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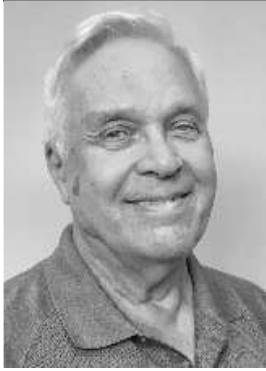
The Moorings at Lewes Residents Association

Vol. 15, No.1

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TV Channel 970

www.tmalra.org



President's Message

The Moorings is a fun place to be. There is a lot going on. Just look at our two-page Activities calendar. Is there any other IL facility with this volume and variety of activities to keep us occupied?

We have a Gift Shop filled with treasures and bric-a-brac; a library literally overflowing with gripping novels and elevating non-fiction works; excursions several times each week to nearby restaurants and attractions; and our very own Residents' Association website to keep us all informed.

Much of this comes about thanks to our cadre of dedicated volunteers. I hope you will consider becoming a volunteer. It is a chance to spend a few hours a week helping keep The Moorings a fun place to be. It is a chance to meet and get to know other resident members. It is a chance to feel like part of the community and add purpose to your life. Our older folks are finding it necessary to step back and slow down. We need your talents to maintain the high quality of life we enjoy.

To see if there is something that is right for your volunteering talents see one of the committee chairs or your floor or cottage representative. You can rely on past work and life experience or be willing to learn something new. So come on and give it a try. I think you'll find it enjoyable and rewarding.

Stay well, Jim McMullen

Small vices

written by Robert B Parker

Robert B Parker is a prolific writer having written more than 50 novels. Since his death other writers have used his characters and style to write books with titles which includes Parker's name. Robert B. Parker's *Slow Burn*. For example, was written by Ace Atkins and Robert B. Parker's *the Hangman's Sonnet* was written by Reed Farrel Coleman.

Parker's characters are well written and immediately enable the other writers to create plots built around them which read very much as though Parker himself wrote them. The chapters are all short and the banter among the players is fun and lively.

Small Vices is a novel actually written by Parker and uses one of his frequent characters. Spenser, a private investigator is hired to determine if a convicted killer may have been found guilty of the murder of a college girl because of a faulty defense provided by an inexperienced young lawyer. There is no question the convicted man is a bad guy but this crime doesn't fit the mold of his previous record and the case which convicted him rested on anonymous calls and tips from two witnesses who were less than completely credible.

The novel includes a number of Parker's usual Characters. Hawk is a well dressed sophisticated black man who often backs Spenser up, while Vinnie is a hood working for Gino Fish (think mob boss) and Healy is a highly credentialed member of the state police force in Massachusetts. Then there is Susan, Spenser's lover. She is a psychiatrist who sometimes offers insights that are helpful to

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Board Mtgs 2nd Monday
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Spenser in dealing with the complexity of his cases.

Parker writes with a good deal of humor. In his first meeting with the so-called witnesses to the crime, he writes that "neither of them looked like they had a childhood. Probably they were too busy being rich.

In *Small Vices*, Ellis Alves, the convicted man, accused of the murder of the coed was clearly railroaded and the fact that he was black was thought to be the clincher in proving his guilt. As Spenser investigates he runs up against some very wealthy people and people high in the community including various police force members.

Spenser eventually determines who the actual killer is and how the crime was covered up. Alves is determined not to be guilty and is released. This after Spenser is warned off the case several times and finally is shot in the back. He spends months recuperating. That, of course, doesn't stop him as he continues to work the case bringing it to a successful end.

All his cases, of course, end that way, successfully.

Kitty Eichenlaub



The morning exercise class presented Shirley with a T-shirt featuring her favorite saying "Do eight more".

Don Smith

This article was submitted before the last newsletter but it somehow went astray. It is still appropriate even if a bit late.

