

# THE FREE PRESS

The Moorings At Lewes Residents' Association

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# Time to Get Moving!

Do you creak when you stand up or can you do it without a hand up?

Do your abs feel like flabs?

Do you stumble rather than rumble?

Do you huff and puff when doing stuff?

**W**hatever your problem, and we all have them, it can be helped by joining one or more exercise programs and what's more you can have fun in the process.

Get moving for the New Year.

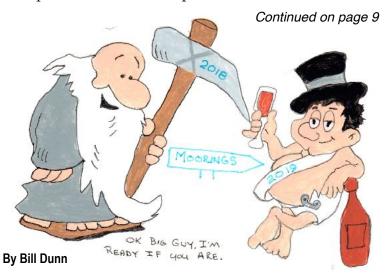
Everyone is welcome in all classes, no matter what your activity level. Check out these many choices.

**Body Balance** *Core Strength and Fall Prevention* M, W, F - 9:00 am (Auditorium)

This class focuses on overall balance, upper and lower body strengthening, posture, stretch, and functional fitness. The majority of exercises are performed standing (with optional chair support). Free weights and resistance bands are used.

Range of Motion Arthritis Maintenance & Prevention M, W, F- 10:00 am (Auditorium)

This class focuses on joint movements, flexibility, and stretch. Target areas include the hands, shoulders, hips, neck, and spine. All exercises are non-weight bearing and performed in a seated position.



# President's Message

from Gil Kaufman



Curt Christensen and I have had the very interesting and sometimes challenging role of representing you as Trustees on The Moorings at Lewes Board of Trustees. This has enabled us to get to know the Springpoint Senior Living (SSL) management team a bit better than possible during their otherwise brief visits, especially President Anthony Argondizza, Chief Operating Officer (COO) David Woodward, and Chief Financial Officer (CFO) Garrett Midgett. These individuals along with Maureen Cafferty, General Counsel, constitute our Board of Trustees (BOT).

A major part of this BOT activity is quarterly meetings during which we receive SSL management's financial and occupancy reports not only of our CCRC but also of the other seven CCRCs managed by SSL. It is interesting to note that our census at 92.6% is among the highest in the SSL group.

At these meetings we are also able to let them know about our concerns and obtain their feedback. Through these quarterly meetings, we have a chance to see that the SSL management team seem truly dedicated to their goals of supporting and, when possible, enhancing resident's lives.

In addition, as Trustees we have been able to participate in SSL's recent Leadership Conference to which the Trustees from other SSL CCRCs like The Moorings were invited. This has been quite valuable because we have been able to talk with other Trustees to see if they have concerns that parallel ours, as for example, the difficulty keeping

#### **BOARD OF DIRECTORS**

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TMALRA Free Press

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**BOARD MEETS** 2nd Monday **GENERAL MEETING** 

3rd Monday

#### President's Message continued from page 1

cottages relatively more full. In this way we have learned that Trustees in two other SSL CCRCs (Winchester Gardens and The Oaks at Denville) do have this problem and relate it largely to the transition over the past decade of seniors now tending to come into CCRCs in their 80s compared with ten years ago more coming in in their 70s, and being more capable of cottage living.

We also learned that other SSL CCRCs are having similar staffing problems as we are. Bottom line, through this interaction with other Trustees we have learned that most of our concerns are not unique to The Moorings, but rather typical of CCRCs along the East Coast.

We will continue to keep you informed on what we learn from our participation on the Moorings at Lewes Board of Trusties. If you have questions about any aspect of this, do not hesitate to contact Curt or me.

Enjoy the holiday season!

# **Veterans Group Tours AMC Museum**

by Gil Kaufman

On October 17th, The Moorings at Lewes Veterans' Social group made a trip led by Della Wernecke to the Air Mobility Command Museum beside the Dover Air Force Base.

It is a great museum of vintage and current aircraft, with about eight indoors including a C-47 that flew on D-Day, and a B-17 Flying Fortress that actually bombed Germany during WWII. Outside there are 23 more aircraft ranging from an A-26C Invader from WWII to the largest transport aircraft operating today, the C-5A Galaxy, plus no less than three Air Force One models that carried various presidents. With an excellent veteran guide, Don, our vets were able



The Air Mobility Command Museum's outdoor aircraft display

to tour inside four of the aircraft, including the C-5A.

