



**by John Walters**

When we traveled to Neuschwanstein (the “Disney” castle in Southern Bavaria) in 2011, we visited with the tour guide for Insight Vacations™. He was from Ireland. We decided to check out Insight Vacations™ for Ireland in May of 2013. We traveled on May 6 and 22. We had four whole days on our own and then joined our tour for 11 days. Because we would be in Ireland and Northern Ireland, we got cash in euros (€) and in pounds sterling (£). We traveled to Derry (Londonderry) by bus and took a taxi to our B&B. We mostly traveled by bus in Ireland but did travel by train to Belfast and back.

Janet and I have Irish and Scot-Irish ancestry, which we have traced back to when they entered New England and Pennsylvania but have found nothing back in the home country.

For John’s ancestry:

~ James Hamilton, his wife Rebekah, and their sons Thomas, Michael, John, and daughter,

Francis, left Derry in 1718 and arrived in Boston in August of that year. James had the charter for the Presbyterian church in Worcester from his father (said to be John)

~ John Gray (widower) and children Robert, Hugh, William, Mary, John, Samuel, Matthew, and Jonas left Derry and arrived in 1718 (possibly on the same ship).

~ James Quigley left Derry in 1735. He was born in Stranorlar, Donegal in 1711. He had a legal job with the government but resigned when he was asked to prosecute his own cousins and uncles for an event stirred up by “the Donald”. He sold his possessions and carried “a bushel of silver” with him to Worcester.

For Janet’s ancestry:

~ William Morrow went to Pennsylvania in 1799.

After considerable searching, we were able to find no further records in Belfast or Stranorlar, but we

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## IRELAND, from page 1

also found out why. The Presbyterian church was not the legal church. The Church of Ireland was the only legal church. If they could prove you belonged to the wrong church, they would throw you in jail. Church records would prove your guilt, so no records were kept!

We did discover some other things.

People in Ireland are not only friendly, but they also really want to help. When we left the airport in Dublin and were waiting for our bus to Derry, two men asked what we were looking for. When they found out we were looking for our ancestries, they said we should check out the genealogical library in Ballybofey, two miles from Stranorlar! Two days later, in that library, we found nothing! As we got ready to leave, a man who had been reading microfilmed information asked what I was looking for. When I told him of James Quigley, he asked “Do ya box?” I said no. He said if we went to the boxing gym a couple of miles away, I would find 20 Quigleys in there, and one of them was the European champion in his weight class! We had to get to our bus quickly, so we didn’t get to the gym. We went on down to Donegal City and walked around — we still had 10 minutes before our bus back to Derry. I saw “Magee of Donegal,” a men’s tweed store across the square and walked in. The tailor asked what I needed. I said I did not have time, and they did not have my size anyway. He asked what size and pointed to a 10-foot rack, all with my size! I quickly spotted one that I liked, he measured me, I paid and received it in California three weeks later! And we made our bus! While we were on the train to Belfast, a lady told us of her favorite restaurant there. She took us to that restaurant and ate lunch with us!

The weather in Ireland is much milder than that of Kansas. One time, we were told that we had just had all four seasons in one day! Ireland is surrounded by the sea, which greatly moderates the temperatures. Summer and winter temperatures are not so different as they are in Kansas. We saw lots of green grass. It really is “The Emerald Isle!”

We saw lots of sheep, very useful for wool to produce clothing to endure the cool and damp weather. Wool warms up when it is dampened by rain, and cools when it dries back out!

We left for our Insight Vacations™ tour after the four days. Insight Vacations™ does their business

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VERY well! They have only 42 people on the tours on a 44-seat bus with rotating seating. They choose very good hotels and have excellent tour guides.

We saw many castles, some in ruins, some not in ruins: Carrickfergus, Ballygally, Dunluce, Clonalis House, Bunratty, Knappogue, and Blarney. At Blarney Castle we saw the Blarney Stone. It is said you can receive the “gift of gab” if you kiss it. I did not, as I have been told I don’t need the help!

