewelry and interesting collections. In one display case is an owl collection.

By Joy Brenda Burch

The view as one walks in Mosaic Consignments and Gifts is stunning with the variety of furniture which is so well cared for and arranged. It invites a fascinating roam around the shop to see everything. There is a wide variety of home decor items, some used and some new, but all displayed in best condition. There are, dressers, couches, chairs, desks, trunks, tables and many other types of furniture.

Plus, there are smaller display items. The arrangements allow for easy viewing and many are placed in settings that mimic how they could be placed with other pieces in a home. The groupings of pieces as if in a home tickles the imagination to mentally transport the look into one's own favorite room. Everything that comes to the store is put in pristine condition and displayed attractively. Even the rugs look fresh and inviting. The owner, Jane Woodle, is involved in all selections and describes herself to be picky. In every way, they look cared for and appreciated.

Mosaic Consignments and Gifts has been in Callao for three and a half years. Jane also had the shop

Style f Spike's Wildlife Almanac~House Wren

By Spike Knuth

You may have seen them around your neighborhood and didn't know what they were or simply didn't pay attention to them. They were little brown birds with slightly down curved bills, and stubby tails held in an odd upright position. Little balls of feathered energy they moved quickly and constantly through the dense, low growing shrubs almost impossible to follow. While being secretive in one sense, it readily revealed itself by pouring forth a loud, bubbling song.

The house wren is common in residential areas, parks and gardens, or farms and in orchards as well as woodlands. Among its common names are "Jenny wren," brown wren, stump wren, common wren, or wood wren. The house wren has a rotund little body with short, rounded wings,

and a tail which is often held in a cocked upward position. Its drab plumage shows a lack of distinctive markings with no pronounced eye line. Its upper parts are brown, with under parts white to grayish brown. The wings and tail are finely barred and there are faint brownish bars on its flanks.

Male house wrens arrive about a week or so before the females in late April from their wintering grounds along the South Atlantic and Gulf Coasts. They may first show up in the woodlands and brushy hedgerows where some will stay to nest, but many will move into city or suburban



backyard gardens and parks. Males immediately go about the business of claiming a territory. They will sing incessantly—almost to the point of being a nuisance; a song that is often described as being mechanical as if on a loop recording..

House wrens will nest in almost any type of cavity, nook, cranny, or shelf. Old woodpecker holes, natural tree cavities or hollow limbs, under eaves, in old outbuildings, or in man made items such as flower pots and planters. They also take readily to man made nest boxes or houses.

If a wren house is chosen by the female she'll generally rearrange

all the materials and even throw out some of the male's efforts. To this she'll build her nest of grasses, animal hair, feathers, spider silk, and lined with down. An average of 6 to 8 eggs are laid which have a dull white base color but are heavily marked with reddish or pinkish brown so as to totally cover the white. The young hatch in about 12-13 days. The young fledge in about another two weeks and a second brood will be started in late June.

Towards the end of July and into early August, the male finally ceases from his singing. By the end of September house wrens will start to disappear from residential areas, retreating to the woodland edges and brushy hedgerows for a time before heading southward.

Original artwork by Spike Knuth.



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Style Spotlight~Integrity and Enthusiasm at Price Properties



By Carol J. Bova

Jennifer Bishop always had two goals: she wanted her own store, and she wanted to go into real estate. After working in the mortgage field, Jennifer accomplished her first goal and opened a Merle Norman Studio on Main Street in Kilmarnock. Her enthusiasm and genuine caring about her customers helped her make a personal connection with each of them.

She said, "For years and years, I knew I wanted to go into real estate, so I studied and got my license. I love looking at homes

and I love working with people."

One day Debbie Price came in to Jennifer's store to place an order and they hit it off. "I felt like God had put us together. She loves God which is important to me." Their conversation led to Jennifer joining Price Properties as one of the team.

When Jennifer told one of her studio clients she'd found a buyer for her store because she was going into real estate, the client was delighted. She had three properties in the area she wanted to sell. She signed a listing agreement for a house, land, and a commercial property. To her client's surprise, Jennifer got a full price offer for the house and land in two days, and closed in two weeks—a very unusual occurrence! As it turned out, Debbie bought the commercial property also.

Debbie said, "You'll never meet anyone with such integrity and passion for helping people as Jennifer has. She lights up a room when she walks in and has the knowledge and know-how to get the deal done."

Jennifer's been married for almost 19 years to Vance Bishop. "I always loved the area. My uncle had a property in Wake. My husband had gone to the Oyster Festival and bought property for camping." They

have two sons. Peyton, 17, will be a senior in high school this fall. Connor, 14, will be a freshman. The family has two little goats named Laverne and Shirley, Toby, a 19-year old cat, Miley Cyrus, a rescue beagle, and Sophie Mae, a pound puppy who's best friends with Lola Mae, a sweet and sassy two-year old Yorkie.

Jennifer said, "When I decided to go with Debbie, I sent a picture of Lola Mae wearing a Price sweater. My little dog has always come to work with me. She loves coming into the Urbanna office, so she'll love the new office in Kilmarnock also. I'm excited about the new office and having a presence in Kilmarnock since the majority of my friends are in the Northern Neck.

"It's wonderful to be working in a boutique real estate firm where I can always look out for my clients' best interests and help them make the best decisions."

Debbie Price has a lifelong connection to the Middle Peninsula. When she was a child, her father used to race hydroplanes on Urbanna Creek when they could run 200 miles per hour, and her family had a summer home in Deltaville. She said, "It's great coming back. I bought a home right on the water

in Urbanna." She's been in the Real Estate business for 16 years full time and has 30 years prior experience in sales and marketing. She said, "We have a small boutique business with excellent communication and customer service. Jennifer is doing a fantastic job rocking and rolling!"

Jennifer said, "We at Price Properties pride ourselves on our morals and readiness. We believe through hard work, honesty, and intense preparation, we set ourselves up to be the best advocate for you and your home. By following these essential guidelines, which we believe are necessary for any business, we leave our customers with 100 percent satisfaction. We look forward not only making our customers content, but making them feel certain they made the right decision by listing with us."

Jennifer Bishop is available through her direct line at 804-694-6364 or email: jennifer.priceproperties@gmail.com. The main office is at 55 Cross Street in Urbanna, and the Price Properties branch office is at 32 N. Main Street, Kilmarnock. The Grand Opening will be in July. Watch the Price Properties Facebook page for details!

Photo by Debbie Price-Jolly.

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Faith Matters~A Time To Tear Down And A Time To Build Up



By Torrence Harman

Early morning. The sounds had already begun. Grumbling, rumbling, growling that seemed to shake the ground.

Monster machines coming to life after a night of rest. Construction starting up again. Deconstruction a better word. Because sometimes deconstruction needs to precede reconstruction.

The Bottom across the street from a church I serve in the heart of the town of Warsaw is being torn down to make way for something new. Everyone passing by is fascinated. There's just something exciting about construction sites. The first to go were the old deteriorated empty buildings.

Concrete surfaces that had served in better days as parking areas and the foundation of commercial buildings lay exposed to the elements over the long winter. The concrete landscape waited to be broken apart to expose the ground beneath it to support something new to flourish there.

As winter shifted into spring, I walked the empty concrete surface. Beginning to notice green growing things making way through cracks in the concrete. Earth desiring to nurture growth again. Things seeking sunlight, drinking in rainfall, searching to thrive despite the flattened environment. I imagined what memories the earth beneath this concrete surface held.

Did tall grasses and old trees shelter paths for long ago Indians as they came and went in this abundant for them river country? Did deer and smaller creatures find peace and plenty, water



in a stream or pond, a place to rest in dappled sunlight or gentle moonlight? I sensed memories in the ground below and the ancient flow of a deep abiding earth energy desiring to flow again and nourish all walking upon the ground of this place.

Overlooking the Bottom's de-construction/re-construction site is St. John's Church, a parish which began a few blocks away on land now guarded over by the adjacent town water tower. Grown over land there is now the subject of investigation as to its beginnings and life in the 1700's before its church structure deteriorated and later faithful rebuilt at the St. John's location.

The church itself has been the subject of continual re-vision since 1835, revised, renovated, re-roofed, re-painted, added on, modified over the decades. Overlooking the Bottom's construction to the west are courthouse and county government buildings in this historic area. They, too, have experienced continual building and re-building over time.

Changes to our manmade structures whether configuring physical or mental constructs seem part of a natural evolution process, even though for most folks change in such structures can be disorienting. But sometimes it is essential to clear things away to reveal the ground beneath us, and then build again, respecting it with new vision.

Reflecting upon what's happening in the heart

of this rural town in the Northern Neck I watch prehistoric looking metal monsters and flesh and blood workers strip away the manmade landscape of The Bottom. Exposing, once again, the ground beneath what was.

What is designed to come is shaped by a vision organic in nature—one to draw folks to come and gather, be renewed and refreshed in a park like setting of grass and water and green growth. This is rich earth that wants to support rest and refreshment.

We build and rebuild, reconfigure again and again that which we desire to enhance how we live, move and have being whether it is a house of faith, a governmental structure, or an old commercial strip. In a time of great change not only in our rural communities, but our nation and the world, the image of renovation is hopeful. It holds out the promise of renewal. May it be so with wherever we are, with whatever we build.

Torrence Harman photos.

The Rev. Torrence Harman is the Priest in charge of Farnham Episcopal Church and St. John's Episcopal Church in Warsaw.

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Style Spotlight~Pulse of a Special Beach Town



By Joy Brenda Burch

Susan Mack, LCSW is the Executive Director at the Colonial Beach Chamber of Commerce (CBCoC). She happily spends her spare time with her three dogs and her husband, preferably in a boat on the Potomac! When I interviewed her, she told me Colonial Beach is growing with love, thanks to the willingness of the Chamber of Commerce, businesses and associations to work together and support each other's efforts.

The Chamber of Commerce sponsors and plans over a dozen events during the year. Many other organizations also sponsor events. The Chamber partners with these other groups for their events too.

This coordination and cooperation is beneficial for the successes of the wide variety of events that make

Colonial Beach so special. In 2018 it was voted Number One Beach in Virginia (Readers' Choice)

by *USA Today*.

Something very new and special is being added to Colonial Beach. WWER (88.1 FM) is a new radio station. It was donated by the Fredericksburg Christian School and will be housed at the Chamber of Commerce building. It is not known how far it will broadcast. It went on the air midnight, June 1. Go to www.wwer.org for more information.

