

April 2024

FELLOWSHIP NEWS

West Hartford Fellowship Housing | 20H Starkel Road West Hartford, CT 06117 | (860) 523-0881



WHFH On-site Food Pantry Delivery will take place before noon on Tuesday, April 9, 2024. Please call the RSCs if you would like to be added to the April delivery list.

CT Food Share will be held on Friday, April 22, 2024, Across Starkel Rd, behind Big Y, in the Crossroads Plaza.

Please see enclosed flyer for new structure and organization on how Trader Joes food will be distributed on Tuesdays.

“...just add a little sunshine and watch our buildings grow! I am so excited to see some vertical progress as our buildings begin to take shape. This month we have begun to see the wood structure peek over the construction fence and before you know it, we will see the upper floors and roofing develop. Our contractor’s plan is to work from building to building and stay ahead of each trade to follow...”

Mark S. Garilli
CEO
WHFH

The Rise of Robots



From April 6–14, science and technology geeks will gather for RoboWeek 2024 to explore the future of robots and their place in society. Robots have long fascinated humans. Leonardo da Vinci may have been the first to envision a humanlike robot. The original Renaissance man, da Vinci was a painter, sculptor, inventor, and engineer. He

sketched his idea of a “mechanical knight” and engineered a suit of armor that could be moved by a system of pulleys and levers.

When does a simple machine become a robot? Robots often possess computers that enable them to sense the environment and react accordingly. Also, they are able to move, either by themselves or via remote control. In these ways, robots are truly intelligent machines. From R2-D2 and C-3PO of *Star Wars* to Rosie the robot maid in *The Jetsons*, robots have become an integral part of our vision of the future.

The word *robot* first appeared in 1920, when the Czech writer Karel Čapek wrote a play about a factory that makes humanlike android workers. The word *robot* in Czech means “serf labor,” “drudgery,” and “hard work.”

Today, companies are beginning to manufacture intelligent machines that perform many laborious household tasks. For example, the Roomba is a floor-cleaning robot about the size and shape of a round cake that moves independently around the room sucking up dirt. Sure, it may get stuck under the couch or miss some dirt in the corner, but it could make vacuums obsolete. A similar lawn-mowing robot, the Automower, cuts lawns by itself. Sensors keep it from running into lawn furniture, flowers, or pets. There are even robots with arms that can feed people with disabilities, and soft pillows with robot arms inside that can be remotely directed to contract, hugging whoever is holding the pillow.

FYI

The blue USPS outgoing mailbox across from our Leasing Office is still being emptied daily by our mail carriers. We were told that as long it remains in place, the carriers are required to empty it. Our Bishops Corner Post Office manager is very aware that we do not want it removed. She agrees that it should remain in place here. There are several other mailboxes in the area that were also targeted for removal, so it is not just us. For now, we may continue to use our blue mailbox for outgoing mail.

Unraveling the Art of Tatting



While a handkerchief, table runner, doily, or collar made of intricate knotted lace appears nearly impossible to construct, the art of tatting is easy to learn. All you need to start tatting is thread, a shuttle (a small device

that helps guide a silk thread through loops into knots), and your two hands. Give it a try on April 1, International Tatting Day.

This decorative art form may have grown from the netting and ropework handmade by sailors and fishermen of olden times. Tatting became fashionable in the 1800s and enjoyed a surge in popularity during the 1950s and 1960s. Technology has usurped the handiwork required to make tatted lace, which means that handmade tatting is more precious than ever.

Savoring Art

April 13 is Slow Art Day. No, this doesn't mean you should draw pictures of turtles or molasses. It's just a day to spend some quality time with art, pondering the composition and closely contemplating the work.



For some, staring at a piece of art for 10 minutes or more may present a challenge. But Phil Terry, the founder of the slow art concept, discovered something highly rewarding when he spent hours studying two paintings in a New York City art museum one afternoon. He realized

he did not have to be a professional art critic to understand and appreciate art.

How does looking slowly at a piece of art heighten the experience? In the good old days, the expert craftsmanship of products was appreciated. Modern culture places an emphasis on mass production, often at the hands of unskilled craftspeople or in mechanized factories. One of the major benefits of slow art is appreciating the amazing expert craftsmanship it takes to make a work of art. Taking the time to really look at art allows us to appreciate each brushstroke, the choice of materials, and the step-by-step process of creating a work of art. With this heightened awareness of craftsmanship comes a deeper emotional connection to the artwork.

