

# THE FREE PRESS

The Moorings at Lewes Residents Association

Vol. 14, No.4  
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TV Channel 970  
www.tmalra.org



## President's Message

The  
Moorings  
is the fun  
place to  
be. We  
are

almost back to normal. Happy Hour is back as are most of our other activities. In fact, it now takes two pages to print our monthly Activities Calendar.

I mention this because in the next two months we will welcome new residents/members into 12 IL units. That's a lot of people in a short amount of time. Please welcome all these new folks and help get them oriented to all the good things we have here.

On another topic, our November and December All-Resident meetings are important to you. First, the November meeting is rescheduled to Tuesday, November 16, 2021 at 3:30 PM in the Auditorium. At that time, we will learn who the candidates are for Officer and Director positions. The December meeting will see us vote on those candidates. So come on out and enjoy these get-togethers.

Stay well,

**Jim McMullen**

## #THE MOORINGS\*CARES BRAVO! BRAVO! BRAVO! BRAVO!

Our community provided a total of three Carloads of donations to the Community Resource Center in Rehoboth. The first two loads carried a minimum of 10 brown bags



filled with all forms of toiletries, cleaning supplies and generous amounts of paper towels and toilet paper.

The volunteers at the CRC were extremely pleased with our contributions!

Silvia Ritchie and I were overwhelmed with the support from The Moorings residents!

Until our next "Fill the Tote" collection,

**THANK YOU FOR YOUR CONTRIBUTIONS!**

**Diane Bair**

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<b>TMALRA Free Press (Printed Quarterly)</b>	
<b>Editor</b>	<b>Sharon Hoover</b>
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<b>Distribution</b>	<b>Joanne Nichols</b>

Board Mtgs 2nd Monday  
General Mtgs 3rd Monday

***I have lived with several Zen masters --  
all of them cats.***

***--Eckhart Tolle***

## CHANGE OF MANAGEMENT IN THE BUY-THE-SEA GIFT SHOP

We are pleased to announce that Diane Bair will take over as manager of the Buy-the Sea Gift Shop on January 1, 2022. Diane has provided invaluable support in the Gift Shop for some time and was named Assistant Manager early this year. It is quite appropriate that she now takes on the full responsibility.



Gil Kaufman has been the Gift Shop manager since 2014 when he and Ruth took over from Jack and Jean Sparks. Ruth continued to work with Gil until her retirement in 2017.

October was a fairly good month for the Gift Shop, Incomes was \$350.00, and expense was \$50.00, so \$300.00 is contributed to the TMALRA treasury to support our activities and programs.

It is holiday season in your Buy-the-Sea Gift Shop, and you are invited to stop in and look around to see what is new. There might be just the thing you are looking for gifts for friends or family, or perhaps just the thing you need for your coffee table.

***Gil Kaufman***

## Christmas Books

A fairly large collection of Christmas books will be placed on the shelf under the map on the back wall. It's a goodly variety of fireplace novels, traditional stories and other selections, fiction and non-fiction. Choose for your own enjoyment or to share with family during holiday time.

***by Judy Burgess***



## **D.E.I.—Diversity, Equity, Inclusiveness**

Springpoint determined that it needed to focus more intently on “diversity, equity and inclusiveness” in its organization, and it has set about doing so. It also has asked its independent facilities each to set up a committee to make certain that each was giving deliberate attention to these characteristics of community.

**DIVERSITY** means understanding that each individual is unique. We need to recognize individual differences. Diversity includes different ways of being and ways of knowing. The Program Committee attempts to present programs and movies that are, overall, diverse, equitable and inclusive, that is, that appeal to all residents, perhaps not at the same time or in the same way, but overall.

**EQUITY** recognizes that each person has different circumstances so resources and opportunities must be allocated as needed to reach equal outcomes. This differs from equality which means each individual is given the same resources or opportunities.

In exercise, for instance, some of us need muscle development, some relaxation, some balance, so The Moorings offers the exercise room, chair yoga, swimming and motion

exercises. We also have available physical therapy, if needed. We don’t all need the same exercise; we need equity in the availability of exercise.

