

# CALRA FREE PRESS

Cadbury At Lewes Residents' Association

AUGUST 2012

Vol 5: No 3

## President's Message - -

### CALRA BOARD OF DIRECTORS

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East Wing . . . . Elaine Glisson  
                                 Lois Wills  
West Wing . . . . Elaine Connell  
                                 Ruth Olsen  
Health Care . .

Monthly Board Meetings -  
                                 Second Monday  
Association Meetings  
                                 Third Monday

Newsletter Editor:  
                         Pat O'Hanlon

## WE ARE SO FORTUNATE, AREN'T WE?

We live on such a beautiful campus! The lawns are healthy and handsomely green, the trees have leafed back out fully and with new growth, the Cadbury and residents' garden colors add a rich contrast and our buildings look great against the backdrop of our verdant surroundings. Oh, to be sure, it's not perfect. There is a lot to be picky about, of course, but looking at the big picture, we are indeed fortunate to live here. I'm quite proud when my family and friends visit as they gush about our beautiful surroundings.

Maybe looking at the big picture is a good idea. There is always something that someone can complain about and it seems at times that those vocal complaints take on a bigger life than they should. We've got it good at Cadbury at Lewes and we're all working to continue to improve what we have here. It would help a great deal if we could be more positive in our attitudes about the 'big picture', about Cadbury at Lewes. Feel free to voice those positive opinions in our meetings; it might just be contagious and then we could ALL feel better about where we live and our culture here.

Doug Trout,  
President. CALRA

## VOLUNTEERISM

This year is an election year for the president of the United States. We have Republicans, Democrats and independents all knocking themselves out to get elected. Now I'm not going to talk or argue national politics but I will make an effort to tell you who was the 1st conservative - John F. Kennedy - - when he said "Ask not what your country can do for you -- ask what you can do for your country"! That is a memorable directive. It puts me in mind of the grateful residents of Cadbury at Lewes.

We do well as residents to make an effort to give back to Cadbury for the many wonderful kindnesses, amenities, fitness and physical rehabilitation, etc., etc., etc., that are provided. Oh, I know we all pay our own way as when we lived elsewhere in America. We also did more than was required and did not just have more than what was required and did not just live off the fat of the land. Some of us served in the military, were volunteers for countless worthy causes, voted in every election, lived decent lives, were law abiding, paid taxes, did an honest day's work. I could go on forever about the fine character of United States citizens.

The residents at Cadbury can find a million different ways to add to the prosperity of our home. "Ask not what Cadbury can do for you - ask what you can do for Cadbury." Think about it. Act!

Dolores R. Redefer, Asst. Living

## DIAL-A-RIDE

To: All Independent Living  
Residents

Are you in need of a ride to a doctor, pharmacy, etc., and you are not eligible for a free ride from Cadbury?

Call your Dial-A-Ride  
Coordinator:

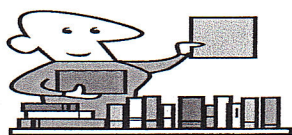
Elaine Glisson  
at 703-2645







*John and Barbara Carl*  
*John (Jack) Carroll*  
*Jack and Meryl Chapin*  
*Dan and Mary McLaughlin*  
*Rosalie Mitchell*  
*John and Signa Souder* *Leah*  
*Paul and Beverly Spraggs*  
*John and Erna Steinbruck*



## LIBRARY LINES

Just a couple of reminders:

- Please return library books after you have finished with them.
- New books in our library are usually displayed on top of the fireplace or bookshelves

The following are a few suggestions for various fiction genre:

**Detective Stories** - M.C.Beton, Steve Martini

**Historical Fiction** - Philippi Gregory, Jeff Shaara, James Michener, James Jakes

**Historical Romance** - Christina Dodd, Amanda Quick, Jayne Ann Krentz,

**Lawyers Fiction** - John Grisham, Scott Turow

**Mystery and Detective** - Robert van Gulip (paperback), Tess Gerritsen, Michael Connelly,

**Spy Stories** - Daniel Silva, Vince Flynn

Enjoy your reading,

Thanks for answering the library questionnaire. We will be working on the results and our response to your answers.

*Mildred Wiedmann*

## The Birth Of The Cadbury Library

Boxes are coming. Boxes keep coming. Boxes filled with books are being stored in an empty garage at Cadbury at Lewes, a Quaker-operated continuing care community eight years in the making near Lewes, Delaware. Future residents down-sizing their worldly possessions in preparation to reside in significantly smaller housing, donate their books to the future library to be shared by all residents of their community. In May 2007, the first residents are moving into their almost completed cottages and by the end of the month, 7 cottages house 12 residents, while construction continues on the apartments, the clubhouse, assisted living and skilled care facilities.

In early July, Fran and Joe Baker are the first residents to move into the West Wing apartments. On July 23rd Cadbury initiates food service with dinner and now residents no longer need to drive to La Rosa Negra for allotted meals. Cadbury now has 25 housing units occupied by 36 residents. By late September the library construction is complete and Lynette Palen and Patti Griffith of the marketing staff rush to furnish it in time for the grand opening of Cadbury at Lewes on October 12th. A call goes out for volunteers to form a library committee to organize and manage the library. Responders to the call are Ruth Barnett, Jim Bazzoli, Joe DeMul, Nancy Gunn, Sharon Hoover, Diantha Pack, Bill Peterson, Gladys Ratz, Anne Rouse, Mildred and Don Wiedmann.