An added bonus to the trip was the fact that both C-5As and the new C-17s were flying that day, practicing taking off and landing on the Dover AFB strip right next to the museum. So we got to enjoy the floating landings and roaring takeoffs of several of these aircraft.

Twelve veterans were able to make the trip — Woody Seamone, Rich Woolley, Jim McCool, Ed Carter, Tony Manyak, George Maxey, Thelma Maxey, Gary Showers, Carl Jeffers, Joe Boyle, Jim Roberts and Richard Thomas.



# **❖TMALRA NOMINATING COMMITTEE REPORT**

The TMALRA Nominating Committee is pleased to propose the following slate of officers and representatives for our residents' association's December election:

President - Jim McMullen Vice President - George Maxey Secretary - Kathy Holstrom Treasurer (1-Yr. Term) - Tom Reed

Asst.Treasurer (1-Yr. Term) - Mike Bair

East Wing 1st Floor Rep. -Bunny Guerrin

West Wing 1st Floor Rep. -Nancy Krail

Cottage Rep. - Frances Mason

The TMALRA Bylaws call for one set of officers and representatives to be elected in odd years and another set to be elected in even years. Although the treasurer and assistant treasurer are normally elected in odd years, the current office holders are being nominated for other positions. Thus, the new treasurer and assistant treasurer will serve a one-year term to bring us in line with the Bylaws. All others on the slate will be elected for a two-year term.

Residents may also make nominations from the floor at the December Residents' Meeting, provided that the nominee has agreed to accept the nomination in advance.

Jane Lord Nominating Committee Chair

# ♦ NEW TMALRA BY-LAWS COMMITTEE MEMBER

Jeannette Lee has joined the bylaws committee.

# **♦** SATURDAY NIGHT GAMBLING

Bingo is offered every week on Saturday night in the auditorium. Come at 6:45 pm to choose your winning cards — they are only 50¢ each. Or come at 6:30 if you would be willing to help set up the tables.

At 7:00 pm bingo numbers are called and the winner receives a one dollar certificate which can be used in the By-the-Sea gift shop or used to buy two cards for the following week.

Guests of all ages are welcome and sometimes a visiting child is asked to call a game. The youngsters really enjoy that feature.

The ten games are usually finished in about an hour, so come and play. Oh yes, the winners of games nine and ten win **two** dollar certificates!

Corrine Lehman

#### **<b>⇔GIFT SHOP NEWS**

The gift shop is featuring a new item: note cards with views of beauty spots of The Moorings. Packets of 12 cards and envelopes are \$7.50 or \$1.00 for an individual card.

Other seasonal items will soon be brightening the shelves, so start your holiday shopping where you live!

Please keep in mind that the gift shop is always in need of those items which no longer suit your decor or fit your needs.

On another note, Arietta Falk is a new Gift Shop volunteer.

# ♦SCHAEFFER HONORED AS PARADE GRAND MARSHALL

Resident Ellen (Ellie) Schaeffer, a U.S. Navy veteran of WWII and the Korean War, was chosen to be Grand Marshall for the fourth annual Veterans Day parade held in Dover on Saturday, Nov. 3.

The parade was part of the celebration for the unveiling and dedication of the Delaware Women's Service Monument at Legislative Hall.

The monument honors the Delaware women who have served in the military or in support of military efforts.

When Ellie was asked about serving as Grand Marshall, she said that it was an honor to have served her country. She thanked Delaware for inviting her today to add her voice to the gratitude and respect due to all women of Delaware who have served in the U.S. Armed Forces.



Twenty three residents from The Moorings took the Sunset Cruise out of Lewes on August 25th. A great time was had by all with a beautiful sunset and a full moon. Photo by Curt Christensen.

## **Nature at The Moorings**

by Jean Woolley



Throughout the summer we wondered why there was a noticeable lack of butterflies, especially monarchs. We saw a few in late September and early October even though that's past the usual time for the mass migration. Fortunately, we still had milkweed available as well as large bushes of lantana. It didn't take long for larvae on milkweed to strip it bare. Then we waited to see chrysalises. Not a one! We have no idea what happened to them, but around the same time we saw an unusual number of praying mantises and spiders in the area.



Fall magnolia blossom - Does it know it isn't spring?

In the middle of fall we were treated to a beautiful sight – a pink magnolia blossom on an Ann Magnolia tree from Tennessee. The tree was less than three feet tall but produced three large blooms. In close proximity to this little tree, we also had beautiful purple french irises burst forth in early October.

