

# CALRA FREE PRESS

*Cadbury at Lewes Residents' Association*

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### Monthly Board Meetings:

Second Monday

### Association Meetings:

Third Monday

## *A Project of the Center for Inland Bays Delaware*

In the next few weeks Dean, Tom and Gary having completed the required orientation will be certified counters searching for and counting Horseshoe Crabs at the shoreline along Rehoboth Bay. They are among a hundred or so volunteers working with the Center for Inland Bays – the area lying just behind a narrow spit of land in sight and sound of the Atlantic Ocean. The bays serve as the backbone of Delaware's coastal resort area stretching from Cape Henlopen to the north at the mouth of the Delaware Bay to the Town of Fenwick Island at the Maryland state line to the south. The watershed area also extends west to the headwater streams of Indian River and other tributaries, and the farm fields, millponds and marshes of Sussex County, Delaware.

Horseshoe crabs, so common along the Delaware coast, have changed little in the last 250 million years. They have survived because their hard curved shells have made it difficult for predators to overturn them and expose their soft, vulnerable undersides. The horseshoe crab has also survived because it can go a year without eating and also endure extreme temperatures and ranges of salinity. In the 1900s, horseshoe crabs were dried for use as fertilizer and poultry food supplements before the advent of artificial fertilizers. Unfortunately the population has seen a dramatic decline, just as Science is discovering brilliant new ways this ancient animal is so important in the chain of life. Today the medical profession uses an extract from the horseshoe crab's blue, copper-based blood called lysate to test the purity of medicines. Certain properties of the shell have also been used to speed blood clotting and to make absorbable sutures.

Each spring during the high tides of the new and full moons, thousands of horseshoe crabs descend on the Bay shoreline to spawn. Males, two-thirds the size of their mates, cluster along the water's edge as the females arrive. With glove-like claws on its first pair of legs, the male hangs on to the female's shell and is pulled up the beach to the high tide line. The female pauses every few feet to dig a hole and deposit as many as 20,000 pearly green, birdshot-sized eggs. The male then fertilizes the eggs as he is pulled over the nest. After the spawning is complete, the crabs leave and the waves wash sand over the nest. And their eggs deposited along the high tide line provide food for huge flocks of shorebirds, such as red knots, which every spring make long distance migrations from Argentina to the Arctic nesting grounds (around 9,000 miles). Like clockwork, the red knots arrive at the Horseshoe spawning grounds every spring, descending on the beaches of Delaware Bay to feast for several weeks on horseshoe crab eggs and, in the process, double their body weight. The knots, delicate robin-size shorebirds are named for their [salmon](#) coloration and renowned for their marathon migration — more than 9,000 miles each way, from that southern tip of South America to the Canadian Arctic.

Dean, Tom and Gary form a team that will attach a tag to each found male crab noting the date and its location. They serve along with those hundreds of other volunteers promoting the value and important contribution made by these heretofore undervalued marine specimens.

Thank you for your service Tom, Dean and Gary

*Adele Hudson Trout, President, CALRA*



*Norma Adams and son Richard Cottage 14*  
*Jim McMullen Apt. 236*  
*Ellen Schaeffer Apt. 223*  
*Fran and Jerry Tobin Cottage 21*



## LIBRARY LINES

### Harbor of Refuge: A Book

The Harbor of Refuge in Lewes Bay can be a body of water, a breakwater, (stone wall) or a lighthouse. These three together are officially called The National Harbor of Refuge, creating a one and half square mile of water forty feet deep, protected from the ocean by a 7,500 foot long breakwater of granite and to the north ten stone icebreaker piers in a straight line to break up dangerous winter ice flows. The Harbor of Refuge Lighthouse stands on the southern end of the breakwater marking Cape Henlopen, the ship channel, and the National Harbor of Refuge, where up to 200 ships can find safe harbor from the fury of strong winds and waves. Congress funded this safe harbor in 1896 to replace the obsolete inner breakwater. The new breakwater was completed in 1901, as a safe harbor for ships between New York Harbor and Norfolk, Virginia. It is the longest breakwater in the U.S. and the second longest in the world.