**INCLUSIVENESS** is defined as things done in a way that includes everyone. Our community at The Moorings is, in many ways, an inclusive community. Happy Hour includes everyone. Most of our groups are open to everyone. We are also inclusive in a larger sense. In accepting applicants, The Moorings does not distinguish among religions, gender identities, political parties, races or education.

In community, how do we prevent our differences from dividing us? How do we sustain a cohesive community while embracing, even celebrating, differences?

Communities need rules to live by. Although we don’t emphasize rules in our residents’ association, we have some unstated common ones, much like those that Alternatives to Violence Project International has adopted to use in prisons and in conflict zones around the world and that many school and clubs use today:

- Respect and affirm self and others; No put downs of self or others.
- Listen, don’t interrupt. Stay on topic. Comments, questions and contributions should be relevant to the topic being discussed.
- Speak simply and honestly.
- Remember that accuracy is important.
- Respect privacy.
- Be authentic and change by learning.
- Ask for and give feedback and help.
- Use what’s needed and share the rest.
- Volunteer oneself, not others.
- Value and care for one another and the community.
- Live in integrity.

Community members hold differing religious and political beliefs. People need to be able to have discussions about such differences. But those discussions should be among willing participants and should avoid displays of divisiveness.

A good community provides a high quality of life for everyone who lives in it. It is cohesive, safe, confident, prosperous and happy.

A sense of community is very important for humans. Community is formed by a group of people we lean on when times are tough: our friends, family, and neighbors who are there for us when we need love, support and encouragement.

People live in community because as human beings, we need a sense of belonging. That sense of belonging connects us to the many relationships we develop. There is so much to learn, teach and share.

***Diane Bair***

### **LIBRARY LINES**



Have you made a recent stop by our Moorings library recently?? If not, please try to do so and check out our "Diversity, Equity and Inclusion" (DEI) shelf. The DEI committee here at the Moorings has formulated a mission statement addressing our focus on promoting respect, acceptance, teamwork and innovation despite differences. The mission statement for the Moorings is–

"to foster diversity, equity, and inclusion within the Moorings community."

There are reading selections on the shelf that

can be borrowed which relate to the DEI Moorings mission statement. For example:

R. Menakem *My Grandmothers Hands*  
(the damage caused by racism)

D. Halberstam. *The Children*  
(heroism, courage and faith in the 1960s)

M. Fox. *Always Looking Up*  
(optimism–challenges into opportunities)

V. Jordan, jr. *Vernon Can Read*  
(memoir–struggles, changes, and dangers of Black life during Civil War)

Y. Reshef. *Out Of The Shoebox.*  
(a personal story and the Holocaust)

So, on a rainy, lazy day, visit the library and browse through these and other selections relating to Diversity, Equity and Inclusion.

### **Expand Your Horizons . . . READ . . . Favorites of the Library Committee**

So says a sign for a new shelf in our Library. On this shelf, library committee members will be putting books they have read and have found particularly worthwhile and enjoyable. Any resident at The Moorings may select books from this collection for good reads.

To find the shelf and these selections, look to where the bee books were kept and where the albums of photos and memorabilia were located. The five albums of memorabilia are now on the shelves under the large print books. Peruse them at your leisure. They open well onto the table.

***There is no such thing as "just a cat."***

***-- Robert A. Heinlein***



## Card Games

Cribbage and Canasta players are looking for new members to join them. This is a great way to meet neighbors and enjoy chuckles and social times. Cribbage is played Tuesday evenings at 7 PM in the Bistro and Canasta is played Wednesday evenings at 6:30 PM in the Living Room.

Cribbage is relatively easy, and a quick game. Canasta is more involved and would take more direction. But the most important thing is that the games are a means for us to get together and have some lighthearted enjoyment.

If you are interested but new to the game, Gail Bourassa is happy to assist in your instruction. Feel free to contact Gail at 978-376-0060 or [gailbourassa@comcast.net](mailto:gailbourassa@comcast.net) to set up a time appropriate to meet for instruction. She is anxious to meet you and to help you learn the game.

### ***Gail Bourassa***

#### **ORANGE-GINGER COOKIES-FROM KAREN RIZZO**

Cream: 1 c butter. Cream in 1 ½ c sugar.

Add: 1 egg and 2 T light corn syrup.