Ellane and Bob Hein are the first residents to move into Cadbury. Being well settled in their cottage, Bob, found time to volunteer to move the many boxes of books from the garage



to the library (with staff help). Bob opens the boxes and with library volunteers and others sort the books into piles on the floor by category. Included are 200 books on railroads and steam engines, 190 on religion, 150 cookbooks and 55 coffee table books. There are too many specialized books for our shelves to hold. The 190 religious volumes are shelved in the Quiet Room on the first floor. Jim Bazzoli contacts the Seaside Railroad Hobbyist group who are glad pick up the railroad books to be housed in their headquarters in the restored Georgetown railroad station for loan to members and the public. Most cookbooks are given to residents, staff and dining services. Coffee table books are distributed to the lounges and sitting areas in the Club House and apartment hallway sitting areas. Fiction is shelved alphabetically by author. remaining books are shelved by subject, such as biography, history, etc. With the shelves full the remaining books, video tapes, CDs, DVDs, and talking books are returned to boxes and stored in the room next door until after the Grand Opening of Cadbury at Lewes.

At the grand opening, Governor Ruth Ann Minner and Senator Tom Carper offer good wishes and success to Cadbury in meeting the needs of Delaware's seniors. Facility tours follow and those passing through our library are impressed with the pleasant setting and well-stocked shelves. On November 1, 2007, the library committee meets for its first formal meeting. Resident Sharon Britton has donated 530 paperback mysteries which are displayed on top of plastic storage boxes loaned by Joe DeMul and placed on the floor around the room. This illustrates the need for additional bookshelves.

The library committee holds its first formal meeting on November 1st. Mildred Wiedmann is chosen as Chair Person. The committee agrees that books will be loaned on the honor system and returned to a box designated for "book returns". Diantha Pack offers to donate a rubber stamp to mark books "Property of Cadbury at Lewes Library".

Several members stamp all books. Two members volunteer to shelve returned books and maintain a tally of what residents are reading to gain knowledge of what books are circulating. A suggestion that the committee have residents complete a survey of books they would like to read is adopted. Responses showed 60% preferred fiction and 40% non-fiction. In non-fiction, top choices are 1. travel/geography, 2. history, 3. local interest, 4. politics/economics.

A final question asks residents what magazine subscriptions they receive and would donate to the library after they are read. The response was 107 subscriptions resulting in 51 unduplicated magazines for the library. The library is now born!

Today our library is alive, well and growing at five years old..

*Jim Bazzoli*

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## TORNADO & HURRICANE SAFETY

High on the list of things we hope we never have to deal with are tornadoes and hurricanes. While they are relatively rare on Delmarva, they do occur and we only need to go back about one year to Hurricane Irene to document it. So each of us should already have or soon develop a plan as to what we will do in the event one of them comes our way again.

Fortunately with the advanced state of weather forecasting technology these days, we usually have a fair amount of warning in advance of a storm. This enables Cadbury at Lewes staff to determine the best options and to provide residents with guidance as to what will be or might be required in the way of relocation or evacuation.

So first and foremost, in addition to watching the Weather Channel (Channel 2, or 101 if you have high definition on Comcast), look for alerts provided by Cadbury at Lewes staff by one or more of several means:



\*All-resident meetings may be held for advance planning if adequate time permits,

\*Robo-guided phone calls may be made to each resident providing the status of alerts and, when necessary, guidance on relocation or evacuation,

\*Alerts will be provided at the bottom of the screen on the Cadbury at Lewes TV Station #970 giving the latest information available, and

\*If relocation or evacuation is necessary, Cadbury at Lewes staff will advise residents of what action is necessary (see paragraph below on Evacuation below).

It is important to remember that in the absence of specific guidance to relocate or evacuate, the best thing to do is to remain in your apartment or cottage, close all windows, and move to the safest areas therein. In the apartments, that means move away from the windows, preferably to rooms without windows. In the cottages, the guidance is essentially the same: move to internal rooms without windows, which may mean the second bathroom. Flying glass is one of the major causes of injury, and four solid walls around you provide the greatest resistance to collapse.

Judgment on when it is safe to leave your windowless room may be made on the basis of cessation of external storm noise, i.e., wind, lightning and thunder.

**Your preparedness kit** – It is a good idea to have a few things on hand in case of such emergencies, including:

- Good flashlights with back-up batteries, or battery-operated lamps,
- A gallon of bottled water for each resident in the home,
- Dried fruit or other non-perishable, easily opened foods requiring no cooking, sufficient for about three days,
- Supplies of all of your medicines for three days,
- Warm blankets, especially for winter storms, and
- A first aid kit.

If you have a cell phone, it is also a good idea to have a list of the phone numbers you may need

to call, especially the Cadbury front desk, 302-644-6370.