Fast forward to 1961 when Stephen Jones fresh from boot camp arrives at the Harbor of Refuge Lighthouse as his first duty station in the U.S. Coast Guard. He hailed from Connecticut where he was raised among boats, water and sailors. So he felt comfortable in the Coast Guard. However, he was not a typical rookie arriving with boxes of books and a degree in English from the University of Connecticut. He would remain here for one year and

nineteen years later publish the book *Harbor of Refuge*,

his third of eighteen books. After the Coast Guard he taught courses on literature and the environment and the sea at the University of Connecticut and is owner of the West Mystic Boat Company.

An off shore Coast Guard light keeper works 14 days at the light and has shore leave for 7 days. Jones kept a journal of life on the off shore lighthouse that included the activities and the people with whom he crossed paths. Involved was the lighthouse crew, the supply ship crew, bay pilots, fishermen, Life Saving Station crew, Lewes residents and others. His descriptions were colorful, humorous, emotional and realistic. On the night of March 5, 1962, Jones went to bed early to catch some sleep before going on duty at the midnight watch. About 11pm he was awoken by his shaking cot and as he stepped on the floor he was in two inches of water. A raging northeaster had broken the window and flooded the deck three stories above the breakwater. The water seeped to the deck below dripping into the two-way radio causing it to explode, cutting off all contact with the outside world. The last three chapters are devoted to the crews' working four days around the clock to survive the storm. Each crew member had a wooden chest of drawers on the sleeping deck, Jones figured that if the worst came with the collapse of the light, he could float on the chest with the surf carrying him to shore.

The first edition of this book was cataloged as fiction, since Jones used fictitious names for everything including the town of Lewes and himself. In his second edition (2000) he writes as afterword as he and his son pass the Harbor of Refuge by sailboat recognizing Lewes and Delaware Bay. He adds that all the characters were real people whose identities he protected. This book is easy reading, entertaining and informative. We now have both editions in the Cadbury Library.

As a volunteer with The Delaware River and Bay Lighthouse Foundation I was part of a crew that worked on rehabilitating the Harbor of Refuge and as a tourist guide conducting visits to the Lighthouse. On one trip to the light with tourists, I was pleasantly surprised to find Stephen Jones on board. I introduced myself, letting him know I had both editions

of the book. He was pleased to hear this and gave me a personal tour of how the light was when he lived there. He then gave a talk to the tourists on surviving "The Storm of the Century." A few days later I was scheduled to help the Foundations' information booth for an affair at the Lewes Historical Society, and there was Stephen Jones. I greeted him with "If I'd known that you were here I would have brought my Harbor of Refuge for you to sign." He gave me his business card and asked me to send him a letter with my name and address and he would send me something better than a signature. I wrote my letter to Jones and three weeks later I received a two-page letter from him. He explained that Bob Trapani, President of D. B. & R. L. F. invited him to spend three weeks in Lewes with visits to the Light and asking him to write an afterword for a possible third edition of *Harbor of Refuge*. During this time he penned over thirty pages, but developed a complexity of emotions trying to tie the years together saying, "as would anyone who was asked 40 years later to visit a place that had been your home, your workplace, and damn near your death place", he ends with ... "Thanks for giving me the occasion to rant. I'm quite delighted with all of this. Keep the beacon burning" And I too am delighted.

*Jim Bazzoli*

### *Cadbury Chorus Sets Date For Show*

Folks, this is the information you have been asking me about for several weeks now. Mark your calendar, Tuesday, June 25<sup>th</sup> - 7:30 P.M., for the Cadbury Chorus "*Spring Program*."

We have been having lots of fun rehearsing Irving Berlin's "A Century of Song," a medley of Berlin's most familiar works. The presentation is sung in four separate sections entitled –

I - *There's no Business Like Show Business.*

II - *Blue Skies.*

III - *Sterppin' Out with My Baby* - and

IV - *God Bless America.* These sections are all

comprised of fast moving show tunes you will readily recognize; and I must applaud the men for their solo

of "*This Is The Army Mr. Jones*" and the gals for "*Doin What Comes Natur'ly*".