Mix in: 3 c flour, 2 t baking soda, 2 t cinnamon, 2 t ginger and ½ t cloves.

Mix in: 1 T shredded orange rind.

Shape into two rolls, 12" long. Wrap in wax paper. Chill overnight.

Take out one roll at a time. Cut into 1/8" thick slices. Place cookies 2" apart on ungreased cookie sheet. Bake 5-6 minutes.

Watch carefully so they don't overbake.

Enjoy!

## Easy, Delicious Holiday Cookies

Karen Rizzo, a newer member of The Moorings, is settled into cottage 29: "I love my little house," she says. "It's cottage with a little beach." Karen Kerstetter certainly approves. She has brought as many as 30 perspectives into Carol's cottage in one day!

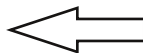
Karen is not a one-note person, however. She is multi-talented. Like many women in retirement today, she has had many jobs. She has been a secretary, a primary school teacher, teacher of learning impaired children, a nurse, an administrator. She retired as administrative assistant of an OR (operating room) at a large hospital in Lancaster, Pennsylvania.

Meanwhile, she and her husband built three houses from design to turnkey. And they raised two boys, one now an accomplished carpenter who builds guitars and acts in Los Angeles and New York City, the other, a graduate of Johns Hopkins, now involved in research for cancer and a builder of houses and fine furniture.

In her spare time, to relax, she has sewed her own clothes from dresses to suits and coats and baked fine cakes. Pictures show the cakes to be elegant, colorful, and appropriate to the recipient, tastefully colored and often decorated with lovely flowers and sugar clay figures.

Asked if she had an easy recipe for holiday baking, she suggested a cookie recipe her sons both love. "Dozens of the cookies just seem to disappear!" she said. "I think you'll like them." (I do.)

***By Karen Rizzo as told to Sharon Hoover***



***There is nothing better than a friend,  
unless it is a friend with chocolate.***

***--Linda Grayson***

## Moorings Resident Life Committee

Earlier this year the Resident Life Committee was rejuvenated with goals of helping new residence adapt to life at The Moorings of Lewes. It also began researching activities or topics in which the residents are interested, ones that either have not been considered before or have not been recently offered. Because of their involvement with new residents and overall knowledge of life at The Moorings, the area representatives were invited to be an integral part of the Resident Life Committee.

What follows is the Resident Life Committee's mission statement that will help define the purpose of the committee.

"The purpose of the Resident Life Committee of the Moorings at Lewes is to enrich residents' lives with programs and services that entertain, inform and educate so they can stay social and active while helping to facilitate transitions through the continuum."

Some of the accomplishments of the committee this year are as follows:

- Reviewed in detail The Moorings' new residents' welcoming process.
- Reviewed in detail responsibilities of the resident association's floor representatives, with emphasis on their responsibilities in welcoming new residents.
- Authored a new Welcome Letter directed to new residents.
- Reformatted the Refrigerator Information Magnets so they are timeless.
- Worked with Lauri on new name badges.
- Established a new resident's Welcome Card.
- Developed a Resident Life note card.

The RLC's next major project is to develop a handout that addresses questions, concerns and any fears residents have about

transitioning from Independent Living to Assisted Living. Our objective is to answer typical questions and outline how life differs between IL and AL. Additionally, we are looking at the many ways AL residents can interact with our lives in IL and participate in more of the IL activities.

Thank you for taking the time to read this article and please feel free to advise me if you have any activity or topic you would like considered by the Resident Life Committee.

**Don Smith**

## OUR MOORINGS MEMORY WALK

With winter moving upon us, it may not be the ideal time to talk about The Moorings Memory Walk. On the other hand, we want to be sure we are ready when spring finally comes and it is time to enjoy it and, perhaps, to take action.

For those unfamiliar with it, our Memory Walk is between the Butterfly Garden and the gazebo out back and is made of bricks recognizing residents of The Moorings at Lewes and, before that, Cadbury at Lewes. It was created about twelve years ago by what was then called the Cadbury Foundation with a two-fold purpose, the primary one being to enable residents and/or their families to create memory bricks in the walk. Most such



A typical large Memorial Brick



bricks commemorate the residents, but a few have left a message, and at least two recognize long-lived and much-loved pets.

