

THE FORESTER

Volume 10 Issue 5

A Newsletter by and for the Residents of The Forest at Duke

February 2004

The World of Barrie Lobo

It's a joy to talk with Barrie Lobo, our Director of Dining Services.

Barrie works for two corporations, Morrison Management Specialists and The Forest at Duke. Morrison has about 70 retirement community clients as well as many other businesses. Is split responsibility a problem?

"It's hard praying to two gods," Barrie replied, "but my first responsibility is to The Forest. If that goes well, everything else falls into place."

Morrison asks a potential CCRC client "What are your expectations?" If there is agreement, then Morrison and client will do business. TFAD is on a fee structure, involving a fixed schedule of costs. If the price of beef tenderloin gets too high, then Barrie and Steve discuss whether to cut back. (Steve is not a micro-manager.)

There are many safeguards. Barrie does paperwork one day a week and passes it on to both bosses. If things are out of line, he hears from Morrison or Vicki, or both.

Barrie talks freely about his management philosophy.

"We are only as successful as the people we hire. When I first came to The Forest, three years ago, my priority was to recruit an excellent team. Eagles don't flock together. You gather eagles one by one." Little by little he assembled the impressive group of people that he now manages.

"My right hand is Laurie Lach. There are three managers reporting directly to me, Scott Worden (Production), Joseph Shaji (Nutrition), and Peter Hoffmann (Service.) These are broadly trained managers, who serve effectively in my place when I am away (e.g. on vacation) and might



Photo by Ed Albrecht

be candidates for a Director's position. Paul, the Sous Chef, reports to Scott."

The Production Manager is a graduate chef; three employees have worked here 10 plus years; four have classical culinary training; six are Serve Safe training certified and know in depth about sanitation, botulism, etc.

Recruiting of good people who have had little or no formal training in food service work is, of course, a necessary part of Barrie's management plan.

"I often recruit waiters at Jordan High School. I point out that working in food services is not just something that you do until college. It could be a career. The students greet me by name as I walk through the halls. When I get good service in a local restaurant, I hand out my card."

Everyone helps. Miguel Peña, for example, brings in friends who end up as excellent workers. Others do the same. We have "generations" of

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The newsletter of the Residents' Association of The Forest at Duke, Inc., 2701 Pickett Rd., Durham, NC 27705-5610. Published monthly except July, August, and September by and for the residents.

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February: It's George's Month

Say what you will about Abe Lincoln — and enough has been said to fill several libraries — February ought to be George Washington's month even though commercialized Valentine's Day has eclipsed both Presidents.

George remains, however, our most misunderstood President, unable to rise very far above the mythologies about him launched by Parson Weems and perpetuated by patriots in and out of the classroom who prefer the saintly figure to the real and quite extraordinary figure he really was.

Here's a young man raised on a quiet Virginia farm by an overprotective mother and a rather remote father, overshadowed by his half-brother Lawrence, indifferently educated, and most of all, perhaps, a giant among pygmies. He was six feet three-and-a-half inches tall at a time when the average height of American men was five feet six inches. Physically he stood out above all the others. What he wanted most was to excel — mentally and socially — what he called his "honor." But at the same time, paradoxically, he longed all his life to live content in the peaceful quiet of rural Virginia.

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In Memoriam

Roger Fabian Anderson

January 17, 2004

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That conflict cost him what real happiness he might otherwise have achieved.

"Honor" drove him to almost openly seek the highest military post available, commander of the new Continental Army, even though his only command experience in the French and Indian Wars ended with a major mistake in the field that ended with losing his commission. As General Washington, he found himself in command of a makeshift army fighting the country's most unpopular war. A relatively small number of dedicated regulars were all that held the army together, while militia came and went, sometimes leaving a battle while it was still waging as their commission time ran out. The home front was less than supportive; farmers sold supplies to the British because they were offered more money. George spent half his time trying to hold his troops together and the remainder trying desperately to extract more money and men from the Continental Congress.

