



by John Walters

Janet called me out of hiking retirement before we were *actually* married. She arranged for us to go on a Sierra Club organized hike in North England, from St. Bee's Head on the Irish Sea, to Robin Hood's Bay on the North Sea. This was not a backpacking trip, but a series of day hikes with day packs. Our luggage was carried each day to our place of lodging for that night by our "sag wagon." We went in late June 2008, married only a half year at that time. The tour also included a driving tour to Hadrian's wall, just to the North and a day following the hike in York. It rained 12 of the 14 days and this was late June, the best weather of the year. The persistent rain ran down into our boots, soaking them! The B&Bs (Bed & Breakfasts) always had small radiators, set to barely warm. We stuffed our boots with wadded newspapers, placed the boots on top of the radiators for the night, and they were perfectly dry by the next

morning!

The B&Bs always had a full English breakfast of bacon, fried egg, sausage, mushrooms, baked beans, hash brown, and grilled tomatoes.

We flew to Manchester, England, met our tour and drove to Hadrian's Wall and looked at the ruins of the 2,000-year-old constructions. The Romans did not build the wall because they wanted to keep the Picts out; they just wanted to collect taxes from them!

The next day (Day 1, hiking), we hiked nine miles from St. Bees to Cleator. We dipped our boots into the Irish Sea below 400-foot-high cliffs. We ate lunch at the small village of Sandwith and walked through the countryside to Cleator. We rode the "sag wagon" to our B&B in Ennerdale Bridge.

Day 2: We hiked 12 miles from Ennerdale Bridge to Honister. We walked along the shore of Ennerdale Water, the westernmost lake in the Lake District, to

See HIKE, page 4

EVENTS & OPPORTUNITIES

Attention ML Library Patrons

If you check out *The Firm* by John Grisham from Meadowlark's Library, it may be one that belongs to Manhattan Public Library (MPL). Please check your copy, and if you have the MPL copy, please call Mike Kearns at (785) 537-4911 to arrange for him to retrieve it from you. He will return it to MPL.

Artist Showcase—Artists Wanted!

Meadowlark will be hosting an Artist Showcase and Sale on Oct. 18, 2025, at Prairie Star's Event Center, and looking for resident, Passport members, and employee artists who are interested in selling their artwork. Artists are sought in the mediums of woodwork, fiber, ceramic, jewelry, and/or 2D (watercolor, photography, oil, etc.). Based on interest, a selection criteria may apply. Those interested should contact the Meadowlark Hospitality Desk. All participating artists must have their own method of taking payment for art and follow all necessary tax regulations.

Les Harms Memorial Livestream

Friday, June 20, 10:30 a.m.

On behalf of the Harms family, we extend the invitation to celebrate the life of Les Harms via livestream in the Miller Dining Room. All are welcome to attend.

The Music of Kennedy Anne Wichman

Friday, June 20, at 7 p.m.

Meadowlark, you are in for a treat at 7 p.m. Friday, June 20, in the Community Room! For the first time, we will welcome Kennedy Wichman. Kennedy is from the small town of Green, Kan., and was homeschooled through high school. In 2020, she started teaching herself guitar and recently took a leap of faith to perform. Her style of music is traditional country and gospel. She performs solo, and sometimes with her dad, which is the best! No matter what she does, and especially with her music, she aims to glorify God. We are excited to have her here.

Shopping at Target & Dollar Tree

Saturday, June 21, at 10:30 a.m.

The next scheduled trip is Saturday, June 21, with

transportation going to Target and Dollar Tree West. The bus will depart from the Village Entrance at 10:30 a.m., and the return time is set for 11:45 a.m. Please sign up in the Blue Book to participate.

Worship Services

Sunday, June 22, at 10 & 11 a.m.

Join Rev. Melanie Nord, Spiritual Life Leader, for worship at 10 a.m. or 11 a.m. on Sunday, June 22, in the Community Room/Chapel. Since Melanie was unable to preach last Sunday, this week she will explore the book of II Timothy.

Rhythm, Poetry, & Story

Tuesday, June 24, at 3:30 p.m.

