

CALRA FREE PRESS

Cadbury At Lewes Residents' Association

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Third Monday

President's Message Our Common Experience

Except for late spring and summer of 2007, I've never seen so many moving vans and carts visible as in the last two months. And that is a very, very good thing. If you have just entered residency you may yet have a mystery box or two, or even several as I did. Fear not, and please do not despair. I am convinced that soon you will come to realize, as I did, that this Cadbury thing is good and has so many delightful features that may not seem apparent on the surface. Every move-in has its story and I'd like share a little part of my story, including a not so little revelation.

My children and I finished my move into Cottage #37 at Cadbury as daylight was fading on 17 May 2007 - and I observed the event later in the evening by fainting in my bathroom following a lovely dinner with other new residents at the neighboring La Rosa Negra restaurant. Paramedics, Beebe ambulance, Sussex EMS and the Lewes Fire Department crew would have responded to my daughter's 911 call so much faster, except Cadbury in those early pioneer days was not listed on GPS locators, so all the vehicles circled Gills Neck Road until our Maintenance Chief Charley was alerted and led them into the compound to rescue the stricken one. Back home from a night in Beebe's ER and sporting three scalp staple repairs, I recovered nicely and began to really enjoy the cottage, especially as I delighted in the diminishing numbers of boxes. *A place for everything and everything in its place and happiness forever?*

Well, no it has not worked out quite like that. No, it's not all the lovely cottage or apartment, no matter how artfully decorated or arranged - although that is desirable. The sweet lovely thing about Cadbury - is its people. I have found Cadbury Staff to be caring and willing to work with you, to look for the right fix, and I found that cooperation and trust between both parties often brings success. Sometimes more often than we like, you/me/we must exercise patience. Humor also works like WD-40 on a frozen bolt assembly.

What is this CAL venture all about? It is **all about** the welfare of Cadbury at Lewes Residents, both the current ones and also the future ones. We have arrived catapulted on a fast track of learning to work together, discovering friends and in many cases, developing solid friendships. To my delight, I acquired two lifelong friends just next door, then two more, and so it goes. Coming from so many walks of life, homemaker, teacher, administrator, engineer, fixers of things and people, artist, comptroller, banker, maybe everything but the candlestick maker, each of us brings value, life experience and a richness to this new chapter of our lives. We have a vested interest in Cadbury at Lewes and a vested interest in one another.

As the very new president of Cadbury at Lewes Residents' Association (CALRA), I follow in the footsteps of extraordinary leaders like the late Howard Parker, Bob Hein, Barbara Cleaveland and Doug Trout who have guided CALRA from its inception in a very short five and a half years. Our residents' association lists 10 fully active committees, a calendar full of activities and representatives from each level of independent living. I look forward to continuing this adventure with you as we work to bring out the best in Cadbury at Lewes.

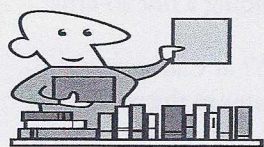
Adele K. Hudson Trout
President, CALRA



Bill and Sallie Corbishley C44

Anne Duffin Apt. 126

Elaine Levy Apt. 142



LIBRARY LINES

A few reminders from our committee. Please remember that when you take material out from the library, you should return it when you are finished with it. Although we do not require you to sign material out we do want it returned. A couple of items, one about Delaware Lighthouses, has been taken from the library and never returned. So if it is in your residence and came from the Cadbury Library please return it.

The Lewes Library has workshops periodically about downloading material to your electronic devices, so please avail yourselves of this service if you need it. Also, the person to see at the library to get further help is Heather.

If anyone would like to write a short book review please let me, Mildred, know for the next newsletter. Enjoy your reading.

Mildred Wiedmann

NOTE from Webmaster re

The CALRA Email List

Do you use email? If so, do you get a message each week announcing the availability of dining menus for the week on the CALRA website? If not, send a message to webmaster@CALRA.org and you'll start receiving occasional (but infrequent) messages about significant CALRA events.