There are many interesting things going on. In April there was a first Annual Osprey Festival. It involved an art walk, bird walks, bird talks, bus and golf cart tours, scavenger hunt, music and exhibits. Look forward to that next year. On June 7-9 was the 68th Annual Potomac River Festival. That involved a parade, arts and crafts, games, stage shows and fireworks. That was planned by the Chamber of Commerce. A

special event was planned for June 16, Father's Day Classic Car Show

Coming up is the July 4th Celebration and Fireworks. That is something one should not miss as it is such a spectacular display. In the middle of July there will be a memorial for World Wars I and II. Amphibious Boats from the times will be there. .

Colonial Beach is an artistic



community. There is a monthly second Friday Art Walk. In July, 12-14 and 20-21 is the Colonial Beach Artist Guild Judged Art Show. These are sponsored by the Chamber of Commerce. There is another one in September. Other events later in the year are a Bikefest, Rockfish Tournament, Golf Cart Parade, Bark on the Beach, second Annual Northern Neck Beach Music Festival. A good way to keep up with all these fun events is to get the Colonial Beach 2019 Visitors Guide and Business Directory. It is available at the CBCoC.

Good information is in it, directories for businesses, events, restaurants, shopping and much more. Every month, from April to December, there are at least eight events and the other months there are a dozen or more. Colonial Beach also does it special at Christmas time. Jan Swink sees to special decorations.

There are many things happening, but more that makes it special and the Chamber of Commerce is a big part of it. For instance,

trolley rides are free. Thanks to the Chamber, they were able to work out an arrangement that involved the advertising on the trolley, that allows the riders to go free.

There is also a custom that only CB could have, Riding the Point. When there is a important occurrence, part of it will include Riding the Point, down Irving Street and around Monroe Bay Avenue. This even

includes funeral processions. Susan Mack named other CB specials such as the Museum, boardwalk, osprey, eagles and the sun rises and sun sets. Where else can both be seen with such beauty? She says the people in the area work and care together and appreciate the history and today at Colonial Beach.

The CBCoC is dedicated to helping Colonial Beach flourish by working with the organizations and businesses that support The Playground on the Potomac. Carey Geddes, Chamber President, Maryann Day, Vice President of the Chamber, Susan Mack, Executive Director, and Sally Adams, Event Coordinator and are all a part of what makes it work.

Thank you, Colonial Beach Chamber of Commerce, for all you plan and all you support to help make it a very special Playground on the Potomac and the Number One Beach in Virginia.

For more information go to site, www.colonialbeach.org/ and Facebook: Colonial Beach Chamber of Commerce. The office is at 106 Hawthorn Street, Colonial Beach. Phone is 804-224-8145
Joy Brenda Burch photos of beach and Sally Adams, Event Coordinator and Susan Mack, Exec. Director.



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Brain Injury~Baby, It's Hot Out There!

By Martha M. Hall

As we head into the dog days of summer, it's important to remember that the onset of high daily temperatures can create some real health concerns. Heatstroke is a serious threat for everyone, but it is a particularly high risk for athletes, children, older adults, and those suffering from the effects of a brain injury. The mechanics of heatstroke can lead to a number of serious physical issues, permanent brain injury, or death.

What is heatstroke, and why is it dangerous? Heatstroke occurs when the body's internal core temperature reaches 104 degrees or higher. At that point, the body's cell functions begin to break down, and the production of energy is disrupted. As cells stop functioning and die, organs begin to fail, ultimately affecting nearly every

system in the body. The genesis of this reaction is the brain, the motherboard for the entire body and its internal operations. The brain is particularly vulnerable to heat damage, and the longer the body goes without returning to its normal functioning level, the greater the possibility of long term damage to the brain.

Here are some suggestions for avoiding heatstroke:

- Stay hydrated. Intense heat and strenuous activity can deplete the body's fluids, so drink plenty of nonalcoholic or decaffeinated fluids during these hot days and nights.
- Wear loose fitting, light clothing, and a hat when outside for extended periods of time. Take frequent breaks for cooling and hydration—a cold glass of water inside an air conditioned building can help prevent overheating caused by lengthy exposure to hot and humid conditions.

- Never, ever leave a child (or pet) in a car, even with the windows partially rolled down: it only takes 10 minutes for a car to reach deadly temperatures on an 80 degree day.

- Try to do exercise or outdoor activities in the early part of the day, before temperatures reach dangerous levels for extended activities.

Gradually increase your level of exercise and exposure to the heat.

- Check on elderly or infirm parents or neighbors to ensure that they have adequate cooling capability, and transport to cooling shelters or air conditioned buildings if necessary.

- Be alert to the symptoms of approaching heatstroke: abdominal and muscular cramping, nausea, vomiting, diarrhea, headache, dizziness, or weakness.

Heatstroke is a condition that requires prompt medical treatment. Rapidly reducing the body's core temperature to safe levels can help

minimize long term complications, including brain damage and multisystem organ failure. If heat exhaustion or heatstroke is suspected, seek emergency medical help immediately, and begin efforts to cool the body, remove restrictive clothing, spray water on the body, cover the person with ice water soaked sheets, or place ice packs in the armpits.

Summer fun means enjoying the good times that outdoor activities and sports can provide. Using common sense and caution in hot weather can go a long way toward avoiding serious health conditions and damage to our amazing brain.

For more information, contact The Brain Injury Association of Virginia at 800-444-6443 or www.biav.net. The Northern Neck Brain Injury Support Group meets on the second Tuesday of each month at the Bay Transit building in Warsaw from 10:30-12:00. All are welcome!



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Style f

Style Spotlight~Here Is What Is New At NN Burger



By Tracy Graham Lanum

Those of you who live in the Northern Neck are sure to know of NN Burger in Tappahannock and Kilmarnock. But did you know they are franchising all over Virginia, as well as the other 49 states? Cousins and longtime restaurateurs, Jay Wolfson and Steven Sponder began NN Burger in 2013, and what an exciting road it has already been. For the past six consecutive years, they have been voted Best Burger in the *Virginia Living Magazine's* Annual Reader's Poll. You may ask how and why they won these awards.

It is because they are dedicated to providing the rarity of No Nonsense Burgers, No Nonsense Service, and a No Nonsense Dining Experience to every guest they serve, as well as each year having many delightful, exciting and inventive new foods, drinks and entertaining family attractions to explore throughout the restaurants.

For instance, an Automated Hand Washing Station—in the dining room—singing bathrooms that enforce a cleanliness theme, live acoustic music performances seven

days a week, and an attention grabbing Roaming Photo Booth, which provides guests with cool filters and frames to add to a commemorative photo before texting and emailing to friends.

Did I mention NN Burger has a pet friendly outdoor patio, and there are even Doggy Treats available for purchase inside! Three large TV's ornament the restaurant and typically broadcast the latest game for sport lovers of all ages. Inspirational quotes such as a bit of

Ralph Waldo Emerson poetry is displayed throughout the restaurant, "Live in the

sunshine, swim in the sea, drink in the wild air." Or Bob Marley, "I woke up this morning smiled at the rising sun." NN Burger has truly thought of *Something For Everyone* when designing their concept, and it just keeps getting better.

As many of you have probably found to be true, it is difficult to choose which items on their delicious menu to order. Will it be one of their Legendary Hand Crafted Burgers made from all natural hormone free Wagyu Beef, their original Twister Chips spiralized and fried to golden crispy perfection, a decadent Filet Mignon Oskar Sandwich topped with hollandaise sauce, or a Fresh Ahi Tuna Salad with Cucumber Wasabi Dressing? My advice, *Come Hungry* for delicious food, because there is certainly no shortage of it here, and no way to pick just one thing.

What about the drinks available to you at NN Burger? Decadently Topped Shakes have taken on a whole new meaning, and even a new name, **Freakshakes!** If Signature Mason Jar Cocktails featuring 151 Rum aren't enough reason to join them for Happy Hour, a Craft Beer topped with the only Frozen Beer Head in Virginia is sure to convince you otherwise.

Made from 100% real beer, this innovative beverage topper was specifically designed to keep your beer ice cold while not watering it

down. With a Coke Freestyle Machine featuring 100+ flavors, specialty fresh brewed teas and adults of all ages," says Jay, "as long as we get that right, we will always be living the dream we had envisioned."

In order to get full view of the food NN Burger has to offer, go to <https://nnburger.com/menu/> or stop in today. You can email them at atinfo@nnburger.com. Are you interested in franchising? Apply at www.nnburgerfranchise.com. Find them on FaceBook, NN Burger. *Tracy Lanum photos. Brandon Justice, with his Freakshake, Jonathan Brown, Performance Director, Jay Wolfson with Frozen Beer Head.*



throughout the evolution of what NN Burger is today. They give back all year round with their *365 Days of Giving* program, which includes the Boys and Girls Clubs of America, Junior Achievement, Habitat for Humanity, Boy Scouts and Girl Scouts of America, YMCA, Big Brothers and Sisters of America, American Red Cross, Children's Literacy Initiative, Make A Wish Foundation, Meals on Wheels of America, and Toys for Tots.



Respect the River

Style f



By Ann Eichenmuller

It was a warm spring day and I was out on the Wicomico River, windsurfing. The water temperature was still in the low sixties, with a stiff 15 knot breeze was blowing the spray sideways off the crests of the waves. Oh, I was comfortably attired—if you can call a heavy wet suit, booties, and gloves comfortable—but when the sun ducked behind a cloud, I decided it was time to head in.

My husband watched from the beach a half mile away, taking his turn at supervising our three children. I moved to tack and come about, but as I turned into the wind, a big roller hit and the board bucked up, throwing me off the back. I watched in

amazement as the cambered sail, still upright, raced downwind, taking my board with it. I swam after them, but in what seemed like seconds, they were barely a speck on the horizon.

I wasn't worried—

at first. I was a strong swimmer with no fear of the water. But I had also never tried to stroke at the surface encased in thick neoprene with three foot waves slapping me in the face. I was shivering and my arms and legs felt numb, but it wasn't until I caught a lung full of water that I started to panic.

The waves were too high and too close together for me to be seen from the beach—add to that, even if my husband looked for me, he would follow the windsurfer, which was likely a county away by now. And I had no life jacket—regulations at the time required only a full wet suit and harness, which offered little

flotation in the choppy conditions.

I don't know how long I struggled, but I remember the feeling of absolute terror that I was going to die, to succumb to hypothermia and exhaustion before I could make it to shore. At one point I gave up on any forward motion altogether, spread my arms and let my legs hang down to tread water.

Imagine my surprise when my feet hit the bottom. I stood shakily, to find I was in three feet of water.

There were two valuable takeaways from that experience: •Always check the depth when you fall overboard and •Respect the river.

No matter how comfortable you are in the water, conditions and circumstances can change quickly. A Coast Guard auxiliary member recently reminded me that panic can lead even the most seasoned boater to do things she knows to be unwise—like failing to wear a life jacket or

jumping in to save someone rather than throwing a flotation device.