Museums around the world have embraced the slow art movement, and on April 13, many will offer tours that visit only a few works of art. These tours end with lunch, where visitors can discuss what they saw and how the art affected them. But Terry is quick to point out that Slow Art Day isn't confined to just museums. Taking the time to appreciate art can happen anywhere, from sculpture gardens to city parks to historic houses. In essence, Terry is simply repeating the old maxim "Stop and smell the roses." These roses just happen to be in a museum.

WHFH Residents, Please DO NOT throw trash in the recycling bins. See enclosed flyers from the town of West Hartford's recycling rules and regulations. Thank-you for doing your part to recycle effectively.

Let the Good Times Roll



All April long, opponents will be throwing their knuckles down. Don't worry, this isn't anything sinister. "Knuckles down" is the position you assume before shooting in a classic game of marbles. So, this April,

Knuckles Down Month, you too can play for keeps.

The classic game of marbles is called ringer. Two parallel lines, lag lines, are drawn 10 feet away from each other. A large 10-foot circle is drawn between the lag lines. In the middle of the circle is a cross made of 13 target marbles, or mibs. To determine who plays first, each player lags from one lag line to the other; that is, they toss their shooter marble to the opposite line. The player whose shooter lands closest to the lag line goes first.

Play starts by knuckling down along the edge of the ring and using your thumb to cast your shooter at the mibs inside. The object is to knock a mib outside the circle while keeping your shooter inside. You next knuckle down inside the ring where your shooter landed. If you fail to knock out a mib, then it is your opponent's turn. The first player to knock out a majority of marbles wins, and it's up to you to determine whether to play for fair (return all marbles to their original owners) or play for

For the Love of Birds



Many have heard of the Audubon Society and know it as an environmental organization dedicated to studying and preserving birds and their natural habitats. The organization is named after John James Audubon, the French American painter of birds who dedicated his

life to his unique art. His birthday, April 26, is now celebrated as Audubon Day.

Audubon showed an affinity for birds starting in childhood. He spent hours roaming the countryside, collecting birds' nests and eggs, and drawing them once he returned home. Audubon's father was a sailor and hoped his son would join the navy, so John James went to military school. However, he suffered from seasickness and so returned to the woods.

In 1803, the Napoleonic Wars broke out in France. Audubon's father obtained a fake passport and sent John James to America to avoid the war. It was at his family's farm in Pennsylvania that Audubon devoted himself full-time to the outdoors: hunting, fishing, and drawing birds.

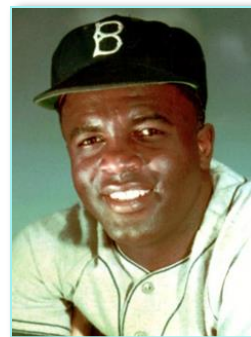
Audubon was obsessed with birds. In an effort to study their habits, he tied string around their legs to see if they returned year after year. He learned the art of taxidermy and worked in natural museums. But his greatest contribution to ornithology was his brilliant book *Birds of America*. He dedicated his life to drawing every single bird in America. His style was new and different: a highly detailed drawing of each bird, more accurate than ever before. His drawings were life-sized, with some pages over three feet tall and two feet wide. After 14 years of traveling the entire country, Audubon drew over 700 species of birds. *Birds of America* is often considered the greatest picture book ever made, and original copies have sold for over \$10 million. How's that for a nest egg?

April Birthdays

If you were born between April 1–19, you are Aries, the Ram. These independent adventurers like to strike out on their own and are natural leaders. Their enthusiasm and confidence give them big, outgoing personalities. Those born between April 20–30 are Bulls of Taurus. Bulls show a steady persistence in endeavors both professional and personal, and after working hard, they like to reward themselves for a job well done.

Emmylou Harris (musician) – April 2, 1947
 Marlon Brando (actor) – April 3, 1924
 James D. Watson (scientist) – April 6, 1928
 Jackie Chan (actor) – April 7, 1954
 Beverly Cleary (author) – April 12, 1916
 Queen Elizabeth II (royalty) – April 21, 1926
 Barbra Streisand (entertainer) – April 24, 1942
 Kelly Clarkson (singer) – April 24, 1982
 Jay Leno (comedian) – April 28, 1950
 Duke Ellington (pianist) – April 29, 1899

Major League Debut



On April 15, 1947, Jackie Robinson played his first major league baseball game with the Brooklyn Dodgers against the Boston Braves in front of a crowd of 25,000 spectators at Ebbets Field in Brooklyn. This marked the first moment that an African

American athlete played a sport in any of the major leagues.

