



The Kimball Farms



Observer



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We Celebrate! Page 3

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Vladimir Putin Knows This Man's Name

When a Ukrainian intelligence officer told Malcolm Nance, "Vladimir Putin knows your name now," Nance responded: "Cool!"

Nance, an American intelligence and foreign policy analyst who is back from the front lines in Ukraine, will speak in Kimball Auditorium at 3 p.m. on Sunday, April 2. He's on tour to discuss his latest book, *They Want to Kill Americans*. A member of the International Legion of Territorial Defense of Ukraine, he was under fire, seeing comrades die, until his publisher recalled him to fulfill his contractual touring obligation.

Now 62 and a grandfather, Nance served a year in Ukraine, becoming what the English paper, *The Guardian* called "the public face" of the legion and drawing Putin's attention. *The Guardian* reported that when Nance's presence was made public last April, he was told the Kremlin had denounced him as "a mercenary, soldier of fortune and legionnaire enemy number one."

The international legion is a combat force of three battalions and several hundred personnel. Nance gave up a five-figure-a-month salary as a pundit on the liberal MSNBC cable news network to earn the same wage as other Ukrainian soldiers: \$630 a month. "So I am definitely not a mercenary," he said. "If anything, I'm paying them. I've bought so much gear, trucks."

He added: "I have wonderful donors who have helped us out greatly and we get what we need because it's

faster than the logistics pipeline. In a year, we'll get what we need if we're waiting on the Ukrainian army and the US government, but we need things now, so we just buy them."

Nance said he is donating \$100,000 from the advance for his book to buy equipment for the legionnaires.



The book is his tenth. Previous books by the specialist in counterintelligence and combating Islamic extremism are *Defeating ISIS: Who They Are, How They Fight, What They Believe* and *The Plot to Hack America*.

Nance, who served in Iraq, retired as a senior chief petty officer in the U.S. Navy. In the *Guardian* interview, he said many would-be volunteers arriving in Ukraine underestimated the danger

from Russian forces. The war, he said, was unlike what American veterans may have experienced in Iraq.

A report in the March 26 *New York Times* paints a different picture of Nance, portraying him as one of a group of American volunteers who "lie and bicker," bringing "chaos" to the battlefield.

According to the *Times*, Nance arrived in Ukraine last year with the goal of bringing discipline to the legion. He drafted a code of honor for the group, but "became enmeshed" in administrative chaos.

"Today," the report goes on, Nance "is involved in a messy power struggle. (Continued on page 2)

(Nance, continued from page 1)

Often, that plays out on Twitter, where Mr. Nance taunted one former ally as ‘fat’ and an associate of being ‘a verified con artist.’” With no evidence, he accused a pro-Ukrainian fund-raising group of fraud.

The front-page article was accompanied inside by a picture of Nance in combat gear. He did not comment on the allegations.

Nance was born in Philadelphia, where he studied Spanish, French, Latin, Russian and Chinese in high school. He served in the Navy from 1981 to 2001, receiving several decorations. As a specialist in naval cryptology, he participated in numerous counterterrorism, intelligence and combat operations.

In 2007, Nance set off a controversy with an article he wrote criticizing waterboarding. “I know waterboarding is torture — because I did it myself,” he wrote. He said he witnessed and supervised waterboarding of hundreds of people.

The article is said to have swayed the Pentagon against the use of the waterboard because it would damage America’s reputation worldwide. Nance argued that using the torture techniques of America's former enemies dishonors the memory of U.S. service members who died in captivity through torture.

Andy Pincus

*The Kimball Farms Observer is written and published by
and for the residents of Kimball Farms*

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President’s Comments: Let’s Enjoy the Outdoors

Spring is here – time for gardening and the grill!

Spring arrived on schedule and warmer weather came with it to give us thoughts of the raised garden beds and the garden grill. There is still renovation work to be done before we can start planting but those who have signed on with Ann Trabulsi to maintain one of the 16 raised garden beds can start to think about what they want to plant. Flowers, herbs and vegetables are the main choices, while a few like raspberry and currant beds.

Once the renovations are complete, Ann will let us know when we can proceed. Weather and the availability of the contractor to finish the job are the limiting factors.