As few Americans know, the British actually won the war in a military sense, as the American army was falling apart and the troops were deserting. Fortunately, the British decided that their war with France was more important than this troublesome affair with the colonists and so withdrew. At that point Washington wanted nothing more than to go home to the peace and quiet of rural Virginia. Instead, he was driven by "honor" and the demands of his countrymen to become our first President, an honor to be sure, but only new unhappiness awaited him. The civilian wranglings of the war gave way to the political wars of the peace, and George found himself the target of bitter attacks in the press and the divisions caused by the dispute still with us — how much power should government have over the people who elected it. It was, personally, a most unhappy two terms for poor George, who was only too happy to escape at last to the Virginia plantation he had longed for — honored by some, cursed by others. It took a long time to become an icon.

And all this is to ignore the great sorrow of his life — his love for Sally Fairfax, his best friend's wife, which began while he was engaged to

Martha. We have only two unanswered letters from George to certify this great sadness that lasted, as far as can be surmised, all his life. Add to all this his lifelong trouble with a large number of false teeth that give him the grim look in some of his more familiar portraits, plus two possible cancers, and you have, all in all, a Founding Father, *the* Founding Father, some believe, who deserves to dominate February, Honest Abe notwithstanding. (P.S. OK, all right, he *did* die the richest man in America.)

John Tebbel

Bouquet of the Month



The children of Andy and Catherine Blair sent a letter to the Residents saying, in part, the following.

When Mom and Dad chose a retirement community, they naturally focused on objective factors such as location, facilities and health care. As a result of their experience at The Forest at Duke, we have come to understand that those factors, however important, are not the primary benefit that a retirement community has to offer. What matters most is the opportunity to be part of a community of friendly and caring people with whom to share the special joys and challenges of later life. We will always be thankful that our parents were part of such a community at The Forest at Duke.

Barrie's World

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people in a family who work here. Anwar Ahmed is the third in his family.

At the same time, Barrie worked from the start at training. He set high standards. The dress requirement was upgraded. Shirts clean and tucked in etc. The training that staff gets at The Forest is usually an attraction to them, and motivates them to recruit their friends.

"We want to know when things are not right. The comments cards get our attention. Each day we do a lineup of staff before we serve. We tell them what went right and what has gone wrong."

Barrie uses hand and facial signals to communicate across the room. A noteworthy situation in which this form of contact was necessary was at the Madrigal Dinner, where the waiting staff performed splendidly.

"If a resident treats a waitperson like a

child, there is a risk that the staff person will lose professionalism. I warn the staff to remember this risk. It's professionalism versus affection."