Robinson did not get a hit that day, but he was awarded the first ever Rookie of the Year title that year. In 1949, he was named the National League's Most Valuable Player. The next year, he became the Dodgers' highest paid player with a salary of \$35,000. In 1955, Robinson led the Dodgers to a World Series victory over the New York Yankees. A perennial All-Star and Hall of Famer, Robinson's number 42 was retired by all of baseball on April 15, 1997.

A Guide to Recycling

Connecticut now has a universal list of what belongs in your recycling bin and what doesn't. All items should be **empty, rinsed, clean** and **open**. Do **not** shred, box, bag or bundle. To learn more, go to RecycleCT.com

What's IN?

What's OUT?

PAPER

- Cardboard & boxboard
- Food & beverage cartons
- Junk mail
- Magazines & newspaper inserts
- Newsprint
- Office paper
- Pizza boxes

GLASS

- Beverage bottles & jars
- Food bottles & jars

METAL

- Aerosol containers (food grade only)
- Aluminum foil
- Cans & bottles
- Foil containers
- Metal lids from cans & bottles

PLASTIC

- Plastic bottles (with or without caps attached)
- Plastic containers, tubs & lids
- Plastic one-use cups (no lids, no straws)

- Gift wrap & gift bags
- Ice cream containers
- Paper cups (hot & cold)
- Shredded paper
- Take-out food containers
- Tissue paper

- Ceramic mugs & plates
- Drinking glasses

- Aerosol containers (deodorizers, cleaners, pesticides, etc.)
- Foil tops from yogurt containers
- Paint cans
- Pots & pans
- Small pieces of scrap metal
- Spiral wound containers

- Loose bottle caps
- Plastic bags & wrap
- Plastic plates, bowls & utensils
- Prescription bottles
- Single-use coffee containers
- Styrofoam cups, containers & packaging peanuts
- Water filters



IT'S ALL ABOUT SHAPE AND SIZE

PLASTIC

Bottles, tubs, jugs
and jars



No pumps

Empty and rinse

No lids, straws, rigid plastic cups
six-pack rings, to-go containers
or pouches



No Styrofoam!



METAL

All cans



Empty and rinse

No scrap/mixed metals
such as ladders, pots
or hangers



Do not bag recyclables

GLASS

Bottles and jars



Empty and rinse

No mirrors, windows
or glassware



PAPER

Paper, cartons and cardboard



Flatten cardboard

No small paper pieces and
packaging, or shredded paper



Childhood Memories

“I grew up in the Elmwood section of West Hartford and in Newington, CT, along with my brother and sister. We moved quite a bit. I went to Elmwood Elementary School until about fifth grade until we moved to another part of West Hartford. Then, I went to Wolcott Elementary. After that, we moved to Newington.

An early memory was when our parents would put our pajamas on, bundle us up in the car and take us to the Drive-In. We would all be asleep on the way home!

Another memory was when I went to the Elm Theatre and saw Mary Poppins. It was the first movie I saw there. We went to Lincoln Dairy for ice cream. I spent time in the library - my mother worked there.

The house I grew up in, Lincoln Dairy and the Elm Theatre are no longer there.

Elmwood Elementary School is now the Senior Center.

I still remember what my house looked like.

~~~~~

**“One of my fondest childhood memories was when my father made me a pink dollhouse with wheels! I would pull it around on the sidewalks in the back yard.”**

~~~~~

Thank-you to Mary from apt 209 and Mary Jane from apt 109 @ 60 Starkel Rd, for sharing your childhood memories with all of us this month!

MAINTENANCE MATTERS

This is an example of why our house rules state that extension cords are **not** allowed:

NBC CT reported that The Muddy Waters Café in New London, CT was shut down for 5 months after a fire damaged the establishment.

“According to the city's fire marshal, Vernon Skau, the fire was in the basement and was caused by an extension cord that overheated.”





*Happy April Birthday
to our **WHFH** residents!*

Alice J.

Carmen V.

Judy S.

Mary L. S.

Mary Jane S.

Percy G.

Luis O.

Judy L.

Judy P.

Jacintha C.

Karen F.

Olga G.

Angela E.

Daphne M.

Collins D.

April Birthday Poem

Hooray for April Birthdays



April is full of tomfoolery,
Spring blooms, and rain showers;
It also has us cheering
"Happy birthday!" from the rafters.

