



The Kimball Farms

Observer



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Facing the Supply Chain, at Kimball and Afar

A worldwide shortage of toilet paper sounds like the punch line of a bad joke, but in 2019 it was an early indication of the impact of the disruption of the supply chain that accompanied the Covid-19 pandemic. The dramatic shortages of PPE (personal protective equipment) threatened the safety and lives of front-line health care workers during the early waves of the pandemic. The failures in the system have continued, and gotten worse, affecting everything from automobile manufacturing around the world to the menu at Kimball Farms.

Vivid evidence of the Covid-caused chaos in the worldwide distribution system appears almost daily in dramatic newspaper photos and videos of dozens of enormous cargo ships, piled high with containers, idled in harbors and ports, waiting to be unloaded and sent on their way again – if the labor is available and the trucks and trains that are there can be loaded to send the containers on their way.

Both the system and the solutions are complicated, and a challenge to understand, so let’s look at some examples from Kimball Farms and then look at the contents of a current OLLI (Osher Lifetime Learning Institute) class called “COVID Freight Frenzy: How Goods Movement Now Taking Place Will Rock the Post-Covid World,” which may help to show how the system works (or doesn’t).

Getting cleaning products became difficult early in the pandemic, recalls housekeeping supervisor Tina Schilling. Hand sanitizer and wipes disappeared, and brands favored by the housekeepers had to be replaced by less satisfactory substitutes. Those shortages continue. Now it’s become difficult to repair the vacuum cleaners because the parts, even small, simple ones, just aren’t available.

The Environmental Services staff is charged with the remodeling of Kimball Farms apartments to prepare for new residents, and for the staff, getting major appliances has been a major challenge. An order placed in November of 2020 just arrived in September of this year, reported Joanne Ditore, administrative assistant in the department. The cost of lumber, if it was available at all, has shot up, and deliveries of kitchen cabinets have been sporadic. The Beauty Salon is on the list of spaces to be remodeled, and most of the components have been on hand for months, but one is still missing, so that project is still on hold.



Items stockpiled by the maintenance staff as a precaution

“Some simple things like bathroom lighting fixtures and shower enclosures became scarce, too,” reports West Saunders, “and we’ve tried to keep a supply of them on hand. More have begun to arrive recently, though.”

Dining and Nutrition Director Mike Paglier and his staff are challenged every day to provide meals for residents and staff, amidst the daily uncertainty of

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supplies. “The work force is the key to the problem,” Mike asserts. “There are fewer workers harvesting produce in the fields and the processing plants, and a shortage of truck drivers. It’s harder to schedule a delivery.” Mike said that during the last summer, some of the suppliers couldn’t keep up with orders from the children’s camps in the Berkshires.

“And even what is delivered may be different,” Mike reports. “We’ve seen smaller fish and chickens, and an order of apples the size of golf balls! Pineapple juice, prune juice and chickpeas are also in short supply. We do a lot of hunting and use more than one vendor. The smaller vendors will often come through for us, or we’ll source one item through two vendors to get what we need. We’re looking two or three days out all the time.” Mike also says that smaller quantities than expected may be delivered. Some restaurants are getting deliveries at odd hours, like 11:30 at night, and the driver’s helper unloading the truck may be the sales rep!

Mike recounted an incident in which the 80 pounds of salmon he ordered never made it onto the truck. “That brought the concept of just-in-time delivery to a new level,” he quips, “not quite in time!” Paper goods are a challenge, too. The newer, compostable take-out containers aren’t available at the moment, and the replacements are made of different materials that degrade before their contents can be served.

Mike and his staff appreciate the patience and understanding of residents, especially when there are sudden changes in the menu. The residents, in turn, are grateful to Mike and his staff for continuing to provide delicious meals in spite of the challenges of a supply chain. Thank you!

The “Covid Freight Frenzy” course being offered in this fall semester by OLLI at Berkshire Community College makes the post-COVID situation more comprehensible, although not at all simple. The excellent presenter is Robert James, Esq., a graduate of Boston College School of Law, who served as a Senior Policy and Planning aide for the Port Authority of New York and New Jersey. Although there are still two more classes before the end of the course, Mr. James has covered enough of the material for us to understand why, for example, Tina

Schilling doesn’t have the parts to repair the housekeepers’ vacuum cleaners.

James introduced the work of essayist and mathematical statistician Nassim Nicholas Taleb, whose 2007 book espoused the concept of the “Black Swan event,” something that is rare, unpredictable and has widespread ramifications. The attacks of September 11, 2001 are a prime example. Typically, after such an event, people will claim that it was predictable.