Our community lost one of its best workers, Charlie Oliver, on September 12th at the young age of 70. He was here from the beginning, joining the support staff of Cadbury in May of 2007. Many residents have shared their memories of him – “always ready to help”, “a good soul”, “doing lots of the dirty work”, “solving so many electrical mysteries”, “strong faith and a fixture in his church”, “one of the best that made us a community”. “wouldn’t have had the easy move into our apartment without Charlie guiding us”. Charlie will be greatly missed by so many of us.

— **Curt Christensen**

Recyclers Ride

The Friday Recyclers group often bikes toward food– various goodies at Old World Breads, or ice cream at Hopkins Dairy, Kings or Rustic Acres Farm Market. But we do more than eat!

A recent story in the Cape Gazette about MERR’s (the Marine Education, Research and Rehabilitation Institute) hope to build a new education center at the old Green Hills Light site at the end of Pilottown Road prompted the group to go exploring on our next Friday morning ride. Assisted by a map from the article, the group was able to locate the grass track into the property. Several of our number biked or walked into the woods to see the derelict light keeper’s house and nearby shed.

One observed that the site would already be populated by a plethora of mosquitoes.

The Recyclers are always open to new adventures, and looking forward to a season of healthy fun. Grab your bike and gear, and join us on a Friday morning at 10:15. We don't ride fast and we don't ride too far.

Rebecca Brenner

Memories of travels

We decided (as I am sure many of us have) to eliminate vacations after last year’s trip. We are always reminded that we have our memories and can relive all the pleasant times we have enjoyed over the years.

During the Covid shutdown last year, I was organizing some paperwork and came upon the journal I had kept of our travels over a period of 47 years. I never had a bucket list, but after re-reading my notes, I realized we had completed a bucket list without ever making one. Some of the things we experienced were:

- Attending a bullfight in Madrid, Spain.
- Enjoying the Kentucky Derby in Louisville, Kentucky.
- Walking the Mendenhall Glacier in Juneau, Alaska.
- Drawing the number to determine the winner of the Irish Sweepstakes in Dublin, Ireland.
- Visiting the Eagles Nest in the Alps (built as a gift for Hitler’s 50th birthday) – an idyllic spot for a demon.
- Kissing the Blarney Stone in Blarney, Ireland.
- Cruising the many canals in England in a 65” canal boat.
- Touring ancient ruins in Ephesus, Turkey
 - marveling at the vestiges of an ancient civilization.
- Riding a gondola through the canals in Venice, Italy.
- Taking a boat ride down the river Seine in Paris, France, at night –awestruck by “The City of Light”.
- Visiting 14 different islands, 19 foreign countries, relaxing on 15 cruises and touring many states in the U.S.

I think of these experiences often and realize how fortunate I am to have known the excitement of travel and the peace of

serenity. However I find that these days I derive just as much pleasure observing the ducks, herons and other wildlife on the Moorings west pond while enjoying my morning coffee – and I don't have to leave our apartment.

Claire Thomas

***"How do I know my youth is all spent?
My get up and go just got up and went.
In spite of it all, I am able to grin, when
I think of the places my get up has
been"***

Pete Seeger

THE WIZARD OF OZ PERFORMANCE DATES SET

**June 4th – 3:00 P.M. & June 5th –
7:00P.M.**

Finally, we are 'Off to see the Wizard, the wonderful Wizard of Oz.' We have been on the road from Munchkin Land to the Emerald City for the past two years thanks to covid. However, with so much time to think, the production has just grown bigger and better.

What a wonderful experience it has been to work with such an enthusiastic and resourceful group of singers. After we all had a tutorial viewing of the original musical "The Wizard of Oz", ideas kept popping into our heads and many surprises have been included into our production for your enjoyment.

We will be presenting our original version in the auditorium as part of our Cadbury Spring Concert; Saturday, June 4th at 3:00 P.M. and again Sunday evening at 7:00 P.M., June 5th. We now have 34 members in our chorus and since the invitation is extended to both Staff, Employees and our families, we reluctantly must ask that you attend only one performance.

Each rehearsal day has been a tonic to our old souls and we are sure you too will take away a song in your heart and a laugh-line or two!