If you hear a regional emergency alarm, your next move depends upon where you are. If you are in your apartment in the main building, stay where you are. This is true also if you are in any of the common rooms, the Bistro or the Chart Room. The staff will provide instructions. This guidance might seem strange to you as we all remember how in emergencies in school, we always had to evacuate the building; but things are different here. Our main building is divided into several zones, each protected by fireproof doors, so if there is a problem in another zone you are perfectly safe where you are. If that is not the case, staff will arrive quickly to provide whatever assistance is required. If you are in a cottage when an alarm sounds, stay put and move to the safest area as described earlier.

**In the event that evacuation** is required by the State of Delaware, all residents must leave the Cadbury at Lewes facility. Residents with family or friends outside the evacuation zone may drive or be driven to those locations. For those without that option, Cadbury at Lewes staff will provide transportation to Cadbury at Cherry Hill for the duration of the evacuation. Pets are not allowed at Cadbury at Cherry Hill, so residents with pets must develop their own evacuation plans (see next paragraph). If you are off on your own for whatever reason, please remember to advise Cadbury staff of your location and a contact number.

**Residents with pets** must develop and arrange for their own evacuation plans, identifying both locations outside the evacuation area to which they can go with their pets and their means of transportation. Residents who have no appropriate family homes to which to relocate should plan ahead and identify a motel or inn that will accept pets and to which they might move when required by evacuation orders. It is the responsibility of the resident to arrange their own transportation.

**Weather Radio:** One additional thing to consider is to have a battery-operated weather radio in your home, tuned to the nearest



weather station. It will continue to operate even if power is interrupted. For those of us here at Cadbury at Lewes, the best short-wave station is NOAA's broadcast of the National Weather Bureau's information on WXJ94 broadcasting via the University of Delaware Marine Laboratory right here in Lewes. It is 162.55 khertz on the short-wave dial and will be picked up automatically on most weather radios. Other resources:

\* **"What About Emergencies?"** – An excellent summary of disaster guidance prepared by CALRA and Cadbury at Lewes. If you do not already have one, contact Carol Cascone in Marketing to get one and keep it handy.

\* **"Cadbury at Lewes Emergency Disaster Plan"** – If you would like more specific information on how Cadbury at Lewes staff respond to emergencies, including hurricanes and tornadoes, stop at the front desk and look over the Cadbury at Lewes Emergency Disaster plan. It is quite complete and should give you some added comfort that we will be well taken care of should any kind of emergency occur.

*Gil Kaufman*

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## New Laptop in the Library

The CALRA board previously approved the purchase of a new laptop for use by the residents and it has now been purchased and installed in the Overfalls room next to the Library. Some of the uses we envision for this new computer include Skype communications with family members, remotely looking at photographs from a family member, surfing the internet for helpful information, using Microsoft word for personal writing of life experiences, and finding and downloading ebooks for your Kindle or other e-reader. In order to facilitate these tasks, a written set of detailed instructions for each of these tasks is available located on the computer desk near the laptop.

The new laptop is a HP model using Windows 7 operating system. The system is

powered by an AMD A6 3420 processor chip and uses Radeon 6520G graphics. The computer has 6 MB ram, all of which makes it a responsive computer.

### Skype

Your Skype connection to your family and friends is a very simple procedure. To turn on SKYPE program click on the big S icon at bottom of screen. For new callers click on add a contact

Type in their email address (optional), full Name, Skype Name, click the add button. Select call at top of screen, click on video call, talk... To hang up hit the red phone icon on screen. More detailed setup information is/ included in the detailed written instructions for the computer located on the table next to the computer.

### Photos

A second possible task might be to look at photos from your family. The detailed instructions on possible ways of accomplishing this task are given in the computer instructions.

### Word

A third possible task is use of Microsoft Word or other Office programs for writing purposes. I did not write any instructions for using the Office programs. You are on your own for this application. Call me (Woody) at 644-4724 if you have specific questions on this software. For those residents who don't have a copy of Microsoft Word on your computer, I have included a copy of Kingsoft software on the Laptop which pretty much does all the functions of Microsoft Word, Excel, etc. Try it and put a free copy on your computer if you like.

### Explorer 9.0

The next possible task is surfing the internet using Internet Explorer 9.0. Again, I assume most people know how to do elementary surfing of the internet. Call me if you have some specific needs with this task.

### E-readers

For those persons with Kindle e-readers, I have set up a simple and direct procedure for hooking up to the Lewes Library. This procedure is very simple. Start out with the computer totally off.



At this point turn on the computer with the first on-off button near the upper part of the keyboard. Click on this button and the computer will come on. Turn on the Internet Explorer and click on Delaware Public Library in the top scroll bar. Scroll down on the page until you see an e-book of interest. Click on the cover of the e-book. This screen will tell you how many copies are available and the available format (Kindle book or Adobe EPUB e-book). To order a book, you need to order it and use your own available Lewes Public Library card number to order it at the check out.

#### **Cloud access**

This computer is set up with Cloud access. This function is useful for copying photos to be viewed by family and friends on any computer in any part of the country or world. It is free and easy to use and I have samples of the use of the Cloud on the Laptop. Anyone interested in using this system call me (Woody) and I will show you how to use it on your computer.

#### **To turn off the Laptop**

Go to the symbol on the lower left of the screen. Select "shut down" to turn off computer or select "go to Windows" to activate the total computer. Keep in mind the first large button on the left gives you Windows 7 and the Internet. The second smaller button gives you the Quick WEB or basically internet functions. If you are in the Windows 7 mode of the computer, to turn the computer off, move the cursor arrow to the microsoft symbol in the lower left portion of the screen, move the cursor to the shutdown button on the screen and click.