Lonely Snowbird

Out of the thousands of
Canadian Snowbirds that came to our field,
you alone have stayed,
You, with your poor broken wing, unable
to fly away with the others.
You, so different from the Mallard Ducks,
that pay you no mind.
They have each other, male and female
and there you are
all alone, pecking away at whatever is to be found on
pond's edge.
You watch as they happily frolic and chase each other
around in the water
There you are in the middle of the night
keeping watch.
And what, little friend, are you hoping to see or not
see?
Our friendly maintenance man says "He has a broken
wing, something will get him."
The Wildlife Department says "trying to capture him
will only stress him out and we would have to put him
down."
You and your fellow snow geese are such brave and
hearty birds, flying all the way from the North country
.....Canada, the Tundra by the thousands.
They continue on and you are here with
the rest of us at Cadbury.
Some of us have broken wings, broken brains, broken
hearts, here together
also waiting
We watch you, brave little bird. We watch as you
proudly survive on your own.
We watch as we, like you, make the most of each new
day.
Here at Cadbury, we could also call this our "journey's
end."
But unlike you, we have each other. Unlike you we
are cared for and protected on every side.
We can't help you, but you should know that several
times each day as I look out to find you, I pray for the
miracle of a healed wing.
May God bless you, little friend, part of God's
magnificent creation.
You have taught me much. I will secure the image of
your brave, lonely journey
in my heart and remember it when God calls me to
my "journey's end."

Written by Erna Steinbruck

LEWES: The Long and Short of History

Part Two (continued from November 2012 newsletter)

Who would have thought we would include the Lewes Dairy in this history project. Yet, the Lewes Dairy is significant because it represents another aspect of the Lewes historical record.

The land where the dairy stands today was from the first third of the 19th century a farm of some 430 acres. In 1919 the Brittingham family purchased 240 acres of that land and formed a milking business that today is operated by three of their grandchildren and two of their great grandchildren. When cows were milked on the property the farm served as a convenience to Lewes folk who welcomed raw milk delivered to their doorsteps. It was delivered initially by hand as the Brittingham children walked to school, then by the family car and eventually by pickup truck. The family gave up their milk farm in 1939 and began production and distribution of milk from local farms. Today, the 3,500 to 5,000 gallons of milk a day – a million pounds per month - it processes from three farms within a 30 mile radius, is transported throughout the Eastern Shore in modern refrigerated trucks. The day the milk arrives from the farms at the distribution plant, it can sometimes arrive at the store of your choice before another day passes.

The company was among the first to pasteurize and homogenize milk and to end home delivery in favor of sales in stores. The latter effort had the dairy double its output and decrease its employees by half while decreasing its cost to consumers by 33% in one year. It was also a leader in the progression of the means of milk distribution moving from glass bottles to cartons to today's extensive use of plastic.

In years past, family-owned dairies in Delaware numbered in the hundreds. Today Lewes Dairy is just one of two small family operated dairies in the state, the other being Hy-Point Dairy Farm in New Castle County which began in the business in the same year 1919. To protect their family interests the Hy-Point folk have recently bought out the Lewes people but each will continue to sell their products under their original names. So that fresh fluid milk, and fresh heavy cream, said to be preferred by chefs

as distant as Washington, D.C. and its nationally touted eggnog bottled between Thanksgiving and New Year will probably continue through the work of generations of Brittinghams to come who consider it, as always "The Little Dairy That Could" where "You can't beat our milk but you can whip our cream". Is this the fun side of history?

As we are aware, Lewes is home to a 300 plus acre satellite campus of the University of Delaware (UD) with the main campus in Newark. It is an ideal location for one of the UD's seven colleges – the College of Earth, Ocean and Environment (CEOE) and its School of Marine Science and Policy.

The university itself is one of the first to be established in the early colonies tracing its founding to 1743. The initial class consisted of ten students three of whom, George Reed, Thomas McKean and James Smith would go on to sign the Declaration of Independence. The CEOE campus came into being in much more recent times and offers to the university science students over nine undergraduate majors and fourteen graduate degrees. Undergraduate students can elect to apply for CEOE's Semester-in-Residence Program which allows students to live and work at the Lewes campus.

An especially significant aspect of the campus is the Marine Operations carried on in the research vessel harbor of some 4+ acres near the end of Pilottown Road. That operation supports the sea-going research activities of the CEOE. It is one of the nation's leading marine programs with an outstanding U.S. oceanographic research fleet. It includes, among its research vessels, the 146 foot flagship, R/V Hugh Sharp, alleged to be the most advanced research ship in the U.S. It can take on board some twenty scientists on cruises of two weeks or more ranging in coastal waters from Maine to Bermuda. It is capable of performing a wide range of marine disciplines and is viewed as a regional asset serving researchers from many institutions throughout the mid-Atlantic. It is just another one of those historical facts that makes Lewes such an exceptional town and, as noted at the outset of this piece, a place of importance to those of us who make it our home.