Now, if that isn't enough, just try this on for size. Our dear Jerry Birl, Musical Director, etc. etc., will feature several of his private voice students in a recital interspersed within our presentation. Now if you have not yet figured this out, I will explain as it is very simple! It allows the Chorus to sit and rest our voices and what ever else needs resting! It also affords the young singers an opportunity to perform before a most appreciative and educated audience ever to be found in the greater Lewes/Rehoboth area. Good planning, great show! !

If all goes according to plan we hope to have our dear Melanie Bradley, who started with our chorus several years ago, at the piano while Jerry will concentrate on directing us. This is a chorus dream! We have greatly missed Melanie and we hope we can be fortunate enough to have both of our talented friends work together on that evening.

See you all!!

*Carol Bishop*

## **The Delaware/Lewes Railroad Connection**

### **Part I**

The history of railroads in the United States dates back to the mid 1820's. Delaware was in the forefront of this development in that while its history is a murky track there were a number of efforts to enact legislation to authorize their construction beginning in the early 1830's. The first railroad in the state was completed in 1832 and was known as the New Castle and Frenchtown Railroad. The two towns it served were both located in Delaware's northern peninsula. Its line ran just north of the Chesapeake and Delaware Canal. Passengers were essentially travelling to and from Baltimore and Philadelphia or thence to New York City or Washington, D.C. Since it was a short line, travelers would cross the Chesapeake Bay and Delaware River by boat picking up the rail line to either town depending on the direction in which they were

headed. However, six years later, in 1838, another line, the Philadelphia, Wilmington and Baltimore Railroad – the P.W & B as it was called – ran all the way through northern Delaware linking all three cities negating the need to change from rail to boat.

As railroads gained in popularity the P. W & B in 1850 extended a line into southern Delaware. It first ran along the western part of the state linking Wilmington, Middletown, Clayton, Harrington and Seaford, its southern terminus. Subsequently, it completed a branch line through Sussex County to Lewes. This was known as the Queen Anne's Railroad which provided service between Queenstown, Maryland and Lewes in 1894. Earlier, in the mid-1800s, a rail line ran between Lewes and Rehoboth. It eventually became a part of the Penn Central Rail Line that once transported passengers to the many Methodist resort camps along the Atlantic coast. Today that short bit of railroad bed between the two towns makes up the Junction & Breakwater Trail which is now a bike and walking path. It is a well-known spot to many Cadbury at Lewes residents.

Today, when you see action on the tracks in Lewes, you are watching a part of the Delaware Coast Line Railroad (DCLR). The company operates two short-lines on track owned by the state of Delaware. One runs from Ellendale to Milton and the other from Georgetown to Lewes. Both roads interchange with the Norfolk Southern in Ellendale and Georgetown. They both operate under contract with the state of Delaware. The company is headquartered in Georgetown.

These undertakings were significant not only in transporting people as they moved from town to town or city to city but for farmers and merchants, as well. They could now move goods more easily particularly in western Delaware where water transport was practically non-existent. By 1860 no one in Delaware was far from rapid rail transportation. By the 1900's, Delaware's railroad system was its most important means of moving in and through the state. This conformed roughly with the fact that the golden age of railroads essentially lasted from the 1880's to the 1920's.

*Bill Gebron*

(Watch for Part II, August newsletter)

## *Buy The Sea Gift Shop*

Have you been in the *Buy The Sea* lately to browse, buy a Greeting Card, candy or ice cream? If you haven't, you don't know what you might be missing!

Our shelves are stocked with beautiful glassware, both decorative and useful. We have wine glasses, glass sherbets, vases, decorative plates, and many other articles for yourself or gifts for your friends and relatives.

If you are a new resident or are unfamiliar with the shop, we depend on donations from our residents for resale. Sometimes we find that articles we thought we really needed here in Cadbury aren't needed after all or we've run out of space! *Buy The Sea* will welcome your donations. Sorry, we do not take clothes. Just bring your donations to the shop on Tuesday through Friday from 11 a.m. to 3 p.m. and the volunteer on duty will welcome them.