Clonalis House was the seat of power of clan O’Connor. We saw Turloch O’Carolan’s harp there! He composed over 200 harp songs in the 1700s. He was a blind harpist and played for various families of power. Derek Bell of the Chieftains has recorded many of his songs. At Knappogue Castle we had an evening of medieval entertainment including several songs by O’Carolan!

Another wonderful aspect of our visit and tour was the food! It was fresh. Lots of seafood, especially the salmon! Ireland has a cool climate especially suited for root crops and cabbage. We had some wonderful stews, and the soda bread was very good.

We toured Trinity College and saw the Book of Kells, written in the 800s! I also saw three ties there which I liked (unusual for me, I like only about one in a thousand!) I bought all three!

We toured an archaeological museum and saw LOTS of Celtic Gold. We drove along the Antrim coast, and we could see Scotland from there (12 miles away). We were told that the Scots were Irish who couldn’t swim! We saw “The Giants’ Causeway”, a field of columnar basalt, that we could walk out on. We drove on to Derry and saw the Peace Bridge. We were told that most of the Irish never wanted war, but the few caused a lot of trouble.

While we were in Sligo, our tour guide pointed out Carrowkeel Cairns in the distance. Legend has it that the warriors of an Irish queen would add a stone to the cairn before going to battle and remove it when they came back alive. The accumulation of stones is a record of how many died in battle! The small bump on the top of the hill must contain many thousands of stones!

We drove to the “Cliffs of Moher” and saw them under a sunny blue sky! (*See photo on page 1.*) On the Dingle peninsula we saw the “beehive houses, stone houses that monks lived in a thousand years ago. We had a wonderful time with friendly people.

# EASTER BUFFET

April 5th 11:00-2:00

Prairie Star Restaurant

\$30 PER PERSON

## HOT

Carved Prime Rib  
Carved Ham  
Crab Stuffed Sole  
Pork Tenderloin  
Shrimp & Chicken  
Penne  
Chicken Roulades  
Gouda Scalloped  
Potatoes  
Wild Rice

## COLD

Poached Salmon  
Salad Waterfall  
Fruit Display  
Jell-o Molds  
Deviled Eggs  
Seafood Salad  
Chicken Salad  
Cucumbers salad  
Ambrosia  
Pasta Salad  
Waldorf Salad  
Tortellini Salad

## DESSERTS

Apple Cake  
Red Velvet Cake  
Carrot Cake  
Chocolate Strawberry  
Cheesecake  
Tiramisu  
Mixed Berry Tart  
Bailey Cheesecake  
Lemon Meringue Pie  
Dutch Apple Pie

RESERVE YOUR SPOT AT THE HOST STAND



MARCH 18



2026 LENTEN LECTURE SERIES

## ERIN FREIDLINE

DEPUTY DIRECTOR, RCPD

Erin Freidline joined the Riley County Police Department in 2000 and has served in patrol, investigations, and as a task force officer, promoting through the ranks in both operational and supervisory roles. In 2018, she was promoted to Major, commanding the Support Division before later overseeing all investigative units and the victim advocacy program. In October 2024, Erin was selected as Deputy Director and now helps oversee daily operations, budgeting, and agency administration.

A graduate of the FBI National Academy's 264th session and a LEADS scholar through the National Institute of Justice, Erin has received numerous honors, including the IACP 40 Under 40 award, Kansas State University's Young Alumni Award, and the Manhattan Optimist Club's 2025 Officer of the Year award.

Originally from rural Illinois, Erin attended Kansas State University as a member of the Track & Field team and earned a degree in Sociology with an emphasis in Criminology. She later earned a master's in executive leadership from Liberty University. Erin enjoys working on her hobby farm and spending time with her husband and three children.

## EVENTS & OPPORTUNITIES

### **Trash Service Change for Duplex Residents**

Beginning April 1, trash service for Meadowlark duplex residents will transition from Howie's Recycling & Trash Service to Garibay Trash Service. As part of this change, trash totes will need to be replaced. Maintenance will share the tote exchange date once it has been confirmed with Garibay.

Garibay plans to provide a 96-gallon trash tote for each duplex apartment. Residents who have questions or who would prefer a smaller tote are encouraged to contact Maintenance.