Finally, the fact that Lewes boasts a firefighting unit established in 1796 by a group of its citizens was yet another historical marker for the town. This was not a formal company such as the one Benjamin Franklin established in Philadelphia 60

years earlier called the Union Fire Company. But it was an early beginning as the colonial settlers were bringing into being a new country. Fire was a constant threat. Ironically, so much so, that in 1631 the governor of Boston outlawed the building of wooden chimneys and thatched roofs – the very year the Swanendael settlement was wiped-out some hundreds of miles to the south. How odd – one settlement promulgating laws that year to live by while the other struggled with destruction and death. It is an excellent example of a rather inconsequential historical fact thrust against a very consequential one.

Men fighting fires in an organized way has been a part of the historical record at least as far back as Ancient Egypt. However, the first real record ranged from late BC to early AD. One such report tells of a wealthy Roman who took advantage of the fact that his city had no fire department. He put together his own – some 500 men strong – who at his command would rush to burning buildings as a bucket brigade only to stop at such sites and await the outcome of negotiations between the buildings' owners and the brigade's employer. If a deal was not reached, the buildings were left to burn.

The Lewes arrangement of private brigades was generally standard practice with the initial protection group consisting of leather bucket brigades and town bell to alert locals of a fire. From there the record remains spotty. However, around the years of the American Civil War when government-run firefighting organizations came into being, Lewes took notice and by 1886 a Lewes Volunteer Fire company came into being.

Today, of course, the Lewes Fire Department, with more than 100 years of service, is, for a small town, a modern model of an organized force working in multiple areas. Indeed, in the words of one volunteer Lewes firefighter: "From a small organization with meager resources the department has grown into a large volunteer, highly-trained fire and ambulance department that is the backbone of the community's emergency services".

This piece began with the thought that history can be enjoyable whether dwelling on major or minor aspects of it. The words above this paragraph have tried to touch upon such elements in the first town in the first state. It is hoped that it promotes the idea that Lewes is a small town with an impressive history. A most unusual story for the history books.

Bill Gehron

LEWES & THE ATLANTIC MENHADEN

You've probably learned by now that Lewes used to be a **Menhaden** town, the name coming from a fish previously plentiful in local waters. But have you ever seen a Menhaden? What the heck does it look like? I became curious about it and did a bit of research; here is the gist of what I found.

The photo below is of a full-grown Menhaden fish; it's about 7 inches long, and weighs only about four ounces. (Fig. 1)

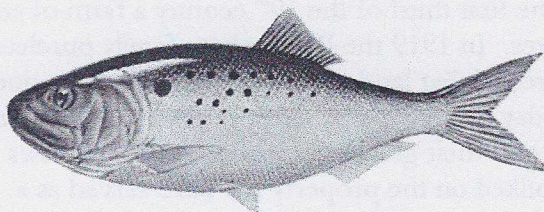


Figure 1 – Full-grown Atlantic Menhaden

They are also known as mossbunker, peanut bunker, or pogey,

Prior to 1940, Menhaden was so plentiful in the waters off Cape Henlopen that a huge fishing business thrived around Lewes, together with its plusses and minuses. The plusses include a booming local economy, through the '40s. The minuses include the odor (often described as the "stink") of the processing plants that converted the fish to useful oils

The Atlantic Menhaden is a small herring-like fish found in the coastal waters of the Eastern United States. They were used by Native Americans to fertilize crops, so early European settlers learned to use them for fertilizer as well as to produce fuel for lamps. In the mid-19th century, more efficient processing methods were developed and the menhaden fishing industry was greatly expanded.

In 1883, the Luce Brothers and S.S. Brown & Co. built the first menhaden processing plant here in Lewes. Being located at the center of the East Coast fishing industry, Lewes soon became one of the country's most productive locations for the menhaden processing. By 1938, the Consolidated Fisheries Company of Lewes was the largest processing plant in the United States.