Meadowlark Special Programs and KSU Drama Therapy Graduate Program are offering a summer drama therapy group every Tuesday through July 22. Drama games, music, and art activities are all great ways to exercise your brain, learn new art forms, and connect with others. The group meets in the Community Room every Tuesday afternoon from 3:30 to 4:30 p.m. Registration is not required; you can attend as your schedule allows.

Courtyard Vesper Service

Tuesday, June 24, at 6:30 p.m.

Join us for summer Vesper Services led by Rev. Melanie Nord each Tuesday from 6:30 to 7 p.m. in the Courtyard. A traditional Vesper service usually happens in the evening and revolves around time for devotion and quieting the heart and mind before bed or rest. In the case of inclement or extreme weather, our service will be moved indoors.

Complaint-Free Meadowlark

Wednesday, June 25, at 1 p.m.

Melanie Nord, Spiritual Life Leader, invites you to attend the first Complaint-Free Meadowlark session from 1 to 2 p.m. Wednesday, June 25, in the Community Room.

Complaint-Free Meadowlark is a campus-wide effort towards greater contentment, attitude, and community engagement. We will take the Complaint-Free Challenge together, which was founded by author Will Bowen. Reading his book, *Complaint-Free World*, is recommended, but not required.

EVENTS & OPPORTUNITIES

Speedy PD Art Making

Wednesday, June 25, at 1:30 p.m.

Join Meadowlark Parkinson's Program and our partners from the Beach Museum of Art in making pieces of art that will be used in August for the 17th annual Speedy PD Race for Parkinson's Disease. These pieces of art are given as the age group awards for the 5K and 10K winners.

Speedy PD race helps raise awareness about Parkinson's and is the primary fundraiser for the Meadowlark Parkinson's Program. The Beach Museum of Art provides us with the supplies needed and also can assist with some inspiration. No prior art experience is necessary.

The art-making class will meet each Wednesday now through July 30 from 1:30 to 2:30 p.m. in the KSU Classroom. You're invited to come and go as your schedule and attention allows.

College Avenue UMC Luncheon

Thursday, June 26, at 12 p.m.

College Avenue United Methodist Church friends are invited to join in fellowship and lunch with Rev. John Collins at 12 p.m. Thursday, June 26, in the Bison Room.

Knitting & Crocheting Group

Thursday, June 26, at 2:30 p.m.

Are you interested in learning how to knit or crochet? Or maybe you have ongoing projects you'd like to work on? Whether you are just beginning or have years of experience, join other yarn creatives in the Bison Room at 2:30 p.m.

MHK Area Music Teachers Association

Friday, June 27, at 7 p.m.

Meadowlark will enjoy entertainment from the Manhattan Area Music Teachers Association at 7 p.m. Friday, June 27, in the Community Room. This event will showcase performances by members of the Manhattan Area Music Teachers Association (MAMTA), featuring a variety of piano solos and duets. Joining them are talented university piano students from Kansas State University's KMTA (Kansas Music Teachers Association) student chapter.

Tai Chi with Mal Returns!

Monday, June 30, at 2 p.m.

Mal will be resuming in-person Tai Chi classes starting Monday, June 30. Classes will be held

every Monday and Wednesday at 2 p.m. in the Event Center. All are welcome to attend, and there is no cost to participate, thanks to funding from the North Central – Flint Hills Area Agency on Aging. Come enjoy the gentle flow of movement and relaxation—perfect for all experience levels!

William Feyerharm Celebration of Life

Monday, June 30, at 3 p.m.

The Feyerharm family invites you to join in a celebration of life for Bill Feyerharm on Monday, June 30, at 3 p.m. in the Community Room. All are welcome to attend.

Prairie Star Writing Group

Tuesday, July 1, at 1 p.m.

Interested in joining the writing group at Meadowlark? Prairie Star Writers is led by Cathy Hedge. The group meets on the first and third Tuesdays. The next meeting is set for 1 p.m. Tuesday, July 1, in the Patriot Room.

