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# CALRA FREE PRESS

Cadbury at Lewes Residents' Association

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## CALRA BOARD OF DIRECTORS

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West Wing ..... Ruth Olsen  
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Newsletter ..... Pat O'Hanlon  
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(at-large Member : Jim Sylvanus)  
Program ..... Nancy Krail  
Woodworking .... Ron Trupp

### Monthly Board Meetings:

Second Monday

### Association Meetings:

Third Monday

Dear Cadbury at Lewes Friends,

This will be the final message I submit to the newsletter as President. In November the Nominating Committee will announce a slate of officers and at the December meeting we will have an election to choose a new President and Vice-President. Please know it has been my great joy to serve you all.

**To the Area Representatives** - Thank you for the due diligence you displayed as you warmly welcomed our newest neighbors, helping them to successfully master the hard work of moving in and to continue to look for ways that these new friends can feel comfortable and experience a successful integration into the community.

**To the Committee Chairs** - Thank you for seamlessly carrying out your responsibilities and for allowing me to sometimes sit with you in meetings where you discussed, discovered and carried out new and creative ways to enrich our living in Cadbury at Lewes.

**To the Board** - Thank you for taking responsibility to oversee the diverse work of the Board. Thank you for your comfort level in lively dialogue, your wisdom and fearlessness in searching out ways that CALRA can best support a vibrant Cadbury at Lewes lifestyle.

**To the residents** who serve as representatives on the CAL Committees and especially those who tirelessly and successfully labored to give residents an opportunity to take advantage of federal tax benefits.

Thank you.

**To Cadbury Administration** - Thank you for courtesies shown.

Adele Hudson Trout, President CALRA



Franz and Dot Adler - C46  
Bent and Renee Boving - Apt. 132  
Joan Gaffney - Apt. 242  
Robert Hastings - C6  
Joan Jennings - Apt. 103  
Jeanne Larned - C16  
George and Barbara Sumereau - C33



## LIBRARY LINES

As mentioned in the CALRA meeting, the library committee is interested in some volunteers to push the book cart around the Health Care Halls, upstairs and down. It now sits opposite the elevator in Health Care and the Assisted Living Residents seem to be well aware that it is there and I think most of them are availing themselves of the books. Some residents need to have the service taken to their rooms. If you volunteer it could take a bit over an hour to do it. You could volunteer to do it once a month, every two weeks or once a week. We do have three volunteers already and we will be glad to help you get started. So, give me a call at 644-1507 or put a note in my cubby C27. Thanks.

*Mildred Wiedmann*

P.S.

The reason you have seen egg crates in the library is that we use them for spacing books out from the back of the bookcase. Well, I think we have enough. Thanks for your donations. MW

NOTE: It has come to our attention that perhaps some residents are not aware that as new books (donations) come into the library a listing is made of these books. These listings come out periodically as needed and they are sent via e-mail to residents on the CALRA e-mail list. A paper copy of this listing is also posted on the east bulletin board in the library.

## BOOK REVIEW

As we stroll the beautiful autumnal Cadbury campus we register the changes in color and the less intense strength of the sun, the increasingly early sunsets. We can no longer deny the seasonal reality that very shortly we will face the brisk fall breezes, the mists and chilly rains of November, prompting us to plan for diversion and comfort within our own walls.

Do some of us succumb to the "the blahs" or the blues as Mother Earth settles into seasonal repose? What to do to remain mentally active and engaged as we nestle down to await spring's rebirth? The Library Crew suggests seizing this opportunity to renew our acquaintance with the treats and stimuli of our great library. Recent months have seen an influx of varied and enticing donations running the gamut from the historical to the frivolous. Do stop in to browse our shelves for just the right medicine for your mood or balm for your brain.

I recently read The Goldfinch, (a much acclaimed novel by Donna Tartt) that occupied the best-seller list for many months. The author was awarded a Pulitzer for this work, her third novel, published in October 2013. It has the potential to keep you engrossed for many fall or winter hours as it is lengthy and densely written.