The garden grill is in a different area than before the renovation. There will be a covered pavilion where the electric grills will be located. Next to the pavilion will be a small storage shed and electric outlets. There will be two separate outlets so two grills can be operated at the same time, allowing for different food options to be grilled simultaneously if desired.

A small refrigerator will also be in the pavilion area so food and condiments can be kept cold and used as needed. There will be tables and chairs, with some located under the pavilion and others outside with umbrellas to provide shade.

The grills can be used by the residents and a sign-up list will be posted on the bridge bulletin boards. Instructions on how to use the grill and the requirements if you choose to do some grilling will also be posted on the bulletin boards. What you cook and how you grill it is your choice, but clean-up after the cooking and eating is a must.

If any resident would like to enjoy the grill there will be a sign-up sheet to have the work done to provide a grilled lunch or supper and the cost to enjoy the event. Spring is here and summer is close behind. Time to enjoy the raised garden beds and the garden grill.

Garry Roosma

A Week of Revelry

Art Show, St. Patrick's and Casino Ignite Celebrations



The Kimball Singers, under John Cheney, decked out in green for their St. Patrick's Day concert.



Margot Yondorf contemplates the craps table at Casino Night



Four pieces by Pamela Dalton are part of the Art Show featured in the Connector Gallery



Susan Dana, guest Peter Traub and Doane Perry try their luck at craps



Guess what day is being celebrated



Jackpot!

Photos by Susan Smith

Cris Raymond: Berkshire Powerhouse

Cris Raymond is motivated by the firmly held belief that the Berkshire community is the best place to live. She also subscribes to a quote attributed to Albert Einstein: “Coincidences are God’s way of remaining anonymous.” She can recall any number of instances in her life to prove that point.

The newest Kimball Farms resident, who moved from a condominium at Miraval (formerly Cranwell), was named Carole by her parents, but Carole became “Cris,” shortened from her surname Cristiano, when she was a student at Miss Hall’s School in Pittsfield. After Miss Hall’s, Cris went to Barnard College in Manhattan, and then transferred to Chatham College in Pittsburgh, which had one of the earliest programs in television production when television was a quite new phenomenon.

Graduate work in English followed at New York University, which enabled her to reach her goal of a career in publishing as an editor. Cris lived and worked in Manhattan at Harcourt Brace and later at Simon & Schuster publishing companies. “It was a great time to be in publishing,” she remembers, “in spite of having to type manuscripts and make coffee — chores which were not shared by my male coworkers.”

In 1983, Cris married DetlevJulien Raymond, born in Berlin to an old Huguenot family. In Manhattan, he was the head of Pergamon Press, an international scientific publishing company. When Pergamon Press acquired Vieweg Verlag, a venerable German publishing company, they moved to Braunschweig, Germany, a border city when the Cold War was hot! Vieweg Verlag had been in business so long that Cris found original manuscripts from the Brothers

Grimm in the company’s archives —tales that had been published between 1812 and 1858.

Also, the company had been the first to publish the works of the German scientist Albert Einstein, who fled to America to escape the Third Reich. When World War II ended, Vieweg Verlag asked for Einstein’s permission to republish his works. There in the archives, Cris found Einstein’s reply letter, written in English: “After what you have done to my Jewish brethren, I shall never again publish in Germany.” Cris said that she felt she was touching history.

Their next move was to Basel, Switzerland. The Raymonds had been in Basel for 16 years when Mr. Raymond died in 1988. Cris returned to the Berkshires to her family’s cottage on the Stockbridge Bowl, where she and Detlev had spent many summers. The cottage sat on a six-acre lot, so there was room for Cris to build a “winter house” when she came back to live in her cherished Berkshires.



Cris plunged right into volunteer work in the community, beginning with the Literacy Network of the South Berkshire (fondly known as LitNet), teaching English as a second language and preparation for citizenship to new residents.

She also became “boarded up” as she puts it, working with a number of boards of directors, including The Stockbridge Bowl Association, The Mount and LitNet.