Some residents currently pay separately for recycling service. Those residents may choose to continue recycling with Howie's or switch recycling service to Garibay. Residents who wish to change providers will need to set up their recycling account with Garibay and cancel service with Howie's.

### **UPDATE: UFM Class to meet April 1**

UFM is offering a class titled "Protecting Your Legacy: Protecting Loved Ones During Cognitive or Physical Decline" **on a different date than previously printed.** Join the session in the Community Room on Wednesday, April 1, from 6 to 7:15 p.m.

Enrollment is now open and can be completed by calling (785) 539-8763. This class is offered through UFM at no charge to Meadowlark residents, and Passport members may attend with a 20-percent discount.

### **Music with Rev. Ed Farris**

*Friday, March 13, at 2 p.m.*

Meadowlark welcomes Ed Farris on Friday, March 13, at 2 p.m. in the Community Center. Ed and his late wife served as missionaries in Brazil for 28 years, where he helped start 100 churches, taught in a seminary, and played piano on an FM radio station. After returning to Kansas, he served 16 years as a hospice chaplain in Topeka.

Ed holds a doctorate from Southwestern Baptist Theological Seminary and completed postgraduate chaplaincy study at Research Medical Center in Kansas City. A pianist since age 8, he enjoys sharing his music with hospice

patients and residents in nursing and retirement communities throughout the region.

In 2008, he recorded six piano CDs of hymn arrangements. Music, often called "the language of the soul," lifts the spirit, calms the heart, and brings joy to listeners.

### **Worship Services**

*Sunday, March 15, at 10 & 11 a.m.*

Join Rev. Melanie Nord, Spiritual Life Leader, for worship at 10 a.m. or 11 a.m. on Sunday, March 15, in the Community Room/Chapel. This week's sermon title is "Job's Struggle with Super Meaning." All are welcome to enjoy coffee and fellowship before or after worship in the lobby between 9:30 a.m. and 12 p.m.

### **UFM Class: Look, Learn, & Make— Papercuts, Assemblages, & Cyanotype**

*Wednesday, March 18, at 10 a.m.*

UFM is offering a class titled "Look. Learn, & Make: Papercuts, Assemblages, & Cyanotype." Join the second session on Wednesday, March 18, from 10 to 11:30 a.m. The final class will meet Wednesday, March 25.

During this class, participants will discuss works with Visual Thinking Strategies techniques, gain biographical information about the artists, and make artwork inspired by the artists. This art education class is for all ages and skill levels. The session is led by Kathrine Schlageck, former Curator of Education at the Beach Mesum of Art.

This class is offered through UFM at no charge to Meadowlark residents, and Passport members may attend with a 20-percent discount.

### **Line Dancing Lessons**

*Wednesday, March 18, at 3 p.m.*

Join us Wednesday, March 11, in Verna Belle's Lounge for Line Dance lessons at 3 and 3:30 p.m.

### **UFM Class: Evolution of the US Army**

*Wednesday, March 18, at 6:30 p.m.*

The final session of "The Evolution & Development of the US Army: 1945 to 1991," is in the Community Room on Wednesday, March 18, from 6:30 to 8 p.m.

This class is offered through UFM at no charge to Meadowlark residents, and Passport members may attend with a 20-percent discount.

## EVENTS & OPPORTUNITIES

### **Volunteer & Tech Helper**

*Tuesday, March 17, at 4 p.m.*

Deborah Goins will be available to help residents with technology questions between 4 and 5 p.m. Tuesday, March 17, in the Flint Hills Room. Deborah looks forward to building connections through this opportunity and meeting others, so be sure to stop by during her visits on the third Tuesday of every month!

### **Men's Bible Study & Breakfast**

*Thursday, March 19, at 7:30 a.m.*

Join the Men's Bible Study and Breakfast each Thursday at 7:30 a.m. in the Manhattan Room. Breakfast cost is on your own. Please contact resident Max Bayer with questions.

### **Veterans Group**

*Thursday, March 19, at 10 a.m.*

Veterans and their spouses are invited for coffee and conversation at 10 a.m. Thursday, March 19, in the Manhattan Room. This group meets every third Thursday.