Although menhaden were prized in America for their delicate but rich flavors in the mid 18th century, they are not considered a one of the largest

landing ports in the country, particularly tasty fish today, but its oil has been found to be useful in paints and also for fertilizer to support the growing nation's agricultural economy. The discovery of vitamin B12 in menhaden and its use as a source of protein in animal foods and other products resulted in even greater expansion in the industry following World War II. Under the management of industry leader and long-time Lewes Mayor Otis Smith, this town was serving as home base for a fleet of 25 ships employing over 650 crew members.

Fortunately or unfortunately for Lewes, depending upon the point of view, the Menhaden were over-fished and essentially depleted by the mid-1960s, and a gradual decline and then termination of local menhaden fishing operations. The processing plants and all of their fishing fleets faded away, and a tourist economy began to take hold. Today the Menhaden are a distant memory and we are fortunate to live in a very pleasant largely residential and tourist community.

While a distant memory in Lewes, Menhaden are still fished off the coast of North Carolina, with the output of today's fisheries going to omega -3 oils for human consumption, as well as for aquaculture and live feedstock feeds. Commercial and recreational fishermen, especially crabbers in the Chesapeake Bay area, use Menhaden as bait. The total harvest is approximately 500 million animals per year. Menhaden continue to be a very important food source for many birds, including egrets, osprey, seagulls, northern gannet, pelicans, and herons.

Gil Kaufman

BUY THE SEA GIFT SHOP

The year 2012 was a very good year for BUY THE SEA! Your patronage and your donations made it the best year ever, but now we have to try even harder in 2013!

Easter is early this year, so we welcome any spring or Easter items you would like to donate to the shop as well as other items you don't have room to keep or don't use any longer. We will also have a few "Cadbury" eggs for sale later.

Forgot to get Kleenex, Paper Towels, or Sandwich and Quart size plastic bags? We have those! Our small Peppermint Patties at 2 for a quarter as well as the small size Butterfingers and Snickers Bars are very popular. We have regular size Candy Bars, Mints, and assorted "Craisins" at very reasonable prices. Don't forget, we have frozen Snickers Bars and Klondike Bars as well as sodas, water, and Snapple, both regular and Diet.

Tax time will soon be here! We have mailing envelopes, etc. in stock also. Our shop has become a favorite place to buy Birthday, Anniversary, Get Well, and Sympathy Cards. Sorry, we cannot carry Special Holiday cards, i.e. Easter and Valentine's Day.

Stop in to see us Tuesday through Friday from 11:00 A.M. to 3:00 P.M. Our volunteers will be glad to see you!

Jeanne and Jack Sparks
Managers

11 Instant Mood-Boosting Foods

True happiness is just a forkful of healthy brain food away

Mussels

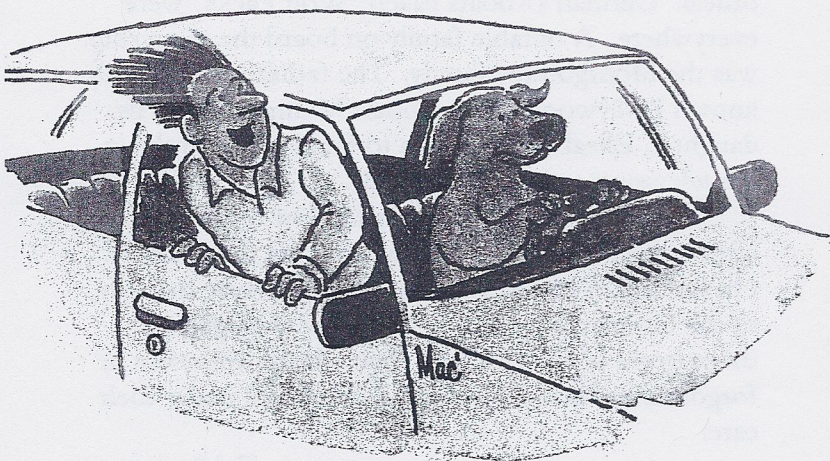
Mussels are loaded with some of the highest naturally occurring levels of brain-protecting vitamin B 12 on the planet.

Swiss Chard

This leafy green is packed with magnesium, a nutrient essential for the biochemical reactions in the brain that boost your energy levels.

Blue Potatoes

The color in blue potatoes is courtesy of anthocyanins, powerful antioxidants that provide neuro-protective benefits such as bolstering short-



"Wow! You were right! This is a lot of fun!"

term memory and reducing mood-killing inflammation.