The second purpose was to help build up our Residents Reserve Fund, the fund that helps any of us who run out of our own personal funds continue to live comfortably at The Moorings for as long as we live. A portion of the cost of creating the memorial bricks is a contribution to that fund, making creation of the brick another tax deduction if you itemize your tax returns.

Ruth and I are among those who like the idea of being on the Memory Walk. We have already created one brick recognizing our canine boy Otis who, for the last seven of his fifteen years, was a happy friend to many who lived here. One day we will have our own brick too.



For the last five years or so, the Memory Memorial Walk has been relatively low on our collective radars, and so we wanted to be sure it is not forgotten. If you want more information on how to get your brick, please contact Lauri Weeks. We thought you might wish to know more about the Memorial Walk and how to become a part of it.

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***Gil Kaufman***

### **The Frame**

The following article was written by Don Weidman. Don was formerly a proofreader for this newsletter. The "my wife" in the narrative is Mildred Weidman.

This essay is historical, factual, mysterious and religious.

When I was 10-12 years old, a friend showed me his stamp collection. I was "hooked." I had to have one, too, so I started my own collection. I did not have the money to become a "philatelist," so my collection was always limited in scope (mostly canceled stamps from envelopes). I now have many uncanceled sheets and lots of uncanceled stamps. One day years ago, I got hold of a copy of the postal service quarterly magazine publication "Philatelic News," a free publication. My collection philosophy changed slightly.

As the Postal Service dug themselves deeper and deeper into debt, they concocted what they thought would improve their financial status. They deviated from mail related activities and started offering some clothing items and toys. In an issue of "Philatelic News" I saw jigsaw puzzles offered. There were four puzzles, so I bought all of them as a gift for my wife who is stuck on jigsaw puzzles. Of course, the puzzles were stamp related. When the one that had Mount Rushmore as its focal point was completed, I decided to "glue" it and keep it assembled. We got the glue and successfully stuck it together. The puzzle measured 24 x 30 inches. I thought it was going to be "fun" finding a frame for it at a reasonable price.

I thought we could get it framed at Michaels, the craft supply store, for a price. My wife thought we could get a frame at a thrift store. I thought a thrift store would most likely have heavy, expensive, ornate frames for home decoration. One of the many stores in our area is the VFW thrift store. It is convenient to drop items at the rear door because a volunteer worker will take your donation as you drive up to the door. The flaw in the system is that on any given day the drop off table can become clogged with donations that have overwhelmed the worker assigned to get them indoors to the workroom. Hence, they accumulate outside.

My wife decided that she would go grocery shopping at the Acme Supermarket. We had some things for the thrift store so they

could be dropped off conveniently on the way to the supermarket. The highway designated as Route 1 is the bane of our (and everyone else's) existence. When my wife got to Route 1, she found it busier than usual in both directions than it should have been for this time of year. Slowly, she made her way to the rear of the thrift shop.

When my wife got to the drop off spot, she noticed a large metal framed picture of a bird. The workers had not yet had a chance to move the picture inside. My wife asked if it was for sale. When informed that "yes," it was for sale, she asked, "What are its measurements?" Amazingly, it was what we needed to frame the glued jigsaw puzzle. "How much?" she asked. The worker hesitated a bit and said five dollars would do. She bought it. The frame is all metal, well made, typically reinforced with small angles at each corner.

- Why did the previous owner get rid of the picture?
- What had been the price of the picture?
- When did this picture get taken to the thrift shop?
- How long had it been sitting at the back door?
- What would been the price if it had gotten into the workroom pricing area? More? Less?
- Why did my wife go shopping at that exact day and time?
- How often does the thrift shop get a picture that big?
- Why did my wife go to that particular thrift shop?"

All questions to consider.

While we were living in Seaford, one of the rectors of our church had a favorite saying: "There's no such thing as a coincidence." I always thought, "Yeah, yeah . . . sure. That's a nice, cute, trite, meaningless expression." Now, I must admit I have become more spiritually oriented in my thinking. Our rector's expression now had taken on a new meaning that has been thoroughly verified by the happenings documented in this narrative.