We encourage Cadbury residents to make use of the new computer. You can only learn by doing.

*Woody Seamone*

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## **The Lewes Connection To The Outside World**

We are all familiar with the historical importance of Lewes, the first town in the first

state. But Lewes is a deceptive place. And nothing is more so than the fact that Lewes - or more precisely Cape Henlopen State Park - is the eastern terminal of a trail across America that is almost as famous nationally as that traversed by the Lewis and Clark expedition.

If you go to Cape Henlopen State Park you will find a specific spot to the right of the Hawk Watch platform in an area posted as "Main Beach Pavillion" with an unimposing marker denoting the eastern end of the great American Discovery Trail that reaches from the Atlantic to the Pacific Oceans - a network of trails for hikers, bikers, horseback riders and cross country skiers that in total encompasses over a distance of 6,800 miles. That simple sign announces the trail as the "American Discovery Trail" with the sub-title "Linking the American Landscape". It shows the trail's route across the country and briefly describes its reach.

The initial route included thirteen states: Delaware, Maryland (and Washington, D.C.), West Virginia, Ohio, Kentucky, Indiana, Illinois, Missouri, Kansas, Colorado, Utah, Nevada, and California. Two additional states wished to be included as well so a part of the trail can head from Ohio to Iowa and Nebraska and rejoin the original trail in Colorado.

But to say this unique trail crosses such a variety of states is but one aspect of its grandness. As it winds its way east to west or vice versa it leads to 14 national parks, 16 national forests and more than 10,000 sites of historical, cultural and natural significance. It offers something for every kind of user, from the dedicated hiker to the casual day walker.

The idea of developing such a trail became a reality in 2000 when a host of sponsors and volunteers connected through their respective states existing trails - old dirt paths, bad roads, logging roads, abandoned rail lines and even canal towpaths which superseded motorized transcontinental routes. All of these links, from towpaths to foot trails, where the going is described as moderate to strenuous, were located on public property to ensure freedom of travel. They include such famous historic routes as the Santa Fe and Pony Express



trails. The trail remains a work in progress as the original route has changed in several places as better links have been established.

Now this is all a reality. You can dip your toe in the Atlantic Ocean here in Lewes and follow the trail westward to eventually put that same toe in the Pacific Ocean in California at Limantor Beach, its western terminus. As mentioned, the trail is nationally recognized and has been the subject of a bill introduced in Congress to include the American Discovery Trail in the National Trails System and thereby create a new category of national trails – Discovery Trails – with the existing American Discovery Trail being the first so designated. Unfortunately, legislation designed to establish this category of trails has passed the Senate several times only to die in the House.

So when you talk about the sites and sights of Lewes remember that it is also the eastern terminal of one of America's great non-motorized hiking trails – indeed honored by the White House in 2000 as one of 19 Millennium Trails – major federally recognized trails including among others the Appalachian Trail and the Iditarod - the trail from Anchorage to Nome, Alaska famously used for dog sled races.

Bill Gebron

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## Friday Night Movies Evoke Nostalgia

Friday night movies, *Midnight in Paris* and *Hugo* bring back old memories of trips to Paris. Woody Allen wrote and directed *Midnight in Paris* earning an Academy Award for Best Screenplay in 2012. The plot centers around Gil Pender, a successful Hollywood screen writer and his fiancé, Inez. They are vacationing in Paris with Inez's wealthy parents. Gil is writing his first novel but is having difficulty wrapping it up. Inez feels he should stick to screen writing, but he wants to finish his novel. Gil is enamored by the City and suggests to Inez that they should live in Paris. Inez prefers Malibu. Gil, Inez and her parents are dining in the hotel,

when, by chance a friend of Inez, Paul Bates, recognizes her and offers to take them on a tour of Paris the next day. Gil is tired of touring with pompous Paul and declines to join the evening activities to work on his novel. He walks the Paris streets and near midnight, feeling tired and lost, he sits down on some steps. As a clock strikes midnight an old touring car stops and takes him on board. They go to a party where he meets Gertrude Stein, Hemingway, the Fitzgeralds and other writers from the 1920s, who encourage him to finish the novel. He repeats this each night.

The movement that Gil experiences is known as *Ex-Pats Paris* (expatriates) founded by Sylvia Beach (1887-1962). She is the daughter of a Presbyterian minister, who in 1901 accepted a post with the American Church of Paris, and moved there with his family for five years. Sylvia, like Gil, fell in love with Paris. During World War I she worked with the Salvation Army, and returned to Paris in 1917 where she became friendly with Andesine Monnier, who owned and operated a bookstore of French avant-garde literature on the Left Bank. Monnier encouraged Beach to open an English language bookshop. By 1919 Beach opened her shop which became a gathering place for many struggling American writers such as D. H. Lawrence, Ezra Pound, T. S. Eliot and many others. Beach loaned them books, provided encouragement and became a friend. She names her bookstore *Shakespeare and Company*. In 1941 the Nazis occupied Paris and Beach closed her shop. George Whitman, an American, bought Beach's bookshop and rights to the name in 1951, with her blessing.