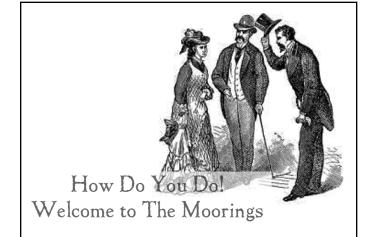
Nature is amazing!

Beginning with the next newsletter Tom Lord will be reporting nature happenings so send your sightings and comments to him. Also, many thanks to Jean for her tales of flora and fauna these past months.

Spiders built webs everywhere. If you went outside early in the morning, it was advisable to take something with you to knock down webs or you might have one brushing your face or entangled in your hair. Gil Kaufman used his cane for that purpose. I used a long-handled duster to clear a path along the sidewalk where webs straddled from one side to the other.

Sallie Corbishley saw an unusual spider that created a spiral web and left a cocoon-like egg sack on her screen. She also had lace-like webs on small bushes along her front yard. Could it be the spiders were hoping to catch and feast on some of the many grasshoppers that appeared this autumn? Sallie was one of several residents noticing the large number of these insects. Tucker and Ruby, our 6-month old kittens, honed their jumping skills trying to catch grasshoppers that had gotten into the screened porch.

As the seasons change, treat yourself to a walk through our community and take note of the different shapes and colors of trees and bushes. Can you spot sassafras, sourwood, paperbark maple, beautyberry, late-blooming azaleas (they usually bloom through December), or the unlucky evergreens that were attacked by bag worms?



Marlene Sosnowik moved into Apartment 211 on August 10

Shelia Turner moved into Apartment 141 on August 30

William (Bill) Kennedy moved into Cottage 14 on August 31

Robert (Bob) and Faith Duncan moved into Cottage 45 on October 11

Hector and Vivian Bedoya moved into Cottage 47 on October 20



# **Andy Abel's Mystery Tour**

by Frances Mason - wrote this for a group email she sends to about 24 family members to keep them connected with family doings

**O**ur bus driver, Andy, plans a mystery trip occasionally. He gives us clues along the way. This one started by telling us about Samson, a black man who lived in a deserted village and refused to leave. I thought about the book Mom Perdue had called *The Entailed Hat* about a man named Samson, but didn't connect with the story he told.

Later another clue was about a place where they made iron that was shipped to Pennsylvania by boat. That made me think of the Old Furnace up the road a little toward Snow Hill from where we lived. We used to visit there occasionally when I was a child.

I didn't think that Andy would take us that far for our trip, but as we made a turn off Rt. 113 toward Powellville, I thought it might be possible.

Finally, when he asked if we had any idea were we might be going, I said, it's got to be the Old Furnace. No one else on the bus had ever heard of it.

It was 11:30 when we arrived at the Visitor's Center. The place is now called Furnacetown and

they have moved in a church, a one-room school, a blacksmith Shop, a Print Shop, a Weave House, a Broom making House, and other old exhibits, even a garden and of course a pavilion for picnics etc. The old furnace itself is on the edge and sort of down hill and not the main center of attraction although it has a platform where one could walk to the top.

I wondered where we would go for lunch because I don't think there is much in Snow Hill and not much on the way back, but instead of heading back Andy kept going through the back roads. My next thought was "we can't be going to Princess Anne to the Washington Inn, can we?" We could - and we were.

That was as much a surprise as the trip to the Old Furnace. We had a lovely lunch and got back at 5 p.m. A strange thing is that I had been thinking about mentioning to Andy about a trip to the Old Furnace but had not talked to him about it, partly because of the distance. Andy said he could read my mind.



Last time I previewed a scotch ale. It is Jackspot Amber and has a lot of specialty malted grain for heightened flavor and twice the normal amount of malt extract. The alcohol by volume (ABV) works out to 6.3%, about normal for most ales. The flavor is very similar to the Summer Ale I had earlier.

The brewing process, while different from what I normally use, wasn't particularly difficult if you follow the directions. Usually the water is brought to brewing temperature – 160 F – and then the grain is added. This time the grain is added to the cold water and then the heat is applied. The grain is removed as soon as brewing temperature is reached. My theory is that there are flavor compounds soluble in colder water and this technique coaxes them into solution more

completely. Additionally, you do not want to overshoot the brewing temperature; then you will get undesirable flavors.

