



THE CLAIBORNE CLARION

A NEWSLETTER FOR THE CLAIBORNE COMMUNITY
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ROB & SUZANNE TODD, MARCH EDITORS
BARBARA REISERT, CLARION FOUNDER AND EDITOR EMERITA *
JIM RICHARDSON, PRESIDENT, CLAIBORNE ASSOCIATION

March Birthdays

Ted Jones.....Mar. 9
Suzanne Todd.....Mar. 9
Kevin GarberMar. 12
Mike KablerMar. 13
Rebecca Cockey Parks...Mar. 14
Penny Rhine.....Mar. 14
Baba Groom.....Mar. 15
Josh Galicki.....Mar. 30
Alan Farr.....Mar. 30

Sherwood News

There will be an Easter Service at Sherwood United Methodist Church at **11:00 AM** on March 31st.

Fred Bahr will lead this annual worship. Afterwards, there will be coffee in the Church Hall. All are welcome.

Sherwood United Methodist Church is located on Sherwood Landing Road in Sherwood Village.

Up Next...



Claiborne Village Association and Carpe Diem Arts present

Sean Heely
Abbie Palmer & Agi Kovacs
with special guest **Chris Noyes**

In celebration of
Irish American Heritage Month
and St. Patrick!

Claiborne Village Hall
Claiborne, MD

Sunday, March 3, 2024
4:00 to 5:00 PM

Suggested donation \$15-25.
Please pay what you can. Children free.

Made possible in part by Talbot Arts

 TALBOT ARTS 



You know spring is just around the corner when... the porta potty shows up at the Claiborne Landing.

Carpe Diem at Brookletts Center

Busy Graham is always, well, busy creating and supporting the arts. You can support Busy and the arts by attending these free 12:15 concerts:

March 12 — Paddy O'Players

April 9 — Lena Seikaly

May 11 — Caron Dale

You can bring your lunch or call Amanda at 410-822-2869 or <mailto:abrown@uppershoreaging.org> two weeks ahead to get the low-cost Brookletts lunch.

400 Brookletts Ave. Easton, MD

Could Claiborne Be a Hidden Blue Zone?

A President's Message — Blue Zones, (named for the blue marker that was used to outline their location on a map), established that only about 20 percent of how long the average person lives is dictated by genes, while about 80 percent is influenced by lifestyle and environment. Dan Buettner, in association with *National Geographic* and funding from the National Institute on Aging, set out to identify five places in the world where people are living verifiably longer lives: Ikaria, Greece; Loma Linda, California; Nicoya, Costa Rica; Okinawa, Japan; and Sardinia, Italy. A team of experts then used established methodologies to try to determine why people had such remarkable longevity in these areas. The intent was to identify lessons or principles that could be applied to build healthier communities and to help people live longer and better lives. The nine principles of blue zones are: *Natural Movement, Understanding Purpose, Less Stress, Eating Less, Eating Less Meat, Wine Time, Establishing a Sense of Belonging, Keeping Family Close, and Supporting One Another.*

As I read through each of the nine lessons, it occurred to me that two applied especially well to Claiborne. **Supporting One Another:** The longest-living people were found in groups of supporting, caring people. These people had either chosen their tribe or been born into them. The Okinawans refer to them as *moais*. These groups of people take care of and look after one another. Whether it means taking each other to doctor appointments or simply meeting for breakfast, these small social groups helped increase the well-being of the members and supported a longer, happier life. Healthy behaviors are contagious, and simply surrounding themselves with like-minded people helped increase the lifespan of Blue Zone centenarians. **Wine Time:** The World Health Organization has advised against consuming alcohol altogether. However, Blue Zone centenarians might be an exception to the rule. They drink wine regularly, but it's important to note *how* and *when* they drink it. According to research, wine is consumed daily after 5:00 p.m. and always with friends and family. It's also important to note that the amount of wine consumed is limited to no more than one to two small glasses.

Sound like us? If you want to find out more about this subject, simply Google "Blue Zones" and see if you think Claiborne might be a hidden Blue Zone. A special thanks to "*What Is a Blue Zone? Where the Healthiest People Live,*" published by Dr. Venn-Watson, January 4, 2024.

<https://fatty15.com/blogs/news/what-is-a-blue-zone>

— Jim Richardson, President, Claiborne Association

February Was Short but Busy *(Well actually long by one day as it is a leap year)*



IN HONOR OF VALENTINE'S DAY — Chris Noyes helped us celebrate the occasion by performing, through song, the concept of C.S. Lewis' "The Four Loves." — *Concert photos by John Scott*



BINGO NIGHT — On February 17, about 35 Bingo players attended the second annual Bingo night at the Hall. Bingo Bob and Bingo Betty (Mark Stevenson and Jill Hills Stevenson, assisted by Renny Johnson, were the emcees for the evening, Great fun was had by all.

— *Bingo photos by Suzanne Todd*

