

# **Groveland Council On Aging News**

## **November/December 2022**

Town Hall - 183 Main St. ,Groveland, MA 01834—[www.Grovelandma.com](http://www.Grovelandma.com) (under Town Depts.)

Groveland Council On Aging- Facebook / Phone 978-372-1101 / Fax 978-469-5008

Open Monday & Thursday 8:00-4:00pm / Tuesday & Wednesday 8:00-4:30pm / Friday 8:00-12:00pm

*The Mission of the Council On Aging is to advocate for Groveland's older adults, to identify their needs, to develop and implement services, to meet their health, economic, social, and cultural needs, to encourage maximum independence, and to improve their quality of life.*

### ***Happy Holidays to all ... from the COA!***

The COA (and Town Hall) will be **CLOSED** on Fri., Nov. 11 (Veterans' Day), Thurs./Fri., Nov. 24/25 (Thanksgiving), Mon., Dec. 26 (Christmas), and Mon., Jan. 2 (New Year)!

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Annual **Medicare Open Enrollment** is on **now** through **December 7<sup>th</sup>**! This is your chance to change your supplement and Part D coverage. **Do** make sure that your prescriptions are covered at the lowest cost. **Phone and email SHINE appointments are available to help you!**

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**Tuesday, NOVEMBER 8<sup>TH</sup> State Election VOTING at Town Hall**  
Early voting—Sat., October 22 through Fri., November 4  
Check the town's website for hours each day!

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**Social Security Cost of Living increase for 2023 will be 8.7%**  
and the **Medicare Part B standard premium will drop to \$164.90.**

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**Starting January 2023 out-of-town folks wanting a printed/mailed newsletter cost will be \$12.00 a year. Pls make checks out to "Groveland Council On Aging." Groveland residents will continue to receive theirs free of charge.**

Newsletters are always available **FREE** in the following locations:

Council On Aging offices, Town Hall Lobby,  
Langley-Adams Library, River Pines Community Room,  
Nichols Village Lobby, M&M Laundromat, Ultimate Perk,  
and the Haverhill Citizens Center!

## On-Going Services

For information on any of the following services, or for reservations, please call the COA office at: 978-372-1101

- ◆ **Meals on Wheels** Available for home-bound elders. Call the COA office at (978) 372-1101 to arrange assistance. **Current clients** with cancellations / changes: Call Meals Program at 978-686-1422
- ◆ **FREE Plaza Shopping / Rivers Edge, bank, Post Office & CVS – Wednesdays – Pick Up Time: 9:00 am (11:00 am return)**
- ◆ **Westgate too! for \$8.00 round trip (call COA)**
- ◆ **Our Neighbors' Table** –Phone in or online orders pick up on own Wed-Sat (Anyone 18 +) or delivery scheduled on Wed afternoons for **Groveland home-bound only** (do call 978-388-1907)
- ◆ **Hairdresser** is available for in-home “hair care” for women *and* men: Flexible schedule with day/evening hours. Women's Wash/Cut - \$25, Color/Style - \$30, Men's Cut - \$15.
- ◆ **Health Maintenance Clinic** Thursday, July 21st & August 18th @ 9:30 a.m. Call the Board of Health nurse Anita Wright 978-556-7210
- ◆ **Brown Bag** every first Tuesday of the month. Call 978-372-1101

## NEET VOLUNTEERS NEEDED

Drive when and where you want. Mileage reimbursement + supplemental liability insurance provided!

Call 978-388-7474 or  
[www.driveforneet.org/volunteer](http://www.driveforneet.org/volunteer)

## Transportation Options

**One time registration  
REQUIRED!**

- ◆ **COA Van rides (Please note the *INCREASE* before booking your ride):**
- ◆ **LOCAL (Groveland, Haverhill, Georgetown) = \$8.00 round trip**
- ◆ **OUT OF TOWN = \$15.00 round trip**  
Call us to book a ride at 978-372-1101.
- ◆ **NEET (Northern Essex Elder Transport) Program – (for medical and necessary transportation)**  
**NEW—Required registration form for riders available at the COA.**  
The COA requires  
**TWO (2) BUSINESS DAYS** notice when you call to reserve.  
Ride fulfillment is not guaranteed.  
Call the COA at (978) 372-1101
- ◆ **FREE Rides: Call MVRTA's “Ring & Ride” (978-469-6878) for rides within Groveland and to ... Amesbury, Georgetown, Haverhill, Lawrence, Methuen and Newburyport. Choose “Special Services” when prompted—Press “option #3”—Call MINIMUM 24 hours ahead to book transportation!**
- ◆ **CARERIDE is a subsidized transportation service for non-emergency medical appointments for people 65 and over residing in the Greater Lowell and Greater Haverhill areas.**