We have some beautiful linen towels with owl motifs at only \$1.00 each. For your "sweet tooth" we have candy bars, "Fun Size" candy, mints, "Craisins," crackers, etc. Frozen Snickers and Klondike Bars are available, Ice cold sodas are \$.75 and Snapple, both Diet and Regular are available for \$1.25 each.

Need a Birthday, Get-Well, or other greeting card? Shop us first!

*Jeanne and Jack Sparks  
Managers*

## *Who's Who at Cadbury*

Woody Seamone was born in Philippi, WV of Italian immigrant parents. His father went into the coal mines to work, and the family was relatively poor. Woody remembers walking along the railroad tracks looking for lumps of coal to help heat the house. He did exceptionally well in grammar school, earning West Virginia's Golden Horseshoe Award for his knowledge of West Virginia history.

An interesting sidelight...during his early years in Philippi, one of Woody's close neighbors and playmates was Ted Cassidy, who became well

known for his TV portrayal of "Lurch" of the Addams Family.

Woody joined the Navy after high school, and learned to fly as well as got a good start to his education. He got his Bachelor of Science in Aeronautical Engineering from Catholic University in Washington, DC.

Woody's career took a remarkable number of very interesting turns during his three years with Bell Aircraft in Niagara Falls, NY, and 37 years with the Applied Physics Laboratory (APL) of Johns Hopkins University. Some highlights of those years are noted briefly below:

- With Bell Aircraft, Woody was instrumental
- in the evaluation of the X2 flight control system;
- the Bell X2 was only the second aircraft to exceed the speed of sound. The patent Woody was awarded for this work was the first of twelve, a remarkable accomplishment. The servovalve he invented was subsequently used in thousands of the Navy's F-8 fighters.
- On a business trip to California, Woody ran into Roy Rogers and Dale Evans, and got their autographs. On another trip, he rode a Pullman-car train with Tom Ewell (of "The Seven Year Itch" fame) and even had lunch with him one day.
- Woody was assigned by APL to help the Navy solve the problems with the depth control hovering system for the Polaris submarines. He and his associates encouraged the Navy to convert their stabilizer to a digital system with transistors, a new idea at that time; it was successful and was applied to all of the Polaris subs
- While with APL Woody worked on a heart pump for Johns Hopkins University Hospital, and had the opportunity to collaborate with Dr. DeBaakey of artificial heart design fame. He subsequently applied his control system knowledge to artificial upper arm prostheses. Patents were also awarded for these accomplishments, as was the National IR100 award for 1971 (for one of the top 100 scientific achievements of that year).
- In presenting technical papers to international scientific groups, Woody got to meet Princess Ashraf, sister of the Shah of Iran
- 

- Among the groups Woody talked with was the
- U.S. Senate Committee hearing on medical technology for the aged, chaired by Claude Pepper, where he talked about his work with quadriplegics. He also gave live TV interviews with Carol Randolph (WTOP) and Maria Shriver ((CBS).
- On one occasion at APL, Woody was assigned to host a visit by anthropologist Margaret Mead, and spent several hours describing the research program at APL, and getting lots of critical feedback from Mead.
- In later years, Woody became Assistant professor of orthopedic surgery; he remains an assistant Professor Emeritus at JHU.

Woody's other adventures are too numerous to mention, but among the most significant was his marriage to Judy in 1997 after they had both lost first spouses. Woody was Judy's husband's college roommate, and Judy had gone to high school with Woody's wife. Judy had retired from her secretarial duties in the Theology Dept. at Georgetown University. They moved to Rehoboth Beach after he retired, and came to Cadbury in 2007.

We are delighted to have Woody and Judy as resident friends at Cadbury.

*Gil Kaufman*

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## *The 2012 /2013 Wii Bowling Season*

The season began without much fanfare, but as the days rolled by players improved their averages, excitement rose. Why! Cadbury At Lewes (CAL) was hosting the DELAWARE SENIOR OLYMPICS for Wii bowling.

