

TMALRA Runs on Volunteers!

The activities, programs and initiatives that make life at The Moorings rewarding are the result of many volunteers doing many things.

Some volunteer responsibilities take a lot of time, others don't. Some are reoccurring, others are a one time only. The common thread is enjoying what you are doing.

Buy-the-Sea Gift Shop has 17 sale volunteers — Arietta Falk, Jane Forgie, Maurine Hale, Elsie Gould, Marianne Jarvis, Naomi Lowe, Bill Peterson, Judy Seamone and Llywella Stuchlik are regulars. Joe Boyle, Joan Hayes, Ruth Morton, Pat Nye and Mary Ann Stock are substitutes.

In addition to sales, Llywella handles donations and stocking, Joe buys the candy, Naomi treks to BJ's for purchases, Judy handles scheduling, Elsie was the reporter for Gil, four volunteers (Judy, Bill, Naomi and Frances Mason take the shop to AL once a month). Last but not least Gil Kaufman manages the shop, counts the money and cracks the whip over the volunteers.

The Library Committee is 12 strong — Dian Bair, Judy Burgess, Elsie Gould, Maurine Hale, Joan Hayes, Sharon Hoover, Marianne Jarvis, Naomi Lowe, Ruth Morton, Carolyn Sargent, Mildred Wiedman and Don Wiedman. Volunteers see to its upkeep by shelving returns, entering new donations, distributing books and magazines to residents in Health Care and updating the collection by getting rid of old and underused materials.

This is just the tip of the iceberg. All committees welcome volunteers and all committees have special needs, so.....

- Come sing with the chorus
- Help call Bingo numbers
- Learn to use the DVD equipment
- Help maintain the web site
- Be an assistant cubby stuffer
- Report wild animal and bird sightings
- Write a memoir or review a book
- Help plan a trip

But by all means, have fun!

President's Message

from Jim McMullen



As we transition to new leadership, I wish to acknowledge the achievements of our outgoing members. Thanks to Gil Kaufman and Bill Gehron, outgoing President and Vice President respectively for their service. They led us through an unsettling time and have left a strong, principled organization which we can all be proud.

Thanks also to departing committee chairs Mildred Wiedmann, Library, and Sharon Hoover, Wellness. Their hard work, dedication, and knowledge resulted in strong, effective committees and we thank them for their service. Thanks to Dick Kauffman, Assisted Living representative who is resigning. He was a driving force in integrating AL into our organization, and raising awareness of issues there.

Let's welcome newcomers to the leadership: George Maxey as Vice President, and Mike Bair as Assistant Treasurer. Former Assistant Treasurer Tom Reed moves up to Treasurer. All are well-qualified for their positions and we are fortunate to have them here. Likewise, new committee chairs Judy Burgess, Library, and Sarah Cook, Wellness, are experienced and knowledgeable and great assets to our Association.

And so, as we begin a new year and a new chapter in the life of our Association, we continue to need your help, involvement and moral support if we are to succeed in keeping The Moorings the best place to live.

All the best,

Jim



BOARD OF DIRECTORS

OFFICERS

President	Jim McMullen
V. President	George Maxey
Treasurer	Tom Reed
Ass't Treasurer	Mike Bair
Secretary	Kathy Holstrom
Corresponding Secretary	Marianne Jarvis
Past President	Gil Kaufman

AREA REPRESENTATIVES

Cottages	Elsie Gould
	Frances Mason
East Wing	Bunny Guerrin
	Adele Trout
West Wing	Nancy Krail
	Pat Cummings
Assisted Living	Vacant

COMMITTEE CHAIRS

Activities	Carol Bishop
By-Laws	Jane Lord
Communications	Sara Corbishley (temp)
Dining	Corinne Lehman
Employee Appreciation	George Maxey
Gift Shop	Gil Kaufman
Library	Judy Burgess
Nominating	Gil Kaufman
Program	Richard Woolley
Wellness	Sarah Cook
Wood Shop	Ron Trupp
TMALRA Free Press	
Editor	Sara Corbishley
Editor Emeritus	Pat O'Hanlon

BOARD MEETS 2nd Monday
GENERAL MEETING
3rd Monday

GREAT THINGS TO DO!!!

Table Shuffleboard

by George Maxey

SESSION 2 – TABLE SHUFFLEBOARD LEAGUE

Session 2 of the Table Shuffleboard League began on January 7, 2019, with sixteen teams participating. We are now into week three of the competition, which will last for the next thirteen weeks.