Groveland Van Trips  
*You are welcome to call ... on the  
 1<sup>st</sup> day of the new month to sign  
 up for trips! You can book for both  
 Nov. & Dec. Please call us to  
 request a new trip destination!*

*Call Nisha @ 978-372-1101 or email  
 NBurke@grovelandma.com between the hours  
 of 9:00am to 3:00pm for info or reservations.*

**Thursday, November 10<sup>th</sup>      Encore Casino**

Encore Casino in Everett! Time for table games, slots, 15 dining options, exhibits, and spa. Sign up for a free membership card ahead of time or when you arrive. (Space is Limited. Call Early!)

**Depart: 9:00am / Return: 3:00pm**

**Cost: \$15.00 Van / Lunch on your own.**

**Van: \$15.00 (New Price) / Lunch on your own**

**Monday, November 28<sup>th</sup>      Wegmans &  
The Burlington Mall**

This trip is designed to be "on your own."  
 Enjoy time for shopping at Wegmans Market and the Burlington mall. Lunch options: Cheesecake Factory, Legal Seafood and more.

**Depart: 9:00am / Return: 3:00pm**

**Cost: Van \$15.00 / Lunch on your own**

**Thursday, December 8<sup>th</sup>      Encore Casino**

Encore Casino in Everett! Time for table games, slots, 15 dining options, exhibits, and spa. Sign up for a free membership card ahead of time or when you arrive. (Space is Limited. Call Early!)

**Depart: 9:00am / Return: 3:00pm**

**Cost: \$15.00 Van / Lunch on your own**

**Monday, December 12<sup>th</sup>      The Enchanted  
Village in Avon**

The Enchanted Village—a beautiful display of holiday scenes and items from the window displays of Macy's, Boston from the 1960s & 70s. In addition, there is a Polar Express train and Lite exhibit. You may enjoy their famous blue berry muffins in the café.

**Depart: 9:00am / Return: 3:30pm**

**Cost: Van \$15.00 / Admission to Enchanted Village: free ... Polar Express 4D \$8.00, Lite: \$7.00 / Lunch on your own**

**2023 Overnight Trips with  
 Grand American Tours!  
 \*Flyers available in the COA office\***

**Memphis to Nashville (Clarksville)**

**June 25-July 3, 2023      9 days / 8 nights**

American Queen Voyages Cruise. Memphis, TN ~ Ashport Landing, TN ~ New Madrid, MO ~ Cape Girardeau, MO ~ Paducah, KY ~ Dover, TN ~ Clarksville (Nashville), TN

**Deposit: \$600pp double occupancy**

**\$1,200 single. Final payment is due by  
 January 26, 2023.**

**Greek Isles (Venice to Rome)**

**July 15-25, 2023      11 Days / 10 Nights**

Oceania Cruises: Venice, Italy ~ Split, Croatia ~ Dubrovnik, Croatia ~ Cruising the Ionian Sea ~ Athens (Piraeus), Greece ~ Mykonos, Greece ~ Santorini, Greece ~ Argostoli (Cephalonia), Greece ~ Taormina (Sicily), Italy ~ Salerno, Italy ~ Rome (Civitavecchia), Italy

**Deposit: \$850pp double occupancy**

**\$1,700 single. Final payment is due approx-  
 imately 4 months prior to cruise departure.**

**COA Annual Holiday Luncheon**

**Thursday, December 22<sup>nd</sup>**

**11:30am—1:30pm (Cost-\$8.00)**

**Musical guest — Chris Carter on guitar!**



Help us celebrate the season with a catered lunch from Panera's, delicious desserts, and raffle prizes! **Reservations required by Mon., Dec. 19**