Was the COVID pandemic a Black Swan event? Taleb says no, and James agrees, because the virus was already known and being studied.

But there’s no denying the widespread ramifications of COVID-19 to the global distribution system.

Transportation and supply chains are leading indicators of the world economy, James says, adding that supply chain changes require alignment between the tools and the processes. The United States imports \$3.1 trillion worth of products produced in many countries, and exports \$2.5 trillion. Both China and the U.S. import more than they export. U.S. exports are finished goods and products produced by advanced manufacturing facilities, especially airplanes, which have more than 12 countries involved in their manufacture. The U.S. is becoming an exporter of petroleum, and is employing technology more than people, creating a smarter but smaller labor base.

More than 90% of world trade relies on ocean shipping: currently there are 50,000 ships, belonging to 150 countries. The standardized shipping container, introduced in 1956, is 20 feet long, 8 feet high and 8 feet wide, known as a “TEU” (twenty-foot equivalent unit) for the volume capacity of the container. There’s also an “FEU” which is 40 feet long. The containers can be piled so high on a ship that ports had to make alterations to accommodate them when they were introduced. The Ports of Newark and Elizabeth, New Jersey, for example, had to raise bridges and clear more open space for container storage.

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The largest new container ships can carry 21,000 TEUs at a time. Bottlenecks happen at ports when there are not enough trucks to receive the TEUs and move them to warehouses or wherever their destination may be. A ship loaded with 21,000 containers would need to have 10,500 trucks ready to receive its cargo. Matching incoming and outgoing volume, as it surges and subsides, aggravates the bottlenecks.

Covid-19 “threw the system into disequilibrium,” according to James, as ships whose crews were infected were prevented from landing in ports. Many drivers have left the trucking industry, discouraged by poor working conditions, inadequate salaries and the rapid spread of the virus.

As the pandemic spread, China, which dominates the shipping industry, closed down two of its major ports for two months to try to curb the virus. Most of the busiest ports are in China and Southeast Asia. China is also trying to expand shipping routes (and its political influence, with infrastructure projects) through its “Belt and Road” initiative, especially in Africa, where China is building rail links to waterways, to increase access to raw materials and supplies, and improving ports to access waterways.



The container ship Ever Given in Rotterdam 2020

A world map showing major shipping routes clearly illustrates the various “choke points,” narrow straits in heavily populated areas and older routes like the Suez Canal, which was blocked for weeks when the freighter “Evergreen” became wedged across it last summer, costing the industry five billion dollars a day. Alternate routes are being explored through the Arctic Sea, where global warming may open the sea passage by the middle of this century. The global

warming would be an environmental disaster but would reduce by 22 percent the mileage between Shanghai and Rotterdam.

The global merchant fleet, which includes container ships, bulk carriers, tankers, general cargo ships, car and passenger ferries, roll-on, roll-off ships and specialist ships, is a very lucrative industry in spite of its challenges, says James, “The increased consumer demand increased freight rates. The first increase was about 18%, but since then rates have increased another 30% and they show no sign of declining.”

A Washington Post article on September 30, 2021, noted that “the median cost of shipping a standard container (1 TEU) from Asia to California was \$20,580, twice what it cost in July, which was twice what it cost in January.” The reporter, David J. Lynch, added, “Essential freight handling equipment is not where it’s needed, and when it is, there aren’t enough truckers or warehouse workers to operate it – problems seen as temporary when the pandemic began, are now expected to last through 2022.”

Are there solutions to this urgent problem? Again, a Washington Post writer on September 30, 2021, emphasizes the weaknesses in the U.S. infrastructure at ports, and cuts in the railroad labor force. The best solution would come from cooperation. If all the components would operate, with transparency, and behave like a national system, abandoning the fragmented approach and the perceived need for business secrets and security, the bottlenecks would vanish. European ports use software to share information, so all equipment and people are in the right place at the right time. At this point, only the Port of New Orleans is even testing a system. But for most U.S. ports,” one bottleneck follows another.”

Another improvement, if not solution, would come from the greater use of technology such as autonomous trucks and robotic systems.

The two remaining classes of the course will explore air cargo, trucking and the components and impacts of e-commerce, which was growing steadily and made a huge jump when the Covid pandemic struck.

Susan Dana

President's Comments: Thanks to the Spooks

Gone are our resident witches and goblins and ghosts; pumpkins have been carved and judged; creaks and squeaks spring, again, from our joints and muscles. Hallowe'en is past; Colleen McDonough and her creative crew have again tantalized our taste for the eerie with their clever displays. Thanks to each of them for an appreciated removal to the world of fantasy; thanks to all the residents who competed in carving and bean counting!