On an early trip to France, Frances and I rented a car and drove to Paris spending four days of our travels in France. High on our list of "must see" was *Shakespeare and Company*. Walking into the shop we came to a table about five-foot square piled with books face up with a sale sign. Glancing over the books, a paperback caught our eye, titled *Delaware Indians: a History*, by C. A. Weslager, a noted Delaware historian and archeologist. We were amazed. A clip from the movie shows Gil coming out of *Shakespeare*



*and Company* bringing back this piece of nostalgia.



In 2003 we joined a Grand Circle Tour of France, ending in Paris. Starting with four days in Normandy we visited World War II D-Day beaches, bunkers, museums, and the American Cemetery. On occasion this experience evoked a lump in the throat and water in the eyes. Then off to Honfleur, a port city at the mouth of the River Seine where we boarded a riverboat for a seven day cruise to Paris. Two significant river stops included the City of Rouen, a gathering place for impressionist painters of the late 19th Century and Claude Monet's home and gardens.

In Paris we were housed in a high rise hotel facing the Seine six blocks from the Eiffel Tower. The tour ended in three days and we stayed for five more. Another "must see" was the Musee d'Orsay, a former railroad station converted into a museum to house impressionist paintings and other period art. On the first Sunday in May we were off for the d'Orsay. Unknown to us the first Sunday in May is a national holiday similar to our Labor Day. The city was wall-to-wall people. The d'Orsay is a spectacular spacious, airy, naturally lighted museum on three levels. After three hours there we headed for *Shakespeare and Company* walking along the left bank of the Seine where the stone wall is lined with book stalls called bouquinistes in French. They primarily sell books but may include post cards, prints, etchings, maps, magazines, souvenirs, etc. They line the Left Bank all

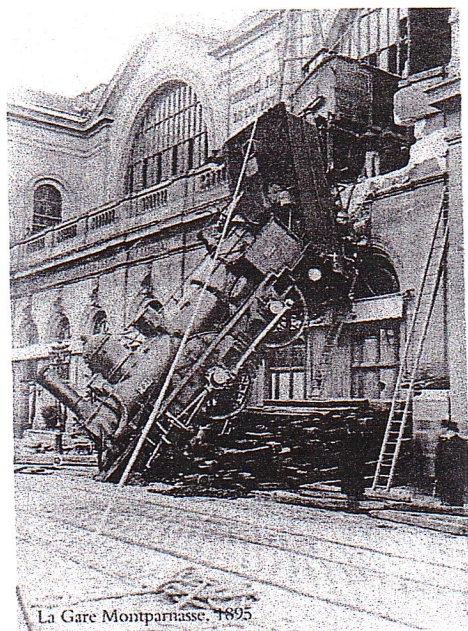
the way to Notre Dame. In the movie, Gil stops at one of the stalls and purchases a book. We strolled along scanning books. The title *The Brandywine River* appeared above a retainer that held books vertical. Wow! We found another Delaware book staring us in the face, written by a native Delaware Quaker, Henry S. Canby, and illustrated by Andrew Wyeth.

Walking into *Shakespeare and Company* we saw 90-year-old George Whitman sitting at a table pricing books as a young associate removed them from boxes. We purchased a booklet written by Whitman in which he wrote about his 50 years of operating the bookshop and his hope that someone will carry on his bookshop tradition when he is gone.

In March 2005 we went to France to celebrate Frances' 75th birthday. It was this trip that evoked nostalgia from the movie *Hugo*. Our tour started in Nice on the Mediterranean Sea. Our next stop was the Rhone American Cemetery. As the D-day invasion was taking place a smaller Army was landing south of Rhone. This 12-acre beautiful cemetery is in memory of our troops who sacrificed their lives here. There are 861 headstones with 62 marked unknown and a Wall of Names listing names of 294 troops whose remains were not recovered or identified. Again a throat lump and damp eyes. Three days later we boarded our 42-passenger riverboat in Avignon and sailed up the Rhone River. Dinner was served and when the dishes were cleared the servers entered with a large cake, sparklers, and sang "happy birthday" to Frances. We arrived at our last port and were bused to Paris. Our tour group was housed in a high-rise hotel in the Montparnasse District (The 14th Arrondissement) south of the left bank area where the *Ex-Pats Paris* lived. Our hotel was two blocks from the Gare Montparnasse (railroad station). This was where some of the filming of the movie *Hugo* takes place. The tour ended in three days and we moved to a modest hotel to spend four more days. From our hotel room we had a view of all trains coming to and leaving the railroad station and a view of the Eiffel Tower with its nightly light show. An easy walk took us to the front of the



station where stairs or escalators took us to the second floor where the railroad tracks end. In retrospect of having seen *Hugo*, we can now place our selves at a table in the station concourse having lunch or a coffee and pastry break and see Hugo snitching something to eat or stealing a part from the toy maker to be used in the mechanical man he is putting together in the walls of the station. In an amazing piece of filming from the movie, an incoming train overruns the buffer and careens through the station concourse with people scampering like mad to avoid begin killed. It turns out to be a nightmare of Hugo's. In 1895 a Paris express entered this station with failing breaks plowing through the 100 foot concourse and the two foot thick stone wall dropping 33 feet to the street below. This wreck probably was the source for movie scene. If you missed seeing this movie, borrow the DVD from the public library.