Carol Bishop, Chorus Manager

Calling All Book Lovers

Please, please, look in your book shelves, bathrooms, bedside tables for any Library books you have had for a while and are no longer interested in

Members of the Library Committee are missing several books they have ordered months / years ago.

These include: Brian Stevenson's Just Mercy: A Story of Justice and Redemption; Lucy Foley's The Guest List; and Lynne Alson's Madame Foucade's Secret War. The Daring Young Woman Who Led France's Largest Spy Network Against Hitler.

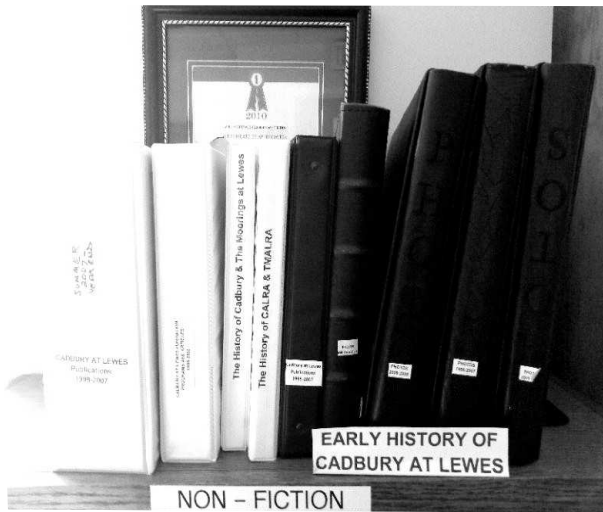
I am sure you might have several more books that could be considered 'long overdue'.

I hope these books will find their way to the 'Return' box in our Library. Thanks a bunch.

Judy Burgess

***Always be yourself; everyone else is
already taken.***

Oscar Wilde



OUR HISTORY SHELF IN THE TMALRA LIBRARY

The History Shelf in the Library has been upgraded and enlarged in content. It is where you can go to find information about the initial development of Cadbury at Lewes, as The Moorings at Lewes was originally known, as well as the development of our resident association, known first as CALRA (Cadbury at Lewes Resident Association) and now as TMALRA (The Moorings at Lewes Resident Association).

The two thinner loose-leaf binders on the History shelf contain texts covering our history from our Cadbury origins through the affiliation in 2017 with Springpoint Senior Living and our change in name to The Moorings at Lewes. One of these two focuses on the creation and growth of the CCRC itself, and the other on the formation and growth of our resident association, CALRA, and its transition to TMALRA. This latter one includes the Passages, a summary of all residents who have passed (graduated?) since Cadbury at Lewes opened. These two thin loose-leaf history books are readily removed from the shelf for browsing, but they are reference books, and we ask that you do not remove them from the Library.

Also on the History shelf are four tall, heavy photograph albums, full of

snapshots of many early promotional events and some of the early gatherings of Charter residents after Cadbury at Lewes was a reality. It is a pleasure for those of us who followed after to look through these volumes to see who you recognize as past or current friends. There are a surprising number of those Charter residents still here. These photograph albums are heavy, and we recommend you use caution in carrying them carefully to the big round table for browsing. Like the texts, these are reference books not to be taken out of the Library, but rather browsed at our big table.

There are three additional, even heavier reference books on the History shelf containing artifacts of the early development of Cadbury at Lewes from the time the first sales office opened in 1999 through Cadbury's opening in 2007. One of these books focuses on the first three years 1999–2002, whereas the others cover a broader range of the period. One of these volumes includes a number of newspaper articles published in those early days, some containing pictures of our early Charter residents, whereas the other primarily covers programs and newsletters documenting the promotional activities. Several of our Charter residents made it into the newspaper articles

Not on the History shelf yet and still uncertain if and how they might be made available are a wealth of CDs containing many more early photographs plus many more loose snapshots.

So, history buffs or just those wanting to learn more about our roots, have at it! This is your chance to learn more about Charter residents, our Quaker origins, and The Moorings affiliation.