**By Mildred Weidman.**

## **Book report**

Eternal, by Lisa Scottoline, is another coming of age story, or is it? Elizabetta, Marco and Sandro are growing up in Naples, in Mussolini's Italy. Readers learn about changes to the country and the increasingly restrictive conditions on its citizens.

After Italy joins the Axis, Hitler's Jewish regulations sends Sandro to a concentration camp. Marco joins the Italian army. Elizabetta tries to survive as best she can with her infant son. When Italy tries to pull away from the Axis powers in 1943, German armies invade, and life changes dramatically.

Eternal is a heartbreaking story of the best and the worst the world has to offer. Scottoline's description of scenes around Naples are beautifully painted. Her portrayal of her characters and their challenges are engaging. Hard-to-put-down describes reading this amazing story. It is much more than a coming-of-age novel.

Eternal shares this year's History Book Festival Award with a biography of Lady Bird Johnson by Julia Sweig.

Lisa Scottoline has authored many books, mainly mystery thrillers. She began her career as an attorney in Philadelphia with a major law firm. After several years, Scottoline took time off to be with her young daughter and to write a manuscript in her free moments. She has never returned to the law.

She is a New York Times bestselling author and has won Edgar Awards for her crime fiction. We have several Scottoline books in our library, including Eternal.

Enjoy!

**By Judy Burgess**



## **A Swiss Christmas**

I was raised in the historical City and Canton of Solothurn. Solothurn is known as Soleure in French, Soletta in Italian and Solodurum in Latin. It lies at the foot of the Jura Mountains on the Aare River, midway between Basel and Berne. Its official language is German.

As a child among family, relatives, church and school, I remember Christmas as a time of lots of snow for sledding, ice skating and skiing, and a time for a real Tannenbaum in the house.

Christmas started on December 6 with Saint Nikolaus Day. Originally, this individual appeared on the scene dressed in clergy garments complete with a bishop hat and a bishop staff. The man was known as "Samichlaus." His helper "Schmutzli," carried a heavy sack over his shoulder loaded with all sorts of fine edibles such as nuts, oranges, gingerbread, etc. Saint Nikolaus's purpose was to announce to the children the approach of Christmas and to remind them to be obedient to parents and teachers. The naughty boys and girls received a stern warning and another chance to improve their unacceptable behavior before December 24.

Saint Nick was also an excellent baker. When the evening sky turned red, my grandmother admired the beautifully colored horizon and claimed that Santa was firing up his oven to bake bread.

Some evenings, we listened to the children's program on the radio. Saint Nikolaus visited the Studio located in the Capital City of Berne on this special occasion. We got excited to hear his voice from so far away. I wondered how it was possible for this famous Saint to come to our house. Looking back, I see that I was happily living in a fantasy world.

Another custom invited children to write a letter to the Christ Child to reveal our secret wishes. The paper was placed on the outdoor windowsill for the magic pickup, and the next morning the mail had been collected.

Except for an Advent Wreath, I remember no outstanding decorations prior to Christmas but for one large artificial tree downtown in the window of the Department Store. The candles were lit electrically with the single push of a button, my mother explained. Father called it progress.

Father made sure that a Christmas tree landed at our house, too. Mom decorated it with real wax candles. I still see the carefully placed metal clip holders where the candles were secured. Some of the décor items contained real chocolate wrapped in colorful foil around molds of bells, stars, hearts, pine cones and Santas. They were tempting articles for snitching, but we had to wait for such a treat until the tree was dismantled after Three Kings' Day on January 6.

My grandparents were the guests of honor for Christmas Eve dinner. This was the only occasion during the year to have my watchmaker Grandpa over at our house. Ever since I knew him he had problems walking due to an accident on a frozen pond years ago. On Christmas Eve he was comfortably seated on a sled for a ride to our house. He looked so aristocratically calm and content wearing a Russian fur hat while puffing on his pipe. I liked him much better than Santa.

Children were not allowed to enter the festive room until dinner was served and the candles lit on the Christmas tree. The anticipation seemed endless.

There was a proper ritual and sequence before any present could be touched. First, my father read the Christmas Story from the Bible; then each child recited a poem. After that ordeal, mother accompanied our Silent Night song and more carols on the harmonium, also known as a pump organ.