Wonderful people were born this month,
Yes, so many we love dearly,
Like actress Debbie Reynolds
And children's author Beverly Cleary.

There's film legend Spencer Tracy,
Of Hollywood's Golden Age,
And Carol Burnett and Patti LuPone,
Both stars of screen and stage.

Presidents? April has them,
From James Buchanan to Monroe,
As well as Ulysses S. Grant
And Thomas Jefferson, you should know.

A female cabinet member?
Frances Perkins was the first.
And stop the presses for the birthday
Of William Randolph Hearst.

Can you roll an athlete, lawyer,
Performer, and author in one—
Not to mention political activist?
Yes! With April baby Paul Robeson.

We're grateful for Joseph Lister,
For sterile surgeries he did fight,
And the work put in at Kitty Hawk
By aviator Wilbur Wright.

But in this month of rebirth,
It's you we celebrate the most,
And so we raise our glasses
To offer you this birthday toast.

RENTER'S REBATE

APPLY NOW AND GET A
REBATE ON YOUR RENT.

IF YOU ARE A DISABLED OR ELDERLY WEST HARTFORD RESIDENT,
WHOSE INCOME IS UNDER:

\$43,800 IF SINGLE OR \$53,400 IF MARRIED.

YOU COULD QUALIFY FOR A CHECK BASED ON WHAT YOUR
EXPENSES WERE FOR LAST YEAR.

Required Documents:

- **All income for 2023**
 - (Social Security, wages, pension, annuities, railroad retirement, alimony, IRA distributions, and documentation on any other additional money received in 2023)
- **A copy of your 2023 Tax Return if filed or if you plan to file along with all supporting documentation**
- **All Rent Payments for the whole year of 2023**
- **All Utility Payments made in 2023**
- **Social Security Card and Driver's License**

**West Hartford Social Services will be visiting
Fellowship Housing on Wednesday April 17th & May
15th if interested in an appointment please speak to
your Resident Services Coordinator.**

*Call West Hartford Social Services for more
information at 860-561-7560 or
Email Andrea.Ruggiero@WestHartfordCT.gov*

DID YOU KNOW?



*Coach Louise Duffy sits with her West Hartford High School girls' basketball team in 1911-12.
Source: Noah Webster House & West Hartford Historical Society.*

Between 1912 and 1915, Louise Day left West Hartford to be secretary to the superintendent of the Horace Mann School in New York. When she came home, Louise married Ward Duffy (1891-1961), the year he graduated from Trinity College. She met him at the West Hartford High School where he was a 1911 graduate. Duffy's family lived at 208 North Main Street in the John Whitman house. Ward's father, Frederick (1864-1928) had been a high school teacher in upstate New York, but looked for a place to live where he could farm. He found their house along a section of Trout Brook which was called Whitman Falls. Duffy "farmed from the book," and grew a herd of Jersey cattle and sold milk. He ran for office and served on the first Town Council in 1921. He later became editor of the *Hartford Times*.

Louise and Ward Duffy had five children: two boys and three girls. Louise ran the household and raised her children (born between 1917 and the mid-1920s). She was one of the founders of the Hall High School Parent Teacher Association in 1924 and one of its first presidents.

Duffy got involved in the political world, first in the Connecticut Woman's Suffrage Association with Katharine Houghton Hepburn, and then, in 1923, at age 38 she helped found the League of Women Voters in West Hartford. (Article courtesy of the West Hartford Archives)



Common Loon

A long bodied, low-slung diver. Many people consider the loon a symbol of wilderness; its rich yodeling and wailing calls, heard day or night, are characteristic sounds of early summer in the north woods. In winter, silent and more subtly marked, Common Loons inhabit coastal waters and large southern lakes. In such places they are solitary while feeding but may gather in loose flocks at night. Their habitat is in wooden lakes, tundra ponds, coastal waters. In summer they are found on lakes in coniferous forest zone, also beyond the tree line onto open tundra. They choose large lakes with ample room for takeoff and with a good supply of small fish. In winter, the Common Loon is found in oceans, usually fairly shallow waters close to shore; also, on large lakes and reservoirs that remain ice-free.

Happy Bird Watching!