In the 1950s, she handed out programs at Tanglewood, but then a new opportunity presented itself. In 1973, newly appointed Boston Symphony Orchestra Music Director Seiji Ozawa was eager to bring opera back to the

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(Cris, continued from page 4)

summer programming at Tanglewood. With all the divas and major stars who were to sing at Tanglewood, a dresser was needed, and Cris was chosen for the role. “The wonderful opportunity just fell into my lap,” Cris claims. (Remember Einstein about coincidences?)

Her description of the job is simple and straightforward. Cris describes it as “calm them down, zip them up and get them out” (onto the stage). She says soothing things as befits someone who is good with words, and, interestingly, doesn’t give her name “because that might be the one thing that they try to remember which could be distracting from their performance.”

Cris has stories to tell about being a dresser but they’re not for publication at this point. What she is eager to talk about is “America’s Camp,” an amazing organization that grew in response to the tragedy of September 11, 2001, with the destruction of the World Trade Center in New York City.

The owners of Camp Mah-Kee-Nac proposed a one-week camp for children who lost a parent, or sometimes two, or other relatives in that catastrophe. The location for the first years was Camp Mah-Kee-Nac on Stockbridge Bowl. The camp reached out to New York Mayor Rudy Giuliani and his aides, who were leery of this unknown group from the wilds of Western Massachusetts who proposed the camp idea, but after much investigation and vetting, they gave the go-ahead to the project. It was the first time the focus of a program had been entirely on the children alone, rather than with their families.

When she heard about it, Cris contacted the camp and volunteered to round up institutions and individuals who could entertain the children. Cris says, “No one said ‘no’ to anything we asked for, and some called to complain that they hadn’t been asked to help!” She especially remembers the Berkshire County police forces that volunteered in their off-duty hours to be sure no unauthorized people would enter the camp grounds.

There were 79 children of 9/11 at the first America’s Camp in August of 2002. They were children of first

responders, airplane victims, Port Authority workers, police officers and firefighters. By the fifth year of America’s Camp there were 285 campers.

The staff included the best counselors from the seven-camp consortium (Camp Group LLC) and 20 professional grief counselors from the Portland, Maine, Center for Grieving Children. In later camp sessions, children who “aged out” of the early programs were invited to come as Counselors in Training (CITs).

Art was a vital part of each summer program, allowing the children to express their feelings of loss and sadness, and gradually glimmers of hope. All their art work was carefully preserved each year but were not safe in the camp lockers. Cris asked the Norman Rockwell Museum to mount an exhibit of these poignant pieces, which opened in late summer in 2007.

Cris contacted the curators of what would become the 9/11 Memorial Museum in New York City. The curators arrived and agreed to have all the art in the new museum. However, the museum was not yet complete and the Rockwell Museum could not display the exhibition indefinitely. Cris stored it in her heated garage and kept her car in the driveway.

As a final act, in 2009, Cris convinced the camp owners to bankroll a powerful project and publish a book of all the artwork. Cris wrote *Where Can I Get a Phoenix*. It is the story of the camp and its effect on the children and adults who were there. On the very last night of the camp’s existence, each child received a copy of the book.

What the children created here in the Berkshires is now a part of American history.

Susan Dana

(Photo by Susan Smith)

In Memoriam

Judith Burbank

March 23, 1939 to March 8, 2023

Dr. Burton Miller

April 21, 1934 to March 12, 2023

March 14, 2023

Winds gusting,
Branches busting,
Dark the halls,
Cold the walls.
But amid the pots
And in the lots,
Hour by hour,
Without power,
Plowing, serving,
And richly deserving
Our thanks:
OUR STAFF

April Activities

April 2. 3:00 Malcolm Nance

April 4. 4:00. Conversation with Sue Halpern, writer for The New Yorker (and Bernice Halpern's daughter)

April 14. 7:00. Kilashandra, a Celtic/ Irish band

April 17. 7:00. John Felton, Birds of the Berkshires

April 19. 4:00. Marc Lendler on the aftermath of the 2020 election and the fall of Trump

April 25. 3:00. Hospice chaplains speaking about Death and Dying

Birthday Wishes to our residents!

Seventeen residents celebrate birthdays in April. There is a 33-year spread between the youngest and oldest celebrant.