Finally, the present exchange started. There were no elaborate gifts but unanticipated surprises, pleased facial expressions and thank You whispers. Neither was there any ripping off of wrapping paper or tossing out of ribbons. These items were saved until next Christmas.

Uncles, aunts and friends stopped by for a visit between Christmas and Epiphany. Bags of homemade cookies and chocolates were exchanged. Nobody mentioned calories. Every night the Christmas tree was lit for another while until it came to the last glimmer when the lights turned bluish and naturally burned out.

Three Kings' Day was fun. At teatime, a coffee cake topped with a golden cardboard crown was served. Somewhere inside the cake a little king figurine was hidden. The lucky recipient was declared the king or queen for the remainder of the day and given the privilege of wearing the crown.

Also, on December 25, the Children's Sunday School classes presented their Nativity program for the congregation. Each child received a gift bag filled with fruit and sweets. They were tagged with each Sunday Schooler's name since there was a personal surprise within, an additional present chosen by their Class Teacher. The Church Tannenbaum was enormous. Skilled volunteers using long bamboo sticks with a lit candle attached at the end point were able to reach every single candle on that tree. Believe me, it was an awesome sight. It taught me how to look up!

A few years ago when visiting my hometown in Switzerland around Christmastime, we were joining the congregation during the Children's Sunday School celebration. The traditional Christmas tree was, as in past times, huge and still lit in the same old fashion. Observing the little ones dressed up as angels, shepherds and kings for the nativity scene zooming around that tree, I was holding my breath. I was probably the only nervous guest in the audience who worried about a fire hazard!

I consider myself a down-to-earth individual. However, I can get sentimental when I pretend to hear the bells of the Hometown Cathedral ringing, all of them together at the same time. There are 11 of them. This number represents the uniqueness of Solothurn's special features, one of them describing Pher the most beautiful Barock City of Switzerland.

**by Elspeth Wahl**

### **Rathskeller Ramblings**

Scottish ale is now almost ready. It seemed that initial fermentation had failed. After brewing and boiling and adding (pitching) the yeast, the resulting liquid (wort) is transferred to the fermentation vessel. The vessel has an air-tight lid to prevent wild yeasts and bacteria from contaminating wort. There is an air lock with water that will bubble signifying fermentation. First

stage fermentation usually takes 3 to 5 days. This is when the air lock bubbles fastest.

Well, as life happens, I got busy and didn't check on it for a few days. Uh-oh, no bubbles. Fermentation failure. Remember I had runaway fermentation on an earlier batch. Now, it's the other end of the fermentation rate spectrum. What went wrong? What to do? I recalled I had pitched the yeast but had forgotten to stir

the wort vigorously. Vigorous stirring and agitation put air (oxygen) into the wort. Yeast needs oxygen to do its work. Possible problem; I had stirred the yeast all throughout the wort. This is a top-fermenting yeast and the yeast is sprinkled on the top of the wort. Had the stirring somehow rendered it ineffective? Not likely. The yeast was well before the expiration date so that wasn't the issue.

What to do? I had some yeast on hand so I could add more yeast without affecting the brew. I removed the lid to add the yeast and lo and behold, the batch had fermented perfectly. The alcohol aroma was there, the foam residue was there, and the alcohol content was spot on.

What happened? Scottish ale has a low alcohol content therefore first stage fermentation completes very quickly. It was over before I could get to see it.

On to bottling. Recall that excessive foam had been a problem. I've been reducing the priming sugar added at bottling. Well, I went too far this time. There is now too little carbonation. To fix this I'll just remove the caps, remove a small amount of ale (to make room), add more sugar solution and recap. It should work out. Stay tuned.

**Jim McMullen 11/01/2021**

***I generally avoid temptation unless I can't resist it.***

***-Mae West***

***Talent is a target no one else can hit.***

***Genius is a target no one else can see.***

***--Arthur Schopenhaur***

### **New Residents**

**Connie Fisher Apt 205**

**Janice Brierley Apt 134**

**Carol Fazzio Apt 234**

**Franz and Rosemarie Portmann Cot 24**

**William and Vicki Littel Cot 42**

### **In Memorium**

**Mrs. Mary Ann Stock**

**Mr. Bruce Chappelle**

**Ms Allison Dench**

**Mr. William Dunn**