Gill Kaufman

***If at first you don't succeed, try, try again.
Then quit.
No use being a damn fool about it.***

W.C. Fields

Drink, drink, drink, drink!

Anyone may become dehydrated, but the condition is especially dangerous for young children and older adults. The most common cause of dehydration in children is severe diarrhea or vomiting. Older adults naturally have a lower volume of water in their bodies, and may have medical conditions or take medications that increase their risk of dehydration.

Signs of dehydration are less frequent urination, thirst, dark colored urine, fatigue, dizziness and confusion.

Don't depend on your sense of thirst. As you age, your body's fluid reserves become smaller, your ability to conserve water is reduced and your sense of thirst is reduced.

Older adults have less water in their bodies than younger people. As people age, changes occur in the water and sodium balance. These problems are compounded by conditions such as diabetes or dementia. Often medications can upset the blood balance and lead to dehydration.

When it is hot and humid the risk of dehydration increases leading to heat illnesses. When the air is humid, sweat can not evaporate as quickly as it normally does. This can lead to an increase in body temperature and the need for more fluids.

Even when the body needs more water, a person may not realize it and continue working. By the time adults feel thirst, they are already suffering early dehydration. No one knows why older adults feel less thirst but the consequences can be devastating.

Water is necessary for nearly every bodily function, from lubricating joints to regulating body temperature and pumping blood to the muscles. So not having enough of it can have serious health consequences.

That eight glasses of water every day is not hard to come by. Drink a glass first

thing in the morning then one at each meal, one more in the evening makes five. Eat a bowl of soup, drink a glass of juice (diabetics should go easy on the juice, perhaps ½ water and ½ juice) and you have got seven. However, coffee doesn't count because it has a diuretic effect causing you to lose water. Coffee or tea should not be counted toward your fluid intake goal.

If you can't drink a full 8 ounce glass of water at one time keep water nearby and sip during the day.

Persons with certain medical conditions such as heart disease have more specific water and salt needs. Consult with your doctor before making changes in your diet or liquid intake.

Sharon Hoover

The Moorings Work Order System

For a variety of reasons, it is desirable for residents to know more about our work order system here at the Moorings, including reasons why many work orders are completed quite quickly and reasons why others may take longer.

Let's look first at the basic mechanics:

- When there is a maintenance issue, residents are asked to call Andy Abele at 302-644-6388 or e-mail him at aabele@springpointsl.org.
- Andy will at that point enter the work request into the Maintenance WorkHub system. If it is a true emergency like water leaking, no heat or air conditioning, or a safety issue, immediate action is taken.
- After Andy submits the work request, the work order is sent to Chuck Palmer who prioritizes the request and assigns the work order to one of the maintenance personnel with an allotted time frame for completion ranging from 24 to 96 hours. Note the following guidelines for prioritization:
 - First priority are any checks of alarms, fire

doors, and emergency alert systems throughout the campus, as required by state law.

- Second priority are any problems which need attention in Healthcare (Assisted Living & Skilled Nursing), regardless of their complexity level, and

- Third priority are Independent Living work orders.

- If after about 72 hours, no action has been taken on your work request, it is recommended that residents call Andy again for a check on the status.

The above priorities are among the things for residents to be aware of that may influence how soon work orders will be completed. Still, the good news is we find that 80-85% of work orders are completed within 48-96 hrs. and most of those within the first 24 hrs.

However, there are other sound reasons why some work orders are not always completed as quickly as we would like, including the following:

- The difficulties in getting supplies needed to complete work orders on the desired schedule continues to be a significant factor with which the Maintenance staff have been dealing.

- A problem, especially through the Covid-19 months, has been the shortage of manpower in our Maintenance Department. It was further restricted for a time by the death of an important member of the group, Charlie Olivere, plus the serious illness of Todd Diener. Fortunately, these staff shortages have now been addressed with two new additions just coming on board and with Todd's return to duty.