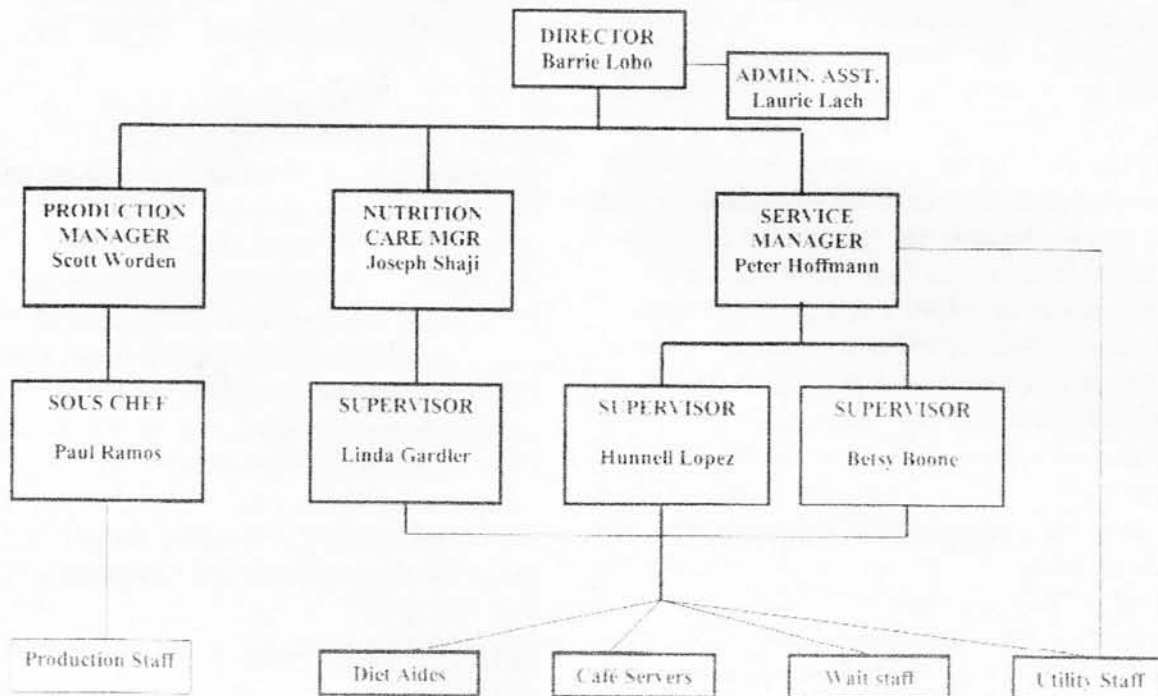
The educational scholarships, a book and tuition reimbursement plan, that The Forest offers to staff, are a tremendous morale booster. People who come here to attend our Regional Learning Center say "This is a great place." The fact that we are chosen to give this training to Morrison managers impresses the staff.

Barrie mentions casually that his department produces about 30,000 meals a month for the Dining Room, the Café, take-out basket dinners, deliveries, the Olsen and Holbrook dining rooms, and room trays. He takes pride in the fact that The Forest is a leader in providing dining times and places to fit the residents' chosen life styles.

"We have a great foods committee. Also, residents typically provide us with a dozen of their favorite recipes a month and we use many of them."

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Dining Services
Organizational Chart



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How did Barrie prepare for a career in food services? From age 13 to 17 Barrie worked in a delicatessen. "I love Jewish food." Barrie's boss, Burton Casman, told him that a career in food services "is a beautiful opportunity for a person." Barrie had a grandfather and two uncles who were chefs.

Next he entered the Marine Corps, where he was involved in boxing, but then moved into food service, starting with basics, like dishwashing. After that, Barrie earned a degree from the highly respected college of culinary arts, Johnson and Wales University. In 1988 he joined Morrisons, doing ice carving and everything else. Then he moved behind a desk. For years he was a trouble shooter for Morrison, traveling all over the country, before he married. In 2001 Barrie came to The Forest at Duke.

"If I could choose another career, I would not."

Pete Seay and Tom Gallie

The Dreamer

She is not a business woman.

She can not make heads or tails
Of brokers and bonds;

Margins or markets;
Trends or taxes.

She is a dreamer.
A what if, a let's pretender,
A make believer.

She covers the dull existence
With magic.

And when it shines
She draws from the glow.

Ellen C. Dozier

President's Podium



I have been questioned as to why we have a deficit budget for this year. Obviously, it's because our estimated expenses exceed our estimated income. So let's examine the line items in the budget. (Those of you who are already turned off can go ahead and turn the page.)

For those of you who are still with me, we have realistic estimates of expenses based on past experience. Then, you say, our income estimates must be flawed. We have two items of income: Copy Machine and Membership Dues.

Copy Machine: Our income estimate was based on cash collections from last year. However, we have a shortfall between "copies printed" and "copies accounted for." When we take the total copies printed, and subtract the "free" copies for the Residents' Association's business, and then subtract the "paid" copies for the residents; we are left with 1,644 unaccounted for copies which would have generated an additional income of \$164.40 at ten cents each. The solution is: When you use the copy machine in the library, either deposit the correct amount of money in the box or leave an IOU for the amount.