The Goldfinch in question is a painting of the bird in a painting by a Dutch master of the Golden Age of Dutch art. The artist had been a pupil of Rembrandt, teacher of Vermeer. The bird illustrates beauty in captivity, for the exquisitely rendered bird is held in place by a chain keeping it in a small space. The protagonist of the novel, Theo Decker, first views the painting in the company of



his mother at a museum immediately prior to his whole world being blown apart. An explosion kills the adored mother, but somehow thirteen-year-old Theo is spared; he escapes the chaos, rescuing the painting for which he thenceforth assumes the role of protector. His mission evolves into a saga of adventures and personalities ranging from kindly doormen to an amoral father who reappears into his life to friends Andy, Boris and mentor Hobie.

Theo, however, is not a heroic figure. The tragedy of his mother's death thrusts him into a position of dependency; the worlds of his successive caretakers parade him from Park Avenue to Las Vegas, back to New York, and eventually, to Amsterdam.

Left largely to his own devices by his father in the desert of an outlying Las Vegas housing development, he and new found school friend, Boris, a Ukrainian emigre, pursue all manner of misadventures ranging from truancy to shoplifting to feed themselves to serious drug experimentation facilitated by the neglect of Theo's father and his girl friend.

Fate returns him to New York where he feels he belongs----Nevada was always a misfit for him. The goldfinch painting continues to occupy a symbolic role as Theo's life, adventures and misadventures unfold.

I became thoroughly captivated by this beautifully written narrative although I found the book to be longer than needed. But the descriptions of the various locales influencing Theo's life are deftly executed; I found myself becoming reacquainted with Manhattan through his wanderings. The reader who selects this book to chase winter's doldrums will embark upon an interesting odyssey to an unexpected ending.

*Elsie Gould*

## String Quartet Concert at Cadbury at Lewes

On Tuesday, September 11, 2014, residents of Cadbury at Lewes were treated to a presentation by the Shrewsbury String Quartet under the leadership of Tony Gizzi. They pleased the audience

with both popular and classic pieces, ranging from the ever popular "New York, New York" to the "Eine Klein Nachtmusik" of Mozart. The Kalmar Nyckel Auditorium was full, with good



representation from Assisted Living and Safe Harbor as well as from Independent Living residents.



Tony & Maggie Gizzi

The occasion was especially welcome because Tony is the husband of Maggi Gizzi, manager of our Assisted Living functions at CAL, who introduced the group. Tony and Maggi have recently moved to Lewes from Riverton, New Jersey, where Tony manages quartets that perform at over 200 weddings and other events each year in New Jersey, Pennsylvania, and Delaware.

Playing in this event in addition to Tony Gizzi on the cello were:

- Ralph Santos – viola
- Michele Peters – violin
- Christopher Yoder - violin

It was a distinct pleasure to have the Shrewsbury Quartet perform for us at Cadbury at Lewes.

## CADBURY CHORUS

Christmas is in the air! Well, at least that is so on Monday evenings. That's when the Cadbury Chorus rehearses for their next program. Everyone is welcome to join in on the fun and learning under the talented guidance of Jerry Birl, "Music Man Extraordinaire".

We can always use more folks singing in all the parts so don't be shy, come join the fun. No auditions allowed no matter how much you insist!

This year's program, as in the past years, will feature many familiar Christmas pieces, some novelty pieces such as "Christmas Is No Time To Start A Diet" and also beautiful sacred selections. We will finish with everyone joining us for the best caroling session of the season.

Mark the date for rehearsals--Mondays, 7 to 8 p.m. in the Auditorium; and the date for the program, Monday, December 15<sup>th</sup>. Mondays are the best of all evenings!

New folks who have questions please call Carol Bishop at 645-0594 and if you are not new folks, I'll still answer your questions.

*Carol Bishop*

## *The Blue Bloods of Delaware Bay*

It may be very difficult to believe but horseshoe crabs have been around in their present state for some 450 million years. But perhaps, even more difficult to believe, is that today the single largest population of them, anywhere in the world, exists in Delaware Bay. That number is thought to be about nineteen million far exceeding any grouping located in other world areas.

While most other animal species have faced extinction over that vast time period, horseshoe crabs have found a lasting home in the mud and sand at the bottom of shallow inland waters so prevalent in much of Delaware Bay. Horseshoe crabs are really not crabs at all like true crabs, lobsters and shrimp.

Rather, they are more closely related to a group that includes spiders and scorpions. Because of their origin so many millions of years ago, they are considered "living fossils".