The July 1 session is titled, "Going Forth on the Fourth." Do you have special memories about this time of year? What emotions did you feel and why? If one moment really stands out, please write it down. It will be good to share those memories with you, before we make new ones.

Volunteer & Tech Helper

Tuesday, July 1, at 4 p.m.

Deborah Goins will be available to help residents with technology questions between 4 and 5 p.m. Tuesday, July 1, in the Kansas Room. Deborah looks forward to building connections through this opportunity and meeting others, so be sure to stop by during her visits on the first and third Tuesday of every month!

Meadowlark Cart Rides

Saturday, June 21, & Saturday, June 28

You're invited to enjoy our lovely campus on a cart ride over the trails. The Outdoor Committee has arranged for six options over the next two Saturday mornings. Sign up at the Hospitality Desk for a ride on Saturday, June 21, or June 28. You will ride along the trail from the pond, past the gardens to the bee meadow. Departure times are 9, 9:30, and 10 a.m. Remember, access to the pond will end when construction on the Aster begins.

HIKE, from page 1

Ennerdale Forest. We ate lunch at Black Sail Youth Hostel, and then climbed 1,000 feet over Honister Pass and on to Honister Quarry, one of the oldest slate mines still operating. We rode from there to our B&B in Keswick.

Day 3: We walked the valley of Stonethwaite to Greenup Edge to Grasmere in the Far Easedale valley, a total of eight miles. Along the way, we climbed up to the summit rocks of Helm Crag. Our B&B was in Grasmere.

Day 4: We hiked nine miles, climbing up to Grisedale Pass, to Grisedale Tarn to Patterdale, where we spent two nights at our B&B.

Day 5: A layover day in Patterdale. We rode the “steamer” on the lake and drove about 12 miles to Windermere on Lake Windermere, where we did a walking tour.

Day 6: We hiked 10 miles from Patterdale to Helton. We started along Ullswater, then to an old stone circle called the “Hag Stones” (thus leaving the Lake District) and on to Helton, where we got in our “sag wagon” and rode to Shap for our night in another B&B.

Day 7: We took our “sag wagon” to Orton Scar, then began a 13-mile hike. We hiked past the sites of several prehistoric villages in the valley of Smardale, the lime kilns on Smardale Fell, and on to the old market town of Kirkby Stephen for a two-night stay at our B&B.

Day 8: The hike was planned for a nine-mile round trip to a rock monument. The weather was 45 °F with **hard** rain and an 80-mph wind! Janet and I walked about two miles up a steep grade and decided we had seen enough, so we turned around to our B&B to dry out!

Day 9: We rode our “sag wagon” to Keld, then hiked nine miles along the River Swale in the valley floor (Swale Dale) by way of Muker, past ruins of a lead mining village, and on to Gunnerside. Our “sag wagon” was there, but our local hiking guide said he was going to the next town of Low Row, about 1 ½ miles farther. He invited anyone who wanted to go, and six of us said yes. He hiked *fast* and took us through a 100-foot patch of horse nettles, and we were **all** wearing hiking shorts! We rode to our B&B in Richmond, where we were on our own for dinner both evenings. The first evening, we found a fish and chips place that seemed very popular. We ordered ours, and it was swimming in grease! That

seemed to be what the locals liked.

Day 10: Richmond is a large, historic town founded by the Normans in 1071. We took the optional walking tour in the morning. The rest of the day we explored the gardens, Richmond Castle, and walked along the River Swale to Easeby Abbey. The second evening, after the walking tours around Richmond, we found an Indian restaurant and went in. I ordered lamb Vindaloo. It is supposed to be spicy, but several times previously in other restaurants, it was so-so on spiciness, so I said make it the way it is supposed to be. It turned out to be **hot!** The sauce appeared to be pure moistened cayenne powder. It tasted good, but at every bite, my brain said, “Are you sure?” I ate it with whatever sauce was on the meat, but I **did not** eat any extra sauce.