3 STRIKES SHUFFLEBOARD PLAY

Three Strikes competition is held each Friday between Happy Hour and Dinner. We are drawing as many as 16 players, along with almost as many observers. Enthusiasm is high and a good time had by all.

The Coffee House at The Moorings

by George Maxey

The Moorings Coffee House debut was on January 1, 2019.

Thirty two patrons attended this first session. Audience participation was great, with residents performing skits, jokes and music. We also had a sing along session, as previously performed at Happy Hour. There were goodies brought by the residents, along with coffee and hot chocolate provided by Dining Services.

The Moorings Coffee House will be held at 7:00 pm on the first Tuesday of the month, as listed in the Monthly Calendar.



**BUY-THE-SEA
GIFT SHOP**

*Gifts, jewelry, watches
Greeting cards
Hearing aid batteries
Toiletries, sundries
Candy, ice cream
Snapple, Coke
Stamps*

Open: M-F 11 am to 3 pm, Sat 11 am to 1 pm
Proceeds benefit TMALRA activities

**FOR SALE
NEW EDITION
Historical Vignettes
in and About Lewes
by Bill Gehron**



Lil' Bites

❖TMALRA BOARD CHANGES

Sharon Hoover has retired as chair of the Wellness Committee and Sarah Cook has agreed to assume the responsibilities. Many thanks to Sharon getting this committee up and running.

Dick Kauffman, Health Center Representative, has resigned from the Board. He will also be missed as he provided a link between between IL and AL residents.

❖SPEED LIMIT

Please remember the speed limit for residents and guests on The Moorings streets is 15 mph and all stop signs are to be observed.

❖DOC GETS AWARD

Dr. Manu Sehgal, Medical Director at the Moorings, has received the Delaware Healthcare Facilities Association Leadership Award for 2018.

The award recognizes a person who acts as a leading medical resource to all professionals involved in the multidisciplinary care of residents and patients including coordination of medical care, education for employees, employee health, community relations and advocacy.

An internist and geriatric specialist, Dr. Sehgal has been serving The Moorings since 2010. He has been practicing medicine for 20 years and received his medical degree from Sarojini Naidu Medical College in Agra, India.

Music Just Around the Corner

by Elsie Gould



Moorings residents are reminded that several great opportunities to hear good music locally are just around the corner.

Coastal Concerts

at Bethel Methodist Church

David Russell, guitarist—Saturday February 23 at 2 p.m.

Orion Weiss, pianist—Saturday March 16 at 7 p.m.

Time for Three, 2 violins and a double bass— Saturday April 13

Preconcert talk at 6:30; Concert at 8 p.m.

Bus transportation to and from Coastal Concerts is usually available. Check the signup book at the front desk. Tickets may be purchased at the door for \$35.

Camp Rehoboth Chorus

at Epworth Methodist Church

Seasons of Love—Sunday February 17 at 3 p.m. Tickets available at the door for \$25. Bus transportation provided.

Delaware Symphony Orchestra

at Cape Henlopen H.S.

Sunday March 24 at 3 p.m. Preconcert talk at 2:00.

Tickets available for purchase at the door(\$25, or \$35). Bus transportation provided.

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Mid-Atlantic Symphony Orchestra

with Southern Delaware Chorale

at Ocean City Convention Center

Sunday, April 28 at 7 p.m. Check for information about ticket availability and price closer to concert date.

So mark these dates on your calendar, you'll be so happy you caught these opportunities to make yourself happy.



In Memoriam

Don Ziegler (12/03/2018)

Muffy Brown (12/11/2018)

Jim Addison (01/31/2019)

Nature at The Moorings

by Sandra Spence



Birds, Birds, Birds!

2018 was my first full year at The Moorings, so I'm excited to report that I identified 40 species of birds, right here on our campus. If you extend the count slightly to include the big pond next door at Breakwater it is 41 species, including 24 of my favorite duck – the bufflehead. It is the smallest of all ducks and distinctive in appearance.

One of my favorites were the cedar waxwings I found on the trees just around the corner from the entrance going along Cadbury Circle West near the holly trees. Cedar waxwings are social birds that *AllAboutBirds.org* says “you’re likely to see in flocks year-round. They sit in fruiting trees swallowing berries whole or plucking them in mid-air with a brief fluttering hover.” I counted as many as 20 at once several days in May. Unfortunately, they didn’t stay around, or at least I never saw them after that.

