



# THE CLAIBORNE CLARION

A Newsletter for the  
Claiborne Community

November 2023

PAT FLORY NOVEMBER EDITOR, PHOTO BY RENNY JOHNSON

BARBARA REISERT, CLARION FOUNDER AND EDITOR EMERITA \* JIM RICHARDSON, PRESIDENT, CLAIBORNE ASSOCIATION

**Note the Dates:**

Thursday, November 9 –  
Claiborne Association Board  
Meeting at the Village Hall at 7  
p.m. All are welcome to attend.

Saturday, November 11 –  
Concert and Dance at the  
Village Hall at 7 p.m.

Tuesday, November 14 –  
Josh Galenki presentation at  
the Village Hall at 7 p.m.

Saturday, December 16 –  
Claiborne Holiday Potluck and  
Association Meeting at 6 p.m.

**November Birthdays**

Alan Wright	3
Anne North	5
Jake Flory	7
Janet Friedberg	10
Ella Murphy	11
Jennifer Shea	15
Brian Boos	21
Leigh Anne Schaefer	21
Judy Harrald	23
Mimi Holt	24
Rob Todd	29
Shirley Brooks	30

**Volunteering and Your Health – by Jim Richardson**

Have you considered becoming a volunteer for the Claiborne Association? It has hidden benefits, as you know if you already lend your time and skills. The Corporation for National and Community Service reported evidence that consistent volunteering can improve the health and well-being of people age 55 and older. Not only are the lives of the people who receive the volunteers’ help improved, but the volunteers’ lives are considerably improved as well. They report much higher self-rated health scores, which is considered a valid marker of actual health, compared to older adults in similar circumstance who do not volunteer. They also reported feeling significantly less depressed and isolated compared to non-volunteers.

Last year, Vantage, a senior community service employment program, listed these benefits of volunteering for older adults :

1. It’s good for your mental health
2. It prevents loneliness and isolation and gives you a feeling of purpose
3. It helps you meet new friends
4. It gives you a way to connect with members of your community
5. It can increase physical activity
6. It bridges the generation gap
7. It helps you engage with old interests
8. It helps you learn new skills

If you haven’t yet but would like to become a Claiborne Association volunteer, please contact me at [designs@atlanticbb.net](mailto:designs@atlanticbb.net) or simply give me a call. I would be happy to find opportunities for you to not only help the community but also help you stay healthy. Also, be aware that there is often delicious food involved!

**Just in case you have an extra...** The Claiborne Association board is looking to securely and centrally store its important documents and historical records. To that end, we are looking for a fireproof locking two-drawer file cabinet. Got one languishing in your office or garage that you’d like to donate or sell at a bargain price? We’d be more than grateful.

## **Program Committee News**

The program committee has reorganized itself so that we can do even more things. We have folks working on our concert series; on our traditional annual events (Holiday Potluck, 4th of July, etc.); on our winter movie series; and on special enrichment events like book talks, bingo nights & bonfires.

In the works is a welcome group, so that we can better help newcomers to the village settle in and to understand what we're about. If any of that sounds like fun work to you, contact Martha at [marthahamlyn@gmail.com](mailto:marthahamlyn@gmail.com).

The more the merrier!



Please check out Josh's work at [.http://www.joshuagalicki.com/](http://www.joshuagalicki.com/)

## **A Chance to Dance .... And to Hear Some Great Music**



On Saturday, November 11 at 7 p.m., the Association will host the Rhythmajigs band from Charlottesville, Virginia, along with caller Kappy Laning, who will (verbally) lead us in some combination of Contra, Circle and Square dances. As you are reminded by the pictures, we used to be able to do this: let's see if we can do it

again! There will be additional musicians, some very accomplished dancers to help us, as well as guest callers, all from a music and dance retreat happening that weekend on Broad Creek, Royal Oak.

Thanks, once again, to Carpe Diem Arts and Talbot Arts for supporting this event. Suggested donation is \$15 - \$20, and, as always, children are free. Details will come your way next week.

## **Claiborne Scenery Like You've Never Seen It**

New-ish resident Josh Galicki, an award-winning photographer, will share his gorgeous images with us on November 14. You want to invite your photographer friends to this one. This is what Josh had to say about his local work.

"Many folks look at water locations on the Eastern Shore from a boating or sailing perspective, whereas I look for photographic opportunities. I've been a wildlife observer and photographer for most of my life with the Delmarva as a favorite location.

When I discovered Claiborne, I was so impressed with Broad Cove, since it is perfectly situated for wildlife. The cove's shallow waters can provide a respite for loafing ducks and swans, exposed tidal flats for foraging herons, and ample fishing opportunities for diving Terns, Bald Eagles, Gulls, and Osprey. Beyond all of the avian life, there's also Red Fox, Muskrats, Diamondback Terrapins, White Tailed Deer, Eastern Cottontails, Rat Snakes, and many other species. Since moving to town, I've spent countless hours exploring the cove and its shoreline and I've had some incredible encounters thus far. Our amazing sunsets offer rich color and the best light imaginable for photography, which I've done my best to take advantage of.

I hope you can join me at the Village Hall on November 14th at 7 p.m. where I plan on sharing some of my favorite images from Claiborne and beyond!"

### Sherwood News –

Fred Bahr will be the new minister at the 10:00 a.m. service Sunday Nov. 19. All are welcome.

### St. Michaels Library News

**Stitch & Chat** November 2, 10:30 a.m. to noon. Bring your hand crafts and stitching projects and stitch with the group.

### **November Lunch and Learn**

Monday, November 6th at noon. St. Michaels Library will host Dr. Andrew Thaler, a deep-sea ecologist and CEO of Blackbeard Biologic: Science and Environmental Advisors.

The St. Michaels Library is pleased to present a miniature museum of deep-sea animals, including a giant deep-sea isopod, the world's largest pillbug. The exhibit is on display until November 30<sup>th</sup>.

**Memoir Writing: November 9, 10:30 a.m. to noon.** Learn how to preserve family's history by writing and sharing stories.

**November 16 at noon,** Lisa Rizia from Talbot Hospice will speak about Hospice care and the benefits of care received earlier versus later when someone has a life-limiting disease.

And Claiborne readers: Starting November 20 donations will be accepted for the St. Michaels's Library Book sale December 9 thru 16. Items donated should be in good condition (something you share with a friend or relative).

### Claiborne Bonfire

We celebrated a lot of things last Saturday night. The spectacular weather, the full moon, the spray of bright sparks into the night sky, and oh-so-many desserts. Thanks to the Cockey family for doing the heavy lifting - literally - no one else had to heft combustibles onto the pile. Here's hoping we can do this every year.