Day 11: From Huthwaite to Lion Inn at Blakey is a 16-mile hike through the moors of England observing the Wainstones on Hasty Bank, Clay Bank Top, Urra Moor ending at the Lion Inn, which dates back to 1553. At first, there were some gentle hill climbs of 500 feet or so and then the trail followed an old railroad bed. The landscape is largely devoid of trees because of the boggy nature of the land. On a sunny day, this could have been a pleasant although extensive walk through the moors. However, the weather that day was rainy and quite windy. Janet had her walking poles blown around by the wind! The old Lion Inn was a welcome sight – refreshments and our “sag wagon!” Our B&B was in nearby Danby for the next two nights. Janet was quite chilled and ill by the hike and benefited from a warm bath.

Day 12: We drove by Whitby to Hawkser, where we walked along the cliffs above the North Sea. Janet elected not to do this final hike as she was still recovering. After four miles, we arrived at the picturesque smuggler’s village of Robin Hood’s Bay, did a walking tour of the village, and dipped our feet in the North Sea. After lunch, we visited Whitby Abbey, founded in 657, and the town of Whitby. We returned to our B&B in Danby.

The entire trip totaled 102 walking miles.

The next day, after the nearly 2-week hike, we drove to the town of York, considered to be one of the “new towns” as it was not built until 1104! We did a walking tour and then drove to Manchester for our trip back to the States on the day following. When we arrived, we were informed that our

Art Engagement *from the* Beach Museum of Art

An artist may use the design principle of balance to create a harmonious composition.

An even distribution of space, objects, and visual weight of color aid in creating the stability.

What if the artist wanted to create some tension or instability? Then the artist would position objects, arrange space, and use color to develop energy and movement. Draw an imaginary horizontal line across the center of this painting. Do you notice balance or imbalance? Now divide the painting vertically down the center. Stability or tension? How do you observe objects, space, and color being used to support your perception?



Lisa Grossman (United States, born 1967), *Lightning-Airport*, 2009, Watercolor on paper
KSU, Marianna Kistler Beach Museum of Art, gift of Richard Olson, 2011.214

return would be delayed by two days! Our aircraft had to be taken out of order, and the replacement airplane would not be there until two days later. The airline paid for our extra hotel and included £50 for meals.

We had a whole extra day, so we rode the train all the way to Holyhead, at the Northwestern tip of

Wales. We passed towns with names like Llandudno and Conwy. We walked out to the dock for the ferry to Dublin and back. We made the return journey stopping in Chester for a walking tour on our own. We returned to our hotel and made our trip back home the next day.

RESTAURANT **SPECIALS**

Sunday, June 22	Sunday Brunch Brunch Menu available from 9 a.m. to 2 p.m.	\$12 Dinner Philly Cheesesteak Sandwich French Fries
Monday, June 23	\$11 Lunch Beef & Cheddar Sandwich Fried Pickle Spear Coleslaw	\$16 Dinner Turkey Mashed Potatoes & Gravy Green Bean Casserole
Tuesday, June 24	\$11 Lunch Catfish Po' Boy Fried Okra	\$13 Dinner Spaghetti & Meatballs Garlic Toast Green Beans
Wednesday, June 25	\$10 Lunch Chicken Fajita Quesadilla Corn Salad	\$15 Dinner Cornflake Chicken Wild Rice Sweet Fried Brussel Sprouts
Thursday, June 26	\$11 Lunch Tuna Melt Pasta Salad	\$15 Dinner Pork Tenderloin <i>with Red Pepper Pesto Sauce</i> Hashbrown Casserole Honey-Glazed Carrots
Friday, June 27	\$11 Lunch Soup & Salad Bar	\$17 Dinner Coconut Shrimp Coconut Rice Grilled Pineapple
Saturday, June 28	\$11 Lunch Fried Pork Cutlet Sandwich Pub Chips	\$24 Dinner 10-oz. Ribeye Baked Potato Jack Daniels Green Beans

*Check out the special American Classics menu at Prairie Star Restaurant!
Available for lunch and dinner June 30 through July 4.*