***Partially funded by the Friends of the COA***

## ***Fitness Classes***

### **3B Fitness (Bones, Brain, Balance)**

with Brian Coyne

**Tuesdays at 9:00am** In the ***Fire Station meeting room*** - \$5.00 per “drop-in” class. Class run by certified personal trainer Brian Coyne, who has over 15 years of experience. Take the first step and call the COA today—978-372-1101

### **Walking Club**

**Tuesdays at 9:00am** at the Haverhill Stadium. Contact Paola Hussein @ 978-374-2390 x 3916

**Outdoor Yoga** with Mary Van Abs

**Fridays at 10:45am** On the lawn in good weather and in the center meeting room (inclement weather) \$5.00 per class.

## **COA Tote Bags!!**

*Donate to the COA and receive a free tote bag!*

\$12.00 donation (1 tote)

\$20.00 donation (2 totes)

Available in the COA office.

## **MVRTA Has a New Look**



Groveland now has FREE fixed bus route service available for pick up in 5 locations: In front of “Heart of Stone” shop in the Square, at Perry Park, across from Manor Dr., on the right—beside the Police Station parking lot, and in front of the Community Room at River Pines! Call MVRTA at 978-469-6878.

# **The American Revolution**

**With Groveland’s Own Historian—**

**Lee Thomas**



**Monday, November 14<sup>th</sup> 10:30am**

*(Sign up required!)*

Join us for an information (and always fun) program on the background of the epic political and military struggle waged between 1765 and 1783 when 13 of Britain’s North American colonies rejected its imperial rule!

*(Light refreshments offered!)*

## ***Tuesday Movie Mornings***

**11:00am—Center Meeting Room**

**(Donations always appreciated!)**

**November 15<sup>th</sup>**

**King Richard**—Starring: Will Smith, Jon Bernthal  
PG13 2021 (Sport/Drama—2h25m)

**November 29<sup>th</sup>**

**The Power of the Dog**—Starring: Benedict Cumberbatch, Kirsten Dunst R 2021 (Drama/Romance—2h6m)

**December 6<sup>th</sup>**

**Queen Bees**—Starring: Ellen Burstyn, James Caan  
PG-13 2021 (Comedy/Romance—1h40m)

**December 20<sup>th</sup>**

**Once Upon a Holiday**—Starring: Briana Evigan, Paul Campbell 2015 (84m)

***Coming ... January 2023***

**Top Gun: Maverick**—Starring: Tom Cruise, Miles Teller  
PG13 2022 (Action/Adventure—2h11m)

# November 2022

## Programs-Services-Events

Mon	Tue	Wed	Thu	Fri
	<b>1</b> 9:00 3B Fitness 9:00 Walking Club Brown Bag	<b>2</b> 9-11 Shopping 12:00 UTEC Box NO Game Day	<b>3</b> 10:00 Real ID w/ the RMV	<b>4</b> 10:45 Yoga
<b>7</b>	<b>8</b> 9:00 3B Fitness 9:00 Walking Club	<b>9</b> 9-11 Shopping 12:00 UTEC Box 1:00 Game Day	<b>10</b> 9:00 Trip—Encore Casino	<b>11</b> Town Hall CLOSED <i>Veterans’            Day</i>
<b>14</b> 10:30 “American Revolution” w/ Lee Thom- as	<b>15</b> 9:00 3B Fitness 9:00 Walking Club 11:00 Movie 12:00 Sen. Tarr	<b>16</b> 9:30 COA Board Meeting 9-11 Shopping 10:00 Water Colors w/ Peggy Poppe 12:00 UTEC Box 1:00 Game Day	<b>17</b> 9:30 Health Main- tenance Clinic 11:00 Traveling Chef	<b>18</b> 10:45 Yoga
<b>21</b>	<b>22</b> 9:00 3B Fitness 9:00 Walking Club	<b>23</b> 9-11 Shopping 12:00 UTEC Box NO Game Day	<b>24</b> Town Hall CLOSED <i>Happy            Thanksgiving</i>	<b>25</b> Town Hall CLOSED <i>Happy            Thanksgiv-</i>
<b>28</b> 9:00 Trip- Wegman’s 1:30 Veterans’ Services Office Hrs.	<b>29</b> 9:00 3B Fitness 9:00 Walking Club 11:00 Movie	<b>30</b> 9-11 Shopping 12:00 UTEC Box 1:00 Game Day 3:00 FREE Senior Matinee at Pentucket		