Membership Dues: Our income estimate was based on the dues paid last year. Unfortunately, only 60% of our residents paid their dues last year. We need a 93% response from our residents to have a break-even budget. *We can do this!* I will have an aggressive collection policy this year. Reminder notices will be sent to residents who have not paid their dues. Look at what you get for your \$10 annual dues, and be a resident who never gets a reminder.

So, now that you know what our income shortfalls are, we can, by working together, eliminate those shortfalls and have a balanced budget for this year.

Jim Shuping



I'd like to tell you about some things that stand out in my memory about my 2 years in Fiji. First, I went there to work. My job description read that I was to help interpret the new curriculum which had been written for the Fiji School of Nursing by the World Health Organization. I was also to teach classes while the local sisters went abroad for further training. Since I had come from a high powered head nurse job at Duke, I thought this meant "right now". I soon learned that with Fiji time, this meant possibly some time within the next two years. Almost all health care in Fiji is done through the public health departments, because there are few doctors, and none I knew with the sort of practice we understand in the United States. We took students out into the community to teach them how to do this as they could be assigned to a whole island's health care after graduation, which meant all school "shots" and health screening as well as maternal and child health care and any "stitching up" that needed doing.

One thing of which I never could convince them was the "germ theory." If something had once been boiled, it was sterile, even if later it had been dropped on the floor. When I left Fiji, a local nurse took a blood sample and I saw that she had her thumb on the needle to position it. One thing I learned early was that being afraid didn't change a thing, so I was relatively fearless by the time I left.

The students were Fijian and Indian and were wonderful. They loved to party and included me in many of their dances, singing and feasts. I

taught three levels of classes while I was there and became very attached to some of the students. In the morning when the teacher entered the class, all the students stood up and said, "Good morning, Seesta." I liked that. All the teachers were called "Sister" as they are in the British system.

When we took the students to remote health stations, I felt very adventurous. We had a four wheel drive jeep, and when travel with that was no longer possible, we rode horses or walked. Once, we had to cross a river in the jeep, but didn't know how deep the water was. So the sister I was with walked ahead through the river while I drove after her. We made it nicely. One night, on top of a mountain in the interior, we had worked with the students and the resident nurses and then sat on mats outside. My Fijian was not very fluent at the time, so when they began to gossip, I lay back and watched the stars. They are brilliant there because there is only electricity in the cities. That night there was a myriad of shooting stars and I felt very close to heaven. Later, as we bedded down in a thatched roof bure on our woven mats on the ground, I wasn't happy because it got very cold. I wrapped up in everything I had with me and had my head in one corner of the hut. My friend, Litia, with whom I traveled, had her head in the center with the winds blowing over it. I asked her why and only after a lot of pleading did she explain that if one's feet were exposed, the evil spirits could enter the body through the toes. She was one of the most intelligent and well educated nurses on the island,

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so I laughed and told her that if any evil spirits entered I hoped they would come and keep me warm. She didn't mind my saying that, but it didn't change her mind or her position for sleep.

Washing clothes wasn't easy because we had to do it in wash tubs with scrubbing boards, in cold water. It was also necessary to wring them by wrapping them around a tree or another stationary object and twisting. I got quite strong. My strength helped too, when I carried my food home in my backpack from the outdoor market. Ever since, I have loved watching clothes swirling around in a washing machine.

There was a group of people from other countries who were there to work in one capacity or another. And many of them became my friends. They formed the "Rucksack Club" which visited someplace on Viti Levu or another island every long holiday. We had many holidays because we celebrated Mohammed's birthday, Queen Elizabeth's birthday, Prince Charles's birthday and Diwali as well as other religious holidays. We traveled by bus, boat and occasionally flew to the other islands. It was always beautiful and interesting. The little newspaper called Fiji "the way the world should be" and much of the time I thought that was perfectly true. Moce (Good bye for now)

Carol Oettinger

The Forest Bids A Fond Farewell to "Bo"