Personal health is always a priority. With that in mind, Kimball held a successful clinic in October that enabled all interested residents to get a flu shot. Early this month Covid booster shots will be available. Save the dates of November 4 and 5 for specific times. They'll appear on Channel 1390 and messages will be delivered to your cubbies. We're grateful to Jackie Tripicco for facilitating this on-site plan.

Health concerns aren't related only to diseases. They embrace all we do, including our driving patterns. There have been too many comments raised about speed on our perimeter road. We recognize that these do not relate only to Kimball residents; nevertheless many of them do. Please, observe the 15-mile per hour speed limit.

Our dining room remains closed to visitors but for Thanksgiving we can entertain up to four persons in our own apartments. You can either order meals from the dining room or prepare your own favorites. For those who would like to have dinner in the dining room, reservations can be made between November 1-18; service will be for four hours, from noon until 4:00 p.m.

Judy Glockner and her Nominating Committee have prepared a slate of officers and councilors for 2021-22. Their names are listed below and are also posted in the Mail Room and on the bulletin board near the Potting Room. The slate will be presented at the Residents Association at its November 1st meeting and voted on at the December 6th meeting. A huge thank you to Judy and her team. It's not easy to put

together a slate of competent, concerned residents to attend to the many issues that crop up in our community. The slate:

President	Garry Roosma
1st Vice President.	Ann Trabulsi
2nd Vice President.	Lorraine Roman
Secretary	Dave Vacheron
Treasurer.	Mary O'Brien

Lenox Councilors

Arlene Potler 142-157
Ann Cashen 158-175
Nancy Curme 242-257
Jo Burke 258-275

Stockbridge Councilors

Caroline Medina 101-109 / 201-209
Molly King 110-127
Molly Pomerance 128-141
Bobbie Liebert 210-227
Connie Montgomery 228-241

And, while we're on the subject of thank you's, please remember to place your check for the Staff Appreciation Fund in Arlene Potler's cubby, #157. All the monies collected will be distributed to our hard-working staff; they've fulfilled all the extra demands asked of them throughout the rigors of the pandemic. Let our generosity express our genuine thanks.

Dorothea Nelson

Birthdays!

Nineteen residents celebrate birthdays in November. There is a 30-year spread between the youngest and oldest celebrant.

November birthdays belong to: Joyce Coffey, Suzanne Bach, Barbara Liebert, Betsey McKearnan, Cynthia Burke, Elske Smith, Barbara France, Marile Lynch, Karen Carmean, Lois Neumann, Dolores Pieropan, Maryellen Tremblay, Robert O'Brien, Ellen O'Brien, Phyllis Nichols, Carl DeGersdorff, Lavon Frye, Barbara Sterner and Virginia Rocheleau

Happy Birthday to each of you!!

Following a Long Road From Love at Age 12

At last count, 44 men are residents in Kimball Farm's Independent Living community. We know a little bit about a lot of them, but do we know who among them was prescient enough to make a major life decision at the tender age of 12? You won't have to look far to find this man: become acquainted with Jim Tremblay in Room 225, who moved here with his wife Maryellen in late September.

They've covered a lot of ground since he first laid eyes on her in seventh grade. On that auspicious day, he returned home after school and remarked to his mother, "There's a new girl in our class; she's a gorgeous redhead and she's the girl I'm going to marry!"

It wasn't a straight line from that pre-teen crush to a long-term marriage but Jim claims he never "lost sight of that initial awareness." On the way to courtship and marriage there were a few detours. Some included their parents' relocations; some resulted from college decisions; some connected with European travel (Maryellen) and travel with the U.S. Army (Jim).

But all the stops on the way ended when these two married in 1958; their wanderings from then on were as a couple and, eventually, a family of four. Jim, a longtime employee of GE, moved with the company to many different cities where the company was flourishing. They made homes in Schenectady, N.Y., Philadelphia, Penn., Columbus, Ohio, and finally Pittsfield in 1978. That was home for 43 years in a house they built just across from Miss Hall's School.

During their years together the Tremblays bought three homes and built three. They say "building is harder."

Let's go backwards now and fill in earlier years for Maryellen and Jim. She was an only child, devoted to her father, devastated by his early death. He was, she told me, the big activity in her life, full of ideas. If it was a nice day, he might suggest they go

horseback riding, always looking for a way to have fun.

She majored in elementary education while at Keene (N.H.) Teachers College and taught first grade for three years at Symonds Elementary School in Keene before she and Jim married. Now it was time for another big adventure: her first trip abroad. She sailed on the Queen Mary and met a tour group in France; and speaks with joy about her experience. Undaunted by leaving her tour group, she concluded the journey on her own, flying to Ireland to meet some of her many Irish relatives. On the way she stopped in London, walked its historic streets and ended up in a cinema. "I didn't know what I got into," she told me. "There were only men and they all smoked. They played their National Anthem, and everyone stood up!"