For a fossil the horseshoe crab plays a vital role in the modern medical world where the crab's blood, actually blue blood, is used by the pharmaceutical and medical device industries to ensure that intravenous drugs, vaccines and the like are free of bacterial contamination. Nothing else works as easily or reliably in these instances. Because of its unique quality the crab's blood is reported to be worth more than fifteen thousand dollars a quart. Many of the collection facilities sap about one-third of a live crab's blood for this purpose. They are then returned to the wild but with unknown consequences about their eventual fate.

They are also an important source of bait for fisherman in North America and a desirable food source in Asia. Both of which have had an impact on their declining numbers around much of the world. Concern about fishing for horseshoe crabs locally has led to a temporary ban in New Jersey and is restricted to males only in Delaware. Another factor in their decline is the degradation (foul water) or decrease (man's invasion of beach areas) of their habitat.

There is another fascinating development involving Delaware Bay and horseshoe crabs. The bay is one of four main staging areas for migratory birds on the continent. Among those many birds, from time immemorial, has been the red knot which visits the bay area each spring after a taxing flight from the tip of South America to their summer quarters in the far north. For a period of some two weeks, while the female crabs lay their eggs - which can be between 60,000 to 120,000 in batches of a few thousand at a time - the red knot will roam the bay's beaches and eat many tons of eggs to regain half of the body weight they had lost in flight. They can propel themselves at forty or fifty miles an hour in flight.

For all the predators searching out horseshoe crabs, the good news is that in the bay area the Delaware Department of Natural Resources and Environmental Control report that egg densities on



the beaches was the same in 2013 as in 2012. So, hopefully, the locals of Lewes will go on seeing this phenomenon in the years ahead.

Ian Frazer in an article in a recent issue of the New Yorker magazine titled "Blue Bloods" quotes Matthew Schafani, a horseshoe crab admirer, as observing: "What other marine animal comes up by the thousands right on to the beach." Frazer himself in concluding his piece offers the idea that among other things there is a need to work harder to preserve these amazing creatures in the wild. He noted that an international group has been working to have the United Nations declare the crabs a World Heritage Animal. He went on to say: "Why not a World Heritage Animal? Giving that designation to horseshoe crabs would provide conservation groups, especially in Asia, with a lot more authority in working to preserve them. The first animals on earth were invertebrates. It would be really cool if this invertebrate became the first World Heritage Animal".

To that one can only say – amen. The "Blue Bloods of Delaware Bay" need all the help we can give them.

A final thought: Don't ever pick them up by their telson – that pointed tail. The Blue Bloods deserve respectful treatment. Handle them along the rim of their shell. They are harmless to humans.

*Bill Gehron*

## *Christmas Has Come to Buy the Sea Gift Shop*

Be sure to stop in the Buy The Sea Gift Shop sometime soon, as Christmas décor and gifts are already taking over from Thanksgiving and the pumpkin patch. Boxed and individual Christmas cards are now on sale, along with a wide variety of personal and household items for gifts. Several Christmas trees, some wreaths, and several sets of electric candles for your windows have been or will be on sale.

This year, for the first time, the Gift Shop is

carrying Kevin Fleming's calendar and note cards, all with his beautiful photographs of local scenes. They may satisfy your own purposes or may fill a need for gifts for friends and relatives.

Don't forget the Gift Shop now also carries a variety of sizes of hearing aid batteries, available at an attractive price because we buy them wholesale. On hand are sizes 10, 13, and 312. If we do not have the size you need, just let us know and we will order them in.

A continuing stream of donations has kept the Gift Shop well supplied this year, but we are always in need of additional items, especially costume jewelry. If you ladies find you are no longer using some of your pieces, we would always be glad to help find a new home for them. And as you're scaling down your cottage or apartment, please keep us in mind as a way to unload those unwanted items.

*Ruth and Gil Kaufman*

## *Who's Who at Cadbury Ericson (Eric) Tabaco*



**Eric Tabaco**, one of our favorite physical therapists, was born in La Union, Luzon in the Philippine Islands in 1975. He was raised in metropolitan Manila. He graduated with a Bachelor of Science in Physical Therapy from Emilio Aguinaldo College in Manila in 1997. After graduating, Eric and some friends set up an outpatient rehab clinic in Marivelez, Bataan, across the Bay from Corregidor Island, well known for its place in WWII history.