Grass-Fed Lamb

Animals raised on grass pastures boast much higher levels of healthy conjugated linoleic acid, or CLA. This happy fat beats back stress hormones protecting brain cells and erases dangerous inflammation—promoting belly fat.

Dark Chocolate

Chocolate provides an instant boost in concentration and mood and even improves blood flow to the brain, helping you feel more vibrant and energized.

Greek Yogurt

This dairy pick is packed with more calcium than you'll find in milk or regular yogurt, and it can make you happy, too. Proper calcium levels give the "Go" Command, alerting your body to release feel-good neurotransmitters. Plus, the probiotics help aid in digestion and can even ward off colds.

Asparagus

This vegetable is one of the top plant-based sources of tryptophan, which serves as a basis for the creation of serotonin, one of the brain's primary mood-regulating neurotransmitters. It's also good to add to the menu if you plan on drinking. The enzymes in asparagus are highly effective in breaking down alcohol in your system, preventing a hangover—and that can make anyone happy.

Honey

Honey is packed with beneficial compounds such as quercetin and kaempferol that actually help clean up the free radicals and reduce inflammation.

anonymous

CADBURY CHORUS

There's No Business Like Show Business,
Like No Business I Know--- written by Irving Berlin
in 1946. Just one of the twenty wonderful Broadway
tunes the chorus is enjoying while rehearsing for our
Spring Program.

I'm sure everyone has visualized, at one time
or another, while watching a musical, seeing yourself
in the leading female or male role. Well, at least I
hope so or I am in worse shape than I thought!! But

here we are on Saturday mornings singing all the
wonderful songs by Irving Berlin from "A Century Of
Song".

Shaking The Blues Away; Play A Simple Melody;
Alexander's Ragtime Band; Blue Skies; Cheek
To Cheek; Anything You Can Do I Can Do Better;
Easter Parade; A Pretty Girl Is Like A Melody; Doin'
What Comes Naturally; Heat Wave; Puttin' On The
Ritz; Steppin' Out With My Baby and God Bless
America.

When you hear the men sing "This Is The
Army Mr. Jones—No private rooms or telephones—
You had your breakfast in bed before but you won't
have it there anymore. This is the Army Mr. Green —
We like the barrack's nice and clean—You had your
housemaid to clean your floor but she won't help you
out anymore; we guarantee you will enjoy and smile!!

You can be part of this fun-loving group by
showing up for rehearsals on Saturday mornings at
10:30 A.M. in the auditorium. No auditions or
attendance taken; we just ask if you decide to be part
of this activity you come as often as you possibly can.
The welcome mat is out or if you need more
information please call

Carol Bishop- 645-0594

Remembrances of England

Having an American mother and an English
mother, Ted and his twin brother Ken spent
considerable time in Great Britain. Things were fine
until Hitler invaded Poland in 1939.

Getting back to America by ocean liner was an
ordeal. German U-boats called "Wolf Packs" were
everywhere. A notable family on board the same ship
was the Montgomery family. The father was the well-
known Hollywood actor, Robert Montgomery. His
daughter, Elizabeth, went on to fame as Samantha in
the television series "Bewitched".

Our ship made it safely to New York harbor
after a grueling ten days at sea, avoiding the U-boats.
On the return trip to England all hands were lost due
to the German torpedoes. The crew were part of
those brave souls who gave their all and will never be
forgotten by those of us who came home under their
care.

Ted Barnett

Who's Who at Cadbury

(1)

Karen Consolini

Those of you who participated in the Trilogy of the "Star is Born," including the follow-up critical discussion led by Karen Consolini, found out first hand a bit about the breadth of experience and knowledge Karen has about art and the arts. But that is just a small bit from Karen's whole story...she has had an extremely interesting life, which I was fortunate to have the opportunity to learn more about when she agreed to sit down with me recently. Karen does not want to brag! But from my perspective, her life experiences to date include a lot of Wows.