Logically, I knew the river grew shallow not far from where I windsurfed, and I knew the waves would eventually carry me to shore, even if I did nothing but float—yet I exhausted myself by trying to swim in rough conditions.

I learned my lesson. I now wear a very stylish boarding and kayaking accessory—an inflatable belt pack. I may have no fear of the water—but I do have respect. *Ann Eichenmuller is the author of the nautical Lies Murder Mysteries. Her latest book, The Lies Beneath, will be released July 11, 2019 and is available on Amazon. Read the review in the archived May issue of Chesapeake Style. Eric Eichenmuller photo of Ann, in the early days of windsurfing.*

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Style Spotlight~People Helping People



and then the distribution of the products.

But there is another step to be included and this is helping those who are not always as fortunate as we are to buy their monthly

By Marie Stone

As I drive through the country and view all the farm land where various crops are being raised I truly never appreciated the benefit that this food provides to those who are in need. Never have I dealt with hunger and never did I truly realize how many people go to bed each night feeling hunger pangs, especially our youngest generation and our seniors.

A couple of years ago I started helping at a local food pantry and was quite amazed at the number of people who showed up each month needing food. Based on income and number of family members they are provided a variety of food types—canned goods, meat products, bread, baked goods and fresh produce. They receive 40% produce, 40% non-perishable food, 10% meat and 10% dairy and bakery items. Each month the variety of fresh produce varies based on availability. But where does this food come from?

All of this has a beginning with the planting, raising and harvesting of crops across the country. This all takes an overwhelming effort by many individuals who are involved in each part of the process. The farmers who do the planting and harvesting of the crops, the processing plants where food is prepared, packaged or canned,

food requirements at the local grocery stores. Many who struggle financially are always trying to decide between paying an important bill and buying something to feed the family. Their selection is not always the most nutritious but is sometimes all they can afford.

In 2010 a local organization called the Northern Neck Food Bank was established with the bare basics to locate food to help those in need, store this food and then distribute it in a timely manner. They worked with four local counties distributing 31,000 pounds of food that was provided to four pantries and 700 people benefited from this effort.

The thought processes that grew from this original startup were many. It is not just about food, but also good nutritional value and knowing how people can benefit from this. Another thought crops up—education. Many people do not understand the best avenues to take to gain nutritional value that will help them with the food they receive

Over the next few years NNFB grew. They were able to connect with partner organizations and pantries using an online database. From there they moved to a larger more centrally located facility in Warsaw. At this point they were distributing 696,000 pounds of food to 14 pantries serving

3100 people. Over the next few years they continued to grow, distributing more than two million pounds of food through 28 pantries helping more than 12,000 hungry people!

Mark Kleinschmidt, President and CEO and Cindy Balderson, Vice

to help educate people in how to benefit from eating nutritionally.

Many individuals do not realize the benefit of good nutrition, the cooking processes to attain the best benefit from the foods they eat and overcoming various health issues

so many deal with like diabetes. How wonderful that some individuals might not only be able to reduce the amount of medication they take but possibly stop taking it all together just by eating properly.

The Healthy Harvest Food Bank continues to dream big and plan for the future. You can almost hear the brain cells at work when you sit and chat with Cindy and Mark as they wonder how they can do things better...it is certainly a people helping people organization.

Of course, all of this planning needs financial support. So much of the

fresh produce is donated by local farmers, some donating an acre or two for the food bank volunteers to harvest. The time that is spent sorting, storing and distributing food each month is done through caring volunteers some of whom know what it is like to feel those hunger pangs.

The new facility should be open in October of this year and there are more exciting plans underway for the future with the purpose of increasing year round fresh produce availability and to feed more families with healthy food choices... stay tuned for further updates.

Healthy Harvest Food Bank staff photos of top, l, Girl with broccoli, Eastland United Methodist Church volunteer, Little boy leaning in the box, Gleaning at Forrester Farms, Parker Farm volunteers.

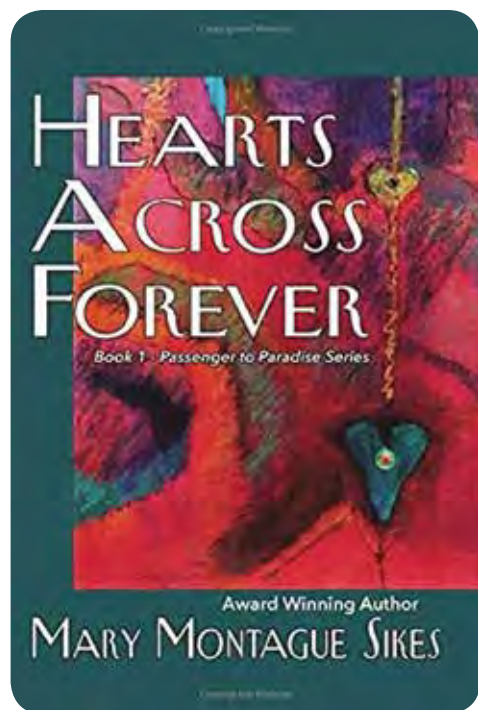


President and Development Director, of now newly named Healthy Harvest Food Bank are always thinking ahead. How can we benefit the most people, doing it effectively, efficiently and in the most nutritious way possible?



In 2018 they began a campaign to fund a new and much larger facility. It will not only provide more storage space for all the food products but more office space, and rooms for meetings and classes

Books in *Style* ~ Hearts Across Forever



By **Mary Montague Sikes**

Review by Carolyn Kreiter-Foronda

In her masterful novel, *Hearts Across Forever*, Mary Montague Sikes transports the reader to the lush island of Jamaica, where a love affair brings together Kathryn Calder and Flynt Kincade, two figures seemingly connected by past memories. Through déjà vu experiences, Mary Montague captures Kathryn's dreams and illusions with the precision of an adept storyteller. From start to finish, the author's vivid imagery and engaging dialogues hold the reader's attention.

This revised and re released edition

of the novel is partially inspired by Mary Montague's consummate research into past life events. Motivated by Dr. Ian Stevenson's book, *20 Cases Suggestive of Reincarnation*, and the after death experiences in Dr. George Ritchie's *My Life After Dying*, Mary Montague created the mesmerizing character, Kathryn Calder, who delves into her own spiritual experiences while viewing an alluring painting in Flynt Kincade's New York City gallery.

After arriving in Jamaica on a business trip, Kathryn connects the mansion depicted in the painting to a former cotton plantation, Rose Hall, whose owner Annie Palmer mistreated slaves. Mary Montague draws readers into this tapestry of déjà vu by creating a link between Kathryn and the past inhabitants of Rose Hall.

As the intriguing plot develops, Flynt flies to Jamaica and announces plans to change jobs and pursue his coveted career path on the island as a teacher. The novel's suspense heightens as witchcraft and evil magic enter the scene, and the love attraction between the main characters intensifies.

The author's familiarity with Jamaica is evident in powerful images that recreate the glitter and sparkle of the Caribbean Sea and its environs—a "pristine white sand beach," and "scattered cumulus

clouds" drifting across the sky "like dabs of whipped cream."

Equally intensifying are the conversations between an array of characters, including the two main figures, a resort's public relations director who interacts with Kathryn on a tour, and a psychologist seeking to quiet the recurring voices from the past. Throughout the novel, Kathryn questions whether love is more important than financial success. The captivating conclusion leaves the reader longing for another book of intrigue in the author's compelling series, *Passenger to Paradise*, scheduled for future release by High Tide Publications.

Mary Montague reveals more about the book's plot and also about how she settled on the names of her fascinating characters in an engaging interview with Neal Steele in the May 2019 podcast of the Chesapeake Bay Writers Second Monday Radio Show

(www.chesapeakebaywriters.org).

Mary Montague Sikes is an award winning author of eight nonfiction books and nine novels. Holder of a BA degree in psychology from the University of Mary Washington and an MFA in painting from Virginia Commonwealth University, Mary Montague also studied painting, sculpture, print making and more at the College of William & Mary.

A freelance writer and photographer, she has authored hundreds of articles and photographs published in local, regional, and national newspapers and international magazines. The cover design for *Hearts Across Forever*, was created by Jeanne Johansen with High Tide Publications, Inc., and features a detail from Mary Montague acrylic painting, *Hearts on the Line*. *Hearts Across Forever* is available at amazon.com.

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The Skipjack *March Gale* Part II

By Joe Phillips

Gittin back to the story, Old Captain John and the *Lorena M.* Had left the oyster rock a good half hour or so before us. He was intent on getting in first so we would have to wait for him to off load. This would mean an extra few hours before we could finish up for the night. It would be well past dark before we finally make it home.

Captain John cracked on all the sail that old hulk could take. The *Lorena M.* was heeled over and goin a pretty good clip through the water.

Captain Atrus, not ever known to get upset or raise his voice, I think had finally had enough of the taunts from Captain John. I knew that look though, first the eyebrows go up and then he gets this intense glint in his eye. When you see that, you better look out. He

fixin to make something happen.

We hit a right good patch of oysters, so we had a pretty good jag on deck, despite that old pirate being in the way all day.

Captain Atrus gave the order to stow all our gear so we could head for the dock. The wind had been steady out of the souwest all day about 20 knots or so. Just the kind of breeze the *March Gale* liked best. He had us shake the reefs out of the main and the jib and let me tell you the old girl took off like a cut cat!

Twasn't long and we was gaining on the *Lorene M.* We all knew we'd pass them way before we got to the narrows. Old Captain John was trying to bear up to windward to thwart us passing. He was too slow, by this time Captain Atrus had got the wind on him.

As we passed the *Lorene M's* sails went slack for a moment when our sails stole her wind,

the *March Gail* flew past her with a bone in her mouth! Them fellas should have known better than to try a race with us!

We looked back behind us again to see the *Lorena M's* sails all aback and all the guys scrambling around on deck. Captain Atrus had us ease off the sheets as he hauled off the wind. "Boys we better tack back around and see if them fellers is ok," Said Captain Atrus as he watched the other boat.

We got around on the other tack and soon hove up alongside the *Lorain M.* Captain John hollered across that his mast had split at the deck and some planks had opened up, they were taking on water pretty fast. She was already sitting low in the water and rolling sluggishly. We all knew it wouldn't be long before she was gone.

Turns out we had gasoline powered "jigger pump" aboard. We kept it aboard for just such emergencies as this, we used it frequently just to wash our decks down real good too.

We handed the pump over to them boys on the *Lorene M.* and got her going. It didn't take long, and we could see that the extra pump was helping. The water level in the bilge was starting to drop.