# December 2022

## Programs-Services-Events

Mon	Tue	Wed	Thu	Fri
			1 3:00 Friends of COA Meeting	2 10:45 Yoga
5	6 9:00 3B Fitness 9:00 Walking Club Brown Bag 11:00 Movie	7 9-11 Shopping 12:00 UTEC Box 1:00 Game Day	8 9:00 Trip—Encore Casino	9 10:45 Yoga
12 Legal Monday	13 9:00 3B Fitness 9:00 Walking Club	14 9-11 Shopping 10:00 Watercolor w/ Peggy Poppe 12:00 UTEC Box 1:00 Game Day	15 9:30 Health Maintenance Clinic 11:00 Travelling Chef	16 10:45 Yoga
19 1:30 Veterans' Service Office Hrs	20 9:00 3B Fitness 9:00 Walking Club 11:00 Movie	21 9:30 COA Board Meeting 9-11 Shopping 12:00 UTEC Box 1:00 Game Day	22 11:30 Holiday Luncheon (Reservations Needed)	23 10:45 Yoga
26 Town Hall CLOSED <i>Merry Christmas!</i>	27 NO CLASS—3B Fitness 9:00 Walking Club	28 9-11 Shopping 12:00 UTEC Box 1:00 Game Day	29	30 10:45 Yoga

# THE FRIENDS OF THE GROVELAND COUNCIL ON AGING

P. O. BOX 301, GROVELAND, MA 01834

## NOVEMBER 2022 CALENDAR RAFFLE

We are enclosing (on the reverse side) a calendar for November showing the winning prize for each days drawing, and tickets **(at \$10.00 each)** to purchase for our November Calendar Raffle. These tickets will be drawn each day of the month for an opportunity to win the prize shown for that day. Each daily winner will have their ticket put back in the drawing for the opportunity to win additional days.

Winners will be contacted by phone and prizes will be mailed to each winner at the address shown on the ticket.

Your support as a Friend is one of the many ways we are realizing our mission **“to advocate for and to address the needs of seniors by raising and expending funds in conjunction with the Groveland Council on Aging.”** This past year we have provided financial support to the COA for the Vertical Magnetic Calendars, the Volunteer Appreciation Brunch, COA Senior Day, Elvis Musical Performance, Dylan and Pete's Ice Cream Truck, the Blue Tooth Speaker System, and a 10% match toward a Helping Hand Mini-Grant Application.

We welcome and thank you for your participation in this fundraising program. Additional tickets are available at the COA office. We hope you will purchase and/or sell these tickets and GOOD LUCK! If you have any questions, please contact JoAnna Donnelly at 978-374-6225 or Ron Mertens at 978-204-6578.

# Friends of the Groveland Council on Aging

## November 2022 Calendar Raffle

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 \$25 Nunan's Gift Card	2 \$25 Crosby's Gift Card	3 \$25	4 \$30 O Yummy Gift Card	5 \$50
6 \$50	7 \$25 J Mari Hair Designs Gift Card	8 \$40 4 Piano Lessons Donovan Studios	9 \$25 Groveland Gas Gift Card	10 \$25	11 \$100	12 \$50 Jon Val Gift Card
13 \$50	14 \$25 Market Basket Gift Card	15 \$25 Barking Dog Gift Card	16 \$25 Café Sarina Gift Card	17 \$25	18 Free Oil Change Groveland Auto	19 \$50
20 \$50	21 \$25 Tea Garden Gift Card	22 \$25 Riverside Pizza Gift Card	23 \$25 Market Basket Gift Card	24 \$100	25 \$40 Casa Blanca Gift Card	26 \$50
27 \$50	28 \$25 Your Place & Ours Gift Card	29 \$25 Roasted Coffee Bar Gift Card	30 \$15 DP Nails & Country Gardens Gift Cards			

### Rules:

- Each Ticket is \$10
- Each day of the month of November a raffle ticket will be drawn. The holder of that ticket will win the prize assigned to that day.
- After the raffle ticket is drawn, it is placed back into the raffle so that each entry has a chance to win every day of the month.
- Winners will be notified by phone and will receive a check and/or gift card through the mail.
- All proceeds will benefit the Friends of the Groveland Council on Aging.