First of all, Karen was in the fashion business in a number of different capacities from 1953-1981. In the mid-50's Karen moved to New York City from Pasadena, CA, where, after leaving Colorado College, she was working in retail. She began the New York phase of her career as an Assistant Sportswear Buyer, then moved up to Buyer. Next, she was hired by Chemstrand (a fiber company making Acrilan, Blue C Nylon, and Actionwear, aka Spandex). Her job was planning programs and advertising campaigns with both fashion-textile manufacturers and retailers across the U.S. "Actually," Karen says, "it was more fun than work." One of her favorite projects was to decorate the Monsanto (half-owner of Chemstrand) "House of Tomorrow" at Disneyland: a raised, revolving home, designed to be a futuristic showcase for products made by both Monsanto & Chemstrand (textiles, linoleum, wall coverings, electronic devices etc.). Her budget was over \$1,000,000 – in 1963 dollars!

In 1969, Karen went to work for the Textile Division of duPont as Fashion Director for Women's Wear Retail. Two years later she pioneered a program of fashion trend analysis, resulting from the requests of retailers eager for textile & fashion trend information in advance of their seasonal buying trips. Through interviews with textile mills, clothing manufacturers and leading fashion journalists, this research culminated in a bi-annual report which Karen delivered in person twice a year to retailers in 22 U.S. cities, 7 European countries, and Mexico.

In 1981, Karen left the fashion world to be a full-time Mom. At the time, she was living in a former ship captain's house on the banks of the Hudson River, 40 minutes from Manhattan. Because

of her lifelong passion for cooking, Karen occasionally opened her home as a weekend B&B, and she also did some catering, which paved the way for a smooth transition to cooking professionally. She became the Food Manager for a conference center in upstate NY, and finally, a personal chef to the first documentary filmmaker in America, Pare Lorentz, and his wife Elizabeth. Lorentz's groundbreaking films were "The Plow the Broke the Plain", and "The River," and Elizabeth was the sister of Katherine Graham, publisher of the Washington Post, who was often a guest at the house.

Along the way, Karen has had an incredible knack for meeting famous people that most of us can only read about. Suffice it to say that there are long stories behind each of the following tidbits, but here are a few:

- At various parties, Karen has had the opportunity to talk with Sir Cedric Hardwicke, Mary Pickford, Buddy Rogers, and Roland Redmond (then President of the Metropolitan Museum of Art, who became a good friend).
- She had a midnight supper with George Balanchine and ten of his ballerinas at a ballet patron's home after a performance of one of his pieces.
- There was a Christmas Sunday brunch at the Player's Club in NYC, singing around the piano which was being played by Richard Rodgers, with the lead singer none other than Mary Martin.
- Karen was able to visit the set of "To Catch a Thief" and see some of the filming, in person, with Cary Grant and a stunning Grace Kelly.
- Rosalind Russell and her husband Frederick Brisson held a secret meeting at Karen's house about a film project (when she was 14!).
- In 1954, Karen was the very first contestant on the first televised episode of Art Linkletter's TV show "People are Funny." She won a mink stole when she convinced the proprietor of an all-male boarding house to rent her a room, along with a bowl of goldfish, a trumpet, a St. Bernard dog, a chimpanzee, and a trained seal.
- She was a friend with Major General Bela Kiraly, who in 1956 was instrumental in overthrowing the Communist regime in Hungary.
- In the late '80s, she became friends with William Hurt, the actor, and at his request gave him cooking lessons, including how to cook a turkey for

Thanksgiving! She also decorated a house he bought near hers on the Hudson River.

Just as important in Karen's mind, she is a mother: she has a daughter, Marella, 52, who is Chief Operating Officer of the Chinati Foundation, a contemporary art museum in Marfa, TX. Karen's son, Marcus, 44, lives in Hong Kong and works for JP Morgan. He is the head of their electronic sales and trading division in Asia. In 1963, Karen and her husband were co-founders, with four other couples, of a Montessori school on Manhattan's Upper West Side, which both their children attended, and which continues to this day as a much larger, expanded institution.

So – whenever you hear about the next movie series coming, you can rest assured the creative mind of Karen Consolini is behind it.

Gil Kaufman

Who's Who at Cadbury

(2)

Jeff Smith

New Dining Director at Cadbury at Lewes

Jeff Smith, the new dining director at Cadbury at Lewes (CAL), has previously managed a continuing care facility and has a master's degree in nutrition. In the past few years, the nutritional aspect of providing meals for elders has taken on more importance as links between certain foods and certain illnesses as well as between foods and general health have been established.