The 2011 Olympics were hosted by the Cheer Center in Long Neck, and our bowler's entering State-wide competition for the first time were ready. They were led by team Captain Sharon Britton, who bowled a 300, outscoring all players regardless of sex or age. Emulating her performance, CAL went on to win 9 medals including seven gold.

Knowing they could compete on a state-wide

basis and with the Senior Olympics being played here at home, our bowler's enthusiasm was very high. Their confidence was demonstrated.

The Cadbury WiiZARDS won eleven medals in the 2012 Senior Olympics. Gold medal winners were Bill Gehron, Kathy Holstrom, Bi Cribb, Ann Erdman, Jeane Wampler & Bob Hein. Silver medal winners were Muffy Brown, Di pack, Carole Bradt & Mike Mancuso. Marie Berry won a Bronze medal and claimed she will win the Gold in 2013.

The WiiZARDS having played so brilliantly in State wide contests decided to enter the National Senior League in the spring of 2012. Again, playing well the team (Sharon Britton, Jeanne Wampler, Di Pack, Bill Gehron, Vi Cribb, Muffy Brown & Bob Hein) became Conference Champions and moved on to the National playoffs. Unfortunately, the team they played in the first round went on to win the national championship. Yes, the WiiZARDS lost in the first round.

Not to be dismayed, CAL bowlers decided to enter two teams in the 2013 National Senior League Championships. WiiZARDS 1 would compete in the league where team averages do not exceed 225, and WiiZARDS 2 where team averages do not exceed 180. WiiZARDS 1 had a handicap. Their best bowler was ill and could not play. The team pulled together and performed well and while they did not win the conference, they made the playoffs. The team (Di Pack, Jeanne Wampler, Bill Gehron, Grace Rork, Vi Cribb & Muffy Brown) lost in the first round of the playoffs.

WiiZARDS 2, on the other hand, was amazing. With Marie Berry consistently bowling over 200 and Phyllis bowling high 200 games, the team posted win after win and captured the Conference title in the next to the last game. Bursting with pride, the team won the first round of the three game playoff. In the second the team (Lois Wills, Mike Mancuso, Bob Hein, Marie Berry, Phyllis Mason & Ann Erdman) played their poorest game of the season and lost.

Wow. What a great season. The WiiZARDS have put CAL on the map of distinguished Wii bowling. Congratulations to all them.

*Bob Hein*

## The U.S Food and Drug Administration (FDA)

An informal profile based on my 30 years in the  
Biopharmaceutical Industry

### History and evolution:

The FDA began life because of a tragic event in the early 20<sup>th</sup> century. Bottles of a popular health tonic were inadvertently contaminated with a poisonous substance. Many people perished because of tonic ingestion. Congress acted to pass the act signed by the President to establish the agency. It had sole authority to assure safety only. It got authority to investigate effectiveness in the 60s. Earlier an FDA physician (Dr. Frances Kelsey) found that pregnant women taking Bendectin for morning sickness, known chemically as Thalidomide, were at risk of delivering babies with deformed limbs. Thus was initiated the safety and effectiveness dual role of the FDA. The same drug chemically manipulated is now successfully used for types of liver cancers. This situation occurs occasionally with some drugs. The agency has grown over the years and continues to receive praise and criticism by the public for inaction, not doing its job well or spending too much or too little. Congress is a notable critic and is active in crusading in a sensitive area. While the US is often criticized internationally for controversial diplomatic actions, the FDA is respected and is a model for developed and emerging countries. Most use its policies and procedures to establish their own agencies that follow the FDA structure and processes.

### Authority and Powers:

The US FDA is a regulatory agency. All drug and food manufacturers and marketers must follow a code to assure that all products are safe, pure and effective. It is also a law enforcement agency that has powers to punish offenders. It can lock the doors of an organization severely out of compliance and imprison the identified executive(s) deemed responsible for the violations. Imprisonment does occur outside of the US where governments are not fearful of exercising the severe punishments declared in law. Other punishments may include forced

withdrawal of product from the market place and fines ranging from hundreds of dollars to millions. Usually there is an agreement between a delinquent company and the FDA to get the situation corrected. An agreement is made called a consent decree in which the organization affirms it will correct the situation by a certain date, a contract backed up by a mutually agreed sum that the company would forfeit if it does not comply with the decree. However the great majority of FDA audits end in reports of deficiencies of various aspects of production ranging from contaminated water supply to inaccurate reports or poor training of employees. FDA inspectors usually visit operations at least once every two years and audit for a week or two. They prepare audit reports that companies must use for corrective action plans. Their visits can be announced or unannounced and usually cause tension and stress throughout the company.