Weekly Opportunities Calendar *June 22 to June 28*

Sunday • June 22 *Put your trash at the curb!*

8:45 a.m. ~ Transport to College Ave UMC, VE
10:00 a.m. ~ Transport to College Ave UMC, VE
10:00 a.m. ~ Worship Service, CR
10:30 a.m. ~ Transportation to FUMC, VE
11:00 a.m. ~ Worship Service, CR

Monday • June 23 *Trash pick-up*

9:30 a.m. ~ Seated Strength, CR/**1960**
9:30 a.m. ~ Memory Care Partners Group, **STM**
10:30 a.m. ~ Weights 101, CR/**1960**
11:00 a.m. ~ Rock Steady Boxing, **BF**
11:30 a.m. ~ Sit & Be Fit, CR/**1960**
1:00 p.m. ~ Parkinson's Exercise Class, CR/**1960**
1:30 p.m. ~ God Talk, KSU CL
2:00 p.m. ~ Tai Chi, **1960 only**
7:00 p.m. ~ Community Bingo, CR

Tuesday • June 24

10:00 a.m. ~ ARTful Memories, BR
10:15 a.m. ~ Mat Yoga, KSU CL
10:30 a.m. ~ Steady Yourself, CR/**1960**
11:15 a.m. ~ Chair Yoga, CR/**1960**
2:00 p.m. ~ 10-Point Pitch Group, GR
2:00 p.m. ~ Social Circles, PS
2:00 p.m. ~ Water Media Painting, KSU CL
3:00 p.m. ~ Coffee Corner, EC
3:30 p.m. ~ Rhythm, Poetry, & Story, CR
4:00 p.m. ~ Tech Help, FHR
5:30 p.m. ~ 3rd Floor Supper, BR
6:30 p.m. ~ Summer Vespers, CY

Wednesday • June 25

9:30 a.m. ~ Seated Strength, CR/**1960**
10:00 a.m. ~ Walmart/Dillons Shopping Trip, VE
10:00 a.m. ~ Memory Care Partners Group, FHR
10:00 a.m. ~ Memory Café, KSU CL
10:30 a.m. ~ Weights 101, CR/**1960**
11:30 a.m. ~ Sit & Be Fit, CR/**1960**
1:00 p.m. ~ Complaint-Free Meadowlark, CR
1:30 p.m. ~ Speedy PD ARTful Making, KSU CL
2:00 p.m. ~ Tai Chi, **1960 only**
3:00 p.m. ~ Rock Steady Boxing, CR
3:00 p.m. ~ Sing-A-Long, FHR
5:30 p.m. ~ 1st Floor Supper, MR

Thursday • June 26

9:00 a.m. ~ Messenger Team, KSU CL
10:00 a.m. ~ Mat Yoga, KSU CL
10:30 a.m. ~ Steady Yourself, CR/**1960**
11:15 a.m. ~ Chair Yoga, CR/**1960**

Thursday • June 26

11:30 a.m. ~ Caring Conv. For People w/ PD, FHR
11:30 a.m. ~ PD Care Partner Social, CY
12:00 p.m. ~ College Avenue UMC Luncheon, BR
1:00 p.m. ~ Parkinson's Exercise Class, CR/**1960**
1:00 p.m. ~ Parkinson's Care Partners Group, FHR
2:00 p.m. ~ Water Media Painting, KSU CL
2:30 p.m. ~ Knitting & Crocheting, KR
3:00 p.m. ~ Lollipops & Lemonade, CY
5:30 p.m. ~ Meadowlark Circle Dinner, MR

Friday • June 27

7:30 a.m. ~ Rock Steady Boxing, **BF**
9:30 a.m. ~ Seated Strength, CR/**1960**
10 a.m. to 3 p.m. ~ Meadowlark Market, **MM**
10:30 a.m. ~ Weights 101, CR/**1960**
11:30 a.m. ~ Sit & Be Fit, CR/**1960**
2:30 p.m. ~ Fanny & Furby, KR
7:00 p.m. ~ MHK Area Music Teachers Assoc., CR

Saturday • June 28

9:00 a.m. ~ Tai Chi, **1960 only**
9:30 a.m. ~ Band Bust Exercise Class, **1960 only**
10 a.m. to 3 p.m. ~ Meadowlark Market, **MM**