### **FUMC Communion**

*Thursday, March 19, at 11 a.m.*

Join the pastors from First United Methodist Church Thursday, March 19, at 11 a.m. in the Flint Hills Room to receive communion. This opportunity is open to anyone wanting to invite Christ into his or her heart.

### **Lettuce Ketchup with Parkinson's Lunch**

*Thursday, March 19 at 11:30 a.m.*

People with Parkinson's (PwPD) and their care partners are invited to Prairie Star Restaurant the third Thursday of every month for a meal and fellowship. This lunchtime opportunity is for those interested in dining and sharing life together along their Parkinson's journey. The cost of food and drink is the responsibility of PwPD and/or care partners. For convenience, this opportunity is offered right before PD Exercise Class. Michelle and/or Katie will join monthly as schedules allow.

### **Card Making with Michelle Lehmer**

*Thursday, March 19, at 2:30 p.m.*

The next Card Making with Michelle Lehmer class

will occur on Thursday, March 19, at 2:30 p.m. in the Flint Hills Room. She provides card making supplies for FREE! It's a fun time for all.

### **Fanny & Furby—Visits Returning**

*Thursday, March 19, at 3 p.m.*

Great news! Fanny, and her loveable cockapoo, Furby, have returned from their recent adventures and are eager to visit with residents in the Kansas Room, starting next Thursday, March 19. They plan to swing by from 3 to 3:30 pm, so be sure to attend if you'd like some sweet doggie cuddles.

### **Music of Jean Kennedy**

*Friday, March 20, at 7 p.m.*

Join us Friday, March 20, at 7 p.m. in the Event Center for an evening of music with Jean Kennedy.

Jean is an accomplished guitarist, vocalist, songwriter, and instructor who has been teaching guitar and bass since 2001. In addition to private instruction, she serves as adjunct guitar faculty at McPherson College and Central Christian College in McPherson, Kansas. Jean earned her bachelor's degree in music performance from Idaho State University and has studied with and performed in master classes with several renowned guitarists.

### **Saturday Shopping Trip**

*Saturday, March 21, at 10:30 a.m.*

The next scheduled trip is Saturday, March 21, with transportation going to Hobby Lobby and Dollar Tree East. The bus will depart from the Village Entrance at 10:30 a.m., and the return time is set for 11:45 a.m.

Next month's trip will travel to Target and Dollar Tree West on Saturday, April 18. Please sign up in the Blue Book to participate.

### **Music with Nate McClendon**

*Friday, March 27, at 7 p.m.*

Join us at 7 p.m. Friday, March 27, in the Event Center for a performance by Nate McClendon.

Nate shares his love of music through performances that highlight music's unique ability to connect people. As he puts it, music allows us to share a communal experience while each having our own personal response. All are welcome.

# RESTAURANT **SPECIALS**

<p><b>Sunday, March 15</b></p>	<p>Sunday Brunch Brunch Menu available from 9 a.m. to 2 p.m.</p>	<p><b>\$14</b> Dinner Pot Roast</p>
<p><b>Monday, March 16</b></p>	<p><b>\$11</b> Lunch Shrimp Po' Boy Coleslaw</p>	<p><b>\$15</b> Dinner Maple-Roasted Pork Tenderloin Sweet Potato Mash Roasted Broccoli</p>
<p><b>Tuesday, March 17</b></p>	<p><b>\$12</b> Lunch Irish Breakfast</p>	<p><b>\$15</b> Dinner Corned Beef &amp; Cabbage Boiled Potatoes Bailey's Irish Cream Pie</p>
<p><b>Wednesday, March 18</b></p>	<p><b>\$11</b> Lunch Indian Taco Refried Beans</p>	<p><b>\$14</b> Dinner Chicken Florentine Vodka Cream Pasta Peas &amp; Onions</p>
<p><b>Thursday, March 19</b></p>	<p><b>\$11</b> Lunch Meatball Sub Pub Chips</p>	<p><b>\$17</b> Dinner Salisbury Steak Mashed Potatoes Green Beans</p>
<p><b>Friday, March 20</b></p>	<p><b>\$11</b> Lunch Pasta Bar</p>	<p><b>\$18</b> Dinner Parmesan-Crusted Salmon Wild Rice Broccoli</p>
<p><b>Saturday, March 21</b></p>	<p><b>\$11</b> Lunch Chili Dogs Pub Chips Fried Pickle Spear</p>	<p><b>\$15</b> Dinner 4-oz. Filet &amp; Garlic Shrimp Baked Potato Asparagus</p>

