

CALRA FREE PRESS

Cadbury At Lewes Residents' Association



Vol 4: No 4

NOVEMBER 2011

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Second Monday
Association Meetings
Third Monday

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President's Message - -



Halloween ushers in a time of beautiful color, memories happy and sad, holidays, family and friends. Orange pumpkins give way to the reds, yellows, rusts and greens of the turning leaves in the trees and then on the lawn. For some, the fall and holidays connote sadness, others find joy and happiness in fond memories full of love and peace. However this approaching season finds us, may we greet it with joyful thanksgiving and expectation of another new year with its hope and promise of new joys and happiness with friends and relatives - old and new.

Happy Thanksgiving!

Merry Christmas!

Happy New Year!



*Doug Trout,
President, CALRA*



BUY THE SEA GIFT SHOP

Christmas is coming !

It's time to think about your Christmas card list. Come in and see our boxed Christmas cards at very reasonable prices. We will have other Christmas items too. Donations of your Christmas decorative items that you no longer use are welcome.

Your donations are needed throughout the year. They keep our shelves full and customers coming in to see what's new. All profits from the shop help to fund the CALRA Activities Committee which provides entertainment for us, the residents.

* For your "sweet tooth" we have candy bars, ice cream, canned sodas, and Snapple, too.

*Forgot to buy paper goods when you were at the store? Buy The Sea Gift Shop has them!

*When you need a Greeting card, we have a variety of cards for \$1.00 or less.

We'll be looking for you Tuesday through Friday from 11 a.m. to 3 p.m. Stop in and see us!



Jack and Jeanne Sparks

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





Emmett Crouch

Anne & Gerald DeGeer

Cynthia Hodges

Josephine O'Hollaren



LIBRARY LINES

No book reviews for this newsletter, but I will mention that I recently read a new book by David Baldacci which was so different than his usual genre. What he usually writes are mysteries and this book is about family relationships. I enjoyed it as much as others I have read and it is in our library and I would recommend it.

Look for a special display of Christmas Season books early in December. They will be on a rack on the side wall on the computer side of the library. Feel free to read these but also return them when you are finished so others may enjoy them at this time period.

Also, coming in December, sponsored by the Book Group, will be the local author Fay Jacobs. Ms Jacobs will be here in the Cadbury auditorium the evening of Thursday, December 15 at 7:00 p.m. to read some of her writings. She has received awards in the field of humor and short stories. One of her books is *As I Lay Dying: a Rehoboth Beach Memoir*. Our book group will be reading this book for our December meeting. Hope many of you can attend the evening Ms Jacobs is here. The program is open to everyone.

Mildred Wiedmann

Lewes Pilot Stations and Ferry Terminal A History

The headquarters for the Pilots' Association for the Delaware Bay and River and the Cape May/Lewes Ferry terminal lay adjacent to each other facing the mouth of the bay.

The Pilot's Association was formed in 1896 to guide vessels through the Delaware Bay and River as well as the Chesapeake-Delaware Canal. The Cape May/Lewes Ferry transporting vehicles and people across the bay came to life in the mid-twentieth century. Each has its own story to tell.

The concept of piloting ships on the bay and river can be traced back to the Native Americans who inhabited the area. Their knowledge of the shoals and deeps of the waters were a blessing to the early European explorers and settlers. As the newcomers became more familiar with their surroundings they, however, eventually took over the task. In time, it became not only a cut throat business but a dangerous one which required a high skill in seamanship. Cut-throat because there were times when pilots would sail some 200 miles out to sea to pick up a vessel long before it reached other pilot boats while competition was keen between the pilots located at Cape May and those in Lewes.

With the formation of the Pilots' Association a system was put in place which assigned pilots to incoming and outgoing vessels on a rotating basis putting a stop to undercutting each other. In addition, with the construction of the deepwater channel to Philadelphia, the Cape May pilots migrated over time to Lewes which was closer to the channel, thus closing down the competition between the two groups.

Piloting has been defined in a paper by Judith Adkins Roberts as: "...the art of conducting a vessel in channels and harbors and along coasts, where landmarks and aids to navigation are available to fixing positions; where depth of water and dangers to navigation require a constant watch and frequent change of course." The pilot in performing these tasks advises the captain of the proper course to follow. It is one of the oldest professions of the sea

and a respected one. This is reflected in the fact that there is an unwritten law on big ocean liners that all the ship's officers must be on the bridge when the pilot takes charge.

According to Andrew Knopp's book on the 100 year history of the Delaware Pilots' Association: every ship arriving from or bound to a foreign port or any American coastwise ship carrying goods bound to or from a foreign port which passes in or out of the bay is obliged to take on a pilot. All vessels engaging in and licensed for coastal trade do not have to take on a pilot but can if they wish to do so. In all cases piloting is done for a fee – a unit charge made to each ship according to its size.