WEST HARTFORD FELLOWSHIP HOUSING PHONE NUMBERS:

Management Office: (860) 523-0881

Linda Caban-Property Manager

Vilmary Garcia-Assistant Property Manager

Tatiana Angelo-Leasing Transition Coordinator

Resident Service Coordinators:

Melissa Lammers (860) 570-0319 (Apartments 10-38)

Debra Daigle (860) 570-0314 (Apartments 40-60)

Maintenance Department: (860) 523-0881

Dennis Carpenter-Superintendent

Carlos Zabala-Technician

Office FAX number: (860) 523-0891

Office Hours of Operation: 8:30 am – 5:00 pm Monday-Friday

AFTER HOURS ANSWERING SERVICE:

(860) 523-0881 Option #3

The non-emergency number for the town Police Department is

(860) 523-5203

The non-emergency number for the town Fire Department is

(860) 523-5263

If you have a Safety or Medical Emergency, PLEASE CALL 911

Nutrition Corner from UConn School and Family SNAP-Ed Program

Bone Health and Nutrition

Written by UConn Dietetics Masters student Daniela Vega

There are many nutrients that are important to bone health, but two of the most important are calcium and vitamin D. A good diet is one of the building blocks for healthy bones, which also includes exercise and avoiding certain risk factors for falls. Poor bone health over many years can cause conditions such as osteoporosis and increase the risk of bones breaking from a fall.¹

Healthy Nutrients for Bones

Calcium

In general, the Recommended Dietary Allowance (RDA) for calcium for adults is 1,000mg to 1,200mg of calcium per day.² That is equal to 3-4 eight-ounce servings of milk or yogurt. This mineral isn't made in our bodies; therefore, it must be supplied through dietary sources or calcium supplements. If there isn't enough calcium in our bloodstream, then our body will start taking the nutrient from our bones. This could lead to weaker, thinner bones. As we age, our requirement for calcium increases to prevent bone loss and osteoporosis (means porous bones).

Calcium Requirements (in milligrams) by Age:

Age	Male	Female
0-6 months	200 mg	200 mg
7-12 months	260 mg	260 mg
1-3 years	700 mg	700 mg
4-8 years	1,000 mg	1,000 mg
9-13 years	1,300 mg	1,300 mg
14-18	1,300 mg	1,300 mg
19-50	1,000 mg	1,000 mg
51-70	1,000 mg	1,200 mg
71+	1,200 mg	1,200 mg

Food Sources of Calcium:

- Milk, cheese, and other dairy foods
- Green leafy vegetables - broccoli, cabbage, collard greens, and okra, but not spinach
- Soybeans
- Tofu (usually tofu is set with calcium sulphate or calcium chloride)
- Plant-based milk alternatives (such as soy milk) with added calcium
- Nuts & Seeds: almonds, walnuts, peanuts, Brazil nuts, sunflower seeds, or pistachios
- Breakfast cereals fortified with calcium
- Fish: Salmon, tuna, sardines, etc.



Vitamin D

While calcium is needed to keep bones healthy and strong, vitamin D is needed to help absorb calcium in our intestine, and then into our bloodstream. Our bodies actually make vitamin D in our skin by exposure to sunlight.

Food Sources of Vitamin D:

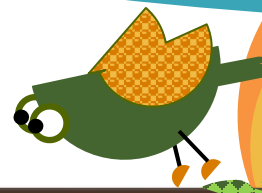
- Oily fish, such as salmon, sardines, mackerel and tuna, egg yolks and tofu
- Some meats, especially lean pork
- Fortified foods, such as some breakfast cereals, milks, plant-based alternative milks, yogurt, and orange juice

Resources:

1. <https://www.nhs.uk/live-well/bone-health/food-for-strong-bones/>
2. <https://www.health.harvard.edu/staying-healthy/essential-nutrients-your-body-needs-for-building-bone#:~:text=Many%20nutrients%20play%20a%20role,bones%20healthy%20and%20functioning%20well.>

For more fact-based food and nutrition information, visit UConn Healthy Family CT:
<https://healthyfamilyct.cahn.uconn.edu/>

This material is funded by USDA's Supplemental Nutrition Assistance Program (SNAP).
This institution is an equal opportunity employer.



Who Am I?

*I grew up in the Bronx.

*In high school, I was the captain of the wrestling team.

*I have two sisters.

*When I was 14, I won a scholarship from the Explorers Club of New York to watch a total eclipse with Neil Armstrong and Isaac Asimov.

*I met my hero, Carl Sagan, when I was 17.

*Sagan tried to recruit me to attend college at Cornell for my undergraduate degree.

*I attended Harvard for my undergraduate degree.