Vera Boteler has been at The Forest since November 3, 1995, and she has been our cheerful friend with a special outlook on life. Recently, on December 4th we were privileged to celebrate her 100th birthday with "Bo" and her daughter, Patricia Lamb. Just as it was in 1903, in the year 2003, her birthday fell on Thanksgiving Day. Bo spent the day with family in Durham because "family always comes first." However, the breakfast group, unwilling to be cheated out of the pleasure of a birthday bash, knows how to celebrate "one week later,"



Photo by Caroline Long

which we did on December 4th. It was the usual bright occasion, with John Friedrich giving a very jazzy "Happy Birthday" on his trumpet, balloons floating over the table, and a very extraordinary cake with three numerals: one, zero, zero plus a small birthday candle for the extra week. Paul Bryan led the singing. There were two bunches of roses and lots of cards.

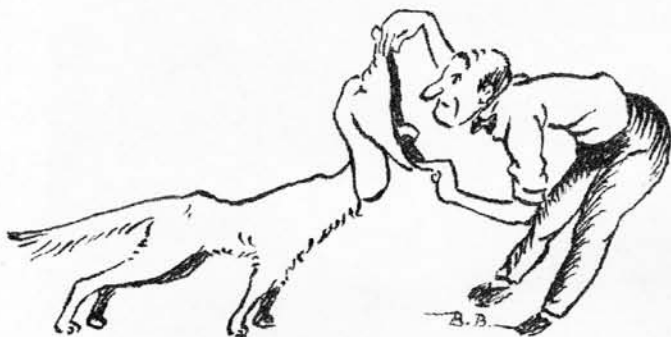
At breakfast on February 23, 2004, we greeted Bo in the cafeteria for the last time. As usual she came around the corner into the cafe walking spryly with her cane. Our friend was singing quietly, "We're all in our places with bright shining faces, this is the way to start a new day." So began our fond farewell — we all enjoyed cake and coffee. Bo is moving to Atlanta where daughter Patricia, is amalgamating the family. We will miss her. But we have happy memories of her gift of coping with adversity: "Just skip it!"

Farewell, Bo, and remember, "No dancing after midnight."

Caroline Long

AD LIB

"Outside of a dog, a book is man's best friend and inside of a dog, it's too dark to read."
Groucho Marx



I grew up during the depression years when shopping was not considered a form of recreation; dishing out money then was a painful process, an exchange not entered into lightly. Today shopping is the great national pastime. The credit card is the passport to instant gratification and the economy floats on a sea of plastic. "Downtown" is dead. The malls are where the action is. All one needs is a car, a credit card and a sturdy pair of shoes, that is, unless you let the malls come to you. Open your mail box and out will tumble Bloomingdale, Brooks Brothers and L.L.Bean catalogues. Catalogue shopping is so easy (some say too easy.) You can peruse the merchandise at leisure, no clerk to pressure you, no parking problems, no aching feet. I toss a lot of catalogues but cherish some.

My all-time favorite is The Vermont Country Store. This Voice of The Mountains transports me to a comfortable world I once knew. What teenager in the 30s didn't use Tangee lipstick and sprinkle herself with Evening in Paris perfume? The Vermont Country Store has them. It has the bay rum that was your father's after shave lotion and the Ovaltine your mother gave you at bed time. It has hair nets, Lifebuoy soap, Black Jack gum, and men's red flannel night shirts. It also carries some up to date and very practical items.

The Vermont Country Store tel. 1-802-362

8440 P.O. Box 6999, Rutland VT 05702

Bay rum after shave (item 17844) \$17.00, Long-handled toenail scissors (42286) \$14.95, Grips for your shoes that fit in your pocket and make you sure-footed in icy weather (42730) 2 prs. \$14.90, Ovaltine (h1280) 2 jars \$14.90, Men's red flannel night shirts (18600) m-xl \$39.95, Tangee lipstick (40560) \$12.95, 15" swivel seat that allows you to pivot your legs in and out of a vehicle (40495) \$24.95, Evening in Paris perfume (39712) \$49.00, 3-day emergency candles (h1681) 2 candles \$6.50, English drawer liners, lavender (43103) \$16.95

There are other catalogues that have items that will knock your socks off;

Are you ready for this? A bow-lingual dog translator. A sophisticated bow-lingual dog translator that turns woofs into words or words into woofs. (tkl00) \$119.95 The Sharper Image tel. 1-800-344-4444

A digital 7X golfscope that measures accurately your distance to the hole. (AK307) \$49.95, also, The Sharper Image.