The last one bird I saw this year was also quite special. Thanks to George Maxey who helped from his porch watching over the West Pond, I saw a belted kingfisher, but all I could see was a speck of white on a tree across the pond. A few days later, I saw it again, flying around the pond, landing on a tree outside cottage 41, then around and around again, making a strange noise and landing on that same tree. I was able to get close enough to see it had a blue crest and body with a white breast and “belt” around its neck.

Amazingly, we’ve had all three species of herons at our ponds, the great blue heron most frequently. There was a “GBH” that visited the pond outside my condo at the Villages of Five Points that my neighbors and I named George and I believe he’s been coming over here to visit since I moved in. But recently I’ve seen two, one following the other right past my den window, so I think George has hooked up with Genevieve!

George Maxey first noticed a tri-colored heron on the West Pond in May and I saw him several times after that. It’s the first time I’ve see one of those outside of Central America. The little green heron is usually very secretive and hard to see but he (or she) has been here too. He’s actually much smaller than the other two.

I got a great photo of the double-crested cormorant that has been hanging around lately at the West Pond and the smaller pond between us and Breakwater. He seems to be making the great blue heron jealous, catching so many fish.

I keep track of my birds on *ebird.org*, managed by the Cornell Lab of Ornithology. It’s “the world’s largest biodiversity-related citizen science project, with more than 100 million bird sightings contributed each year by eBirders around the world.” I submitted 76 checklists in 2018. This year, they’re challenging us eBirders to submit an average of one report a day in 2019. I started already with one great blue heron, 14 mallards, 7 Canada geese, and one starling between 4:14 and 5 pm New Year’s Day right here at The Moorings. Go to *eBird.org* if you want more info about this program.



A double-crested cormorant visits The Moorings as caught by Sandy Spence on her phone.

Contact Sandy if you have sighted flora or fauna that would be of interest to residents!



Rathskeller Ramblings

by Jim McMullen

How long does homebrew last?

Most commercial beer is pasteurized killing the yeasts and other microorganisms that contribute to aging and flavor enhancement. Commercial beer can have a long shelf life. Homebrew is not pasteurized so that, after bottling, the flavors are mellowed and the taste improves. My homebrew is generally consumed within a year after bottling and quality is maintained at a high level over that time. But eventually things change.

During a family visit this summer my son found a couple bottles from a batch that I had brewed at least two years prior. Upon opening it we both agreed it had started to deteriorate. While drinkable, the flavor was muted and carbonation was lacking. So the results of this absolutely non-scientific study suggests homebrew should be enjoyed responsibly within a year of bottling.

Crisis in Homebrew supply stores

As you may remember from earlier pieces, I have been getting my homebrew supplies from a store in Laurel. That store suddenly closed so I turned to Google (where else?) and found another in south Dover. When I visited, I found it also was closed, as in out of business. There is still my first store in Newark, and I'll visit when in the area but that is infrequent. But guess what? Amazon to the rescue. There are pages and pages of homebrew ingredients and equipment on Amazon.com. We are saved and I can continue brewing up good stuff.

The latest batch

Well, the black IPA brewing went exceedingly well. Although it has six varieties of hops they don't overpower the robust flavors of the specialty grains. It was very well received at the inaugural Coffee House bash and I'm looking forward to sharing more of it with you. And the carbonation is just about perfect. I used only one or two tablespoons of priming sugar rather than three or more ounces called for in the recipe.



How Do You Do! Welcome to The Moorings

Patty Canby moved into Apartment 122
on November 16, 2019

Donna Blomquist moved into Apartment 217
on December 4, 2019

David Bell moved into Cottage 34
on January 18, 2019

Paul and Jeanne Kehrer moved into
Apartment 225 on February 1, 2019

Donna Shank moved into Apartment 212
in mid February 2019

TMALRA WOOD SHOP

- Furniture Repair
- Custom Made Pieces
- Resident Project Assistance
- Orientations to Shop & Tools
- Equipment Safety Instruction

No charge for labor, only materials

Contact Residents:
Ron Trupp or Dean Hoover

Upcoming Programs

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

←→
Tuesday February 19

Life at Sea in the 1700 - 1800's

*Zwaanendael Museum Staff and
Rebecca Rogers Coordinator*

Museum staff Tony and Wilma Pulmano, in garb, will present a program about the DeBraak, seafarers life and sing chanties of the era..