This recipe called for several hops additions according to a time schedule. The amount of time the hops spends in the boiling water determines what flavor compounds will be in the final mix. Hops added early need the time to bring out the desirable flavors. More on hops in another essay.

Update on excessive carbonation. The Jackspot Amber is also too foamy, even after cutting the priming sugar. I have both brews in my "cellar" but they are too badly behaved to bring them to Happy Hour. Next I'll try getting more air into the fermentation and further reducing the priming sugar.

I'll be starting a Black IPA at the request of family. This one, too, has some hitches in the brewing and fermenting processes. It should be ready by Christmas.

# **Upcoming Programs**

Programs are held in the Kalmar Nyckel Auditorium at 7:00 pm unless otherwise noted

### Tuesday, November 20

Lewes, Delaware: Coastal Stories
Robert Casseday speaker

Local author Robert Casseday is also a sculptor and potter. He combines all these in his tales of Lewes.

## Sunday, December 9

Cadbury Chorus Christmas Concert by Carol Bishop

Christmas is coming, the geese are getting fat Please put a penny in the old man's hat If you haven't got a penny, a half-a-pence will

If you haven't got a half-a-pence then God bless you!

I grew up hearing my grandmother recite this before every Christmas season and since it has been over fifty-five years since it last happened, I just took the writers liberty to begin the column on the Cadbury Chorus Christmas Concert with it. Had to start some way!

Yes, it's time to mark your calendars to enjoy the best music you will hear all season (or close to it) should you ask anyone in the chorus.

We begin with a rousing season opener from Home Alone 2, "Merry Christmas, Merry Christmas". We then go on to "Chestnuts Roasting on an Open Fire" minus Nat King Cole. Next, we have "All on a Cold Winter's Night" and "Do You Hear What I Hear". We are proud of our accomplishments in presenting Clement Clark Moore's "Twas The Night Before Christmas", as recorded by the Fred Waring Singers. We have, of course, our Director, Melanie Bradley at the piano to play a solo and we are pleased in the return of Jerry Birl to lend his magnificent voice in several selections. And if that isn't enough we'll have our usual audience Christmas Caroling. Oh yes, and we top it all off with a cookie or two! See you on December 9th.

#### **Tuesday December** 18

## Blood Diamond: The Murder of Ebe Lynch

Zwaanendael Museum Staff and Rebecca Rogers Coordinator

Presented by the Museum staff wearing garb, this theatrical murder-mystery is based on an actual incident that took place on a hot summer night in 1916 on Second Street in Lewes. During that incident, shots were fired and Ebe Lynch, a prominent local postmaster and president of the Lewes baseball team, was found dead!

As part of the play audience members will be able to serve as detectives and attendees with get to vote on who committed the crime.

#### **Tuesday January 15**

Kalmar Nyckel: The Forgotten Journey

Rich Woollley Coordinator

This feature documentary was nominated for a 2018 Mid-Atlantic Emmy. Filmed on location and on the Kalmar Nyckel, a full-scale replica of the original Swedish colonial ship, it depicts the epic adventure that launched the colony of New Sweden in the Delaware Valley.

The film features stunning sailing sequences from Kalmar Nyckel, The Tall Ship of Delaware, and commentary from some of the world's leading experts on North American and Swedish maritime and colonial history. In 1638, the Swedish Crown chose to compete with the North American rival Dutch and English powers by sending Kalmar Nyckel across the harsh Atlantic in pursuit of trade relationships and unclaimed territory.

### **Tuesday February 19**

Life at Sea in the 1700 - 1800's

Zwaanendael Museum Staff and Rebecca Rogers Coordinator

Museum staff in appropriate garb will present a program on a sailors life at sea.



#### LARGE PRINT BOOKS

The Large Print Books in our Library have been moved around to make these more accessible for residents in wheel chairs or with walkers. These novels have a large circulation; so many of you prefer this size of print.

The members of the Library Committee will continue to look for additional volumes to add to our collection. If you know of a book you would like us to order or an author you enjoy, please let us know. Our Suggestion Box has slips of paper for your requests.

#### **BLOODLANDS**

Bloodlands was the name of a course given here on Thursday mornings. The class was sponsored by OSHER, the University of Delaware's adult education program, was taught by Eric Terzuolo who has long been interested in the history of Eastern Europe. He was with the U.S. Foreign Service and had been involved in several countries in this area. He spoke to us with considerable knowledge, academic and professional.