April birthdays belong to: Jane Braus, Walter Shenko, Bradley Baker, Nadine Gill, Andy Campoli, Helen Mary Shaffer, Lillian Bender, Dave Vacheron, Sarah Harrington, Georgeanne Rousseau, Paul Nesbit, Molly Pomerance, Garry Roosma, Caroline Medina, Mary O'Brien, Judy Glockner and Kristin Gibbons.

Happy Birthday to each of you!!

April Trips

Saturday April 1st **Bus at 11:45a**
Met Opera
Mahaiwe
Great Barrington, MA

Saturday April 15th **Bus at 11:15a**
Met Opera
Mahaiwe
Great Barrington, MA

Saturday April 22nd **Bus at 2:45p**
Concert @ Chapin Hall
Williams College

Saturday April 29th **Bus at 12:15p**
Met Opera.
Mahaiwe
Great Barrington, MA



The Stewarts and the Moynahans bet on the cuisine at Casino Night

Fall Prevention: A Balanced Approach

Lately, due to what seems like a prolonged bout of winter, or perhaps that my beloved dog Duke is no longer here to get me out four times a day to walk in the woods on uneven terrain, I have noticed somewhat of decline in balance and strength. Getting older is unavoidable but avoiding fragility and decrepitude may be up to me.

With that as a goal, I decided to be evaluated at the Physical Medicine and Rehabilitation Center, part of Berkshire Health Systems. The evaluation, performed by a physical therapist, consisted of manual muscle testing for hip flexion, knee extension and ankle flexion in both directions while seated. Hamstring muscles and hip extension strength were tested in a prone position. My gait was evaluated and assigned a dynamic gait index number. Balance, and going up and down stairs with and without railing, was also evaluated. Following this assessment, a series of exercises was prescribed, and I left with a home exercise program and return visits scheduled.

Failing to adhere to the home exercise regimen, I returned for my next visit and found that I had another physical therapist assigned. This time I exercised and practiced balance on wobbly platforms and mats and did 4-inch stair steps up and down repetitively. By my third visit I had progressed to 8-inch stair steps and getting up and down from a chair while holding on to an 11-pound ball (10 times twice.) Whew! I have visits throughout April and will then have another evaluation. The therapist is pleased and I am just having a great time.

This is important as I consider myself a failure at home exercise. I don't want my rehab program to end before I develop some self-discipline. Another motivation for this recent interest in self-improvement is a trip planned for June that includes the following description regarding fitness level: "Moderate - Walking portions may be long and somewhat challenging with occasional step-ups, stairs and inclines. Total time walking or standing normally ranges from 1.5 to 3 hours." I thought I'd better be prepared.

Many things can cause falls but common denominators are weak muscles and wobbly balance. Add in tripping, medications, alcohol, dehydration, cardiac issues, vision problems or cognitive impairment and you have a prescription for a fall. The medications most often implicated are pain relievers, sleep aids and those that lower blood pressure. Exercise and weight training to strengthen muscles and improve balance are essential in preventing falls. A review of the safety risks where you live can result in aids such as grab bars, night lights and non-skid rugs. A more thorough review of your physical condition and lifestyle by a physical therapist can spot risks and help to individualize your own fall prevention program.

If you've been lucky enough to have fallen without serious injury you may be left with a fear of falling that negatively impacts your daily activities. I still love to walk in the woods, weather permitting and have tripped over roots and rocks. Sometimes I miss a step up or down on a curb and am now convinced that my path to safety also includes *paying attention* — to my feet and to my surroundings. *Mindfulness*, as in all else, is critical in fall prevention. For me and many others, the number one rule is "do not rush."

For all of us, especially at our stage of life, falling is no joke. Fatal falls, and falls resulting in serious injury are on the rise. In the last decade the rate of falls has increased by 31%. The Center for Disease Control reports that about 25% of older adults have at least one fall per year, resulting in nearly three million visits to an emergency room. Twenty-five percent of these falls result in broken bones and/or traumatic head injury. Depending on age and previous condition, up to 60% of people who sustain a hip fracture die within a year. Injuries from falls, if not fatal, are almost always life-changing.

The last thing any of us want to be is a statistic.

Stephanie Beling, M.D

Is This Nantucket or Fantasy Island?