- New residents often move into units that have just had significant renovations done by outside contractors. Experience has indicated that when these contractors sign out as finished, they sometimes have missed or overlooked items that should have been handled. So, when a new resident moves into a newly renovated

cottage or apartment, they may immediately find a few additional issues that need to be taken care of. If dealing with these issues requires the involvement of the contractor who did these renovations, the follow-up work may be delayed by their commitments to other projects

Patience can be a desirable characteristic for residents with open work orders in our system, but rest assured the Maintenance staff and its management are committed to getting our issues handled as quickly as possible.

Gill Kaufman

I Enjoy Music!

Most all of us are exposed to music little by little. As a child, I listened to music on the radio, heard and tried to sing songs at school, church and sporting events.

My parents gathered at the piano and sang songs of their days, such as those in the movies starring Jeanette McDonald and Nelson Eddy. My mother would also play a few songs from sheet music.

My dad had learned a few chords which he used to play with a couple of other guys in a country western band of some sort. He had a weird harness that fit over his shoulders and held a harmonica so he could play his piano chords and the piano at the same time.

When I entered high school, I began violin lessons and became a part of my high school orchestra. Participation in orchestra helped me to develop a lifelong love and appreciation of classical music. I admire good musicians but I'm a much better listener than player. In my junior and senior years of high school, I listened to the Saturday afternoon broadcasts of the Metropolitan Opera and broadcasts of the major symphony orchestras.

Among the classics, I especially liked

Rachmaninoff's Piano concertos 2 and 3; Richard Strauss's Death and Transfiguration; Samuel Barber's Adagio for Strings; and Joaquin Rodrigo's Concerto de Aranjuez. In general, I like symphony and orchestral composition, string quartets, choral compositions, operas and music written by many of the Baroque era composers.

I also became a fan of big band music playing songs of composers like George Gershwin, Cole Porter, Jerome Kern. I listened to the radio disc jockeys and live concerts of the big bands, such as those of Tommy Dorsey and Harry James who played in major city hotel ballrooms. Since I lived close to Detroit, I was able to see and hear many big bands and jazz combos while I was in college.

My preference in jazz is that from the late 1940s through the 1960s. This jazz was never preferred by a large audience in the United States but it was popular enough to sustain many jazz artists. Even though this style still exists in this country, it is mostly in urban areas. It is more popular in European countries. In the big bands of the 1940s and 1950s, think Count Basie, Stan Kenton and Woody Herman. Jazz ensembles of 15 to 20 members seldom tour the country today and are likely to be connected to universities or other institutions. This kind of jazz, played by Charlie Parker, Dizzy Gillespie, Miles Davis and Dave Brubeck may be called progressive or bop.

I like much of the music of South America and Afro-Cuban rhythms, too. Since bossa nova emerged in Brazil in the early 1960s, I have loved the beauty of its lyrics and melodies and how they frequently meld with elements of American jazz. Charlie Byrd, a classically trained guitarist was primarily responsible for bringing bossa nova to the United States. When my wife and I moved to Annapolis, I saw Byrd several times and met him briefly when he was helping to organize a jazz festival as a fundraiser for the Annapolis Symphony.

Broadway shows showcase music I appreciate listening to and trying to sing.

My wife and two daughters and I have enjoyed going to a few Broadway shows together and to musical groups like Chicago, the Fifth Dimension, Willie Nelson and the Carpenters. I can still hear Karen Carpenter's beautiful voice in my head.

I also like many scores from the movies. One of my favorites is John William's theme from "Schindler's List" played by Itzhak Perlman. I especially like to listen to it when I am alone.

I am glad that I have had years to reflect upon and change some of my prejudices. For example, after many, many years, I can admit that some of the Beatles' songs were good. And, while I never connected with rock or hard rock groups, I can identify with the excitement and intensity of feelings about their music. My parents frequently told me to lower the volume on some of my music.

Most of us are not usually forced to listen to other people's music. At times, I have escaped to a hotel lobby to take a break from what I regarded as terrible music at a wedding or bar mitzvah. I'm sure others were enjoying it.

At The Moorings, I was happy to find a chorus I could join because I still like to sing. While Covid robbed us of some of our joy, I have enjoyed what we have had in chorus. If you like to sing, just tell Carol Bishop who is the chorus guru.