La Gare Montparnasse, 1895

On our last day in Paris, we visited *Shakespeare and Company* and found that George Whitman was too ill to run the bookshop. Fortunately his dream will live on through his granddaughter, Sylvia Beach Whitman, now manager of the shop. Whitman continued to

live in his 3rd floor apartment over his bookshop until his death at age 98.

Go to our Friday night movies; you may find some old memories.

*Frances & Jim Bazgoli*

## BUY THE SEA GIFT SHOP

The summer months have been very profitable for the shop. We have received some very nice donations, which increased our sales. All of the profits from the shop benefit, you, our residents, by providing funds for some of the activities and entertainments we enjoy.

The shop could not operate without our faithful volunteers who serve every week: Doris Shirk, Ruth Kaufman, Ellane Hein, Ruth Thigpen, Elaine Connell, Marie Berry, as well as the substitutes who fill in whenever needed who are: Binky Tompkins, Ann Erdman, Grace Rork, Ruth Barnett, Joan Mancuso, Becky Goldstein, Eleanor Corey, and Maurine Hale. We always welcome more volunteers.

We mourn the passing of one of our most faithful volunteers, Maude Lofgren. Maude worked at the shop from the time it opened until her last illness. She offered to substitute if one of the "regulars" couldn't be there and do any "odd jobs" we asked of her. Maude, we miss you!

We have a variety of items for sale, such as glassware, decorated plates, clocks, trays, etc. New things appear almost every day, so stop in to see what's new! Come in for a candy bar or ice cream to satisfy your "sweet tooth." Need Kleenex, paper towels, etc.? We have those, too. When your electronic gadget needs an AA or AAA battery, "Buy The Sea" is the place to come! Don't forget that greeting card for someone special also.

We are open Tuesday – Friday, from 11 a.m. to 3 p.m. Stop in ad browse – we'll be looking for you!

*Jeanne and Jack Sparks, Managers*



### PERSONALS!!

Have you lost or misplaced a pair of eyeglasses, a glasses case, a cell phone ?? - Sometime in the last two years . . .! We have them in a huge round box in the Craft room on the second floor.

*Lois Peterson*

### Free Day Lilies

Bazzolis will divide day lilies in the fall. Call 645-5153 if you are interested.

Colorful shops on the boardwalk  
Emit wonderful smells and sights –  
Families and lovers stroll and talk  
As they ponder the offered delights.

We come to the end of each perfect day,  
Enjoying our time at the shore  
Always wishing to lengthen the stay  
As vacation ends once more.

*An original poem by  
Teddie Hull*

## *Vacations at the Beach*

To the mountains? – A lovely lake?  
Or perhaps a city spree?  
Ah, we chose to take  
Our vacations by the sea

We love lying in golden sands,  
Listening to the waves on shore,  
Splashing, crashing – like big bands  
With a resounding, seaside roar.

Graceful gulls soar thru the sky  
Gliding to rest on the sea,  
Quietly bouncing, drifting by –  
Oh how I wish it were me!

How refreshing is the ocean! –  
Feel the sea cool the body down,  
As we dive into waves in motion,  
While others splash and clown.

Children build castles, they think grand  
Then hop and squeal in dismay,  
As surf comes creeping thru the sands  
To wash their kingdoms away.

Then to search for the perfect shell  
A treasure to cherish and keep –  
Nature's gift from the ocean's swell,  
Here on shore, awash from the deep.

## DOVER AIR FORCE BASE & THE AIR MOBILITY COMMAND MUSEUM

As we approach the Dover area on a drive north on Route 1 from Lewes, one of first places we pass is the Dover Air Force Base (AFB) and the adjacent Air Mobility Museum. Dover AFB is one of the key east coast military airfields, and the first landing place for all U.S. servicemen and servicewomen who have died in service overseas.

One of the most exciting sights around Dover in previous years was the landing of the huge C-5A transports. Recently, C-17s have replaced most of the C-5As; they are not quite as large but are still impressive sights if you happen to see them landing. Both just seem to float down onto the field and their monstrous size is apparent. Ruth and I found a little side road near the entrance to the Air Mobility Museum where you can sit right under the in-coming path to observe the landings.....pretty awesome.

The Air Mobility Command Museum itself is quite a fascinating place if you're as interested as I am in the variety of types of aircraft used through the years in transporting troops, arms, and even presidents overseas. The Museum has about 40 planes of various types



and sizes ranging from the propeller-driven Lockheed Constellation Air Force One that powered President Dwight Eisenhower around the globe (Figure 1) to one of the KC-135 Stratotankers that fueled B-25s (Fig. 2) in flight and the Strategic Air Bombers that cruised the world during the height of tensions with Soviet Russia.