# Weekly Opportunities Calendar *March 15 to March 21*

## Sunday • March 15 *Put your trash at the curb!*

8:45 a.m. ~ Transport to College Ave UMC, ME  
 9:30 a.m. ~ Sunday Morning Fellowship, ME  
 10:00 a.m. ~ Transport to College Ave UMC, ME  
 10:00 a.m. ~ Worship Service, CR/**1960**  
 10:30 a.m. ~ Transportation to FUMC, ME  
 11:00 a.m. ~ Worship Service, CR/**1960**

## Monday • March 16 *Trash pick-up*

9:30 a.m. ~ Seated Strength, CR/**1960**  
 9:30 a.m. ~ Memory Care Partners Group, **STM**  
 10:00 a.m. ~ Tuttle Creek Ladies Group, BR  
 10:00 a.m. ~ Tuttle Creek Men's Group, MR  
 10:30 a.m. ~ Weights 101, CR/**1960**  
 11:00 a.m. ~ Rock Steady Boxing, **PF**  
 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  
 5:30 p.m. ~ 5th Floor Supper, MR  
 7:00 p.m. ~ Community Bingo, CR

## Tuesday • March 17

10:00 a.m. ~ Memory Activities Class, EC  
 10:00 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  
 4:00 p.m. ~ Tech Help, FHR  
 5:30 p.m. ~ 2nd Floor Supper, BR  
 6:00 p.m. ~ KSU Gerontology Class, CR

## Wednesday • March 18

9:30 a.m. ~ Seated Strength, CR/**1960**  
 10:00 a.m. ~ Walmart/Dillons Shopping Trip, ME  
 10:00 a.m. ~ Memory Care Partners Group, FHR  
 10:00 a.m. ~ Memory Café, KSU CL  
 10:00 a.m. ~ UFM: Look, Learn, & Make, EC  
 10:30 a.m. ~ Weights 101, CR/**1960**  
 11:30 a.m. ~ Sit & Be Fit, CR/**1960**  
 11:30 a.m. ~ West Monarch Lunch, BR  
 1:00 p.m. ~ Lenten Lecture: Week Five, EC  
 3:00 p.m. ~ Rock Steady Boxing, CR  
 3:00 p.m. ~ Sing-Along, FHR  
 3:00 p.m. ~ Line Dancing Lessons, VBL  
 4:00 p.m. ~ 4th Floor Social, FHR  
 6:30 p.m. ~ UFM Class: US Army 1945-1991, CR

## Thursday • March 19

7:30 a.m. ~ Men's Bible Study & Breakfast, MR  
 9:00 a.m. ~ Messenger Team, VBL  
 10:00 a.m. ~ Mat Yoga, KSU CL  
 10:00 a.m. ~ Veterans Group, MR  
 10:00 a.m. ~ Memory Care Partner Group, **WPL**  
 10:30 a.m. ~ Steady Yourself, CR/**1960**  
 11:00 a.m. ~ FUMC Communion, FHR  
 11:15 a.m. ~ Chair Yoga, CR/**1960**  
 11:30 a.m. ~ Lettuce Ketchup PD Lunch, KSU CL  
 1:00 p.m. ~ Parkinson's Exercise Class, CR/**1960**  
 2:00 p.m. ~ Water Media Painting, KSU CL  
 2:30 p.m. ~ Card Making with Michelle, FHR  
 3:00 p.m. ~ Fanny & Furby, KR  
 4:15 p.m. ~ Meadowlark Singers Practice, CR  
 5:30 p.m. ~ Meadowlark Circle Dinner, MR