After getting several years of experience there, Eric set out to broaden his horizons in the Sultanate of Oman, where his father worked as a civil engineer for Oman's Ministry of Defense. He worked in Oman for about three years, after which in 2002, he migrated to the USA. In 2008, after several years working in Port Charlotte, FL, and Jersey City, NJ, Eric joined the physical therapy company Sundance (now Genesis) and began working here at Cadbury.

Eric has focused primarily on geriatric rehab, and several of us can attest to the fact that he does a marvelous job at it. He has the skill to push us just about but not quite to the limit of what we can stand, then let us relax and recoup before going on some more.

Eric married Cristina Bailon, also a native of the Philippines, in New York City and they have two daughters, Chloe-Erika, aged 8, and Chelsea-Elise, aged 7. His hobbies include basketball, fishing, and (a work in progress) golf. He also enjoys reading inspirational books such as *The Alchemist*, *The Shack*, and *Tuesdays with Morrie*, and experimenting with different cultural cuisines.

Eric says he is blessed to be working in a wonderful community with a group of professional colleagues dedicated to providing quality care to the residents of Cadbury at Lewes. Those of us who have had the good fortune to have Eric for our PT would add that he is doing a GREAT job of it!

*Gil Kaufman*



Thank You Jane McCurry

The Monday Evening Bridge Group has expressed its thanks to Jane McCurry for her five years of continuous leadership. We have all recognized the organization, diplomacy, and fine spirit, which she has shown throughout the years. She will be difficult to follow.

*Meryl Chapin*

## WANTED

Residents who have collections that they would like to share and display in the main lobby should contact **Don Wiedmann** at 644-1507 or put a note in his cubby, C-27. It doesn't necessarily have to be something exotic and valuable as some collections have been. It can be something ordinary, unusual and not of much value.

## FALL FESTIVAL

"Three for one, four for one, get six for one, cats'-eyes, glassies". You could hear those announcements in late August on the play street, barred to traffic, in front of Public School 67. A group of eight to ten year old boys set up empty cream cheese boxes in the street butting up against the curb. Each box had three or four notches cut into them. The notches were somewhat larger than a marble. Some were larger than others, making it easier or more difficult for marble entry. The smaller the notch the more difficult for the marble to enter and the greater the reward. The neighborhood grocers gave boxes to the boys who asked for them. Cream cheese was sold in bulk to customers. Boxes were then available when empty. Butter was sold from tubs and cut to buyers' requests. Tubs never came into any street play. Once the boxes were positioned the dealers would sit on the sidewalk and straddle the boxes with their legs, feet positioned in the street. All was ready for play and winnings of "immies" (New York jargon for marbles). Of course there would be losers. Players had to stand in the street at a chalk mark drawn earlier. All had paper bags filled with "immies" in one hand leaving the other free to play. The game went on for an hour or so with rolling of immies aimed to win the greatest number of prizes. If players tired they walked off the playing line and across the street to Sherman's candy store quickly drinking a two cent bottle of soda or penny candy and return to play which continued until sundown. Supper hour was soon. All boxes and immies were gathered up. As school opening day got closer immies games were changed to one on one challenges where a player would place a marble



in the street up against the curb and another would, from a long distance, try to hit the opponent's marble and win it. All 'immies' activities ended with arrival of cold weather, snowstorms and ice. Next August would see a new tournament. It was a long way off until the end of classes.

*Stanley Goldstein*

### Dog Owner Etiquette

We ask all dog owners who walk their pets around Cadbury property to please follow the guidelines in regard to picking up after their furry friend. Please advise your visitors who bring a pet along that they too are expected to help us keep Cadbury clean. Also please remember that dogs outside should always be on a leash.

## PMIs Can Convey Good News Too!

All Cadbury residents know the routine: something goes not to our liking, so we fill out a "Please Mention It" form (better known as a "PMI") and turn it in, and trust that our Executive Director or someone on the management staff will take care of the problem. A PMI can always be used to let Cadbury management know about something you observed that you did not care for.