←→
Tuesday March 19
Recorder Concert

Celtic Music by the Tradewinds

by Sharon Hoover

The program the Tradewinds recorder ensemble will play in March will be divided into three sections. The first will contain Irish Celtic pieces well known to you, such as "A Londonderry Air" and "The Minstrel Boy," then a group of similar Scottish tunes, such as "Annie Laurie" and "Loch Lomond." These not only tell stories of war and love, but have a traditionally melancholy flavor.

The second section will contain a series of Celtic dance tunes, some of which you may have heard before, from "The Galway Hornpipe (sailors dance jig called Piper," a tune to a Wedding." These are often referred to as "traditional country dance."

See Sharon's article about recorders and Celtic music on page 8.

Finally, we will jump to dances that the English (beginning particularly in northern England) enjoyed as they turned away from the formal dances of the continent to the easier to learn and quicker dances of country folk. To close, we will come across the ocean and play a song written in North America, based on a traditional Scottish Gaelic tune and reverting to the earliest genre of Celtic music, a hymn, "Morning Has Broken."

There is much more music in these traditions than one group could ever play. For the Irish month of March, however, the Tradewinds wanted to give the

audience a taste of the variety of traditional Celtic music the group enjoys playing on its recorders.

←→
Tuesday April 16

Catching Apollo

*Jack Clemens speaker
and Gil Kaufman Coordinator*

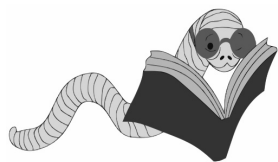


Jack Clemons will give us an insider's view of NASA's Apollo Moon Program, an informative and entertaining account of life as a young engineer working on the greatest adventures of the Twentieth Century. Jack will include vintage photographs and anecdotes drawn from his time as a lead engineer supporting the Apollo astronauts during their return flight from the Moon. He will also share some little known stories about the people and teamwork that saved both the Apollo 12 and Apollo 13 missions from near disaster.

Jack was a former Senior Vice President of Engineering for Lockheed Martin, and is now a professional writer and presenter on NASA's space programs. Earlier in his career he was an engineering team leader for NASA's Apollo Program and senior engineering software manager for the NASA Space Shuttle Program.

Jack's works of fiction earned him a 2018 Established Artist Fellowship for Literary Fiction by the Delaware Division of the Arts and membership in the Science Fiction and Fantasy Writers of America.

His non-fiction book *Safely to Earth: The Men and Women Who Brought the Astronauts Home* is a memoir of his time on NASA's Apollo and Space Shuttle programs.



Library Lines

Kudos to Mildred Wiedmann AKA Marion the Librarian

by Elsie Gould

In 1958 Meredith Wilson introduced Broadway audiences to *The Music Man* and quickly we all came to know and love Marion the Librarian.

In 2007 some Quaker folks came together to finally raise the curtain on a grand new residence for lucky seniors who wanted to come to Sussex County to watch the corn and soy beans grow and to marvel at the annual fidelity of some snow geese that came to visit. Cadbury at Lewes had its premiere, and there, in the heart of the Big House, was a space designated "Library". Onto the stage, front and center, strode Mildred Wiedmann, the leading lady who brought it all together: space, books, ambiance, routines. Sure, she had lots of helpers and advisors, and contributors, but Mildred had the vision, the

nerves, the muscles and the tact (as well as Don) to organize that space into the cozy, attractive and appealing area we all enjoy visiting regularly, whether to choose or donate a book or to observe the progress of the bees.

As 2019 approached, Mildred determined she needed more time for her family and herself and wisely recognized that the library needed to function with others at the helm for a change.

"Mildred The Librarian" has handed the responsibilities to the capable hands of Judy Burgess, promising that she will continue to participate as a member of the Library Committee while we all adjust to the new reality. In fairness to Mildred we really can't ask her to work for us for more than 12 years...she has set a standard of excellence we'll have to strive mightily to maintain. Best wishes to Judy as she steps into those shoes. Kudos, Mildred. Well done — we'll always be grateful for your expertise and generosity.

Some Danger Involved by Will Thomas

Reviewed by Kitty Eichenlaub

Recently, I lucked into a series of mystery / adventure novels, filled with quirky characters.

Caleb Barker, born in China, made his fortune in the China Seas, then makes a name for himself solving crimes in Victorian England by working with his underworld connections and with Scotland Yard, the London Police and the Thames River police.