Also, try outside groups that come in, the Osher classes in music and the group "Do I Hear Music." Also, you can ride the bus to such live concerts as those by the MidAtlantic Orchestra, the Rehoboth band, musicals by Clear Space and other special events. If you are very energetic, you can learn to play the recorder and join the recorder group. Or simply pick up some CDs from our library and listen at home in peace.

Keep on learning about and enjoying music!

Jerry Green

Wellness Committee Report

Many Independent Living residents have questions about a possible transition from independent living to assisted living. The Wellness Committee has undertaken the task of determining factual answers to these questions.

As independent living residents, we are responsible for our own health and wellness decisions. However, we may not recognize when we are having difficulty. Those around us may observe changes we are not aware of.

Often the staff are the first to notice these changes. Sandy, the wellness nurse may visit a resident and make suggestions to visit their primary care physician. The problem may be resolved by simple blood tests. For example a UTI frequently causes confusion and increased falls in older adults leading to a change in behaviors. Treatment by medication and/or physical therapy may be all that is needed to solve what appears to be a problem.

The most important action is to discuss these concerns with Sandy or a physician. If the issue presents a need for additional assistance, a choice of services will be offered to you so that you may continue to reside in independent living.

Additional assistance can be in the form of health aid services from an outside provider, a family member assisting the resident in their independent living home; or a resident services companion who provides non-medical assistance to maintain independence. Companions may cook, take the resident for a walk, etc, but do not bathe or dress the resident.

If the above choices are insufficient, the resident may choose to move to Assisted Living or another level of care.

We will continue this discussion in future issues of the newsletter. We welcome any and all questions from residents. We will continue interviewing staff members and assisted living residents who have transferred from independent to assisted

living. The resident Life Committee is also getting a more complete view of assisted living. Thank you for your future input.

Please contact Gail Bourassa via email at gailbourassa@comcast.net phone 978-376-0060

or Jeannette Lee at flyfish257@gmail.com phone 609-425-4212.

Gail Bourassa

Spiritual Activities and Wellness

The human spirit is often considered the most neglected aspect of our selves. Just as we exercise to nurture our bodies, a healthy spirit is nurtured by purposeful practice. The spirit is the aspect of ourselves that can carry us through anything. If we take care of our spirit, we will be able to experience a sense of peace and purpose even when life deals us a severe blow. A strong spirit helps us to survive and thrive with grace, even in the face of difficulty.

Spirituality, an often-overlooked part of wellness, is defined as expanding a sense of purpose and meaning in life, including one's morals and ethics. It involves one's relationship to oneself, to others and to nature. It may or may not involve religious activities.

To support this aspect of wellness, The Moorings assists the scheduling of spiritual activities, including religious ones, for its residents. Some of the most regular activities, actively supported by residents are below.

Catholic Communion—4th Thursday of month at 11 a.m. in Assisted Living

Episcopalian—Th 12:00, Quiet Room

Interdenominational—Sun 4:00,

Rev. David Munro, Auditorium.

The Religious Society of Friends (Quakers)—
—Silent Meeting Sun. 10:00, Quiet Room

Chair Yoga–Th 10:45, Auditorium.

Qugog/Tai Chi–Friday at 10:45
Auditorium

Everyone is invited to attend any of the activities. There are also other programs scheduled occasionally.

Sharon Hoover

Ode to Mr. Wright

Carl's been here so long he predates the dirt.

He was our Mister Right, right from the start.

Don't know what? where? or who?, you always ask Carl

who answers with courtesy, kindness and heart.

He knows who we are and our kids and our likes

all the venders, the nurses, our visitors and pets.

He's got the whole history locked in that brain.

(And he's old enough now to join us inside.)

We'll miss his crisp shirts, his great taste in shoes,

the silvery Miata with just the right plate.

There'll be no more wild costumes and runs down the hall.

No more Judge Judy or Simmons (or worse).