The course was based in part on *Bloodlands: Europe Between Hitler and Stalin* (Basic Books, 2010), by Timothy Snyder. This book concerns the politics, culture and ideology of the peoples in modern day Poland, the Baltic States, Belarus, and the Ukraine.

The focus is primarily concerned with the years following the First World War. In this area much suffering and bloodshed have taken place: both the Nazi atrocities and deliberate starvation by the Soviets have devastated these peoples.

We all know of the many lives that were lost in the concentration camps, but more victims were killed outside these camps by both regimes. The subject matter is gruesome to say the least, but the course presented a cold, hard scholarship of events.

We are ordering a copy of the book for our Library.

.....by Judy Burgess

#### **MYSTERIES AT THE MOORINGS**

Since there is no book review for this edition of The Free Press, I decided to write a bit about some of the books in The Moorings Library. We have many, many mystery novels written by popular authors such as Harlan Coben whose plots have surprising twisting unexpected turns. Other authors similar to Coben, include Michael Connelly, Patricia Cornwell, Charles Finch, Sue Grafton, Elizabeth George, Iris Johansen, Liane Moriaty, James Patterson, Ann Perry, Anita Shreve and Stuart Woods, to name a few.

John Grisham is known for his mystery/law related books. Additional suspense books with a political/international twist include David Baldacci and Ted Bell. The library tries to designate mysteries with an appropriate symbol or blue dot on the spine (not always done).

Authors Tom Clancy, Clive Cussler, and Jack Higgins, write tales more of adventure with mystery combined. If you're looking for historic fiction check out books written by Anita Diamant, Ken Follett, Erik Larsen, John Jakes, Phillipa Gregory, Jeff Shaara and Fay Weldon.

The above paragraphs are strictly my thoughts

.....by Mildred Wiedmann





A Mysterious Journey by Bill Peterson

The summer of 1945 I graduated from the University of Minnesota School of Dentistry, was commissioned a Lt. j.g. (that's Lieutenant junior grade) in the Naval Revere Dental Corps and ordered to the Naval Repair Base in San Diego, supposedly the largest Naval Facility in the United States, if not in the world. I lived with a varying number of officers of assorted ages, skills and experiences.

One of the younger "mustangs,"—an officer

commissioned from the enlisted ranks—took a few of us newly commissioned guys and guided us through the process of becoming adequate officers. During one of our "bull" sessions, he put out this pearl of wisdom — If you wait until you can afford to get married, you'll never get married.

Consequently, Lois Lindow of Minneapolis and I became engaged in December and set a wedding date for February of 1946.

Now, for the mystery: how did I get from San Diego to Minneapolis? I don't know! It must have been by air because a train would have taken too long. Was it a Navy flight or a civilian one? Must have been a civilian one because I would not have

been able to get a high enough priority to get a Navy flight. Was it nonstop? I doubt it. San Diego to Minneapolis was hardly a major airway. How did I get to the airport in San Diego? Who picked me up in Minneapolis? I have no answers.

I do remember where I stayed? In my old fraternity house which had been my home for the three previous years, knocking around "Dinky Town," a business area across from what was then the main gate to the University.

I remember the rehearsal dinner which everybody knew was going to be ham because that was Lois's favorite.

And, of course, I remember the wedding. That was the start of a wondrous 70-year journey with my beloved Lois.

But that's another story!

## **Shuffleboard**

by George Maxey



OUTDOOR SHUFFLEBOARD TOURNAMENT
WINNERS
SHOW OFF THEIR TROPHYS

1st: From left George Maxey, Tournament Chair,
Ron Trupp, Floyd Cook

2nd: From left: Pat Cummings, Frances Mason

3rd: From left: Pat Cummings, Frances Masor 3rd: From left: Judy Burgess, Kathy Holstrom

Tabletop shuffleboard is going great guns under the leadership of George Maxey and Bill Dunn. It fun to just watch but even more fun to play.

The winter league is headed into its fifth week, with friendly competition and high enthusiasm.

After four weeks, two teams remain undefeated: "Sweet and Sour" - Bill Dunn and Elaine Showers and "Three Baird-1" - Mike and Diane Bair.



# Time to Get Moving! continued from page 1

**Circuit Training** Muscular and Cardiovascular Strengthening

T, T - 1:00 pm (Fitness Center / Auditorium)
This class focuses on high-interval circuit
exercises targeting individual muscle groups.
Exercises are timed and repetitions are self-paced.
A trainer is available to demonstrate proper use of
the machines and proper form with free weights.