We helped them douse the sails and drop their yawl boat in the water. The yawl boat had a powerful engine that could shove the *Lorene M* along at a fair clip. They could use their engine to push the stricken vessel into port.

Capt. Atrus, had us trim the sails so we could keep pace with the *Lorene M.* They seemed to be doing OK now but it seemed a good idea not to leave them behind.

And Old Man John? It seems he found Jesus that day. He profusely thanked Atrus for all his help, for the pump, and for watching out for them. Most notably he didn't use even one curse word, at least within ear shot of Captain Atrus!

His crew, well they were as

unrepentant as ever, cursing about having to work half the night. There will be no cold beer and no going to the bar tonight. They would have to unload they oysters, move the boat over to Henry's boat yard and get her up on the railway.

Tomorrow they would have to work on the boat all day to get her patched up enough to go back to work. Work all day for no pay. Old man John seldom paid them for work on the boat. He said if they wanted to make money, they damn well had to keep the boat up so she could work.

The crew said he was a ornery old skinflint, but at least he wouldn't get too mad if they laid out a day because they got drunk last night. Somehow, they all made enough money to get by on.

As we watched all this from the deck of the *March Gale*, we all decided to work just a little harder for Captain Atrus. All in all, we decided, we it got pretty good aboard here. *Captain Joe Phillips is a 10th generation Chesapeake Bay Waterman and an Eastern Shore native. He has sailed as a Merchant Seaman and Tug Captain. When not at sea, Captain Joe can be found aboard Tarry Not, a replica Chesapeake Bay Brogan or on his small farm near Mathews, Virginia. Some of his current projects are: Tidewater Folk, A collection of stories and imaginings of life on the Chesapeake Bay, www.tarrynotsailing.blogspot.com.*



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Chesapeake Style Magazine

Hands on Hunter Education Course in Montross

By Wendy Hyde

A unique hands on hunter education course is being offered in Montross on Sunday, August 11, 2019. Walters Farm is hosting a one day class uniquely focused on introducing women and youth to safe hunting skills with a few features not included in the standard Basic Hunter Education course offered across Virginia. This introductory class is open to persons of all genders and ages.

Dedicated, knowledgeable volunteer instructors certified by VDGIF, including several female Master Instructors, will take students through a morning of classroom discussion. Lunch is being provided by Wal Mart in Kilmarnock, then everyone will go outside for an afternoon of field exercises. Half of the class will work one on one

with instructors to handle and shoot shotguns and learn about choosing the right ammunition for the type of game being pursued.

The other half will venture on a walking trail designed to recreate hunting scenarios. The trail activities will help participants evaluate, discuss, and make appropriate decisions in the field about safety, ethics and hunter responsibility. Students will rotate between the two courses then return to the classroom for a final exam and certification.

The free course is offered by the Virginia Department of Game and Inland Fisheries. Preregistration is required as well as some advance self study. The class is limited to 20 students and no walk ins are permitted. All firearms and ammunition for the live fire session will be provided by the VDGIF—students may not bring their own equipment. Questions about the class

can be sent to lead instructor Mark Bryant at mbryant@westcoso.us.

Hunter education is mandatory for 12–15 year old's and first time hunters. Proof of completion of a hunter education course is required in order to obtain a license.

To register visit the VDGIF class locator site at <https://register-ed.com/events/view/143913>. For more information on the Department

of Game and Inland Fisheries visit www.dgif.virginia.gov/.

Wendy Hyde is a volunteer Master Hunter Education instructor with the VDGIF and a resident of Richmond County.

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A Sense of Humor

By Bill Graves

Is not a laughing matter. Recent studies have shown that babies learn humor by watching their parents reactions to events that make them laugh. This stands to reason because parents are a child's primary source of emotional information. What if they don't laugh? Boy is that kid going to be in trouble. Really, there has to be more to it than that.

"If we couldn't laugh we'd all go insane." Robert Frost

Making laughter a priority will make you healthier and happier. It instantly boosts your mood and will soothe tension and melt stress. Good humored individuals embrace their flaws, laugh them off, and let them go in healthy ways. Self acceptance is surely the key to a happier life, yet it's the happy habit most people practice least. Low self esteem is the result, and maybe that's why the news is

full of individuals going off the rails.

Creativity and sharper short term memory through the act of laughing occurs by increasing endorphins, sending dopamine to the brain. That in turn makes the immune system work better, changing the brain wave activity towards what's called a gamma frequency "amping up" memory and recall.

Laughter truly is the best medicine, and people with a good sense of humor use it to their advantage. Those giggles stimulate the organs, lower blood pressure and even relieve pain. Bob Hope and George Burns both lived to be 100.

"I love people who make me laugh. It is honestly the thing I like the most, to laugh. It cures a multitude of ills. It's probably the most important thing in a person." Audrey Hepburn

Other benefits humor brings are the ability to deal with difficult situations, and connect with other

people. The alleviation of depression and anxiety are also spin offs of a good sense of humor. I've found dozens of studies extolling the benefits of smiling as a good thing. Empirical evidence of increasing longevity is iffy at best. So you might not be around longer but you'll definitely be easier to be around.

"Laughter is poison to fear."

George Martin, *Game of Thrones*.

Maybe you could use a little boost on your humor quotient. Put humor on your horizon. Find a few simple items, such as photos, greeting cards or comic strips, that make you chuckle. Go to a comedy club. Watch some comedian shows on You Tube. If Jay Leno's Headlines or Jim Gaffigan McDonalds skit doesn't make you laugh, then you're beyond help. Share a laugh with a friend or relative. Know what isn't funny, especially when it's at the expense of others.

"If you want to tell people the truth,

make them laugh, otherwise they'll kill you." George Bernard Shaw

If my wife and I can make each other laugh at least once a day, our most important job is complete.

"I don't trust anyone who doesn't laugh." Maya Angelou.

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Waterfowl Workshop Teaches New Skills

By Wendy Hyde

Over the last few years the Virginia Department of Game and Inland Fisheries (VDGIF) has put a new emphasis on developing workshops on a wide variety of hunting related skills. Their R3 Program—Recruitment, Retention, and Reactivation—is encouraging VDGIF instructors to go beyond the basic hunter education classes and offer hands on workshops in skills specific to one kind of activity. Classes are popping up across the state focused on processing your own deer, turkey hunting, deer hunting, hunting with archery tackle, and more.

One such event is the Introduction to Waterfowling Workshop on Saturday, August 24, 2019 from 9 a.m. – 4 p.m. at the former Sussex Shooting Sports site in Waverly. This hands on workshop covers everything someone

new to waterfowl hunting would need to know and offers an opportunity for experienced hunters to improve their skills. It is a partnership program between VDGIF, the Virginia Waterfowler's Association (VAWFA) and Dance's Sporting Goods, who is generously providing the ideal location for the day's activities.

The format rotates students through three classes covering decoy placement, waterfowl regulations and identification, and a live fire wing shooting skills activity. Instructors from VAWFA will demonstrate and discuss how to set up decoy spreads for both duck and goose hunting, and how to change the array for weather and habitat variations.

Officers with Virginia's Conservation Police force will review the state and federal regulations governing waterfowl hunting and teach waterfowl identification in an informal classroom session. They

will be available throughout the day to talk and answer questions. The wing shooting live fire session will cover shooting from different types of blinds, and students will shoot at clay targets that simulate the flight styles of several waterfowl species. All firearms and ammunition for the live fire are provided by VDGIF, but students can bring their own shotguns. All personal firearms must be unloaded, cased, and locked in a vehicle during other segments of the workshop.

The class is free, no experience is required, all equipment is provided by VDGIF, and lunch will be provided. Anyone age 12 and over may attend—under 18 must attend with a parent. Preregistration is required through this site: register-ed.com/events/view/141690. Contact Bryan Branch, VDGIF Recreational Safety Coordinator, Region 1, at 804-836-5943 with questions.

Wendy Hyde is a volunteer Master

Hunter Education instructor with the VDGIF and a resident of Richmond County.

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Style Spotlight~Where Style and Service are Everlasting



necklaces and charms. Also available are earrings with surgical steel ear posts, for those that have reactions to posts of other metals. There are also crystal items.

Vashti's Jewelers, in Gloucester, has been serving the area for more than five decades. It was originally founded by Vashti Wilcher in 1961. She was the grandmother of the current owner, Nicole Michael. Vashti had a special interest in jewelry. So, she found a job at a jewelry store and a year later she owned it. Vashti's

is a hometown jewelry store, with family values for the customers. Her belief was the customer comes first and it is still the business's focus.

Since its beginning, Vashti's has been in the family. Now the third generation, and fourth generation is becoming involved since Nichole Michael's daughter, Avery, enjoys being a part of it when she comes after school. Everything about Vashti's reflects the caring family in the services offered.

Vashti's is a Master IJO Jeweler, Independent Jewelers Organization.



in Dominican Republic, colored from white, light blue, green blue to deep blue. Also called Stefilia's Stone. (Wikipedia).

These are a few names connected to their products. Other interesting choices are

By Joy Brenda Burch

If you want products which are classic and unique, Vashti's Jewelers is the place to go. You will find a wide variety of gold, sterling silver, precious and semiprecious stones, pearls and watches. These are found in classic and contemporary styles for women with necklaces, pendants, bracelets, rings and charms.

For men there are cuff links, tie tacks, key rings and chains, as well as rings. Children and baby items are charming gifts, in rings, bracelets,

bracelets that can be made personal with charms depicting personal interests and loves. Charms can be selected to represent children, grandchildren, special events and interests in one's life so that it becomes your unique story.

It is a nationwide organization of independent retail jewelers. According to the IJO website, they only accept jewelers with the highest ethical standards and superior professional integrity.

There is a jeweler on site, who works with customers offering resizing and custom design for engagement rings and wedding bands or other personal items. Designing is augmented by CAD, computer aided design, which allows a jeweler to be creative. The client can have a very special piece of jewelry—one of a kind.

All this unique beauty comes in a wide price selection for a variety of peoples' preferences.

Visit their website, www.vashtisjewelry.com or visit their Facebook site at Vashti's Jewelers. The pictures on both sites show beautiful pictures of the variety of jewelry at this very special jewelry store.

Better yet, visit their store at 6734 Main Street, Gloucester. The phone is 804-693-3434. Their hours are Monday thru Friday 10 a.m. – 6 p.m. and Saturday 10 a.m. – 4 p.m.

It is a haven of beauty.
Joy Brenda Burch photos.

Other services include repairing, cleaning, polishing or restringing. Watches can be maintained with battery replacement, cleaning and crystal replacement. Items can be engraved and redesigned to suit the customer's wishes. Most of these services are done on site so there is no need to worry about shipping problems.