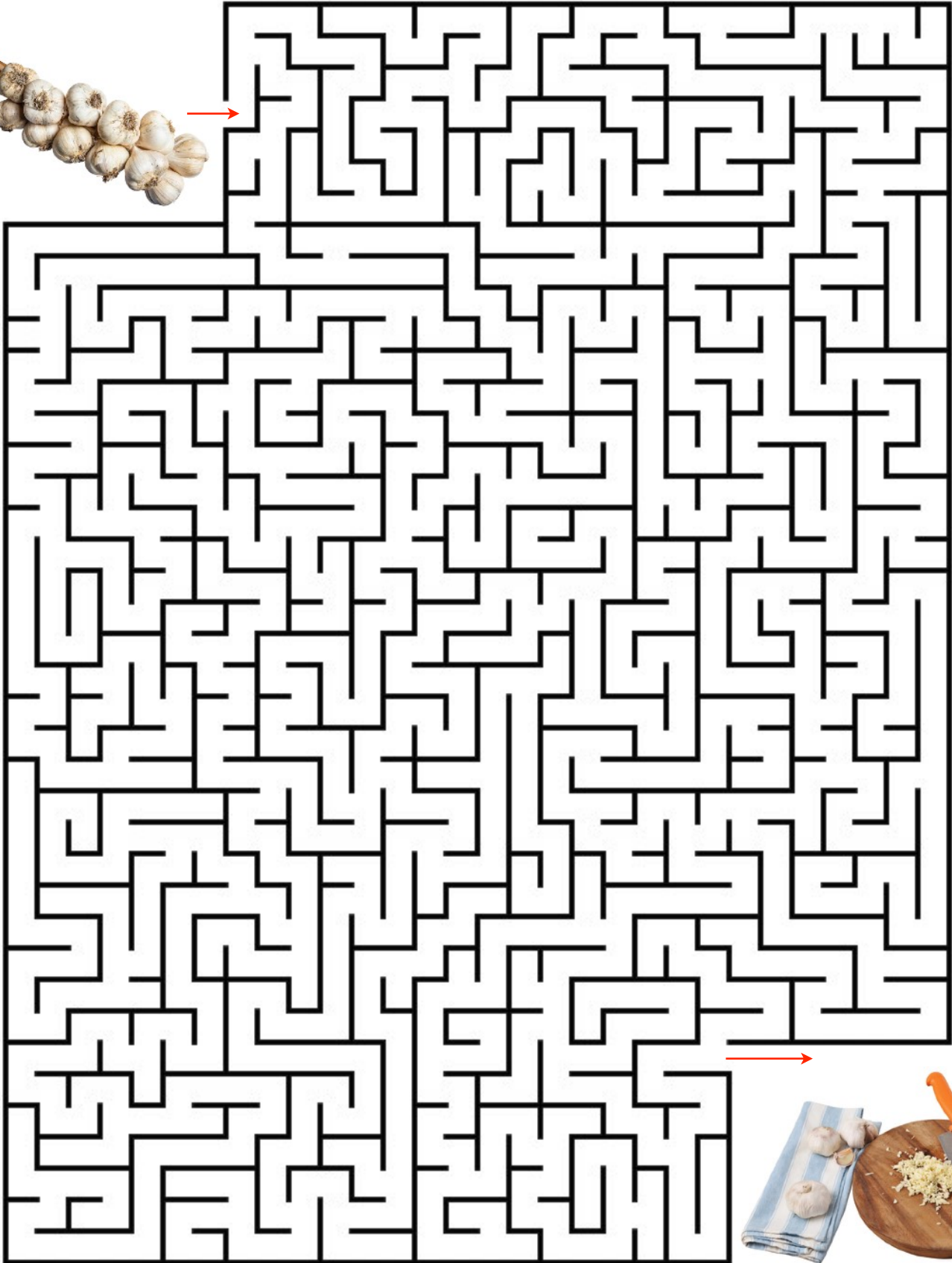
*I got my PhD from Columbia University in New York.

*I served as a scientific advisor to President George W. Bush.

*My love of space was inspired by a visit to the Hayden Planetarium when I was nine years old.

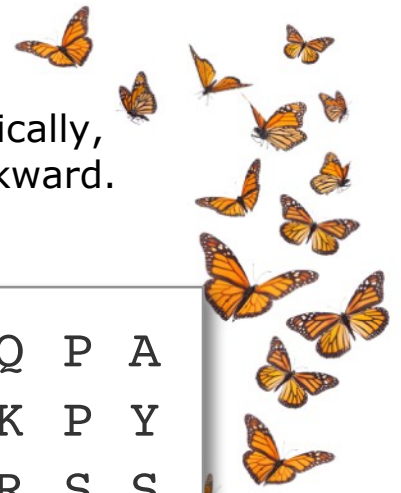
*Last months answer to Who Am I is Albert Einstein. Thank you to those who called in!