And these PMIs do get definite attention! Carol Holzman reads and addresses them to the extent appropriate at the next Afternoon Exchange (held every two months). If necessary, Carol makes a personal follow-up about it.

Please keep in mind that PMIs can be used to pass along good news too! Just like the comment cards for the dining room, where we report meals we especially enjoyed as well as those that had too much or too little salt or whatever. The same goes for PMIs. Let management know the good news as well:

- Did you notice how nice the Cadbury landscape looked after the latest mowing? Tell Carol and Chuck about it with a PMI.

- Did you have a positive stay in Skilled Nursing recently? Tell Carol and Cheryl about it with a PMI.
- How quickly the security team showed up when you had to pull the cord last week? Let management know!
- How about that great job Dave did cleaning your rugs? Let Chuck and Shar know about it?

Such positive PMIs will get definite attention too! Not only will Carol Holzman read them at the next Afternoon Exchange, but all the appropriate directors post them for their employees to see so all of the involved staff get the benefit of the feedback.

So let's not always be the silent majority! When things are going along well, let others know about it!

## Christmas Lighting with Figural Lamps

Do you recognize the characters in Figure 1? You probably do recognize Howdy Doody, his sister Heidi Doody, and a friend, Mr. Bluster, but you may not have expected to see them as electric Christmas lamps, which is what they are in Figure 1.



Figure 1

With all of the sparkling miniature lights for both indoor and outdoor Christmas trees these days, it is easy to forget the older but more interesting types of lights available from the '20s through the

'50s known as "figural lamps". The conventional from the comics like Dick Tracy or Andy Gump and lamps would be substituted for with figural lamps shaped like flowers, birds, fruit, and even characters fairy tale characters like Humpty Dumpty and the Queen of Hearts, like the set in Figure 2



Figure 2 - A boxed set of Fairy Tale Character Figure Lamps

Interest in figural lamps goes back to the time of Thomas Edison. It was 1886 when he and Englishman Joseph Swan independently found the key to making electric lights practical, and after Edison founded the Edison Electric Lamp Co. (the forerunner of the General Electric Corp.), it was not long before they started producing a number of designs of figural lamps.

European companies also got into the production of figural lamps quite early, the finest and most detailed coming from Austria and Germany. Two examples are shown in Figure 3, an unusual Father Christmas and a Joker, both produced in the 1920s.



Figure 3 - Two early figural lamps

To be clear, these character lamps were not just covers over smaller lamps inside; they really are the evacuated glass lamps with only the carbon or tungsten filaments inside. A little later some companies did produce nicely detailed figural lamps that incorporated a smaller lamp inside the external painted cover. One of the nicest of these is illustrated in Figure 4.



Figure 4 - Figural covers with enclosed lamps



Figure 5 - Candle-lit antique Christmas tree

Of course, one of the best ways to get into the spirit of the holidays is with a tree lit with candles, even if they are artificial ones. The tree



illustrated is from the Kaufman household in the 1960s, and the figural lights pictured above were from our family collection.

*Gil Kaufman*

## **Cadbury at Lewes is for The Birds, Bees, and Butterflies**

That's right! The birds no longer have a monopoly on the Cadbury grounds. We welcome the bees and the butterflies. We will start our report with the birds and then become fascinated by the bees and butterflies.

As we moved into September, residents were still seeing the ruby-throated hummingbird in abundance. This was because the female had fledged her second nesting of young. All hummers were busy fattening up for the first leg of their flight to Costa Rica. Bill Peterson reported seeing three hummers at their feeders. This might be because wife Lois had planted a beautiful garden of bright red begonias. The hummers are especially drawn to red flowering plants. Pat Johnson did not need a hummer feeder since the hummers were feeding on her blooming lantanas all summer. We too did not have a hummer feeder out and saw them feeding on bee-balm and other red flowers. Jan Bendrick and Lois Nickerson had hummers at their feeder until the third week of September. Hummingbirds often return to the same site the following year if it met their needs. It seems likely they will return next spring.

Want to know more about hummingbirds? Our library received a donated book on hummers. The book is titled *Hummingbirds-Beauty in Flight*, and is on display under the clock. It notes that there are 330 species of hummingbirds in the western hemisphere, 21 species in the U.S. with 4 in Delaware. It has many photos of hummers.