Watches are in a variety of styles and sizes featuring designers such as Citizen and Seiko.

There are also a wide variety of jewelry from which to choose. Besides the classic styles, there is Nicole Barr, enamel and sterling silver. There is Alamea, from Hawaii, inspired by nature. It specializes in Larimar, which is a stone found only



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Chesapeake Style Magazine



Animal Shelter Thrift Shop Finds A New Home



in finding forever homes for its residents had found one for itself. The FNCAS Thrift Shop, previously known as the Indoor Yard Sale has been located in Lottsburg for more than 10 years due to the generosity of the Northumberland County School Board. “We are immensely grateful to the School Board for their interest and support over the years. They have been there for us since day one,” said Donna Keene, President of FNCAS.



local events, rescue organizations, online adoption sites and community outreach opportunities. Established in March, 2016 as a non-profit 501 (c) (3) organization.

No date has been set for the relocation, but the Moving Committee is hard at work to make it happen early this fall. Stay tuned for Part Two, “Did you say half price?”
Kate O’Keefe photos. Top, l, After I got

By Mary Beane

It’s the nature of the beast; auctions can be real nail biters if your future depends on that item on the block. If you’ve searched for that perfect home or business location, you know how your emotions can roll. After months of searching, we thought we had found our perfect home for our thrift store. Now we wondered, would we get into a bidding war only to lose it. Our war chest was pretty small, about the size of a match box.

Located at 80 Jessie Ball Dupont Highway in Burgess, the Burgess House building came up for auction. It would make a great home and location for our thrift store currently located within the Northumberland County School Board building in Lottsburg. With less than a week to make a decision, the Board of The Friends of the Northumberland County Animal Shelter (FNCAS) huddled together and studied the building and grounds, consulted the thrift shop manager, Lois Ogburn and decided to go for it.

“It was a complete surprise!” exclaimed Shop Manager, Lois Ogburn. “We had talked about a move to a new space but hadn’t found a suitable spot. When we heard that the Burgess House was going up for auction, we rolled into high gear.”

When auction day arrived, board members stood on the lawn or wandered the parking lot. It only lasted a few seconds. After Rob Hodder, Board member and Moving Committee Chair, called out our bid, it wasn’t long before we heard, “Sold”. We looked around and suddenly realized—we were the only bidders!

The organization that assists the county shelter

The Thrift Shop donations and sales are an

important source of the income that allow the FNCAS to assist the shelter in providing quality veterinary care and a safe and nurturing environment for all the animals that enter the shelter. FNCAS is instrumental in the search for forever homes for adoptable animals through

adopted, Mom got me these greet sheets from the FNCAS thrift Store! A happy FNCAS thrift Store customer sporting his new bandana.

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Style Spotlight~Home In the Best Sense of the Word



By Martha M. Hall

Downsizing, changing lifestyles, single spouse situations—each of these reasons and more draw people to develop an interest in housing models that relieve them of work and worry of maintaining their own home. Couples or singles who have lived in a large home and raised a family often find themselves in an empty nest that is now burdensome to keep up, yet they are still active and not looking for a continuing care community.

Often they want an independent lifestyle, to enjoy the freedom from lawn maintenance, snow removal, home repairs, taxes and utilities all while keeping lifelong friendships,

church affiliations and community ties. Enter River Meadows, an Independent Living Community, in Warsaw—a local, safe and affordable living option all while giving the independence one has been used to.

Located in the historical area of the Northern Neck of Virginia, River Meadows is an independent living suites community offering seniors an

opportunity to leave the day to day worries of home ownership to others so they can enjoy their lives. River Meadows is part of the family-run American Retirement Homes, Inc., an assisted living and independent living corporation operated by the Bullock/Birley family for more than 50 years in the health care industry.

Catherine B. Birley, CEO, grew up in the assisted living business when her parents established the first facility of its kind in Virginia in 1968. Since then, American Retirement Homes, Inc. has also managed AmeriCare Plus, LLC, a personal care and live in agency designed to meet the needs of its clients of all ages throughout Virginia.

When I visited with Theresa

Packett, Corporate Specialist responsible for day to day operations at River Meadows, I learned that the “tailored to meet the needs” business model is what sets River Meadows apart from an apartment complex or other living arrangement.

“What we offer here at River Meadows,” she told me, “is a living arrangement that is resident driven. We change our services to meet the expressed needs of our residents. At one point, for example, we offered a meal plan, but our current residents are not interested in set meal times or menus. They like to sleep late, or rise early, eat out with friends, or prepare their own meals in their apartments.

“If that changes, we’ll offer a meal plan again. We provide light housekeeping for all our residents, as well as free laundry facilities, exercise equipment, visiting areas, and a community kitchen. We maintain several outdoor sitting areas, complete with tables, chairs, umbrellas, and a gas cooking grill for our residents and guests to enjoy. Pets are also welcomed and loved.

Another distinct quality that sets River Meadows apart is Peace of Mind. The community is sensitive to the need of residents to feel secure. Each resident has a personal code to access the building, and a live in manager is available on site 24 hours a day to handle any type of question or emergency that may crop up. “Our live in manager makes the rounds of the building twice a night to ensure that doors are locked, and residents or visitors are accounted for, a tuck in service, if you will.

Everyone signs in and out so that we know who is in the building at all times,” Theresa told me. “All of our residents’ suites have emergency

call buttons in several places in their apartments. We want to provide the maximum independence teamed



with ultimate peace of mind, and our system works very well.”

At River Meadows, one wing of the two wing building houses the corporate headquarters for American Retirement Homes, Inc. as well



as the Northern Neck location for AmeriCare Plus Personal Care & Live In Agency which provides the River Meadows community with immediate access to the management team.

A beautiful community with peaceful surroundings is a thoughtful approach to the need to downsize, yet remain independent. If a change is in your future, River Meadows is worth a visit and you may call to schedule a personal tour.

River Meadows is at 42 Mitchell Avenue in Warsaw, call them at 804-313-2033, or check out their website at www.americanretirementhomes.org. *Martha Hall and Theresa Packett photos.*

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Ditches of Mathews County~Let Our Waters Flow!



effects, they cite interference with spawning or greater loss to predators resulting from stream flow alterations.

Less stream flow results in less oxygen in the water which can reduce the number of

food organisms for fish. Less oxygen also reduces the numbers of beneficial bacteria while allowing the growth of E. coli.

DEQ does not treat rural areas differently from urban areas even though impervious cover, hardscaping that does not allow water to percolate through the ground, is dramatically higher in cities. Hard surfaces allow more rapid water movement that can convey contaminants to waterways.

A look at six Virginia cities, Alexandria, Fredericksburg, Hampton, Newport News, Norfolk and Richmond, shows impervious cover of 30 percent to 53 percent. (Virginia Geographic Information Network (VGIN) Land Cover Report.) The same report shows a range of impervious cover of only 1.6 to 3 percent in the Middle Peninsula and 1.8 to 3 percent in the Northern Neck.

While there is less ongoing development in these areas, retention ponds are still promoted by DEQ—and DEQ ignores the Virginia Department of Transportation's (VDOT's) failure to maintain stream flow through pipes under state roads.

If the pipes are blocked, the streams cannot receive downstream flow. When VDOT doesn't enable flow from roadside ditches in the Middle

Peninsula and Northern Neck and elsewhere, they are altering stream flow. Since many rural outfalls from the roadside ditches are streams themselves, streams are impacted and the land fails to drain as nature intended.

Citizens suffer from flooding on their property and impacts to septic fields that would not occur if the stream flow was maintained.

Article XI of the Commonwealth's Constitution says the Commonwealth's waters are to be protected from impairment—and that includes DEQ and



VDOT protecting stream flow. To learn more about the issues *The Ditches of Mathews County* addresses, read *Drowning a County: When Urban Myths Destroy Rural Drainage*. Available at Amazon.com, local libraries, and the Library of Virginia. Carol J. Bova photo.

By Carol J. Bova

The focus of the Commonwealth's storm water management program, according to the Department of Environmental Quality (DEQ), is to protect the Commonwealth's water quality and quantity. Along the way, the regulations have moved toward impounding storm water rather than slowing it down to prevent erosion and to allow sediments to drop out of the flow.

The current approach of keeping all storm water on a property affect our watersheds is nothing less than creating a limited drought for our streams.

Reducing stream flow alters normal environmental conditions by increasing temperature or causing changes in salinity in tidal areas. These changes can make it impossible for some aquatic species to survive. Reduced flow encourages cyanobacteria which can release toxins.

The American Fisheries Society in their Policy Statement #9 (<https://fisheries.org/policy-media/policy-statements/afs-policy-statement-9/>) goes into detail how fishes can be affected directly and indirectly by altered stream flows. Among those

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Style f Welcome The Stranger? (Matt. 25:35)

By Kenny Park

I took a couple of people to an initial consult at a law firm a few days ago. From their name, my first impression was that it might have been a legal aid organization that provides representation at reduced or no cost to folks who need help with establishing their legal presence here. It turned out to be a private firm, with the accompanying multi thousand dollar estimated cost for services. They had the word "Immigrants" in their name, rather than the name of the attorney who founded the firm.

Their sign is in front of their building. A small, tasteful, unobtrusive signal for those who are looking for them.

It makes sense for a law firm to do that—to make it as clear as possible to clients that they specialize in that area of law. The offices of this firm are in a two story house on a

small street in the old section of their city. They are just a couple of blocks from all the local government offices and across the street from one of the downtown churches.

At one point during my visit, the attorney stepped out to the waiting area and introduced herself to me. We exchanged pleasantries and she asked about my connection to the people I had brought. I explained who I was and what I do. When she found out I was a Pastor, she told me of an experience she had at the beginning of that week.

She usually doesn't come into the office on Sundays but had on that particular day to do a couple of things that she couldn't do from home. She was sitting at her desk, next to the window that looked out on the street in front of the house. The worship service ended, and people started to exit the sanctuary.

As she watched, one man stepped

out of the sanctuary, looked across the street, saw her sign, and raised his hand in a gesture that indicates, by extending the middle finger, one's contempt for a given person, subject, or place. She said he didn't see her sitting in the window. Perhaps that might've changed what he did, perhaps not. But her thought was, "Really? You just came out of church!"

Foul language doesn't bother me. I believe there is a place and a time when certain words better express what we are feeling than euphemisms or softened versions of those same words. I know there are passages in the Bible that, if they were translated more accurately, would at the very least raise some eyebrows, if not elicit a chorus of gasps. It's not the profane nature of the gesture that bothers me.

It's the place and the time, and to whom it was directed.