The agency is well known for testing new products and giving approval or rejection. It could take two years or more to get a drug through the process while there is a fast track process. Often the drug will be returned to the company for more findings. Of course the organizations want to move quickly since the FDA time erodes the patent life of 17-20 years, reducing time for selling and profits. That erosion increases when one considers development time needed to get the drug to the FDA. That means approximately 5 years shaved off the patent life. A most successful time scenario for a product would be around 10 years of profitable market life, usually less.

The FDA also reviews or approves all literature, packaging and advertising before it may be used in the market or dispensed to the medical community. Television and print advertising are also included in its review.

In summary the FDA is a powerful agency praised as a public protector and criticized for perceived excessive authority. Take your choice!

*Stan Goldstein*

## *Are you a Deltiologist?*

The three most popular hobbies in the United States are No. 1 - coin collecting; No. 2 - stamp collecting, and No. 3 - postcard collecting. If you are a coin collector, you are called a numismatist. If you are a stamp collector, you are a philatelist. But what if you are a post card collector? Then you are a deltiologist! A what???

Where in the world did that word come from?

Randall Rhoades of Ashland, Ohio, coined the word in the early 1930's that became the accepted description of the study of picture postcards. 'Deltiology' is taken from the Greek word, "*deltion*," meaning a small picture or card, plus "*logos*," meaning a science or field of knowledge. So that one word is now used widely to cover the many facets of postcard collecting and study of their history. It follows that a 'deltiophile' or a 'deltiologist' is a collector of picture postcards and 'deltiography' covers the process of making of postcards. So I am a deltiologist; are you?

Postcard collecting is interesting to me in several ways. Old picture postcards enable us to see often familiar places as they were years ago, like Rehoboth Beach before the present bandstand, in Figure 1.



Figure 1 – Postcard of Rehoboth Ave in Rehoboth Beach circa 1938

Sometimes we can see places that no longer exist today, like that in Figure 2, the Cape Henlopen lighthouse that was allowed to crumble into the sand in 1938.



Figure 2 – Cape Henlopen Lighthouse circa 1935, before it fell

While postcards were first broadly used in around 1870, they were then primarily for messages, with the address and postage on one side and the message on the other. Picture postcards became widely available around 1890, but at first the illustrations were drawn images of the scenes. “Real photo” cards, those providing actual photographs rather than drawings of scenes, did not come along until Kodak introduced them around 1900. For collectors, deltiologists, real photo cards, such as that in Figure 3, of Lewes around 1960, are often considered the most valuable specimens.



Figure 3 – A “real photo” postcard of 2<sup>nd</sup> Street in Lewes around 1960

Some of us are interested in the postage and cancellations of postcards that have been postally

used. It was around 1903 when the use of picture postcards became more common in the USA, and so postmarks from the 1903-1904 time frame are of value, especially if they are franked with some of the more unusual postage stamps of the time. An example is shown in Figure 4, a 1904 postcard from the St. Louis World's Fair with a 1 cent Livingston commemorative stamp on it.



Figure 4 – 1904 postcard of the St. Louis World's Fair with unusual postage stamp

Some of the earlier picture postcards were produced in Europe; the two sides of a 1908 Austrian postcard are shown in Figure 5, with the picture being that of Emperor Franz Joseph, celebrating his 60<sup>th</sup> year on the throne of Austria. Note the clearly legible and colorful cancellation, plus the relatively rare addition of a Piusverein stamp (a promotion of a Catholic group named after Pope Pius X). The age of the postcard, the clarity of its cancellation, and the multiple franking make it a nice find for a deltiologist.