Name

Name

Address

Address

City/State/Zip

City/State/Zip

Phone

Phone

Email

Email

Name

Name

Address

Address

City/State/Zip

City/State/Zip

Phone

Phone

Email

Email

Mail tickets to FOGCOA P.O Box 301 Groveland, MA 01834 or drop off at the COA Office

### **Email List!!!**

Join our newsletter email list and be the first ones to see the events and luncheons happenings at the COA!

**Perks ~** Join our newsletter folding group and be the first to be able to sign up for the trips and events.

### **Game Day**

**Every Wednesday 1:00—3:00pm**

Center Meeting room

**NO GAME DAY Nov. 2<sup>nd</sup> (Voting) and 23<sup>rd</sup>**

Rumi Cube, Scrabble, Checkers, Chess, Uno, card games and more.

Please bring your own snacks!



### **Water Colors for Beginners**

With Peggy Poppe

Held in the Fire Station meeting room!

Checks made out to: "Margaret Poppe"

Only \$10 for Nov. or Dec. class!

**Wednesdays: Nov. 16 + Dec. 14  
10:00 -11:30am**

4 week session begins in January!  
\$40 for 4-week session.

### **AMERICAN LEGION**

**(NATHAN WEBSTER POST 248)**

**VEASEY PARK**

**USUALLY 2<sup>ND</sup> WEDNESDAY**

**7:00PM**

**FOR MORE INFO RE. NEXT MEETING**

**CALL DAVE TUTTLE**

**978-360-8107**

## **Council On Aging Board of Directors Meeting**

**Meeting**

**Wed., Nov. 16<sup>th</sup> at 9:30am**

**Wed., December 21<sup>st</sup> at 9:30am**

**Center Meeting Room - Town Hall**

***Always open to the public!***

### ***Friends of COA officers Update:***

JoAnna Donnelley—President

Valerie Osborne—Vice President

John Osborne—Treasurer

Lisa Collins—Secretary

**Next meeting Thurs., December 1<sup>st</sup>**

**Donations accepted any time!—**

**Mail to "Friends of Groveland COA"**

**P.O Box 301**

**Groveland MA 01834**

***or contact JoAnna Donnelly***

### **Health Maintenance Clinic**

**Thursday, Nov. 17 & Dec. 15**

**9:30 a.m. in the center meeting room.**

Come and visit the one and only

ANITA WRIGHT—GROVELAND'S

BOARD OF HEALTH NURSE!

Blood Pressure, medications,

and any questions regarding your health.

B-12 Shots if you bring the medication



## Traveling Chef Meal



shutterstock - 1983197612

**Thurs. Nov. 17**

sandwich, salad, ginger bread

**Thurs., Dec. 15**

stuffed peppers, potatoes, Tiramisu

**delivery after 11:00am**

First 40 callers receive delivery  
of a FREE lunch!

*Courtesy of AgeSpan and  
your friendly Groveland COA!  
Call to book your meal!*

## Sen. Bruce Tarr's Office Hours

with Mary Ann Nay

**Tues., November 15**

**Tues., December 20**

**Problems/Concerns?**

**Call (617) 722-1600 or**

**Maryann.Nay@masenate.gov**

## VETERANS' SERVICES

**MONDAY, NOVEMBER 28**

**MONDAY, DECEMBER 19**

**(usually 4th Monday, but**

**Town Hall closed on Dec. 26)**

**1:30 PM — 3:30PM**

**IN TOWN HALL**

**CALL MIKE INGHAM AT**

**978-973-2118**

**Or**

**MINGHAM@GROVELANDMA.COM**

## Brown Bag Program

AgeSpan and the Greater Boston Food Bank, have joined forces to offer an **Elder Brown Bag Program** for income eligible residents 60 years and older and disabled adults who live in elder housing in the Merrimack Valley.

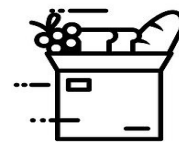
***People who qualify, will receive a free bag of groceries once a month.***

Recipients must be 60 years of age or older (or a disabled adult living in elder housing) and must be low income as measured by participation in (or eligibility for) at least one program for which proof of income has been

demonstrated. This includes:

Enrollment in MassHealth, SNAP (food stamps), SSI, Medicaid, Fuel Assistance, or similar programs, which establish that recipients earn a maximum of \$21,775 yearly (gross) for a single person, or \$29,471 yearly (gross) for a couple. To request an application, or if you'd like more information about the Brown Bag program, please contact the Groveland COA.