**Cardio Fusion** *Cardio Endurance & Toning* T, T - 9:00 am (Auditorium)

This class focuses on a steady paced, low-impact full body workout. Moderate intensity aerobic exercises are performed targeting cardiovascular strengthening and muscular toning. Free weights and resistance bands are optional.

# **Water Works & Aqua Stretch** Aquatics & Relaxation

M, W, F - 11:00 am (Pool) T, T - 2:00pm
This class focuses on balance, mobility, toning, and stretching in the comfort of a shallow, indoor heated pool. Noodles and dumbbells are used in some exercises. All exercises are low intensity and self-paced.

#### **TBH Fitness** Total Brain Health

M - 2:00 pm (Quiet Room)

This class focuses on brain exercises that promote cognitive thinking, memory, attention, and overall brain wellness. Discover nutritional needs and healthy habits that boost everyday brain performance. Workshops are group interactive.



**Tea & Trivia, Word Cross** Cognitive Performance & Social Engagement

Trivia on W- 1:30 pm

Crossword on Thurs - 10:30 am

These programs offer a friendly and upbeat atmosphere in a socially engaged setting. Hundreds of categories and eras keep these activities fun and cognitively stimulating.

**Tia Chi** *Stress Reduction & Health Maintenance* Sat - 12 pm (Auditorium)

This class focuses on flexibility, balance, and agility through graceful exercise. Gentle flowing movements and positions are practiced, promoting relaxation and improved posture. Exercises are low-impact and low intensity.



## Mr. Dupont's Boulevard

by Bill Gehron

**B**esides being the First State, Delaware can claim some other "firsts". One of the most notable is the fact that Delaware is the first and only state in the country to have a highway payed for and built by a private citizen. It happened in 1908 through the generosity of T. Coleman duPont.

At the time of his extraordinary offer he was President of the DuPont Company which he was in the process of turning into a powder and chemical empire which is the giant corporation so well known today.

What is remarkable about his offer is the fact that he alone would fund and build the roadway from north to south through the state. His rationale was typical of the other philanthropic projects undertaken by the duPont family. He thought the highway would be an economic boost for Sussex County, a region that struggled in comparison to the rest of the state.

It was to be two hundred feet wide with a central lane for cars in either direction paralleled by routes on either side for trolley cars, a sidewalk and truck lanes. Provision was also to be made for stringing utility and electric lines on either side. It was to be the most modern highway at the time not only in the United States but the world.

It is amazing to think of his clairvoyance. It would be five years later that Henry Ford would establish his moving assembly line for mass production of the automobile.

The acquisition of the land involved in and of itself was a dizzing concept which involved land purchases and condemnation proceedings by a private investor. A major undertaking which unfortunately was complicated by the fact that there were dissenters who for one reason or another objected to the concept. However, du Pont persisted and by his sheer will work began on the project in Selbyville and proceeded northward to be completed more than a decade later as a hundred foot wide roadway absent the trolley, sidewalk and truck lanes.

DuPont first served as his own chief engineer but the sheer size of the project led him to hire outside help from engineers and road builders in the United States and Europe.



Construction of Route 13, the Dupont Highway

Originally called the du Pont Boulevard, it is best known today as route 13.

When the roadway was completed Sussex County had easier access to markets in Philadelphia and New York which benefited not only agriculture but also tourism.

For a complete history of this subject you can read *The Dupont Highway* by Francis and Hahn which is available in our library.

#### KENNETT PIKE

An interesting sidebar is that another Du Pont, Pierre, also an officer of the company, took his turn in furthering Delaware's road system. While not creating a highway, he sought to improve an existing one.

Originally built in 1812-13 by the Wilmington and Kennett Turnpike Company, it connected Wilmington then a growing city to southeastern Pennsylvania where it connected to other turnpikes heading west. Known as the Kennett Pike it was a toll road with people charged on the basis of the carriage or cargo involved. Interestingly, people traveling to a house of worship or a funeral were not charged tolls. Pierre bought the road in 1919, eliminated the tolls and modernized it. It was widened and paved before he sold it to the Delaware State highway Department for \$1.

Like route 13, which it hooks up to in Wilmington, today the Kennett Pike is designated as Delaware Route 52 and is part of the Brandywine Valley National Scenic Byway.