While Maryellen was busy with college and teaching and traveling, Jim's travels were orchestrated by the Army after he graduated from Dartmouth College with a degree in history. The position he'd had with GE was waiting for him when he returned from Korea, where he'd been stationed. A lot of us remember the days when a person – usually a man – secured a job with a good firm and stayed with that company until retirement.

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My Berkshire Encounter with Eric Erikson

I doubt whether Erik Erikson needs much introduction, yet for the record he was born in Frankfurt am Main in 1902 (and died at age 91 in Harwich, Mass.) and was known worldwide as a child-developmental psychologist and psychoanalyst. A prodigious author featured on *Time* Magazine's cover – not to mention a Pulitzer Prize winner in 1969 for his *Gandhi* psychohistory volume, among dozens of other major honors and achievements. And the fact that he avoided formal schooling other than his required German *Gymnasium* [high school] and some brief attendance at an art school in Munich. Becoming an artist was his only aim back then in the Twenties, before his interest and training in psychoanalysis took root.

With the Nazis on the horizon in the early Thirties, he and his Canadian-born wife, Joan, and their two children attempted to emigrate, initially to his mother's birthplace in Copenhagen, Denmark, but unable to gain permanent residence there, they went on to the USA. Fortunately, they already had many connections with prominent psychoanalysts and others there to facilitate the transition to America. Most astonishing is how quickly he became that rare person who readily gained a position, in his case as a child therapist instructor at Harvard 's Medical School and subsequently at Yale and Berkeley – soon becoming a full professor without even a BA degree!



Following his brave refusal to take the so-called loyalty oath required at Berkeley and elsewhere during the McCarthy period, in 1951 Erik joined the budding clinical staff at the Austen Riggs Center in Stockbridge, along with a group of prominent psychoanalysts originally recruited by the director, Dr. Robert Knight, from the staff at the famous

Menninger Foundation's clinic in Topeka, Kansas, where Knight had been the medical director before coming to Stockbridge. As I happen to have been a longtime friend of several colleagues on the Riggs staff (and for some years also became a research consultant with an office at Riggs), I had the good fortune of meeting Erik (as we were wont to call him; his preferred title was simply that of "Mister," which he felt had a fine history.)

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(Following a Long Road, Continued from page 5)

Finally, through with their independent wanderings, Maryellen and Jim settled in Schenectady and soon had their first son, Christopher. Remember I commented earlier that Jim was "prescient."

Perhaps it's a genetic trait: Christopher decided when he was a young boy that "I'm going to be a golf pro!" He's come mighty close! After 35-plus years as a club and teaching pro it appears it was a good decision.

Currently he's the lead golf teacher at the International Junior Golf Academy in Howey-in-the-Hills, Fla.

The "prescient" gene is manifested in the Tremblays' grandson as well. Sam, the teenage son of Maryellen and Jim's younger child, Brian, is passionately into his dream to be a pilot. He started to take flying lessons as a preteen; his bedroom includes a simulator that enables him to fly everywhere. This family of three lives nearby in Richmond; Brian was instrumental in the Tremblays' decision to move to Kimball.

It's a move they're happy about. Of the many places they've called home, it's the Berkshires each of them loves best. They love the hills, the changing seasons, the many unique small towns. Now they can enjoy all of this without managing a large house, a huge plus!

They've found Kimball to be an open and friendly place and are pleased with their adaptation to community living. And you will be pleased to become acquainted with them. All it takes is a call to 7225 and a dinner invitation. DO IT!

Dorothea Nelson

(Erikson, Continued from page 6)

Erik was not just rather modest but a unique and most impressive person whose original thinking, especially in the orbit of his developmental-stage theory and his most original identity-crisis theory, made a major impact, not just within psychoanalysis but in academic psychology as such. He was actually an unforgettable presence – be it as an innovative, galvanizing clinician and original thinker, he remained quite loyal to and most respectful of his original Freudian training. As a matter of fact, it was Anna Freud who “discovered” him. Erik was in his twenties and had only a meagre income as an artist, bicycling across Europe, offering to draw children in their schools. Anna Freud – a teacher then, before she became an analyst herself – encountered him in one of the Montessori Schools. She noted Erik’s perceptive talent with the children and introduced him to her father, Sigmund Freud, for potential psychoanalytic training. To pay his way for his training, he was often employed as Freud’s chauffeur – and I’d also note, Freud never urged him, nor his daughter, to study medicine first. In fact, he thought it might be a hindrance!