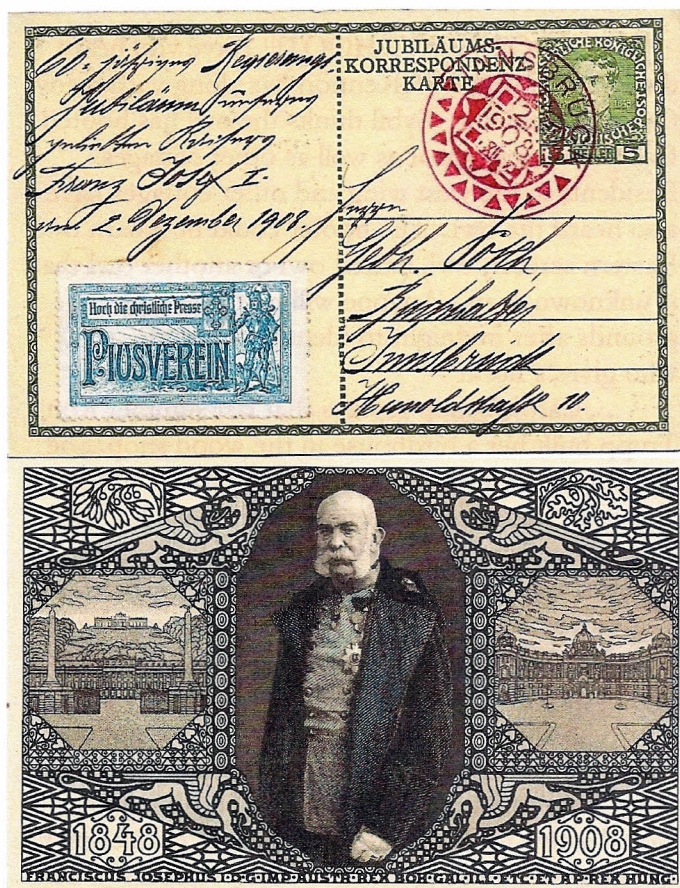


Figure 5 – 1908 postcard of Emperor Franz Joseph

In conclusion, I strongly endorse deltiology as a hobby, and continue to pursue it myself. So if you have any old postcards around your place that you are considering throwing out, don't do that! Just put them in Mail Box #9.

*Gil Kaufman*

## The Little Engine That Could

Are you optimistic enough? Attitude can profoundly affect your health because spirit, mind & body are integrally connected. Since we are to love our neighbor *as our self* that means we do love our self! So why not believe in yourself? Keeping a sense of hope choose to believe you can make things work out. A positive attitude helps buffer you from stress allowing you to face with a sense of hope, things like arthritis, backache, grief, etc.. When you believe in yourself & your abilities, you can accomplish amazing things such as managing your arthritis & living with it for a full & satisfying life. The Mayo Clinic tells us T cells & natural killer cells attack

bacteria, viruses & tumor cells. The immune system, influenced by the nervous system, wards off viruses & battles against abnormal cells.

But negativity can intensify your stress & pain. Nerves that connect to your spleen, lymph nodes & thymus allow for hormones & body chemicals to be released during stressful times, suppressing your immune system & making you more susceptible to illness. When stress hampers your immune system you are at risk for feelings of hopelessness, anxiety or depression. Such feelings may further weaken the immune system by inhibiting the actions of the good T cells & natural killer cells. Stress may also lead to muscle tension, worsening your pain thus limiting your ability & cause you to feel frustrated. This can become a pain cycle.

But stress is simply part of life – some we cannot control; some we can. To break the cycle we have to recognize when we are under stress. It is then that attitude kicks in. If, like Chicken Little, you believe the sky will fall, you are probably subjecting your body to continuing stress & feelings of helplessness. But if like the Little Engine That Could you listen to your body & let it tell you what it needs.

So let your body tell you what it needs. Give it vigilance, regular exams, healthy food, appropriate exercise, appropriate medicines, rest, relaxation, accept support from others & trust God for the rest. Optimism of your total person involves body, mind & spirit. So with all your heart lean on, & be confident in God's ability, not relying solely on your own insight or understanding. In all things, know recognize & acknowledge Him & He will direct & make straight & plain your daily path.