A-Mazing Garlic



Searching for April

The words listed below can be found vertically, horizontally, diagonally, forward, and backward. Disregard spaces between words.



APRIL FOOLS' DAY

ARBOR DAY

ARIES

BUTTERFLIES

DAISY

DIAMOND

DUCKLINGS

EARTH DAY

PASSOVER

PINK MOON

PUDDLES

RAINDROPS

SPRING

SWEET PEA

TAURUS

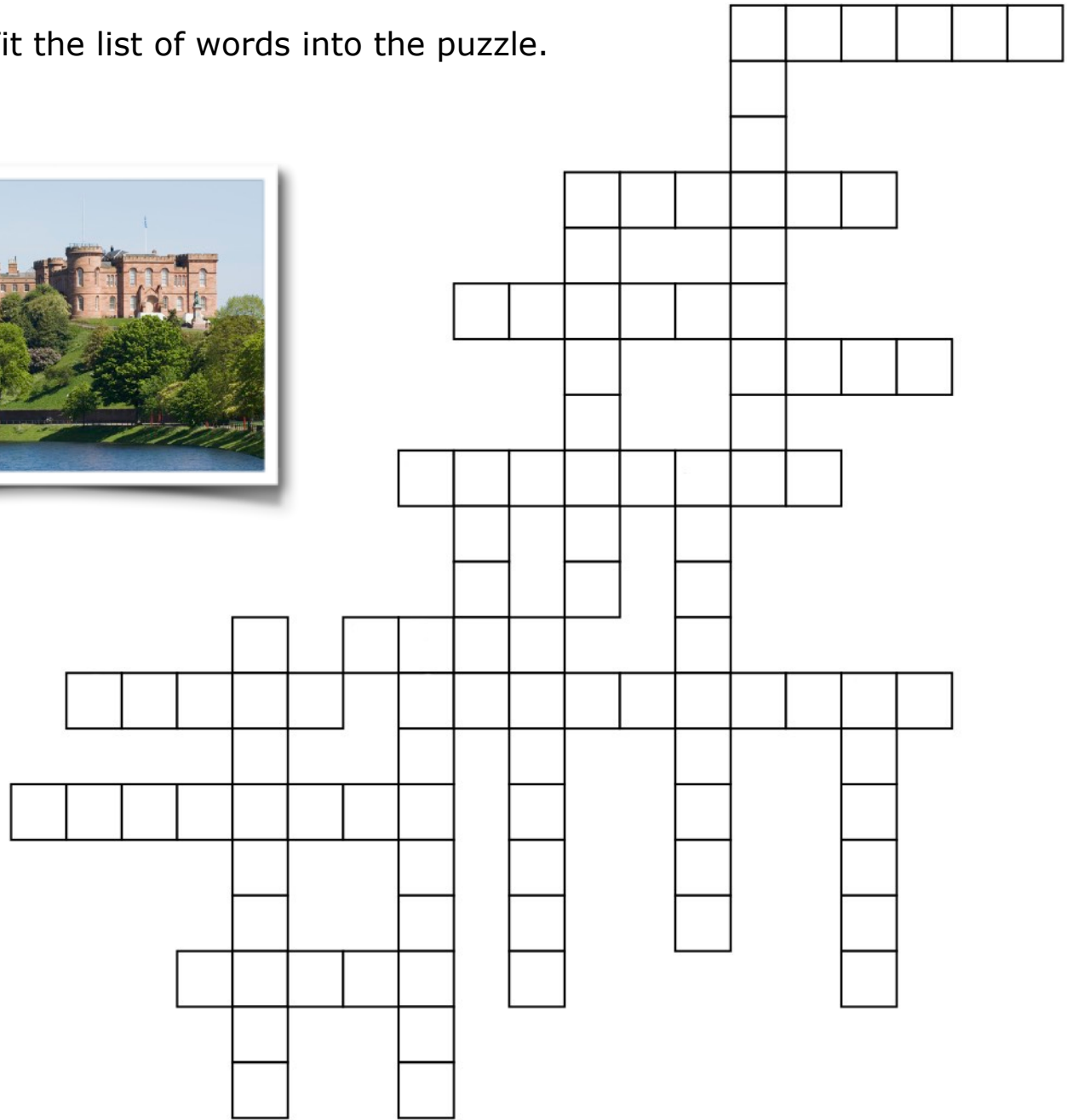
TAXES

UMBRELLA

WINDY

Scottish Castles

Fit the list of words into the puzzle.