While he tends to his hostas and Marco the pup

and helps other oldies find their way at the 'Stead

who will help us find coats, glasses, phones, canes?

In Memorium

Mrs. Leslie Sylvanus

Mrs Norma Adams

Mr David Beers

Mrs. Ellen Schaeffer

New Residents

Who'll be our resident air traffic controller?

The answer to everything, it's always "Ask Carl"

With a smile and his help he's been everyone's pal

Without our Mr. Right, what we all see it's giving our lair a lobotomy.

So, we tell you, Carl, right here to your face – no one out there will ever take your place.

Sherry Chappelle

A walk on the (wildlife) side – Nature at the Moorings

In spite of the efforts of the sprayers and mowers to remove us from the natural world there are still visitors to remind us of what used to live here and still does near by.



There is the Bald Eagle photographed on the roof of one of the cottages by Rebecca Rogers. A genuine upgrade from the vultures who occasionally sit there.

The fox who appears out of the highway storm drains when all is quiet and walks through the Moorings. The fox preys on birds.



And the Garter snake, just 8 in long. Curtis helped it get across the road to avoid the lawnmowers and vehicle tires. These little snakes are predators on earth worms,

millipedes, spiders, crickets, other small insects and small frogs. In turn they are preyed on by hawks, owls, the occasional cat and lawnmowers. If carelessly handled they can bite but are not poisonous.

The next time you are out exercising your domestic critters keep an eye out for the unaffiliated visitors trying to be inconspicuous at the Moorings.

Merry Ellen, MacGiver and Normi Alls, all residents, out for a walk.



Rathskeller Ramblings

I played hooky last issue because there was very little that was new. Here are the final words on the Scottish ale.

Recall there had been a problem with too little carbonation and I was considering adding sugar to the remaining stock.

Since I last wrote, carbonation had improved somewhat so I took a few bottles to our family's neighborhood Thanksgiving fest in Ohio. Fortunately, there was a self-proclaimed "Scottish ale expert" in attendance. He deemed it very good for taste and color and the lower carbonation

should not detract from one's enjoyment of the brew. Whew! What a relief! We can drink it! There are, at this writing, a few bottles left. But they will likely disappear by the time you read this.

But fear not intrepid ale hounds. An American Cream Ale is in the works. This is an all-malt ale; there are no specialty grains to impart flavor and color to the brew, just a lot of malt. It has a light body and a gentle flavor with an unexpected spice note of cinnamon, nutmeg, or allspice. I'll be interested in your opinion. Great for sipping on the Patio on a warm summer evening.

It was brewed in early February and was aged for two months before bottling. That was an unnecessarily long time; a two-week aging is more than enough for a simple brew such as this. However, life being what it is I could not get to the bottling task until early April. It will be ready for our enjoyment by late April and through the summer.

Jim McMullen

***If you don't know where you are going,
any road will take you there.***

George Harrison

Bits of advice I wish I had known.

The biggest lie we tell ourselves is "I don't have to write this down because I will remember it."

Spend as much time crafting the subject line of the email as the message itself because often the subject line is the only thing people read.

Half the skill of being educated is learning what you can ignore.

MOORINGS CARES Residents Committee

Moorings Cares is a community oriented outreach program. We support local food banks, food pantries, and any organization dealing with food insecurities in Sussex County. Our donations can be purchased from the "Moorings Market" and/or stores of your choice. These collections will occur 2-3 times a year. So far, the response has been overwhelming and greatly appreciated by our recipients:

*The Cape Henlopen Food Basket

Rehoboth/Lewes

*The Community Resource Center

Rehoboth

*Home of the Brave

Milton

*Code Purple Georgetown State Services

Georgetown

*Milton Community Food Pantry

Milton

Diane Bair

You can not reason a person out of a notion they didn't reason themselves into.

It's possible that a not so smart person who can communicate well can do better than a super smart person who can not communicate well. That is good news because it is much easier to improve your communication skills than your intelligence.

If you loan someone \$20 and never see them again because they are avoiding paying you back, that makes it worth \$20.