## Friday • March 20

7:30 a.m. ~ Rock Steady Boxing, **PF**  
 9:30 a.m. ~ Seated Strength, CR/**1960**  
 10:30 a.m. ~ Weights 101, CR/**1960**  
 11:30 a.m. ~ Sit & Be Fit, CR/**1960**  
 3:00 p.m. ~ Catholic Rosary, CR  
 7:00 p.m. ~ Music of Jean Kennedy, EC

## Saturday • March 21

9:00 a.m. ~ Tai Chi, **1960 only**  
 9:30 a.m. ~ Band Bust Exercise Class, **1960 only**  
 10:30 a.m. ~ Depart for Shopping Trip, VE

### Room Abbreviations

<b>1960</b> , TV Channel 1960	ME, Main Entrance
BR, Bison Room	<b>MM</b> , 120 Scenic Drive
CR, Community Room	MR, Manhattan Room
CY, Courtyard	<b>PF</b> , Peakform Wellness Center
EC, Event Center	PR, Patriot Room
FHR, Flint Hills Room	PS, Prairie Star Restaurant
GC, Grosh Cinema	<b>STM</b> , St. Thomas More Church
KR, Kansas Room	VBL, Verna Belle's Lounge
KSU CL, KSU Classroom	<b>WPL</b> , Wamego Public Library



## GROSH CINEMA SHOWTIMES

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

**SUNDAY: March 15**

**RESIDENT REQUEST**

***NUREMBERG*** (2025) PG-13, 2 hr. 28 min. *Docudrama, Legal, Epic*

Cast: Rami Malek, Russell Crowe, & Michael Shannon

A WWII psychiatrist evaluates Nazi leaders before the Nuremberg trials, growing increasingly obsessed with understanding evil as he forms a disturbing bond with Hermann Göring.

**MONDAY: March 16**

***RENTAL FAMILY*** (2025) PG-13, 1 hr. 49 min. *Coming-of-Age, Psychological Drama, Comedy*

Cast: Brendan Fraser, Takehiro Hira, & Mari Yamamoto

An American actor in Tokyo struggling to find purpose lands an unusual gig: working for a Japanese "rental family" agency, playing stand-in roles for strangers. He rediscovers purpose, belonging, and the beauty of human connection.

**TUESDAY: March 17**

***P.S. I LOVE YOU*** (2007) PG-13, 2 hr. 6 min. *Drama, Romance*

Cast: Hilary Swank, Gerard Butler, & Harry Connick Jr.

A young widow discovers that her late husband, of Irish decent, has left her 10 messages intended to help ease her pain and start a new life.

**WEDNESDAY: March 18**

***GHOSTS OF MISSISSIPPI*** (1996) PG-13, 2 hr. 10 min. *Legal Drama, History*

Cast: Alec Baldwin, James Woods, & Whoopi Goldberg

A Mississippi district attorney and the widow of Medgar Evers struggle to finally bring a white supremacist to justice for the 1963 murder of the civil rights leader.

**THURSDAY: March 19**

**RESIDENT REQUEST**

***WADJDA (Arabic with English subtitles)*** (2012) PG, 1 hr. 38 min. *Coming-of-Age, Comedy, Drama*

Cast: Robert De Niro, Al Pacino, & Joe Pesci

An enterprising Saudi girl signs on for her school's Koran recitation competition as a way to raise the remaining funds she needs in order to buy the green bicycle that has captured her interest.

**FRIDAY: March 20**

**RESIDENT REQUEST**

***THELMA*** (2024) PG-13, 1 hr. 38 min. *Action, Comedy*

Cast: June Squibb, Fred Hechinger, & Richard Roundtree

When 93-year-old Thelma Post gets duped by a phone scammer pretending to be her grandson, she sets out on a treacherous quest across the city to reclaim what was taken from her.

**SATURDAY: March 21**

**RESIDENT REQUEST**

***SECRETARIAT*** (2010) PG, 2 hr. 3 min. *Period Drama, Sport*

Cast: Diane Lane, John Malkovich, & Margo Martindale

Penny Chenery Tweedy and colleagues guide her long-shot but precocious stallion to set, in 1973, the unbeaten record for winning the Triple Crown.