- GATE
- KEEP
- BLAIR
- DUART
- TOWER
- BAILEY
- CAWDOR
- EILEAN
- GLAMIS
- PARAPET
- BALMORAL
- DUNROBIN
- STIRLING
- ARROWSLIT
- COMLONGON
- EDINBURGH
- INVERNESS
- DRAWBRIDGE

Great Scot!

The following people were born in Scotland. Can you find their **first** or **last names**? Search horizontally, vertically, diagonally, forward, and backward.



JOHN **BAIRD**

ALEXANDER
GRAHAM **BELL**

ROBERT **BURNS**

ANDREW **CARNEGIE**

SEAN **CONNERY**

ARTHUR CONAN
DOYLE

ALEX **FERGUSON**

ALEXANDER
FLEMING

CHRIS **HOY**

ERIC **LIDDELL**

FLORA **MACDONALD**

MARY QUEEN OF
SCOTS

JAMES CLERK
MAXWELL

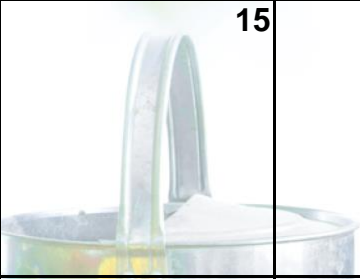


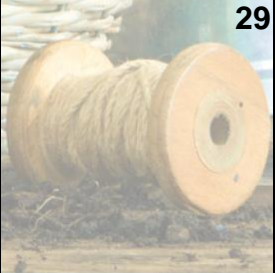
ANDY **MURRAY**

ROBERT THE
BRUCE

ADAM **SMITH**

DAVID **TENNANT**

WILLIAM **WALLACE**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>MELISSA – RSC 860-570-0319</p> <p>DEBBIE – RSC 860-570-0314</p>	<p>1</p> <p>In the beginning of April, I'm the one people trick. I might be clever or just plain slick. What am I?</p> <p>All Fools' Day</p>	<p>2</p>	<p>3</p>	<p>4</p> <p>TRAVEL SHOW 1:00-2:00 F3</p>	<p>5</p>	<p>6</p> <p>Close your eyes and imagine two intersecting triangles, and then trace the triangles with your fingers in the air.</p>
<p>7</p> <p>Can you name three Major League Baseball teams that begin with the letter C?</p>	<p>8</p>	<p>9</p> <p>FOOD PANTRY DELIVERED BY NOON (For those who signed up).</p>	<p>10</p>	<p>11</p> <p>SPRING COLORING 1:00-2:00 F3</p>	<p>12</p>	<p>13</p>
<p>14</p>	<p>15</p> 	<p>16</p>	<p>17</p> <p>W.H. Social Services Rent Rebate 10:00 am-1:30 pm Appointments only! Call your RSC to schedule a time</p>	<p>18</p> <p>POETRY READ 1:00-2:00 F3</p>	<p>19</p> <p>FOODSHARE BIG Y PARKING LOT 1:00-1:45</p>	<p>20</p> <p>Word Scramble L H E I S T T A prickly plant with purple flowers.</p>
<p>21</p> <p>Buy a Vowel S _ R _ N _ D _ A song performed for someone you love.</p>	<p>22</p>  <p>Passover Begins Earth Day</p>	<p>23</p> 	<p>24</p> <p>Administrative Professionals Day</p>	<p>25</p> <p>SPRING CRAFT 1:00-2:00 F3</p>	<p>26</p> <p>Arbor Day, the nation's tree planting holiday, was first celebrated in 1872.</p> <p>Arbor Day</p>	<p>27</p>
<p>28</p> <p>Can you repeat this tongue twister quickly? Beautiful blossom buds bloom behind the blue barn.</p>	<p>29</p> 	<p>30</p> <p>THE PLANT GUYS FROM THE LIL' PLANT SHOP BISHOPS CORNER SENIOR CENTER 1:00</p>	<p style="text-align: center;">April 2024</p> <p style="text-align: center;"><i>Our spring has come at last with soft laughter of April suns and shadow of April showers. ~Byron Caldwell Smith</i></p>			