## UTEC Food Boxes—FREE



© CanStockPhoto.com

Receive fresh food boxes with fruit, vegetables, milk and two pre-prepared meals are now available for Wednesday delivery.

Boxes are limited. Please call to schedule a delivery. 978-372-1101.

Available to Groveland seniors.

## Heartfelt THANKS to ...

The hardworking  
board of the COA  
*Friends of the COA*  
**Breakfast Exchange Club-  
Haverhill**  
Atty. Elaine Dalton  
Jane Field  
Ann Jones  
Groveland Cong'l Church  
Helen McGrath  
Residents of Nichols Village  
Carol Patnaude  
**Pentucket Bank**  
Ed Reed  
Doug Soper

## Legal Monday



*This Photo*

**November 14 +**

**December 12**

With Atty. Elaine Dalton  
**For a 15 min. phone appt.**  
**Call (978) 373-1120**

## REAL ID Program w/ *Michelle Ellicks from the RMV*

**Thursday, November 3 — 10:00am — Fire Station Meeting Room**

Ms. Ellicks, from the RMV, will give a presentation outlining the program and will work with seniors on how to submit documentation. Bring ID documents to the event including proof of date of birth, proof of social security number and proof of Massachusetts residency. There will be a Q&A to follow! Reservations needed!

## Our Outreach Services / [myagual@grovelandma.com](mailto:myagual@grovelandma.com)

Are you, or someone you know, concerned about maintaining independence?  
Are you concerned about the high cost of buying groceries? Would you like someone  
to “check in” on you periodically? **Call Maria Yagual at the COA  
any Wednesday or Thursday!**

to set up a private, confidential appointment – or for help filling out applications,  
or faxing forms for your loved ones.

## Ecosmith Recycling to Support COA

Please check out the recycle bin in the parking lot behind the police station (just before, and to the right of the entrance to River Pines)! The purpose of the textile recycling bin is to collect clothing, towels, blankets, stuffed animals, curtains, shoes, purses and rags. All textiles are acceptable – even if the clothes are ripped or stained!

**Important:** Please use a plastic bag to deposit textiles. Make sure the materials are dry.  
(Wet materials will create mold and mildew and the load will have to be trashed.)

**(Note: Ecosmith DOES NOT accept furniture, books, TVs electronics, or paper)**

Groveland Council On Aging  
Town Hall  
183 Main Street  
Groveland, MA 01834

**READERS—***Please* help  
us save money and keep  
our Mailing List up-to-  
date! IF YOU WOULD  
**PREFER NOT TO RECEIVE**  
the newsletter, kindly  
give the COA office a call.

Pre-Sort Standard  
U.S. Postage PAID  
Haverhill MA 01830  
**Permit 300**

*Please support Allison & Richard Walters at Senior Publishing—  
without them, we would not be in print!*

**RETURN SERVICE REQUESTED**

### **Food Pantry Resources for Groveland Residents**

#### **COA Food Pantry —**

Open: Wednesdays & Thursdays at 10:00am– 2:00pm

#### **Our Neighbors' Table Market in Amesbury —**

(978) 388-1907

Wednesday–Saturday

(also Wednesday Grocery Delivery at 2:00pm for homebound seniors only.)

#### **St. Vincent De Paul Society Pantry & Services –**

Free Curbside and Grocery pick up / delivery

48 South Chestnut St. Bradford, MA 01835

Help line 978-372-5824 or email: [SVDPBradford@gmail.com](mailto:SVDPBradford@gmail.com)

COA Board Members ... Kathryn Alesse (Chairman)  
Dot DiChiara (Treasurer ) Irene Thomas (Secretary)  
Maria Waller, Laurel Puchalski,  
Lawrence MacElhiney

COA Staff ... Director—TBD  
Assistant Director—Nisha Burke  
Outreach—Maria Yagual  
Van Drivers—Frank Sapienti,  
Maureen Lee-Locke, Richard Fitzgerald