Ed Carter's apartment faces the west pond and he takes great pleasure in watching hummers and gold finches feeding at his feeders. But one day he was excited to see 15 mallards in the west pond and reported it to us. But they left and have not returned. Mallards are rarely seen in the west pond after Cadbury stopped feeding them. So the west pond now seems placid and dull without the mallards. When the September northeaster storm poured four feet of water into our retention basin at the Cadbury entrance 15 mallards arrived and fed from the basin until the water was gone. No mallards visited the west pond during this time. Mallards feed on seeds, snails, slugs, insects, small fish, beetles, roots and tubers. From our cottage window, we have a full view of the retention basin and noticed that the mallards glean food from the water's edge as it reseeds. When the water recedes enough, the mallard will tip toward the bottom with just the tail end showing and brings up food. This is called dabbling. Then when there is not enough water to swim they probe for any food left in the muddy bottom. Then they leave. So the mallards may reject the west pond because the water is too deep for dabbling. Bill Gehron, while working out in the gym saw a great blue heron landing in the back pond searching for food. A couple of weeks later Bill saw the heron land in the west pond where its long legs enable it to find food. So there is food in the west pond for the right bird.

September and October have been quiet months for birds at Cadbury. The robins, black birds, and cardinals have gone south or into the deep woods of Sussex County. Our years around birds include finches, sparrows and mocking birds. Not missed are the cowbirds, grackles and starlings. But they will be back soon.

### **Cadbury is for the bees**

Cadbury resident Dean Hoover is a farmer, college professor, cabinet-maker and probably a holder of

more skills and knowledge unknown to us. In late 2013 Dean had thoughts of building an indoor beehive in his apartment. He shared his plan with Bill Gehron who felt it was a good idea. Bill called a meeting of Dean, Tom Lord and Jim Bazzoli. At the meeting it was agreed that an observation hive would be an asset to Cadbury and the community. The purpose of the hive would be: 1. Education of the Cadbury community and its' neighbors, 2. Preservation of trees, flowers, gardens, and crops in and around Lewes. 3. Honey in the gift shop for sale and use in the dining room. Next, Dean consulted with Executive Director, Carol Holtzman with his idea. She approved of the idea, but suggested that the hive be placed where all residents could enjoy the bees. The library was chosen. Dean designed and constructed the hive. Residents were invited to a meeting in the auditorium with Tom Lord, and Dean to learn about the bees and their living in an indoor hive. The bees were ordered for mid May. On the arrival of the bees, residents gathered in the library to watch Dean put 9000 bees into the hive. The program came "alive".

Our hive is home for the honeybee. The queen bees were imported from Russia to the U.S. because of their resistance to mites more than our native bumblebee. The honeybee produces more and superior honey than any of our native bees. Residents of the hive include the queen who produces eggs to populate the hive. The queen may live up to four years and lay over one million eggs. The drones are the only males in the hive and mate with the queen. In the fall, when the bees hibernate, egg production stops and drones are thrown out of the hive to die since they are no longer needed. New drones will be created in the spring. The majority of bees in the hive are females, called the workers. They do work indeed and there are thousands of them in the hive. They make the honey, feed the baby bees, build the wax comb and keep the hive clean, including removing dead bees. The workers

also leave the hive to collect nectar and pollen and in this process also pollinate plants. In the summer workers live about six weeks. They live longer in the winter because they are less active. What remarkable critters!

Monitoring a hive is important. For example, Dean got in touch with the farmer that farms in our area to inform him of our bee hive and asked if he could let us know when he will spray his crops so that we can keep our bees in their hive. He was happy to do so, since he knows that bees are great pollinators and will increase the volume of the harvest. Dean will keep the bees in the hive to save them from possible death. In mid September the bees had pickup mites. Dean removed the hive to the outside rooftop and covered the bees with powdered-sugar. The bees cleaned up the sugar along with the mites.

If you would like to know more about bees than our short overview, look at the top of the bookcase at the wall next to the beehive, and you will find books and literature on bees.

#### **Cadbury is for the Butterflies**

We regret that we could not finish this report. It will be in the next issue.

*Frances and Jim Bazzoli*

#### *IN MEMORIAM*

*Harry Collins*

*Helen Scott*

*Elizabeth Shields*