If there is one single aspect of the immigration debate that consistently

confounds me, it is that there are those who claim to model their lives after that of an itinerant Jewish preacher and teacher who walked the area between Galilee and Judea a couple of thousand years ago, who even call him Lord during a worship service on Sunday, and on Monday—and sometimes sooner—work to erase any vestige of that same man's teachings that have been enacted into our laws, or to establish laws that directly contravene his teachings. *Kenny has served the Northern Neck Immigrant community and as Pastor of Jerusalem Baptist Church in Warsaw since 2003.*

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¿Recibir al Extranjero? (Mateo 25:35)

Por Kenny Park

Hace unos días llevé a un par de personas a una consulta inicial con abogados de inmigración. Por el nombre, mi primera impresión fue que podrían haber sido una organización de asistencia legal que brinda representación a bajo costo o sin costo para las personas que necesitan ayuda para establecer su presencia legal. Resultó ser una empresa privada, con el costo estimado de los servicios en varios miles de dólares. Tenían la palabra "Inmigrantes" en su nombre, en lugar del apellido de la abogada que fundó la firma.

Su letrero está en frente de su edificio. Una señal pequeña, de buen gusto y discreta para quienes los buscan.

Tiene sentido para una firma de abogados hacer eso: para dejar

lo más claro posible a los clientes que se especializan en esa área de la ley. Las oficinas de esta firma están en una casa de dos pisos en una calle pequeña en la parte antigua de su ciudad. Están a solo un par de cuadras de todas las oficinas del municipio, y en frente a una de las iglesias del centro.

Durante mi visita, la abogada jefa salió al área de espera y se me presentó. Charlamos un poco y ella me preguntó por mi conexión con las personas que había traído. Le expliqué quién era y lo que hago. Cuando se enteró de que soy pastor, me contó una experiencia que tuvo al comienzo de esa semana.

Normalmente no viene a la oficina los domingos, pero ese día tenía que hacer un par de cosas que no podía hacer desde su casa. Estaba sentada en su escritorio, junto a la ventana que daba a la calle frente a la casa. El servicio de la iglesia terminó, y la

gente comenzó a salir del santuario. Mientras observaba, un hombre salió del santuario, miró al otro lado de la calle, vio el letrero y levantó la mano en un gesto que indica, extendiendo el dedo medio, el desprecio que uno le tiene a una persona, sujeto, o lugar determinado. Ella dijo que no la vio sentada en la ventana. Tal vez eso habría cambiado lo que hizo, quizás no. Pero su pensamiento fue: "¿En serio? ¡Acabas de salir de la iglesia!"

El lenguaje grosero no me molesta. Creo que hay un lugar y un momento en el que ciertas palabras expresan mejor lo que estamos sintiendo que los eufemismos o las versiones "suavizadas" de esas mismas palabras. Sé que hay pasajes en la Biblia que, si se tradujeran con mayor precisión, a lo menos levantarán algunas cejas, si no provocaran un coro de jadeos. No es la naturaleza profana del gesto lo que me molesta.

Es el lugar y el momento, y

hacia quién fue dirigido.

Si hay un aspecto central del debate sobre la inmigración que me confunde constantemente, es que hay quienes afirman modelar sus vidas en la de un predicador y maestro itinerante Judío que caminó por el área entre Galilea y Judea hace un par de miles de años, que incluso lo llaman Señor durante un servicio de adoración el domingo, y el lunes (y algunas veces antes) trabajan para borrar cualquier vestigio de las enseñanzas de ese mismo hombre que se han promulgado en nuestras leyes, o para establecer leyes que contravengan directamente esas enseñanzas. *Kenny ha servido a la comunidad inmigrante de nuestra área y como Pastor de la iglesia bautista Jerusalén en Warsaw desde 2003.*



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Style *f* First Annual Keating Award Winners~Part Two

By Carol J. Bova

The Chesapeake Bay Writers created The Keating Award, an annual literary competition in honor of author and renowned scientist Jean Clarke Keating. The winners were:

Non-Fiction First Place: Sara Etgen-Baker, Anna, Texas

Second Place: Frank Milligan, Williamsburg, Va

Third Place: Corey Stewart Hassman, Kilmarnock, Va

Honorable Mention: Sara Etgen-Baker, Anna, Texas

Fiction First Place: Frank Milligan, Williamsburg, Va

Second Place: Patricia Procopi, Hayes, Va

Third Place: Tim Holland, Williamsburg, Va

Poetry First Place: Ellen Dugan, Richmond, Va

Second Place: Kortni



Austin, Elizabeth City, NC

Third Place: Ellen Dugan

Poetry Honorable Mentions:

Craig MacQueen, Lancaster, Va;

Ellen Dugan; Laura

Forster, North Chesterfield, Va;

Gloria Wang, Fairfax, Va.

Bios of Winners

(continued from June):

Corey Stewart Hassman is the Managing Editor of the *Anglican Theological Review*. A speechwriter

and editor for twenty years, her nonfiction has been published in several magazines. She was the 2017 Fiction Scholar at the Tinker Mountain Writers' Workshop, and received a 2018 Rivendell Writer's Colony fellowship. Currently, she is at work on a nonfiction project in Assisi, Italy, as well as her first novel.

Patti Procopi is a former army brat who lived all over the world before settling in Gloucester. Moving

constantly can be a lonely life for a child but Patti found friends and adventure in the books at the Post Library and decided that she wanted to be a writer when she grew up. After retiring, Patti pursued her childhood dream. She has edited and produced several editions of the guide books for both of the Jamestown-Yorktown Foundation Museums, as well as creating a series of children's story books. Patti wrote one of the books in the series, *Mukambu of Ndongo* about a young girl who was among the first Africans to arrive in English America in 1619. She has also written a Middle Grade Historical Fiction book about the Battle of Yorktown. *Please ... Tell Me More* is her first Women's Fiction work. Currently working on a sequel, Patti lives in the Coke area of Gloucester with her husband of forty years, Greg, and their two dogs.

Tim Holland is the author of the Sidney Lake mystery series as

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well as the novel *What the Mirror Doesn't See*. His forthcoming novel, *The Murder of Amos Dunn* will be released on September 7, and is part two of the Sidney Lake series dealing with the missing first edition of *The Tenant of Wildfell*

Hall by Anne Brontë. Tim has written for a wide variety of magazines and newspapers. He is a member of *The Brontë Society* of Haworth, Yorkshire, England for whom he has contributed articles and commentary.

Kortni Austin is a Project Manager for a Demolition Contractor based out of Moyock, NC. Writing has always been a passion of hers and a recent career change has given her time to pursue what she has always loved. When she isn't working at a car show with her husband, or running back and forth between soccer and t-ball with their 4 year old son, Kortni squeezes in time to write. She plans



The Keating Award

to continue putting her work out into the world to help anyone who can relate to the troubles she has had to overcome within the stories she tells.

Craig MacQueen has spent his entire career as a professional

writer. In addition to having counseled major corporations as a senior communications executive, he has served as speechwriter to CEOs. In recent years he has returned to his love of poetry as a means of expression. Craig lives on Virginia's Northern Neck where he enjoys boating, fishing, kayaking and golf with his wife, Rhonda.

Laura Forster is a dual citizen of Ireland and the United States. She attended primary and secondary school in Ireland, as well as the National College of Art & Design in Dublin, before returning the country of her birth. Laura is a health care

professional in Richmond. She has five children and has been writing for over forty years. She enjoys the challenge of reading and reciting Rilke in German and has begun writing poetry in Irish, having studied the Irish language for over a decade. She enjoys gardening and quiet nights with a glass of wine on the patio of her home in North Chesterfield, Va.

Gloria Wang lives and attends school in Northern Virginia. Her poetry has been recognized in the

National Scholastic Art & Writing Awards, and her poems have also been featured in publications such as *Tilde Literary Journal*. In her free time, she is usually baking apple pies, painting, or gallery gazing in Washington, DC.

Five of the Keating Award attend June meeting of the Chesapeake Bay Writers and receive their awards.

l to r, Tim Holland, Craig MacQueen, Patti Procopi, Kortni Austin, Frank Milligan. Grace M. DeLesie photo.



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Books in *Style*~Jordan the Jellyfish

Review by Alyssa Thomas

Cindy Freland's *Jordan the Jellyfish* begins with two sisters, Alyssa and Andrea, playing on the beach at Sandy Point State Park in Maryland. They are having such fun in the sun and then Andrea is stung by a jellyfish! Jordan the Jellyfish accidentally tangles herself in Andrea's swimsuit.

After she manages to get free, Jordan realizes how far from home she is, and she needs to figure out how to get back to her home in Mayo Beach. Jordan looks for other animals to help her find her way back home. Jordan runs into Oakley the Oyster, but he was unable to help Jordan.

Along comes a school of anchovies. Arthur the Anchovy introduces himself to Jordan. They have to swim quickly and hide from a striped bass. Jordan heroically distracted

the bass and the anchovies got away.

A few more adventures later, Jordan finds herself caught in a fishermen's net! Somehow a little boy slipped on the pier and manages to knock the net loose and free Jordan. Later, Curtis the Crab comes across Jordan and shows her how he slept in the mud.

Curtis and Jordan talk for a while; Curtis goes on to explain that sea nettle stings are not dangerous, just a little bit uncomfortable and the girl on the beach will be fine. Jordan and Curtis rested on the bottom of the bay and in the morning, they said goodbye to each other.

Jordan didn't realize it, but she was just on the other side of the



beach from her home! But Jordan then notices Curtis is being caught by crabbers and she has to help her friend right away. She spots Olivia the Osprey and manages to get her attention. Olivia flies close to the crabbers and they drop the traps. Curtis is free but Jordan still does not know how to get home.

Olivia looks around and sees that Mayo Beach is right here! Jordan's brother, Jeremy, sees the commotion and finds his sister. Jordan finds her way home and makes many friends along the way.

Jordan the Jellyfish is the first in a children's series of nine books in which animals native to the

Chesapeake Bay find themselves in peculiar adventures. This book also adds tidbits of educational information throughout the book along with facts and ways to help the Bay in the back of the book.

Anyone who goes to the beach in Maryland knows that if you choose to go to the Chesapeake Bay, you may be sharing that beach with jellyfish. But you may be surprised to learn that these simple creatures are important to the Bay ecosystem and related fishing activities.

Take a swim with *Jordan the Jellyfish* and explore what's in the Chesapeake Bay in the water beyond the beach. We'll find our way back, it's a promise! It's a fun story as well as providing a glimpse of the wonders of the Chesapeake Bay.

This book is on amazon or by email at cindy@marylandsecretarial.com.



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A Day In The Life of Gleaning and Harvesting



By **Cindy Balderson,**

The need resides here. One in six individuals struggle with food insecurity in our local community.