*Ruth Folta*

(Sources: Mayo Clinic books found in the CAL library & Proverbs in The Holy Bible)

## Cadbury is for the Birds

Our Canada and snow geese and other winter visitors were off to their northern breeding grounds for the summer. Meanwhile we look forward to springs' warmer weather, longer daylight, greening landscape and our summer birds. This happened like an explosion on March 1<sup>st</sup>, when at least a hundred or more robins descended on Cadbury. We counted 35 in our two maple trees and watched masses of them covering the lawns. Most were looking for

food, mainly worms and insects. Jan Bendrick and Lois Nickerson reported the same sight in their backyard. Most robins moved on while a few remained to nest in trees. But there is always an exception. Diantha Pack reported that a pair of robins built their nest in a wreath hanging on her front door with four blue eggs in it. Sadly the eggs were destroyed, probably the work of an English sparrow who would rebuild the nest for its own use.

A brief sighting of a bluebird was reported in March and no one has reported seeing one since. It appears that the house sparrows have succeeded in driving the bluebirds away from Cadbury. The following week on an early morning walk, 10 Canada geese, 13 mallard ducks and a great blue heron were in the pond behind the dining room. They all kept a wary eye on the walker and did not fly. Perhaps they felt safe in numbers.

By mid March a large flock of European starlings joined those already at Cadbury and turned the ground almost black as they foraged for insects, one of their main sources of food. In 1890, a Shakespearean zealot named Eugene Schiffrin imported 60 starlings from England into New York City's Central Park. The tens of millions of starlings that plague North America today are descended from those birds. This was a scheme by Scheiffelin to transplant all the birds mentioned in Shakespeare to the New World.

These unwelcome immigrants consume the fruits and grain of farmers, befoul buildings, and cars of city dwellers, usurp the homes of bluebirds, purple martins, and other popular hole nesters.

The northern cardinal paid a visit to Cadbury with Frances watching them gleaning sun flower seeds from the ground. Jan and Lois also have seen them in their yard as well as Becky Goldstein and Carol Bishop. They have been seen at Cadbury for the last 3 or 4 years, but then moved on. But this year Lois Nickerson reports that a pair of cardinals appear to be building a nest in the area behind their cottage. Let's hope so!

At least three pair of mallard ducks seem to have paired and are courting. In mid April Jeane Wampler was checking her garden when she spotted a big white egg in a hidden nest. Checking a few days later, there were more eggs than she could count, especially with an angry mother near by. The ducklings should be cracking their shell by May 10<sup>th</sup>.

HOOT HOOT HOOT!!! Have you heard the HOOT? Sybil McKennon has along with many Cadbury residents. Sybil thinks the owl has hooted from her cottage roof as well as other cottages. Residents in the west wing and other cottages have also heard the owl. The hooter could be a barn owl, Eastern screech owl, barred owl or another owl that is unknown to us. Anyone willing to stalk the grounds after midnight to identify this owl? Oh, who gives a hoot?

Carol Bishop reports that last summer Ron Trupp built her a birdhouse in the wood shop. She mounted it in the backyard and the next morning a pair of tree sparrows had moved in. Recently she had Ron repaint and waterproof the birdhouse. Again, it was quickly occupied by English sparrows. You can see this elegant birdhouse by taking the sidewalk that passes behind cottage 41. Ron can build you a birdhouse too. See him at the woodshop.

Recently we asked Jack Sparks, a long time tracker of hummingbirds' arrival and departures of birds from our area, when the first hummingbird would arrive this spring. While he was pondering the question, a hummingbird arrived on April 27<sup>th</sup>. This is unusually early. Several residents already have their feeders out. Ed Carter put his feeders out and was delighted to see the male goldfinch with its bright yellow and black mating coat. The male house finch is showing off its bright red head too.

*Frances and Jim Bazzoli*

IN MEMORIAM

*Helen Bye  
Margaret Carey  
Beth Kaiser  
Joan Miller  
Dorothy Nowak  
Edith Snell*