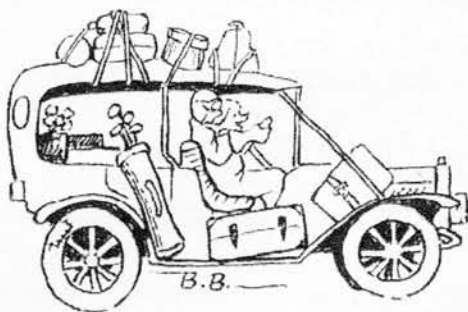
A small Grundig AM/FM emergency short wave radio with its own generator, built-in flash light-and rechargeable NI Mn battery (11451) \$37.50 Acorn tel. 1-888-870-8047

On a cold night wouldn't you rather have a warm teddy bear to hug than a hot water bottle? Just pop teddy in the microwave for a quick stint and you have two hours of warmth. Always Something Brilliant has these huggable bears (18070) \$38.95 tel. 1-800-454-9290

The Philippe Starck designed classic Louis XV "ghost chair" in transparent polycarbonate. (45307) \$235.00 Museum of Modern Art telephone 1-800-447-6662

Eyeglass Repair - are you missing a blade, is your bow broken? Doug Riley can repair it. He has a small Kiosk in the lobby of 115 Market St. (at Parish St.) Durham 687-7606.

Libby Getz



Resident Ramblings

February is the shortest month of the year, but it has several holidays including Leap Year and Sadie Hawkins Day. On that day the women can "pursue" the men! On the 29th all single men at The Forest should be on "red alert." Presidents Day will be observed on the 16th by all Americans. Here at TFAD we should honor former Presidents of the Residents' Association including **Chris Hamlet, Bill Goldthorp, Peg Lewis, P. J. Burns, Bob Ward**, and our current Prexy, **Jim Shuping**.

Do you smell paint in your hallway? There have been a number of moves recently. Some have been internal — exchanging one address for another at The Forest. We have some interesting new residents to welcome, too.

Hy Mansberg delighted his California grandchildren with a real snowman in his yard.

CONGRATULATIONS to **Marjorie Jones**. She has earned a diploma from the Institute of Children's Literature, West Redding, Connecticut, for successful completion of a course in Writing for Children. The faculty also has recommended her for an advanced course. On March 2 she will give us a reading from her book, *Storybook*, including the story "A Furry Family of Four."

Here is a question for you. How many meals per month does Dining Services prepare and serve? (Count all venues on the campus.)

(a) 15,000 (b) 4,500 (c) 30,000 (d) 7,500.

Answer at end of column.

Travel has been a part of all our lives. Here are three travel tales told by residents. The first

story describes scenes of incredible beauty that **Ruth Dillon** found in Juneau, Alaska where she spent Christmas with children and grandchildren. At this time of year, there is light in Juneau only from 9:00 a.m. to 3:30 p.m. Sunrise threw many colors on the icy peaks outside her window. At night (darkness) there was the beauty of a full moon, many stars in a clear sky and the northern lights.

Now for two travel tales where something went a little wrong but did not spoil the trip. Once when **Mary Ann** and **Don Ruegg** were in China, she touched the sink lightly as she stepped from the shower. There was a loud crash as the sink fell off the wall and tumbled to the floor! So much for efficiency in China!!