Smith replaces Ingrid Dellatorre, who successfully opened and ran the CAL dining service for its first five and a half years. Dellatorre left CAL to further her career as a restaurateur. Unlike Smith, she was not trained in nutrition.

Smith sees his responsibility, in addition to continuing CAL's high reputation for good food served at reasonable prices, to be monitoring ingredients such as salt, sugar and fats and designing menus to help persons who are overweight or underweight or who have heart disease or diabetes. He suggested that one possibility might be to add icons to menus indicating low-fat, low-salt or low-calorie foods. He also said that he would "like to offer more healthy bistro options."

Most of us already know that no salt is added

o foods served at CAL but we may not be aware that the cook staff is constrained by ingredients that come in cans. Anyone who checks the sodium content on canned items in the grocery store, for instance, knows that the amount of sodium in a single serving can range from 30 to 600 milligrams. Today, however, more canned foods are being sold that have lower sodium and sugar contents. Smith will watch for those. Cream soups today are made with ingredients that do not use as much fat as old-time recipes. Smith said that he is on the lookout for those, too many new regulations are coming into place. As dining director for the entire facility, Smith is responsible to keep abreast of and maintain compliance with all health regulations.

In assisted living, exact portions of different foods must be served to provide balanced diets, and food has to be evaluated for its ease in getting from plate to mouth. Some foods can be eaten by hand. All must be easily chewed and digested.

For rehabilitation and nursing patients, diets often have to be specifically tailored. A dialysis patient needs a different diet than one undergoing a specific rehabilitation for a particular disease. CAL serves many rehabilitation patients.

Smith also conducts wait staff training, coordinates kitchen and wait staff schedules, encourages staff cohesion and considers catering for groups.

So far, Smith has followed all the managers around in every shift, asking them questions to clarify the work. He has become acquainted with the "Employees Handbook," the manual the staff follows that outlines proper work and dress procedures as well as the rules and regulations of the facility.

Employee reaction has been positive so far. "He listens," and "He's direct," were comments heard after Smith led his first staff meeting.

Yelena Kretova, assistant director of dining services, said she expects to work well with Smith. "My background in restaurant work should complement his work in nutrition."

"Kretova and I each bring something to the mix," Smith said. "I hope we can put something creative into our work at times to excite those who want excitement without upsetting those who don't. All the while, staying within the budget." He closed the interview with his signature grin.

Sharon Hoover

The following were answers provided by 6th graders during a history test:

Moses led the Hebrew slaves to the Red Sea where they made unleavened bread without any ingredients. Moses went up on Mount Cyanide to get the Ten Commandments. He died before he ever reached Canada. Solomon had 300 wives & seven hundred porcupines.

Socrates was a famous Greek teacher who went around giving people advice. They killed him. Socrates died from an overdose of wedlock. After his death his career suffered a dramatic decline. In the Olympic Games the Greeks ran races, jumped, hurled biscuits and threw the java.

Joan of Arc was burned at the steak and was canonized by Bernard Shaw.

In an age of great inventions and discoveries Gutenberg invented removable type & the Bible. Another important invention was the circulation of blood. Sir Walter Raleigh is an historical figure because he invented cigarettes and started smoking. Sir Frances Drake circumcised the world with a 100-foot clipper.

Delegates from the original 13 states formed the Contented Congress. Thomas Jefferson, a Virgin, & Benjamin Franklin were two singers of the Declaration of Independence. Franklin discovered electricity by rubbing 2 cats backward & declared, "A horse divided against itself cannot stand." Franklin died in 1790 & is still dead.

Abraham Lincoln became America's greatest Precedent. Lincoln's mother died in infancy & he was born in a log cabin which he built with his own hands. Abraham Lincoln freed the slaves by signing the Emasculation Proclamation. On the night of April 14, 1865, Lincoln went to the theater & got shot in his seat by one of the actors in a moving picture show. They believe the assassin was John Wilkes Booth, a supposedly insane actor. This ruined Booth's career.

The nineteenth century was a time of great many thoughts & inventions. People stopped reproducing by hand & started reproducing by machine. The invention of the steamboat caused a network of rivers to spring up.

Cyrus McCormick invented the McCormickraper, which did the work of 100 men.

Louis Pasteur discovered a cure for rabbits.

Charles Darwin was a naturalist who wrote the Organ of the Species. Madame Curie discovered the radio. And Carl Marx became one of the Marx Brothers.