In this rich agricultural area of the Northern Neck and Middle Peninsula where productivity plays a large part in providing food for American consumers, one in six children, seniors or working parents don't have enough food to eat.

When most people think about our pristine rural area, we, as *Born Here's*, *Been Here's* or *Come Here's* are blessed to call home, they don't think about our neighbors who struggle with

hunger...and it doesn't stop there.

These families struggle with underemployment, stagnant wages and the rising cost of living and food costs, often choosing between paying their power bill or buying groceries. The problem then spirals and creates more problems, most related to health and wellness.

In 2012 a survey of local clients found that more than a third of the households we serve had a member with Type I or II diabetes. This proved to be a pivotal point for the food bank, shifting the focus from simply feeding people to finding the most nutritious food available, ultimately leading to the beginning of the Agricultural

Program and the world of gleaning and harvesting.

Where did that idea begin? Well, in the Bible, of course! One **Major** area of food waste is in farmer's fields. Crops below top grade quality are left to rot or be plowed under. Gleaning is the traditional biblical practice of gathering those crops. Deuteronomy 24:19 says "When you reap your harvest in your field, and forget a sheaf

in the field, you shall not go back to get it; it shall be left for the stranger, the fatherless, and the widow, that the Lord your God may bless you in all the work of your hands."

The concept is simple, farmers donate access to fresh produce, volunteers work, donors provide funds for transportation, the food bank collects and delivers the food and our partner pantries distribute it to clients. We glean and harvest fresh vegetables from mid June through mid December each

year that are normally distributed within 24 hours, giving families and children in need access to the freshest produce available at no cost.

Today the Agricultural Program is our signature program at the food bank, impacting over 60,000 individuals annually who receive food directly from us and through an extended distribution partnership with Feed More, Virginia Peninsula Food Bank, Blue Ridge Area Food Bank and Food Bank of Southeastern Virginia and the Eastern Shore.

The magnitude of this program is astounding. Not only do we provide our 12,765 *Local* recipients an average of 45-51% fresh produce every month, our quiet, rural area is feeding those in need healthy, nutritious produce across the state of Virginia...and we aren't done yet! How cool is that?

The best part? *Anyone* can glean! Consider joining us this season! For more information call 804-577-0246 or visit hhfb.org. *Cindy Balderson is the Vice President & Development Director of Healthy Harvest Food Bank in Warsaw. Group in front of box truck, Jacobs Ladder volunteers.*

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Quietly They Pass



By Darleen Nichols

They pass before you in your fleeting thoughts as a parade without music those people who have impacted your life along the way as we travel the road of life. Of course there's the obvious, parents, grandparents, spouse, teachers and friends—our peers who travel this road with us.

I met two of these special people when I moved to Warsaw in 2006. I was the picture perfect *Come Here*. I knew all of three people in the Northern Neck. Gay Packett and I became friends through our shared love of fishing. Ruth Brown and I became acquainted through

the *Northern Neck News* where I was a columnist at the time.

I read the Letter to the Editor Ruth had written while trying to obtain assistance from the Veterans Administration for her husband, George. During a phone call to Ruth, we became collaborators in an effort to make available to the public some of the little known benefits available to veterans and their spouse.

Both Gay and Ruth were very active members of the VFW Auxiliary here. Those ladies invited me to attend the next meeting. Invited is such a limp term. Strong armed would be more appropriate but less genteel. The next thing I knew I had transferred my membership from Northern Virginia to Warsaw.

In very rapid succession I had become a member of the VFW Auxiliary to Post 7167, the Senior Vice-President and Chair of the Legislative Committee. A committee I later learned had one active member—me. This is where my education in service began. I have never known two people more dedicated to anything that were Gay and Ruth to our veterans.

Many programs about subjects that benefitted veterans and/or their surviving spouses were presented. Ruth and Gay were everywhere—the VA Hospital in Richmond, our Congressman's Office, office of state legislators and the list goes on

and on. They visited the sponsored Childrens Home, went to all of the conventions and state activities.

During the Christmas season they shopped for gifts and packed gift bags for veterans in local nursing homes and assisted living facilities. Those veterans who still lived at home but were unable to get out to attend the Christmas Party were not forgotten. They received gifts as well.

In addition to all of the work these two ladies did for the VFW, they also participated in many community organizations. They were on boards and committees all over Richmond County and beyond. Ruth and Gay found time to bake for bake sales and collect clothing for those in need.

Ruth was a Salvation Army bell ringer at Christmas. They were both retired when I moved here but much of their work was done when they were raising their families and working full time jobs. Gay worked in the Draft Office and Ruth worked for the telephone company. What an astronomical energy level these two ladies had.

As I watched the 75th Anniversary Celebration unfold on television, I realized why they had that fervor for serving the veterans. They had been young women when this was happening. They heard the prayer of President Franklin D. Roosevelt as he made the plea to God for protection of these young men and women.

Yes, women were involved but not

in combat roles. Many of these young men who hit the beaches knew they would not live through the day. A host of them were still in their teens when they ran directly at the German guns and grenades. They fell and others came. More fell and others came.

Over and over the bravery of what Tom Brokaw referred to as "The Greatest Generation" proved their love for this country offering up their lives just barely beginning to keep their beloved country free. This is what Ruth Brown and Gay Packett revered.

There were others as well: Ida Mae Sanders, Ethel Lewis, Delorise Smith, Rene Revere and so many who are no longer with us. One wonders how long will this continue? Who will take the place of those who have served and passed on. We have very dedicated youngsters in Valerie Hayden, Pat Givens, Betty Cralle, Kathy Craig, Kay Duprey and others who will keep that flag flying above Post 7167.

The blood of young Americans have soaked this soil since they took on the greatest Army and Navy in the world with their hoes and pitchforks. We must always keep this country free. We owe it to those who gave their lives so that we may live that way. God Bless America and the men and women who have sacrificed so much for you and me. *Megan Chapman photo of Gay Packett and Ruth Brown.*

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Independence for Veterans

By **Jean M. Duggan**

Independence—it is something all of us have been striving for since childhood. “I can do it by myself.” “I do not need any help.” We spoke those words as children and now we hear them from our aging parents. As our circumstances change and we become less independent, that desire to do for ourselves remains with us—and for some it becomes even stronger.

Through referral partnerships with Hunter Holmes McGuire VA Medical Center and the Hampton VA Medical Center, Veteran Directed Care allows that desire to remain independent becomes a reality for our honored heroes who have often sacrificed their independence serving our country and defending our rights. Veteran Directed Care, a service of Bay Aging, is open to all veterans

at risk of nursing home placement regardless of age or income.

When enrolled in the program, veterans regain control of their healthcare by working with certified options counselors to custom design a spending plan that meets their specific needs. Bay Aging also provides financial management services as veteran enrollees, or their authorized representative, become a household employer and hires employees to meet the needs identified in the spending plan.

Most veterans and their caregivers express great satisfaction with Veteran Directed Care as Patient Satisfaction Survey results consistently exceed 95% satisfaction every quarter. A veteran, Mr. Addington, recently stated, “I am very pleased with the veterans’ program as it allows me a quality of life I would not have otherwise.

“With many health issues it is

impossible for me to do the things I need to do and to do things I enjoy without help. With this program I hired an aide to stay in my home. I do not want to go to a nursing home. I learned a lot from my options counselor and what is covered under the VA program. Before this I was buying my own equipment and that was hard for me. The Bay Aging people worked with me to get a wheelchair and a personal emergency response unit.

“I like this program because the people who run it make me feel really cared for and that someone truly does have my best interest at heart. I am very grateful for this program and cannot imagine how my life would be without it.”

Mr. Addington, an 88 year old veteran from the Korean War, spent three years confined as a prisoner of war in a North Korean prison.

Mr. Addington and the other

veterans Bay Aging serves personify the meaning of independence on the battlefield and at home.

Mr. Addington was always so grateful for the services he received through Veteran Directed Care. Jean M. Duggan, Development Director. Melissa Blake, Veteran Directed Care Administrator. Call 800-493-0238 for information or to receive services.



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By Wendy Hyde

Sharing is an expression of generosity, caring, unselfishness and gratitude. As children we're taught to share our toys. As responsible, ethical hunters, we share for many of the same reasons. Sharing meat from a successful hunt is one way to thank a landowner for permission to hunt his property. I know several hunters who donate the first deer taken every year to Hunters for the Hungry (www.h4hungry.org). This worthwhile nonprofit organization takes venison donated through participating meat processors and turns it into hundreds of thousands of meals every year for Virginians in need of healthy meat. Since H4H began in 1991 over 6.9 million pounds of venison, or 27.7 million quarter-pound servings, has been distributed thanks to hunters and financial contributors whose money assists with processing costs.

My neighbor's grandson generously gave me a wild turkey breast last month. Aside from being grateful for the rare treat, I was pleased to see the next generation of hunters being encouraged to share their success in the field.

Wild turkey is lean and can easily dry out and become tough. A few hours soaking in a brine helps the meat retain moisture. In lieu of a tomatoey-BBQ-style rub I use a combination of herbs that works well for sandwiches, soups, cold turkey salads or pasta dishes like the one below. In this cream cheese version of a carbonara sauce, the smoky flavor of the meat is echoed in the sauce by using some of the juices from the smoked meat.

Smoked Wild Turkey Breast

Serves 4

Brine

4 c. water
1/4 c. Diamond Kosher salt
1/2 bay leaf
1 clove garlic, smashed
1 shallot, quartered
1/2 tsp. whole black peppercorns
1/2 tsp. whole juniper berries
1 sprig fresh thyme
2 Tbsp. brown sugar
1 turkey breast half (one side)

Rub

1/4 tsp. each garlic powder, onion powder, dried thyme, sweet Hungarian paprika and yellow mustard seed (lightly crushed)

Wrap
1 skin from a whole chicken
or several strips of bacon

Combine all brine ingredients—except turkey breast—and bring to a boil, stirring to dissolve the salt and sugar. Remove from heat and cool completely. Put brine and meat in a large zip lock bag, remove all air and refrigerate for 8-12 hours. Remove meat from brine, lightly rinse, pat dry and discard brine.

In a small bowl, combine rub ingredients then coat both sides of meat with rub. Cover meat with chicken skin or bacon and truss with kitchen twine to keep it in place.

Choose a mild fruit wood (apple, cherry or peach) instead of a strong one (hickory, mesquite) which can overpower the mild meat. Maintain

the smoker at 225° until the internal temperature of the meat reaches 160°, about three to four hours depending on smoker. Remove from smoker, wrap in aluminum foil and let rest 15-30 minutes. Carefully unwrap and reserve any accumulated juices. Slice thinly and serve.