Room Abbreviations

1960, TV Channel 1960
BF, Body First
BR, Bison Room
CR, Community Room
CY, Courtyard
EC, Event Center
FHR, Flint Hills Room
GC, Grosh Cinema
KR, Kansas Room

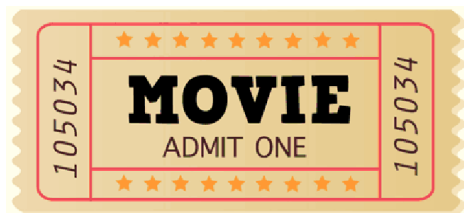
KSU CL, KSU Classroom
MM, 120 Scenic Drive
MR, Manhattan Room
PR, Patriot Room
PS, Prairie Star Restaurant
STM, St. Thomas More Church
VBL, Verna Belle's Lounge
VE, Village Entrance
WPL, Wamego Public Library



*Gifts benefiting the Good Samaritan Fund,
Helping Hands Fund, Meadowlark Memory Program,
Meadowlark Parkinson's Program, and the Nursing
School Scholarships were received by Meadowlark
Foundation during the month of May.*

Memory of

Carol Balding	Susan J. Koelliker
Doris Brannan	Leanda "Lea" Orsborn
Jerald "Jerry" Connery	C. Floyd Pauley



GROSH CINEMA SHOWTIMES

MONDAY TO SATURDAY 1:00 P.M. / 4:00 P.M. / 7:00 P.M.
SUNDAY 2:00 P.M. / 6:00 P.M.

SUNDAY: June 22

MY GIRL (1991) PG, 1 hr. 42 min. *Coming-of-Age, Comedy*

Cast: Anna Chlumsky, Macaulay Culkin, & Dan Aykroyd

Vada is obsessed with death. Her mother is dead, and her father runs a funeral parlor. When Vada's father hires Shelly, a makeup expert, and begins to fall in love, Vada is outraged and does everything in her power to split them up.

MONDAY: June 23

THE ILLUSIONIST (2006) PG-13, 1 hr. 50 min. *Drama, Mystery*

Cast: Edward Norton, Paul Giamatti, & Jessica Biel

A master magician named Eisenheim vies with Crown Prince Leopold of Vienna for the hand of noblewoman Sophie, the girl he once loved.

TUESDAY: June 24

WE BOUGHT A ZOO (2011) PG, 2 hr. 5 min. *Drama, Animals & Nature*

Cast: Matt Damon, Scarlett Johansson, & Thomas Haden Church

A single dad tries to give his family a fresh start by moving to a home in the middle of a zoo.

WEDNESDAY: June 25

SQUANTO: A WARRIOR'S TALE (1994) PG, 1 hr. 43 min. *Adventure, Drama*

Cast: Adam Beach, Eric Schweig, & Michael Gambon

A vivid rousing tale of a Native American who defies incredible odds in his struggle for freedom.

THURSDAY: June 26

AMERICAN SNIPER (2014) R *for disturbing war violence, and language*, 2 hr. 13 min. *Action, War*

Cast: Bradley Cooper, Sienna Miller, & Kyle Gallner

Navy S.E.A.L. sniper Chris Kyle's pinpoint accuracy saves countless lives on the battlefield and turns him into a legend. Back home with his family after four tours of duty, Chris finds that it is the war he can't leave behind.

FRIDAY: June 27

WHAT HAPPENS IN VEGAS (2008) PG-13, 1 hr. 39 min. *Comedy, Romance*

Cast: Cameron Diaz, Ashton Kutcher, & Rob Corddry

Two strangers awake together and find out they are married.

SATURDAY: June 28

SEVEN POUNDS (2008) PG-13, 2 hr. 3 min. *Thriller, Drama*

Cast: Will Smith, Rosario Dawson, & Woody Harrelson

A man with a fateful secret embarks on an extraordinary journey of redemption by forever changing the lives of seven strangers. *DVD generously donated by the family of Bob Weber.*