It should not come as a surprise that Erikson’s obsession lay obviously with the concept of one’s psychological sense of identity! And it was equally obvious among those of us who knew of his background that it was grounded in his own struggle with his identity as a function of his family background. His mother, Karla, was born and raised in an upper crust Danish, assimilated Jewish family by the name of Simonsen. She married a fellow Danish Jew named Salomonsen, who (believe it or not) abandoned his wife on their honeymoon in Rome as he confessed to being wanted by the police

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for some bank fraud, he was guilty of in Copenhagen. Leaving his bride stranded in Rome, he was never to surface again!!

Some many months later, while still without word from her husband, she apparently was impregnated by a non-Jewish Dane with whom she had a brief affair and whose identity was effectively shielded by Karla throughout her life. Karla’s parents, in shame, sent their pregnant daughter to hide out with relatives in Frankfurt. It so happened that her

obstetrician in Frankfurt – a Dr. Homburger, a staunch Jewish member of the local Synagogue – fell in love with his patient and proposed marriage on the condition that she never tell her newborn son (Erik) that he was not his father. She promised!

Unfortunately, within some years when young Erik went to the Jewish parochial school, his blond hair and blue eyes caused the other Jewish kids to steadfastly bully him, disparaging him as being a “goy.” He apparently had a painful time, also pestering his mother about it. *Was Homburger not his father?* This was the question that began to obsess him, while his mother steadfastly refused to reveal the truth. It took many years of sleuthing by biographers before the truth was revealed: his biological father was a non-Jewish Dane – a fact that Erik was not to learn until old age. On coming to America, he changed his name from Homburger to Erikson.

When I had personal encounters with him, the subject did not come up – though we spoke of his Bar Mitzvah and of his many visits to Copenhagen as a youngster to be with his mother’s family in the summer. I also sensed that he was a bit envious of my knowledge of Danish that he never mastered. It seems he had been especially keen on writing his final psychohistory book on the Danish philosopher Søren Kierkegaard, but regretfully gave up the project as he felt one needed to read him in Danish to fully understand him. “So, what are you working on now instead?” I asked. “I am working on a psychohistory of Jesus Christ of Nazareth,” was his reply – to my astonishment. “But don’t you need to know Hebrew, Babylonian, Aramaic and Latin?” was my obvious reply. “No,” he said, “the relevant literature is mostly in German!” The volume on Jesus was never to be completed. All we have on that subject is his brilliant article entitled “The Galilean Sayings and the ‘Sense of I’” (1981), reprinted in my and Robert Wallerstein’s edited volume entitled *Ideas and Identities: The Life and Work of Erik Erikson* (IUP, 1991).

On a final note: Another encounter of potential interest to the Berkshires is my memory of Erik’s close relationship over the years with our famous

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(Erikson, Continued from page 7)

Norman Rockwell. While at times in Stockbridge he was Erik's patient, he was obviously more than that – a close friend, if not also a fellow artist at heart. I will never forget an afternoon tea with the Rockwells in the presence of several Austen Riggs staff and postdoctoral fellows, who surrounded Erikson in eager conversation (he was obvious the “star”!) while totally ignoring Rockwell, who was sitting, seemingly forlorn, across the living room. Coming to the rescue, I chose to introduce myself to Rockwell, mentioning my friendship with his son Jarvis. “Oh,” he said, “so you know Jarvis. He is really the true artist – I am just an illustrator!” (Famous words, indeed.)

He then asked if I'd like to come to his studio nearby to show me how he worked, which of course I did. I also began to understand the quote by Erik about Rockwell I had come upon some years ago, namely: “Norman Rockwell painted his life but did not live it!” Needless to say, this briefly stated insight tells you about Erikson's remarkable clinical sensitivity. In my view, I felt there was a bond between Rockwell and Erikson (who, too, had been an artist of sorts – but with words instead of paint) and both were quite modest, if not also a bit insecure without the support of their wives, who in the case of Joan Erikson also had a major impact on him but failed to receive the credit due her. She, his wonderful partner over the years, was supposed to have been co-author of his historic best seller *Childhood and Society*, but, alas, the publishers felt it would lessen the sales.