Smoked Turkey Carbonara with Leeks and Roasted Grape Tomatoes



Serves 4

6 oz. dry pasta (mini penne or linguine)
10 oz. smoked turkey breast, sliced 1/8" thick then torn into bite-size pieces
8 slices bacon
2 Tbsp. reserved bacon fat
2 cloves garlic, minced
1 red bell pepper, 1/4" dice
1 medium leek, sliced into 1/2" rings
3/4 c. dry white wine
4 oz. full fat cream cheese, at room temperature
1 egg
3/4 c. chicken stock
1/4 c. reserved broth from smoked turkey (or additional stock)
1 1/2 pints roasted grape tomatoes
2 Tbsp. chopped fresh parsley, plus additional for garnish
Salt and pepper to taste
Fresh lemon wedges

Freshly shaved Parmesan cheese

Preheat oven to 425°. Toss grape tomatoes with olive oil, salt and pepper, place on a greased, foil-lined baking sheet, and roast for 15-20 minutes, stirring occasionally, until skins turn dark brown and some of the juice in the tomatoes has evaporated. Remove from oven, close foil around the tomatoes and let them cool. Remove any large pieces of tomato skins, if desired.

Cut bacon into 1/2" pieces and cook over medium heat in a large sauté pan until crisp. Remove bacon and set aside. Put cream cheese in a medium bowl and whisk in the egg until mixture is smooth; set aside. While bacon cooks, prepare pasta according to package instructions, drain and return to pot to keep warm (off heat). Leave 2 Tbsp. of bacon fat in the sauté pan, return to medium heat, add the leeks, red pepper, garlic and a pinch of salt and cook 2-3 minutes

until aromatic. Add white wine, stock and reserved smoked broth, bring to a boil and let cook until reduced by almost half, stirring occasionally. When broth has reduced, lower heat to medium low and whisk in the cream cheese mixture, stirring constantly and quickly. Mixture will coat vegetables and begin to thicken. Add turkey and most of the bacon, stirring to combine and coat with sauce, then add the roasted tomatoes and chopped parsley. Taste and season with salt and pepper. Serve garnished with additional chopped parsley, remaining bacon bits, a wedge of fresh lemon and a few pieces of shaved Parmesan cheese.

Wendy Hyde photo. All recipes included in this column are original by Wendy Hyde unless otherwise noted. She can be contacted at wildstylecuisine@gmail.com.

Tidewater & Timber~July Fishing Opportunities



early June, so be ready this month. For Spanish mackerel, try trolling small Crippled Alewives, Tony Accettas and Drone spoons with red or chartreuse green mirror backs on 30 pound leader rigged with #1 and #2 planers.. Striped bass and bluefish

By Chelly Scala

The opportunities will be plenty for fishing the Chesapeake Bay and its tributaries during the month of July.

Fast trolling, jigging, chumming and bottom fishing will all get attention. Have different rods ready and rigged for your opportunities of choice.

If your choice is Spanish mackerel, be prepared for fast trolling and the potential for some fluid action. Some of my favorite fishing times included watching the birds work on surface bait in a distance. "The birds are working, let's get 'em".

Sometimes before getting there, the mackerel have already moved on chasing the bait and moving fast. The mackerel have been seen in Virginia's Chesapeake Bay since

may be mixed in with the mackerel. Smaller lures will work for these fish this time of the year as they mimic shiner minnows. Mid sized spoons including Tony Accettas or Crippled Alewives in chrome, gold or white colors and surgical hose (eel) lures may get more strikes by stripers and blues. Try to vary the colors in green, orange, red or chartreuse colors. Monofilament leaders of 30 pound test in lengths of 20-25 feet should be used. Check the leaders often for nicks or frails. Sometimes the sharp teeth of bluefish and mackerel can damage lines or leaders.

Chumming in Maryland's Chesapeake Bay and Potomac River waters is another option for bluefish and may add in some rockfish. Look for signs on the meter before anchoring up. Then create a chum

slick made with ground menhaden. Use light tackle and no weights.

So the blues don't bite through the monofilament leaders, consider tying on 20-30 pound test shock leader. No terminal tackle is needed with the exception of a small pinch weight if the tide is running strong. The pinch weight prevents the bait from floating.

Bottom fishing is lots of fun this time of year and can produce white perch, spot, puppy drum and flounder. One of my favorite fishing opportunities when it is too rough to fish out front in the bay is when my

around sunken trees, shell bottom, obstructions or shore brush. Even, when the fish aren't biting, the scenery is beautiful and so relaxing.

Drifting is a great strategy to find fish, particularly flounder. The best locations for these include sandy bottoms and drop-offs near inlets or tidal confluence. My favorite baits for flounder includes squid, minnows or strips of spot fished on beaded spinner baits just off the bottom.

Visit www.eregulations.com/maryland/fishing/chesapeake-bay-tributaries-seasons-sizes-limits/

or call 877-620-8DNR (8367) for Maryland fishing information. For Potomac River Fisheries Commission (PRFC) Recreational Striped Bass Season regulations visit the website at http://prfc.us/fishing_potomac.html or contact them by phone at 800-266-3904 or 804-224-7148. Information on Virginia's



son takes me up the river to fish for white perch in creeks and coves.

Light tackle and bobbers work great for white perch and spot. Good bait includes bloodworms, grass shrimp or FishBites. Try drifting

Marine Waters of the Chesapeake Bay and Tributaries can be found at <http://mrc.virginia.gov/index.shtm>; or at www.dgif.virginia.gov/fishing/ or by calling 757-247-2200. Scala photos.

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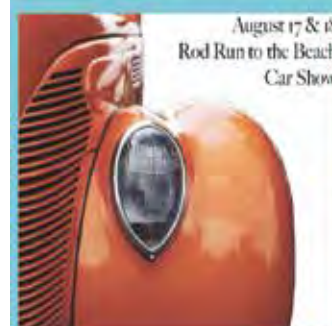
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Served up with Love in *Style* by Melissa



By Melissa Haydon

The long hot days of summer have us all reaching for the thirst quenchers. Growing up, my mom always had a pitcher of sweet tea freshly made and chilling in the fridge every single day. It is still my most favorite thing to drink any day of the year. Especially in the summer. This Pineapple Sweet Tea is refreshing and the perfect drink to sip on when it is sweltering hot outside. It gives an already refreshing glass of iced tea a tropical twist. To take it just one little step further, take those reserved pineapple chunks and make pineapple ice cubes. To make pineapple ice cubes just place one or two pineapple chunks in an ice cube tray, fill with water, pineapple juice,

or tea and freeze. The longer this tea sits, the more refreshing it tastes.

Pineapple Sweet Tea

4 family-size tea bags
One 20-ounce cans pineapple chunks
10 cups water
3/4 cup sugar



In a medium saucepan, add 2 cups water and tea bags. Heat on medium heat just below boiling. Remove from heat and let stand for 10 minutes. In a large pitcher add sugar and juice from the can of pineapple, set aside pineapple chunks. Remove the tea bags from the tea mixture. Add tea mixture to the pitcher and

stir until sugar is dissolved. Add remaining 8 cups of water. Stir until combined. Add reserved pineapple chunks and chill. Serve with ice.

Dump cakes are some of the easiest cakes to make. If you have never made a dump cake, it is just a cake that you just *dump* all the ingredients in. The end result is a dessert that is super delicious. Of course, just like peach cobbler, it is a must to serve this dessert warm with a scoop or two of vanilla ice cream.

Peach Cobbler Dump Cake



1 box of white cake mix
1-29 ounce can sliced peaches
1/2 cup butter (1 stick), thinly sliced
Preheat oven to 350 degrees.

Grease a 9 x 13 inch casserole dish. Pour the peach slices and spread evenly. Next pour the dry cake mix over the peaches (do not stir). Place sliced butter over the dry cake mix. Bake for 40 minutes. Serve warm with a scoop or two of vanilla ice cream.

If you enjoy these recipes, find many more over on my website, Served Up With Love. Where I share easy, no-fuss meals to feed your family that satisfies the tightest of budgets. Please note, these recipes may not be 100% my own. I use many resources to make the recipes I share with you.

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Eat Chocolate

By **RuthE Forrest BCTMB**

They say when the student is ready the teacher appears. In my experience it's true. For most of life I've struggled with gastrointestinal health issues. A holistic dentist helped me find the root of my problem, opening a floodgate of new information and people assisting me along my path to becoming healthier than ever!

Throughout my journey to wellness a series of coincidences facilitated forward momentum. Looking back, I'm amazed at how many times things had to exactly lineup to bring me the exact circumstances at exactly the right time! When frustration had worn me down, mom would send an enlightening book. My chiropractor took a leave of absence, and his temporary replacement looked with new eyes. He suggested I be tested further for food allergies,

having already identified a gluten resistance. The test identified other reactive foods, after eliminating them I turned a new corner on my health.

This miracle phenomenon of helpers showing up for me has repeated. It works both ways. I've found myself telling complete strangers in the grocery line information that enlightens their journey. Without a thought, the words just pour out of my mouth naturally during our brief conversation.

Walking to my car, groceries in hand, I find myself wondering what all that was about. Then I smile, realizing that my Guardian Angel has been working. Or a new client shows up at my office with a life lesson experience similar to what I'm facing in my private life. Insights shared with one another during the session clarifies my path forward as well as theirs. I know without a doubt I'm supposed to

be working with the clients coming to my office, a shared agreement beyond the physical bodywork.

I always place chocolate on the massage table for my clients, for several reasons. Dark chocolate is a healthy treat, full of flavorful antioxidants and pleasurable compounds that soothe the body mind. I believe everyone deserves a treat just for attendance. What's life without a little sweetness? Sometimes you need a snack to bring you back to reality after a wonderful bodywork session takes you deep into your personal relaxation zone.

Some clients leave their chocolate, refusing the treat. Maybe they're chocolate resistant, having a negative reaction akin to my food intolerances. Maybe they don't prefer dark chocolate. They may only allow themselves a little slice of heaven at a time, candy plus massage is too indulgent. Some devour it right

away, others wait, savoring it alone in the car on the way home. Some take it to share with their beloved. It's interesting what one small offering of sweetness reveals about a person.

Chocolate in my office reminds me that even on a food restricted diet there are still wonderful options. It helps me remember to allow the sweetness to come on in and stay awhile.

We're hard wired for treats. I learned that mastering a four year degree in psychology. I knew it at the age of six sitting with mom at Hershey's lunch counter eating a hot fudge sundae after a dental appointment. She knew that my behaving well in a stressful situation deserved a good reward. Don't deprive yourself of little rewards was her lesson, through it I learned to have faith in my higher Angels.

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