Submitted by Ruth Folta

Cadbury is for the Birds

As our summer migrating birds headed south with the human snowbirds, northern snowbirds headed south for 3000 miles to visit us. They would reach Delaware in December.

In our November newsletter, Jack Sparks reported on maintaining records for years on the arrival and departure of the ruby throat hummingbird at their feeder. These birds arrive from their winter home in Mexico from late April to May and leave for the winter by mid to late September. When they are gone, the feeders come down. But Ruth Kaufman caught a glance of a hummingbird in her back yard in mid November. Ten or so years ago, a birding friend called us on a late November Sunday to come and see a humming bird that has been in his garden for three days. It was a rufous hummingbird which we thought was lost or ill and could not find its way south. It should not be in Sussex County. We were wrong. A rufous was first seen and photographed in the Lewes area in 1985. Chuck Fullmer, who lives near Georgetown maintains 15 hummingbird feeders in his back yard, but keeps one active in the fall and winter resulting in seeing rufous hummingbirds into winter. The rufous hummingbird heads south much later than the ruby throat. So Ruth Kaufman probably saw the rufous hummingbird.

Elaine Connell was elated to see a king fisher in the west wing pond and later sitting on a rock, in full view of her apartment. Occasionally a great blue heron may be seen in the pond behind the dining room. But Bill Gehron had the good fortune on December 3 at 9:30 AM to see 3 great blue herons in the pond. They remained for the whole hour he worked out in the gym. Not even passing cars and trucks could spoof them. What a great sight to watch while working out. Bill also recommends a trip to

Black House Pond behind Beebe Hospital to see a variety of birds. Speaking of sightings, Bob and Ellane Hein had reported in past newsletters seeing an orange cat stalking birds. On a sunny morning Frances was reading in our sunroom when a mangy orange cat appeared from under a cedar tree waiting for a bird to glean seed fallen from the bird feeder. So this feral cat seems to be Cadbury. We also have a sharp-shinned hawk that hides under our hydrangea bush waiting to catch ground feeding birds.

By mid December the Canada and snow geese arrived to feed on grain and grass from farm fields. On Christmas Day "thousands" of snow geese descended on Gills Neck Road field opposite Cadbury. The hunters were waiting and shot guns roared. Later there was a snow goose in the retention pond at the Cadbury entrance. The goose soon adjusted to the pond, feeding on grass and swimming. Finally it flapped its wings but could not fly. Then one morning, it was gone. We thought that it might have flown away. However, when the pond was dry a mass of goose feathers appeared. It probably was caught and eaten by the fox. About the same time west wing residents were surprised to see a snow goose in their pond. It too could not fly. Gil Kaufman reported having seen this goose for a long time in the Hawksbill pond when walking Otis over there. He believes it made it to Cadbury over land. Karen Consolini, who maintains bird feeders at the pond side of the west wing, along other west wing residents have adopted the goose and named it Phoebe. It has grown friendly and accepts cracked corn from them. In mid January, a blood stained snow goose arrived at the pond, apparently a victim of hunters. It too could not fly. The two snow geese have paired up and stay together all the time. They are charming west wing residents. We are not sure if they stick together as "birds of a feather" or are they a mating pair that could produce goslings next summer. If so, is Phoebe the male or female?

The next CALRA Free Press will be published in May when we can look forward to the return of our southern migrants and the departure of the northern geese.

Flash! Hold the press for January 24th news. As snow had covered the ground a flock of about 20 dark-eyed juncos arrived to ground feed on cracked

corn in our back yard. This 5-6 1/2 inch bird is black and grey on its' top side and white on its underside. It nests on the ground and lives in open forest and probably visited from the woods across from our entrance. They were soon joined by doves and fox sparrows.

And that's not all: As the west wing pond was freezing over with ice, the 50 mallard ducks that hang out there flew away and have not returned. Unable to fly Phoebe and friend were alone at the pond. The next morning they were gone. It is not known what happened to them. They may have been victims of the foxes.

Frances and Jim Bazzoli

IN MEMORIAM

Joe DeMaul
 Emma Hammesfahr
 Muriel Honey
 Rose Hurley
 Kathleen Lyons
 Betty McFadden
 Martha Rosenfeldt
 Sarah Ross
 Paul Spragg
 Betty Vasko