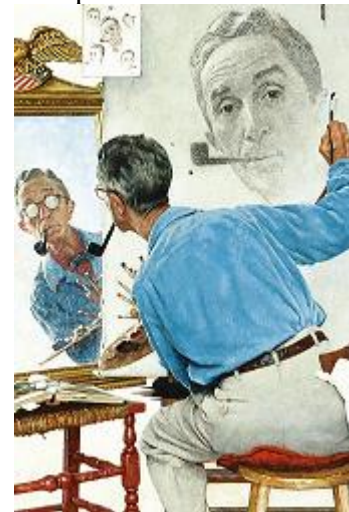
Some final words about Erik's impact at Austen Riggs come from *The Harvard Gazette*, April, 2020: “Erikson turned the grand experiment of treating very disturbed patients in an open therapeutic community into a Golden Age of conceptual and clinical inventiveness.” Many of us living in or near Stockbridge might well recall seeing some serious-looking couple walking, while talking, down the main road towards or back from the golf course area. They were patient and therapist during their therapy hour, as most likely arranged by Erik.

Leo Goldberger
Professor Emeritus, New York University

Norman Rockwell Speaks in New Library Book

New to our library is the 2019 Definitive Edition of *NORMAN ROCKWELL: My Adventures As An Illustrator, As Told To Tom Rockwell*. First published in 1960, both as a book and as installments in *The Saturday Evening Post*, this expanded version has been edited and captioned by Abigail Rockwell, the artist's granddaughter. She has located and reproduced a great many paintings and sketches rarely seen in print form. All this is fully explained in her introduction. However, what makes the book a classic is the clear, timeless voice of Norman Rockwell as he recorded it for his son Tom.

From a Victorian-era boyhood in New York City to entering the Art Students League at 17, and throughout his long career, Rockwell tells time and again how he was inspired by artists from the “golden age of illustration.” He describes days in class, sketching bones and muscles of live models, followed by evenings on the Metropolitan Opera stage as a poorly paid extra. In other classes he studied the styles and techniques of leading illustrators, always with the goal of revealing “an author's words in paint.”



Through a League connection, Rockwell completed “my first really professional job in illustration,” a series of pictures for a children's book, *Tell Me Why Stories*. An example of this work can be seen on page 95 of the Rockwell memoir. It shows that 18-

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(*Rockwell, Continued from page 8*)

year-old Norman was well started on his chosen path. Very soon, he began what would be a long association with *Boys' Life* magazine.

Despite his multiple assignments for books and magazines, young Rockwell's home life, in a boarding house with his parents, is described as dreary to the extreme. In retrospect he states, "I have the ability to shut myself off from unpleasant or disturbing experiences. Or rather, to shut off the part of me that paints." Soon, however, he escapes to study art in Provincetown: "... an idyllic interlude ... I didn't do any illustration, just painted what I pleased." He and some friends win the grand prize at the end-of-the-season costume ball as a paper dragon. Then, "I picked up my work right where I'd left it."

A period follows in which Rockwell, now living in New Rochelle, N.Y., wearies of working exclusively for children's publications and plots to storm the Philadelphia offices of the *Post*. His visit is a success; however, the first cover chosen, for May 20, 1916, features his best child model in three guises. That year holds many commissions for leading magazines, as well as an ill-advised marriage to his first wife, Irene, summed up in few brief paragraphs, including the statement, "She didn't take any interest in my work."

World War I finds Rockwell volunteering for the Navy. His artistic merits are recognized, and his enlistment is devoted to work on publications and officers' portraits, with free time to complete more covers for the *Post*. The day after the Armistice, he accepts the quickest way out, which states, "Discharged with Inaptitude Discharge. Rockwell is an artist and unaccustomed to hard manual labor."

The postwar years and the Twenties see Rockwell becoming a celebrity and meeting others, especially the leading illustrators of the day. He travels widely, but continues to produce a great deal of editorial and advertising art. His work features Jazz Age subjects as well as a nostalgic past. Soon after the stock market crashes, his marriage ends.

In January of 1930, Rockwell visits Hollywood, paints a *Post* cover of Gary Cooper being made up on a movie set, and meets Mary, whom he marries in April. They settle comfortably in New Rochelle, but Norman goes into a long phase of uncertainty about his painting style. His output slows drastically; they spend eight months in Paris, where he completes only two pieces, which he calls "wretched illustrations." Returning home, he struggles in vain to produce acceptable magazine covers, but finds it possible to do story illustrations. As he explains, "When painting a *Post* cover I must tell a complete, self-contained story. An illustration is merely a scene from a story." By 1935, Rockwell is "thrilled" with an assignment to illustrate both *Tom Sawyer* and *Huckleberry Finn*. In his thoroughgoing way, he visits Hannibal, Missouri, where he visits "the actual houses, streets, countryside," enters the cave, and buys genuine well-worn clothing for his models. All this leads to a long discussion of authenticity. Jumping ahead to the late 1950s, Rockwell states, "I don't do illustration anymore ... I like to paint my own ideas, tell my own story."