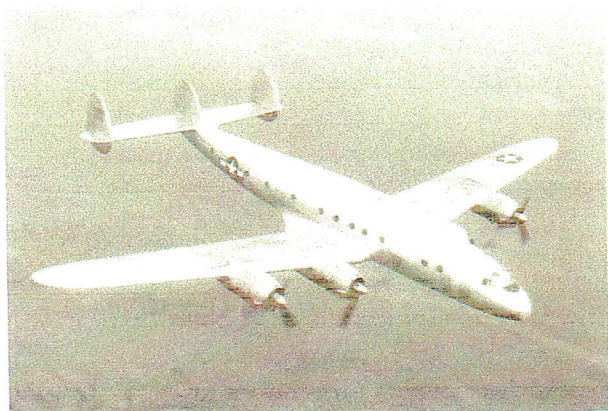


Figure 1 -Constellation C-121



Figure 2 - Stratotanker KC-135

Some of the Museum's planes are open for tours on a rotating basis, so depending upon your visit you may be able to walk through Eisenhower's Constellation or climb into one of the largest planes ever built, the C-124 Globemaster (Figure 3).

The Air Mobility Museum will soon be adding one of the C-5As to their collection, the first and so far only museum in the country to have one.



Figure 3 - C-124 Globemaster

Hanger 1301 that houses the Air Force Mobility Museum itself has a very interesting history. During WWII, the 4146 Base Unit was involved in secret rocket development at Hangar 1301 of what was then known as Dover Army Airfield. From the 1950s to the 1970s, various fighter squadrons called this hangar home. In the 1990s after restoration and placement on the National Register of Historic Places, Hangar 1301 was given new life as the home of the Air Mobility Command Museum.

The Air Mobility Command Museum is a part of the National Museum of the United States Air Force's field museum system. Air Mobility Command is a major command of the United States Air Force. Its mission is to deliver men and armaments to key war sites and to support humanitarian efforts through rapid and precise global air mobility.

Visitors 10 or older can fly any of the museum aircraft on the museum flight simulator. Volunteers will instruct interested visitors on the principles of flight including take-off, flying in the pattern and landing at Dover Air Force Base.



Flight Simulator



Exhibit Area



There are also exhibits featuring some of the Air Force command's principal missions, including the Berlin Airlift, the Korean War, and in-flight refueling missions. Periodically, presentations are made by experienced volunteers on the details of some of the missions.

*Gil Kaufman*

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## Dining Services

The recent influx of new residents suggested the need for a review of the workings of the Dining Services Department for the information of old and new residents alike. All meals served at Cadbury are prepared in the kitchen located behind the Bistro. That includes the Chart Room, the Bistro, the Assisted Living dining room, the Safe Harbor, and the dining rooms in Skilled Nursing as well as all trayed meals. That means over 400 meals are served each day. As Cadbury is an approved Medicare provider, the content of the meals are carefully controlled and regulated. At least two of the meals offered at any serving in the Chart Room are the same that have been served to the Wellness Center residents.

As you know, there are two menus available in the Chart Room. The selections on the left hand side are \$10 and include an entrée with generally two sides plus a choice of two of these three - soup, salad, or dessert. These meals have not had salt added and cover most diet needs. The items on the right hand side may be salted and spiced. Prices will vary with market conditions. The menus are set up so there is a summer cycle generally starting about May and a winter cycle beginning in October.

Each cycle runs about a four week rotation of selections.

The Sunday and Wednesday buffets have a number of items available but there are no substitutions allowed. What you see is what

you are getting. Ice cream is never part of the buffet selections.

Most baked goods (approx. 85%) are baked in house including 3 kinds of dinner rolls. The only soup that is not made in house from scratch is the tomato soup. All cream soups as well as sauces are made with milk not heavy cream.

Sugar free desserts are always available. The selection changes daily so you have to ask about the daily selection.

Almost all entrees can be served with sauce on the side. Just ask your server or the Bistro cashier and they can describe all dishes and let you know how they can be altered.

All Cadbury house salads (tossed salads) are served without cheese. If you would like cheese added, just ask. The house salad is an "always available" item.

A plain chicken breast and poached swailfish are always available in the Bistro and Chart Room. The price will be displayed on the Bistro board. Baked potatoes are also available in the Bistro for dinner, but must be ordered a minimum of ONE HOUR in advance. Bistro dinner for delivery or pick up may be ordered by calling the manager's cell phone (302-344-3250) ANYTIME after 6:30 a.m., but should be prior to 4 p.m. as the staff gets extremely busy with dinner service.

The staff would appreciate being notified if you are going to be bringing non-resident guests to dinner. Tables can be reserved except on special events when there is open seating. Please remember to use the TIP (Tell Ingrid, please) cards found at your table for comments (favorable or otherwise) as the staff find these very helpful for improving service and selection. PLEASE also send any unsatisfactory food back to the kitchen for replacement or exchange. This is the quickest way to get a problem fixed.

It should be noted that Dining Services also has a catering service with great capabilities. If you have attended any "Happy Hour" you will have seen and tasted some of the delicious fares they can produce. So if you want to give a



special party ask to see their menu list. It's terrific—and reasonable! They also have available special loaves of several different kinds of breads, sticky buns, and pies and cakes. Their pies always engender rave reviews -- especially if they are being served to non-residents.