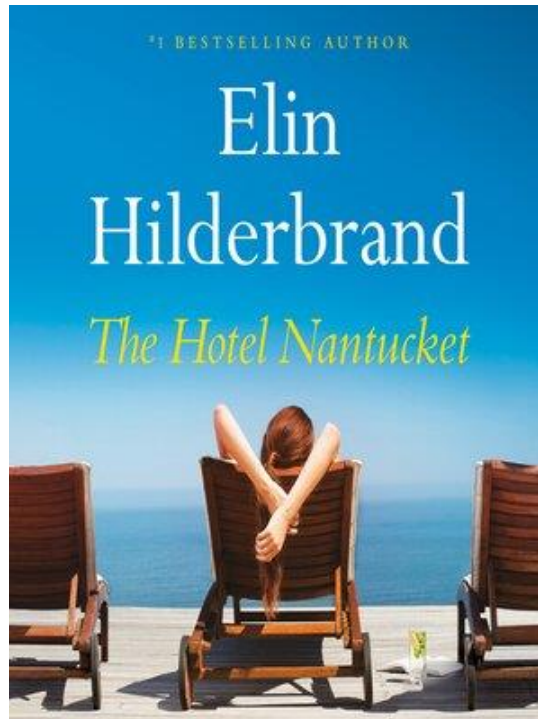
Elin Hilderbrand has a good thing going with a long string of novels about the island of Nantucket, its full-time residents and its many visitors. In June of 2022 she published *The Hotel Nantucket*, which was based on fictional events on the island from April to September of that same year. How close she came to reality is highly debatable, although she provided her readers with a wealth of concrete details. This book, now in our library, is in any case diverting and often amusing.

The opening chapter and several interspersed chapters are headed, “The Cobblestone Telegraph.” In these, an unnamed narrator from the year-round sector summarizes local activities and dishes local gossip. This nameless character introduces Lizbet Keaton, “an island sweetheart,” who is hired as general manager of the hotel, its three main floors newly renovated to the tune of 30 million USD. Lizbet is destined to share top billing in this story with Grace Hadley, a 1922 murder victim whose spirit resides on the unrestored fourth floor and roams the building at will. Only the surviving son of the jazz-age owners believes “The Hotel Nantucket is haunted, and it’s all my father’s fault.”

Lizbet has recently broken up with JJ O’Malley, her 15-year partner in love and business. Chapter 2 opens with her “breakup playlist” of 20 song titles and artists best known to younger generations. After this waste of space, Lizbet quotes, for the first of many times, an affirmation borrowed from Socrates: *The secret of change is to focus all your energy not on fighting the old, but on building the new.* She will use it just before JJ tries to woo her back. Much of what he says is another waste of space.

In the honored tradition of beach reading, Hilderbrand presents numerous characters with a variety of romantic complications. In her own tradition, this

author also gives us complete interior descriptions, clothing designs and food offerings from dinner table to mini fridge. Lizbet approves a deep red cocktail in the hotel’s Blue Bar. Its renowned chef, Mario Subiaco, dubs it the Heartbreaker in her honor. As the two cautiously develop a new relationship, Mario admits, “I’ve had my heart broken by this island.”



Aside from the ghost and love stories, a major theme of the book is the hotel staff’s quest for the never yet bestowed five-keys-out-of-five rating by an influential hotel critic who travels incognito. And let it be known, crucial to that effort is the housekeeping staff, some of whom spend half their earnings on daily ferry rides to Nantucket from Cape Cod and back.

There is a good measure of reality in this book. The slow start of the tourist season, from chilly April to blossoming June, is something that we here in the Berkshires can well understand. The difficulty of obtaining tickets and reservations during high season is also familiar

to us. Among the multitudinous brand names dropped throughout, we may notice — and count four times — our own local Annie Selke rugs.

What is never mentioned, and here lies a good part of the fantasy, is the pandemic that still held sway in 2022.

Hilderbrand in some ways corrects herself in a sort of appendix she calls the Blue Book. Stating, “I am not sponsored by any of the entities I will mention,” she provides thirty-six chatty pages describing her personal favorite Nantucket businesses and attractions. And yes, she admits, “The Fourth of July is undergoing something of a transformation after ...” then she spells out that word, in capital letters, that for a while she had made us forget.

Mary Misch