A part of the story not completely told in this book is the Rockwell family life. We do learn that three sons are born, they move to Arlington, Vermont, for several years, then settle here in Stockbridge. Only in Tom Rockwell's "Afterword" are there some details about Mary's instability and her treatment at the Austen Riggs Center. Rockwell does give a few lines to his friendship (and therapy, it is known) with psychoanalyst Erik Erikson. We may well guess that his regular talks with Erikson helped to free the flow of words that resulted in this book.

Again, in the "Afterword" we learn of Mary's death, Norman's continued creative works, and his marriage to Molly, a Stockbridge native whom he met through her poetry class. Then there are Rockwell's civil rights material and the family tree project to read about. And, of course, to look at.

Mary Misch

Can We Be Done with Climate Change?

Technically the phenomenon is Climate Change, but lately it's felt like Climate Warming. Remember the spell of uncomfortably hot days we had here in the Berkshires? The fires in California and elsewhere? Well, the warming was almost worldwide.

Every seven years or so since 1990 the Intergovernmental Panel on Climate Change (IPCC) publishes a report on the state of the Earth's climate; the latest such report has just been released. These reports not only discuss the climate of the past few years, but project what is ahead of us. This latest one uses stronger language and more definitive projections than past reports, for the science has improved over the years.

The projections are dire; The New Yorker even used the term "terrifying." That may not be too strong a word, for the report states that the world as a whole has already warmed almost two degrees Fahrenheit (over 1^o C) since beginning of the industrial age, i.e., the 1800s age. The IPCC itself states that "It is unequivocal that human influence has warmed the atmosphere, ocean and land. Widespread and rapid changes in the atmosphere, ocean, cryosphere and biosphere have occurred."

2^o F may not seem like much, but in fact is higher than any time in the past thousands, possibly hundreds of thousands, of years.

There is now no doubt that this warming is the result of greenhouse gas emissions, carbon dioxide (CO²) in particular, that come from human activities such as the burning of fossil fuels for electric power, transportation and heat. Additional activities that contribute to emission of CO² include the deforestation and other changes in land use. Methane gas (CH₄) is an even more powerful greenhouse gas and is responsible for about 16% of

the observed warming because of agricultural (e.g., cows belch the gas!) and other activities, including energy production such as fracking. Moreover, it's going to get worse as methane will be released from Arctic permafrost as global warming continues. There are many consequences of climate change beyond simply its being hotter. A particularly

important one is that sea level is rising. Already it has risen almost about 9 inches since 1880. This rising is due both to the melting of glaciers and ice sheets, such as those in Greenland and Antarctica, and the expansion of water as it warms. The country of Bangladesh has already suffered greatly from flooding, with the consequence that its people are moving from rural areas to the capital by as many as over 1,000 a day.

As the ocean warms, hurricanes become more frequent as well as more severe. Last month's Hurricane Ida was devastating in its effect on New York City as well as other large swaths of the East Coast. We in the Berkshires had a couple of days of torrential downpour, resulting in 2 inches of rain. Warmer oceans also lead to generally wetter weather, not just hurricanes. Some two thirds of the world's land area will experience wetter, more variable conditions as the Earth warms, making extreme rainfall and flooding more likely. Most major cities are located on the seacoast. In fact, 40% of the world's population lives within 60 miles of the coast.

So what's being done about it? In 2015 a United Nations Convention in Paris came to an agreement (known as the Paris Agreement) to substantially reduce global greenhouse gas emissions to an extent that global temperatures would be limited to 2 degrees Celsius above preindustrial levels in this century. All major emitting countries signed onto this agreement. The agreement also commits the major emitting countries to assist developing nations in their climate mitigation and adaptation efforts. President Trump pulled us out of that agreement; President Biden has recommitted us.

The aim is to reduce CO² emissions by changing how we produce and consume electricity, changing modes of transportation (e.g., electric cars, greatly increased use of public transportation), not only stop deforestation but reforest areas that have lost trees, and changing certain agricultural systems and practices. The generation and use of solar and wind power have already increased greatly, but more needs to be done. A few years ago, there were

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(Climate Change, Continued from page 10)
discussions to initiate installing solar power here at Kimball Farms. Those discussions came to an end with the advent of the Covid virus. Perhaps it's time to restart them.

Since some warming is inevitable even if the emissions are reduced, steps can and are being taken to adapt to its effects. The simplest is people moving from threatened areas to less vulnerable places. That is already happening in Bangladesh. However, the most innovative approach is that of the Maldives.