When Barker advertises for an assistant, Thomas Llewelyn answers. The young Welshman plans to jump into the Thames if this last effort to get work fails. His resume reads "studied the classics at Oxford" and "eight months in Newgate prison."

The first case the two handle together is one in which a young rabbinical scholar is found dead, hanging from a telegraph pole in a mock crucifixion pose.

London, at this time, is rife with anti-Semitic feelings. Many of the most vocal complaints come from various preachers in the city. This critical language and the continued efforts of the Anti-Semitic League make it difficult to control the increasingly mob-like followers of those preaching hate for the Jews.

Barker and his assistant both come under attack as they work to solve the crime, beat off several more attacks and capture some of the worst players who rile the drunken mobs drawn from various pubs.

In later books in the series, the reader learns more about English history. In one book of the series, Llewelyn goes undercover as an explosive expert and winds up working for the Fenians (Irish nationalists) who are planning to blow up Parliament. In another, they deal with a group of decadent aristocrats and London's first serial killer, and a third takes on the Jack the Ripper investigation at the request of the Crown.

To solve these crimes, Barker relies on a number of fascinating underworld contacts as well as crew members who worked with him in the China Seas. The most interesting is Ho, an enormous Buddha-like Chinese man who owns a tea shop reached only by going through an unmarked door, down dark steps, then following a path under the Thames. His place has two rules: "don't ask what's in the food" and "don't repeat anything you hear."

The cases aren't terribly realistic; however, the entire series is great fun. Each book reads quickly as it provides more insight into Barker and his riveting friends and companions in an intriguing London.

Celtic Recorder Music by the Tradewinds

by Sharon Hoover

Today, the Celtic League identifies six Celtic Nations: Brittany (NW France), Cornwall (SW England), Wales (W of England), Scotland (N of England), Ireland (across the Celtic Sea) and the Isle of Man (between Ireland and England, in the Celtic Sea). The music of these people, especially that based on traditional subjects and musicality is called "Celtic." The subjects are often fairies, love, and war, and it is common for the melodic line to move up and down the primary chords so it's easy to anticipate the direction the melody will take. That makes it easy to sing and to add informal harmony.

Originally, Celts began in central Europe and spread from there to Ireland and Turkey. The southern music, centering in northwest Spain, called Galician, has taken a slightly different turn. Another wave of migrations took the northern Celtic peoples and their music to North America. The music of Appalachia and of the maritime provinces of Canada (especially Cape Breton) have distinctive Celtic echoes.

"Celtic" has now become a catch-all marketing term, much like "Americana." It has grown to include an easy-listening, new-age flavor, often unlike traditional folk music. Even with its contemporary changes, music from that part of the world has become big business and has millions of fans.

The traditional instruments of Celtic music were penny whistles, flutes, the Celtic harp, pipes of various kinds, a drum, and later, the fiddle. Today, we often add other instruments, such as melodeon, button accordion, piano accordion, concertina, banjo, mandolin, guitars and hammered dulcimer. And, from early to late, the voice has been important.

Recorders fall between the whistle and the flute. To a great extent, their range and tones mimic the human voice, and Celtic music is highly adaptable to them.

The players in the Tradewinds ensemble play four different recorders. The soprano they play is like the one you played in school if you played a recorder, although many Tradewinds players play more expensive instruments, perhaps made of wood, and whether plastic or wood, probably more highly calibrated for tune than your childhood recorder. Tradewinds players also play alto, tenor, and bass recorders (each of them can range in adaptability and quality, also). Several of us play two, three or four different recorders, so that we can play one the conductor prefers depending on the requirements of the music and the availability of other players. We can also add a sopranino, if called for by the music. It is smaller and of a higher tone than the soprano. We aren't fond of its sound, so we seldom play it.

Sometimes, we add a soft drum.

More sophisticated recorder players can play recorders pitched, and sometimes built, differently than ours. Also, sophisticated recorder groups may have a great bass or contrabass recorder.

Attending professional recorder concerts can be an amazing, and highly enjoyable experience. The Lewes Senior Center takes a bus about once a year to Wilmington to

hear Piffaro, an internationally acclaimed early instrument ensemble. Sometimes, a professional recorder player can be heard locally in concert.

In much Celtic music, the sopranos carry the melody. However, later arrangements may call for the melody line to move among different recorders. The more recent and challenging pieces may see the melody moving rapidly among the parts. Listeners may have to listen closely to follow the tune.



The many kinds of recorders