*Bill Peterson*

*In consultation with Ingrid Dellatorre*

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## Cadbury is for the Birds

Our last newsletter mentioned the battle between Ruth, Gil and Otis Kaufman with the aggressive robins that they were able to drive away. But their peace and quiet was short-lived when a pair of tree swallows decided that the Kaufman cottage was a nice place to live. So they started building a nest on the downspout at the front door. Can you imagine bird droppings on your head or stepping on them as you go in and out the door? The nest was removed with a broom and peace returned. Nearby neighbor, Pat Johnson, was working on her container garden when she discovered a sparrow's nest with seven eggs. When Pat was away for a few days, Lois Nickerson watered her garden and found a dead baby sparrow in the nest and another one dead on the ground; probably the work of a predator. Speaking of predators, Bob Hein was on the Cadbury bus to dinner when he saw a hawk grab a dove on the lawn of cottage 32. The hawk flew and returned to the dove when the bus passed.

Last summer a mother mallard nested under rosebushes at the entrance to the Club House producing 12 ducklings and raised all of them to adults in the West Wing pond. One day this spring, Dick Kauffman went out his back door to pick some ever-bearing strawberries from his garden for breakfast. As he bent down to grab a berry, a head popped up and with a

flutter of wings a mother mallard scurried away. Dick saw a nest with two eggs. After a few weeks the mallard left, probably to the West Pond with her ducklings, leaving eggshells behind. Another mother mallard looking for a safe place to nest chose the roof over Assisted Living and just outside the door from the Skilled Care dining room to the roof next to sheltered potted shrubbery. Mother had a safe haven with a bonus of food scraps. Now baby ducklings cannot fly at birth and a drop from the rooftop to the ground could be fatal. Vignette staff collected hatching ducklings placing them in a card box. Mother was put in another box and they were released at the East Pond. Where they went no one seems to know. As our newsletter goes to press, a third mallard sits on her nest of eight eggs in a four-foot elevated garden built for occupational therapy behind the physical therapy office. Meanwhile the garden is off limits while mother duck sits in the middle of the zucchini patch waiting for her ducklings to arrive.

In June there was a contingent of rare visitors to Cadbury. Eighteen turkey vultures descended on the retention basin at the campus entrance. The basin was dry except for the water hole enclosed with rocks. The vultures went wading into the water splashing themselves with their wings then moving to higher ground and spreading their wings wide to cool off and dry. What a sight. Lois Nickerson and Jan Bendrick have a hardy vegetable garden providing fresh healthy meals. One morning a young bunny rabbit was in the garden sharing the good eats. Bunny was transferred to a safe distance away. This writer was pulling weeds behind the Bazzoli cottage when beep-beep sounds came from the ground well which houses the dryer vent. Looking into the well, a toad cried for help as a snake dragged it by a rear leg. Seeing an intruder, the snake let go of the toad and disappeared into the ground. The toad was rescued and relocated to safer grounds in the



front yard. Bob Hein had to visit the bathroom at 2 a.m. (as some of us do) and looking out the bathroom window he saw a cat coming from the West pond with a bird in its mouth. He would see the cat with a bird on another occasion.

Does any resident have a cat that spends the night out or do we have a feral cat that has decided to make Cadbury its home?

Jim Sylvanus discovered a killdeer pair nesting near his cottage four years ago and watched them raise a family of four in a nest on the ground. Jim sadly reported that they had not returned this year. Killdeers belong to the Plover family and seem to spend more time on the ground than the air. Their numbers are declining due to loss of habitat and they may be headed to the endangered species list. Also missing this spring were hummingbirds. Just recently a few have been spotted. Jack Sparks reports hummers at their feeder seem small and may be fledglings. On the bright side Ed Carter was elated to report that his bird feeder was heavily used by gold and red finches. He was especially captivated by the male goldfinch whose feathers turn bright yellow, accented with bold black on the face, wings, and tail during breeding season. Last week Ed was happy to see a hummingbird visit for the first time this year.

Five years ago in an almost treeless Cadbury, many bluebirds showed up. Soon six cottages had bluebird houses that produced 15 baby bluebirds. Then the English sparrow arrived, capable of killing bluebirds in their house. This year the Cleavelands evicted the sparrows and moved their birdhouse to Dewey Beach. The Sylvanuses evicted sparrows and sealed the box. Jan and Lois had sparrows with eggs in their house and they destroyed the eggs and sealed the box. Later, they opened it in hopes of housing bluebirds, but sparrows came. Elaine Connell also sealed her box shut to avoid producing more sparrows. We had two boxes with one occupied by tree swallows ready to lay eggs when the sparrows drove them away. We evicted sparrows from both boxes and sealed

them shut. Seeing bluebirds we opened the boxes. One box has bluebirds now feeding two babies. The other box is for the sparrows who will be evicted once they have laid eggs.

We end on a bright note. Carol Bishop, boiling over with optimism and endless energy, acquired a bluebird house made by Ron Trupp at the wood shop. She took it home and erected it on a 3-foot pole. The next morning she felt it needed a higher pole. When she went out with a new pole, the box was occupied with a pair of tree swallows. They remained on the 3-foot pole until the young fledged. Carol, like Ed Carter, was also enamored by the male goldfinch.

*Frances and Jim Bazzoli*

#### IN MEMORIAM

*Catherine Barski  
James Beebe, M.D.  
Harriette Brown  
Anna Carroll  
Isabelle Jerrold-Jones,  
Jessica Lema  
Dorothy Lewis - last  
Maude Lofgren  
Isabelle MacArthur  
Virginia Marshall  
William Sarangoulis  
Florence Schmeck*