Evebell Dunham and I traveled to New York City with a tour group of 54, including **Helen Corbett** and **Nancy Sokal**. The hotel would not allow the tour bus to park long enough for all the luggage to be unloaded and claimed. The 100+ pieces were unloaded and stuffed into one small hotel room — the one assigned to Evebell and me. It was difficult to relax among a dozen suitcases on your bed! There were fun times on this weekend, too. We saw "Gypsy" with Bernadette Peters who has enough "star quality" to carry a production. The next day it was off to Radio City Music Hall for an early morning performance of the Christmas Show. Beautiful!! At noon we hiked to Madison Square Garden for the big event---watching the Duke men's basketball team squash Texas.

Do you know the "life work" of all your friends and acquaintances here? Both before and since retirement, men and women residents here have made outstanding achievements in a wide variety of professions and careers. Work is now being done on a survey to find how many college professors, authors, doctors, etc., are among us.

The correct answer to the question is (c). According to **Barrie Lobo**, Director of Dining Services, his department serves 30,000+ meals per month!

Mary Gates

Library Notes

In February most of us are thinking about our income tax reports due in April. To assist, the library keeps some forms and information available in the copy room. Look in the boxes on the top shelf on the right. The big information book should be returned promptly. Of course, more can be had at the IRS office at 3308 Chapel Hill Boulevard. For a list of telephone numbers, see the Government Pages in the new phone book.

If you need to shred personal documents, the library now offers a shredder next to the copy machine — a donation by a resident. Just be careful not to overload it by running it longer than five minutes at a time or with more than five pages at a time.

Also of interest in the copy room is the first set of book shelves on the right as you enter. There we house a large variety of non-fiction paperbacks about many interesting subjects. For information more than just entertainment, take a look! Like other paperbacks, these do not have to be signed out. Just take, enjoy, and return to the desk when finished.

The next set of shelves houses our growing collection of religion books (top) and inspiration (lower). These can be checked out for study and thought.

Our genealogy collection at the far end of the room is in need of reorganizing, but it contains much information that can be of help in research, particularly about North Carolina families.

Puzzle workers are sure to find an entertaining challenge on the puzzle shelves. Persons with visual impairment can find the puzzles with larger pieces easier to manage. So can visiting children and those with arthritic hands. These can be identified by the large blue dots. Sign out puzzles in the box on the puzzle shelves, and check them in when returned. Please be careful about any missing pieces!

Our library is a valuable resource!

Mary Ruth Miller

Williamsburg

Would my feet had sensed the beat,
Men of iron had tread this street;
Gold contrived the story told —
Soul resisted, gravely cold.

How to reach these spirits blest,
Sense their anguish, share their quest?
Deigned to meet, to share men's dream,
Cast your shadow, patriots' gleam!

Stillness filters from the past
Spreads a welcome hush at last,
Sinking sun in final glow
Paints the scene of long ago.

Stark against the winter sky
Homes of purpose meet the eye;
Nailed to soil with chimneys tall
Hint of faith in mortals all.

Now the moment seems to blend
Past and present: hopeful men
Asking when will conflicts end, and
Freedom bells ring out again!

Melba Pifer Reeves

7 am

A morning walk at TF AD,
I greet the day God grants to me!
The breeze upon my face is cooling,
The clouds in beauty gently moving.
The green of nature all around,
The promised sunshine on the ground.
The songs of birds along the way
express praise — God ushers in my day!

Hildur Blake

Tax Season's Greetings

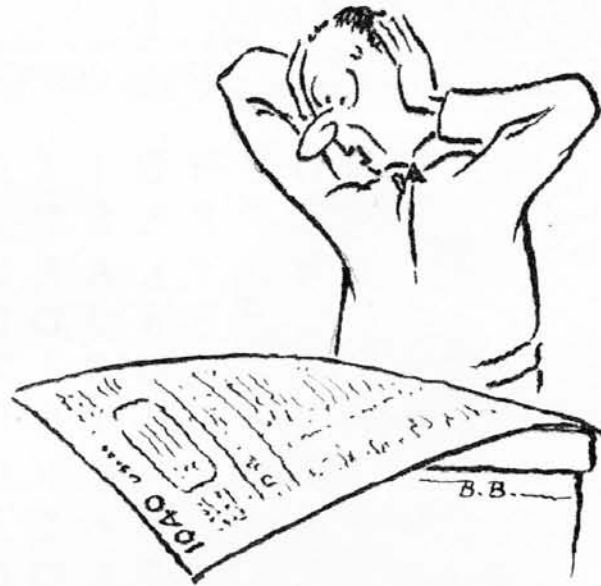
(With apologies to Edgar Allen Poe)