The coral atoll nation of Maldives, just southwest off the tip of India, is extremely vulnerable to sea level rise. More than 80% of the country's land area lies at less than one yard above sea level – meaning that rising sea levels and coastal erosion pose a threat to its very existence. Its government is exploring various options. One innovative idea which is already being acted on is the creation of a “floating city” of residential and commercial buildings in a lagoon that is anchored to a ring of island barriers.

Closer to home, New York City is considering various options in response to sea level rise. The damage done by Hurricane Sandy has triggered a number of proposals of how to deal with future hurricanes. One controversial suggestion is to build an enormous barrier that could be swung into position as needed. Less dramatic steps would be to restore wetlands and build raised parks and berms.

In Memoriam

Leona Capeless

September 17, 1922 to September 29, 2021

Janet Bush

April 9, 1934 to October 10, 2021

Adaptation, however, must not substitute for preventing climate change from exceeding 2° F of global warming. As the young Danish activist Greta Thunberg has so forcefully said, "We don't just need goals for just 2030 or 2050. We, above all, need them for 2020 and every following month and year to come."

Elske Smith

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A Rave on Hair ***(Hair Rave)***

Dome light.
Sheen.
Filtering filaments
down to the cold floor sift
in corners of everywhere, down.
Soft first then muzzy.

It was where it was
when it was supposed to be.
There. Where you're glancing and unglancing.

Wonderfully wavy it was.
Now all and completely down and gone.

You ran fingers full
if only you remember, My Full-Friend.
Remains remain
but
Oh, Hair!

Charlie Haynes

Giving While Living, And Living Longer

This is the time of year when we have an opportunity to focus on giving thanks. It is after all the month of Thanksgiving. But more than that – nature helps. The days are colder and shorter — more time to spend indoors, more for introspection. There are fewer activities to command our attention – fewer concerts, less theater. All this is good (now if only we didn't have TV, internet and the omnipresent phone). In Japanese psychology there is a practice called “Naikan,” which means looking from the inside. It is a method of self-reflection that provides a structure to increase awareness of and appreciation for gratitude. In other words, a “gratitude practice.” It consists of asking yourself three questions on a daily basis:

- What have I received from others?
- What have I given to others?
- What troubles and difficulties have I caused others?

After a few days of answering these questions (writing the answers is best) it usually becomes apparent that one receives far more than one gives. It's not about keeping score or even trying to equal giving or receiving but developing gratitude for all that one receives. Gratitude is the antidote to complaint. With gratitude, people recognize the good and positive things in their lives and usually become aware that the source of these good things lies outside of themselves. This fosters a sense of connection to something other than oneself — to other people, nature or your own spiritual or religious belief.

Confirmed by research!

Scientific research has advanced in the area of mind-body medicine. Emotions are now understood not only as “feelings” perceived in the mind, but as having powerful physical components. Hormones and neurotransmitters flood the body with either helpful or harmful effects. Each in our own way, we experience the connection between thoughts, feelings and physical effects. When frightened or angry, heart rate and breathing increase; when feeling loving, grateful and compassionate, muscles

relax, heart rate slows down, and a general feeling of well-being is apparent.

Research suggests that connecting with others in a meaningful way has benefits for both physical and mental health and may even lengthen our life. Brain imaging studies reveal that the act of giving is as pleasurable (if not more so) than receiving – something known for millennia but now made visible by technology. Newer research from UCLA and the University of North Carolina shows decreased inflammation in people living a life of purpose focused on gratitude and altruism, as opposed to those self-focused on pleasure-seeking. Inflammation as we know is a catalyst for many chronic diseases including cancer, heart disease and stroke.

Another health benefit is that gratitude and giving broadens our perspective. It takes us beyond a state of self-focus that is often linked to anxiety and depression. When called on to help a friend or relative with a problem, your mood often shifts; you feel needed and may even find a solution to your own problem as well.

Most importantly, gratitude increases our sense of connection. Many studies show that lack of social connection is more harmful than obesity, smoking and high blood pressure and ultimately leads to a decline in psychological and physical health. Bottom line: by uplifting others, we are also helping ourselves – a lovely feedback loop. It is increasingly clear that what we do in our head — what we think as well as how we behave — is a critical factor in whether we stay well or get sick. A growing body of evidence suggests that gratitude and altruism promote both individual and community well-being.

Right now, right here at Kimball Farms we have a powerful way to express our gratitude to our wonderful staff who give so much. We can do it with our once-a-year check to the Staff Appreciation Fund. I call it “giving while living.” It's all well and good to think of and protect our loved ones in our wills but giving to those who care for us in the here and now is a great way to show gratitude and – who knows? — it may increase your life or at the very least your happiness.

Stephanie Beling, M.D.