Now upon this midnight dreary
While I ponder weak and weary
Over many a quaint and curious tax return I've
done before
While I nod and nearly napping,
Think I hear a sudden tapping
As of someone gently rapping, rapping at my office
door
"Tis some revenue agent" I mutter
Only this and nothing more.

Ah, distinctly I remember
It was only in November
When the budget battle landed hard upon the
Senate floor
Capital gains tax, Medicare,
Cuts in spending everywhere,
Child care credits, changes there
Some things we have heard before, only now they
are much more!

Some old laws will get rejection
From the folks who won election
Turning things in their direction in two thousand
three and four
Suddenly you're in a niche
No more income but you're rich
Now you're in the bracket switch
Less deductions than before, AMT now in the fore.

Exemptions have their limitations,
Passive losses, calculations,
Next year's taxes estimations
Taxes for the states all soar!
Payroll taxes going higher
Many tax breaks will expire
Less benefits when you retire,
For the future what's in store?



Credit for your education,
For yourself or your relation
Rates adjusted for inflation,
Estate exemptions will be more.
Plans to lower estate taxes
As we read the latest factss
Which ones will survive the axes?
Frequent fliers loudly roar!

IRA plans are really hot
Some deductible, some are not
Sales of homes have new exclusions
Only creates more confusion
"SIMPLIFICATION" FOR THE FILERS
SUCH AS NEVER SEEN BEFORE —

After all is said and done
Will there be a tax on fun?
Three plus three now equals four
TAX RETURNS FOREVERMORE!

MANY HAPPY RETURNS!

Rosalind Alexander, CPA

Bob Blake's
Puzzle

Each word below can be found by reading either
up, down, forward, backward or diagonally.

K S D D N O I T A R G I M M K W Z H
F R E E Z E S N O W Y H U J I E G E
I L R A Y L A E S P Y F K N R L N C
S C E A S K J Q P V F R D O L L I A
K N Y E E O S I Z L E G A E Q I I L
J Y A X T W N U E S A L V U C H K P
R R L M Z A R R H N K O D F R C S E
N E A J W S L E I G H V I N Q B N R
O P T K J O L O D S F E C X A V E I
I P L A R T N T C N L S E P T C T F
T I Y L E A X S H O U E S R E F T N
A L Z R I W P O A K H L K X E Y I A
N S K J A H S R T E K C A J L T M G
R C O A T U C F Q U L I T M S V T G
E O R E E D N I E R O C I O R W X O
B L B L I Z Z A R D R I N J H E N B
I D D I G I R F J F A H G P K F H O
H N U I G N E P E H C N A L A V A T

Associated with Winter

AVALANCHE	FREEZE	ICICLE	PENGUIN	SLEIGH
BLIZZARD	FRIGID	JACKET	REINDEER	SLIPPERY
CANDLE	FROST	JANUARY	SEAL	SNOWY
CAROL	GLOVES	LAYERED	SEASON	SNOWMAN
CHILL	HAT	MIGRATION	SHELTER	SWEATER
COAT	HIBERNATION	MITTENS	SHOVEL	THERMAL
COLD	HOT CHOCOLATE	MUFFLER	SKIING	UNDERWEAR
FEBRUARY	HUSKY	NIPPY	SLED	TOBOGGAN
FIREPLACE	ICY	OTTER	SLEET	WIND
FLU	ICE SKATING	PARKA		ZERO