Pilots are made not born. The applicant must be 21 years old and serve a four-year apprenticeship on board a pilot boat. In the last two years the apprentice must conduct a vessel through forty-eight trips up and down the Delaware River each year under the watchful eye of an established pilot. If successful in his apprenticeship, he gains his initial license which in time will result in a First-class one providing he does not mess things up. In that connection, in the event of damage to a ship or its surroundings no owner or captain of that ship is responsible by the fault or incapacity of any qualified pilot acting in charge of such ship within any district where employment of a pilot is compulsory. The pilot, as well, seems to have indemnity under the same conditions. However, should some untoward event occur they are answerable to the Board of Pilot Commissioners. To avoid trouble, the Pilots' Association has a continuing education system and pilots are involved in a number of programs to maintain their efficiency. For more than 25 years this has included sending all pilots to Port Revel near Grenoble, France, where they participate in its renowned ship-handling school.

There is a telegraphic reporting system in existence with stations along the river and bay. These posts are in touch with all incoming and outgoing vessels so their whereabouts is under constant observation. The pilots themselves work from the building next to the ferry terminal. To alert them to all the shipping in and out of the bay and to place pilots on or take them off the ships there exists in Cape Henlopen Park a tower which operates 24/7. Oddly, it is known as the Philadelphia Maritime Exchange Tower.

The hundred or so miles from the mouth of the bay leading up to Philadelphia since the time the Europeans arrived has been a major route for shipping. Its ports include, in addition to Philadelphia, Trenton, Camden and Wilmington. Indeed, with the opening of the Chesapeake and Delaware Canal in 1828, it claims access to Chesapeake's ports as well, among them Annapolis, Baltimore, Norfolk and Newport News.

The canal, which is south of Wilmington, today carries 40% of the shipping traffic in and out of Baltimore. Widened over the years – the last time in the 1970s – its usefulness has been proven over time and it remains today the only canal originally built in the 19th century that still remains in operation. Eventually purchased by the Federal Government in 1919, it has become part of the Intra-Coastal Waterway.

While the area is one of the busiest in this country, it is also one of the most difficult and dangerous, which is why pilot service has remained so constant through the years. Today the Delaware River and Bay pilots are responsible for all the shipping in both bodies of water and for the safety of ships in the canal as far as Chesapeake City where Maryland pilots take command. It has been reported that in 1875 alone, over 7,000 vessels arrived and departed the bay. For a more accurate reading today, the record for Pilots' Association piloted ships in one month was in August 1957 when 1,607 vessels were escorted up and down the river and bay. Today's recessionary times have put something of a damper on that traffic. However, the seventy some pilots and thirty some apprentices – including some women in both categories – remain busy throughout the year.

Great respect is shown for the knowledge of the Delaware pilots and their ability to handle ships safely. This is perhaps best registered by the fact that 95% of the vessels transiting the mouth of the bay take on pilots.

Now, to the neighbor of the Pilots' Association, we turn to the Cape May/Lewes Ferry operation. It is, of course, a much younger entity since it began service in 1964.

In addressing the subject of a ferry service it might be well to note that at the present time there are over 50 ferries with a capacity to carry 50 or more vehicles operating in the United States. More

than half are on the Pacific coast. Others service the Gulf of Mexico and Mississippi river, the Great Lakes and New England. Along the Atlantic Coast there are some 15 and these include the five ships which comprise the Cape May/Lewes system.

The origins of a southern New Jersey Delaware contact over water could readily be traced back to the days when Native Americans, who could see one or the other shore on a clear day, could make the crossing in a day by canoe. So, it is no surprise that from the time the early Europeans sailed the bay contact with both shores was a given. But the effort to formally link the two states together by regular ferry service would persist for two centuries.

It began in earnest about 1895 when railroads into Cape May and Lewes brought passengers and goods to both areas and these in turn were transported to one town or the other by a steamship connection. But it took the growing popularity of automobiles to encourage the concept of a regularly scheduled ferry service. By the early 1930s business and political leaders on the Jersey side formed the "Cape May County Ferry Commission" to investigate the idea but the concept atrophied. The Federal Government considered the idea during World War II for national security and economic reasons. That, to, never bore fruit.

In the 1950s with the opening of the Delaware Memorial Bridge across the Delaware River and the completion of the New Jersey Turnpike a surge of automobile traffic from New York to Delaware led the governors of New Jersey and Delaware to address this increasing problem. They created the "Delaware River and Bay Authority" (DRBA), which remains in existence today, to regulate bridge and water connections between the two states. By 1963 it put into operation a plan for a second span across the Delaware and a ferry system which evolved into the Cape May/Lewes Ferry.

As of today, more than 12 million vehicles and some 35 million passengers have crossed the 17 mile mouth of the Delaware Bay on Cape May/-Lewes ferry vessels. Its modern ferries can carry up to 100 vehicles and over 800 passengers on ships longer than a football field. To man the vessels the DRBA can call on seven to ten captains and employs some 70 to 80 crew members staffed by men and women with approximately ten to a ship.

Formal dedication of the ferry service took place on July 1, 1964, and while today it runs at a loss there is no intention to close it down as it approaches its 50th year of service. It has become a reliable, quality transportation link in the mid-Atlantic region of the East Coast and has earned a reputation as "The Best Boat Ride in America."

Better hop aboard!

Bill Gehron

Errata for August, 2011 Issue

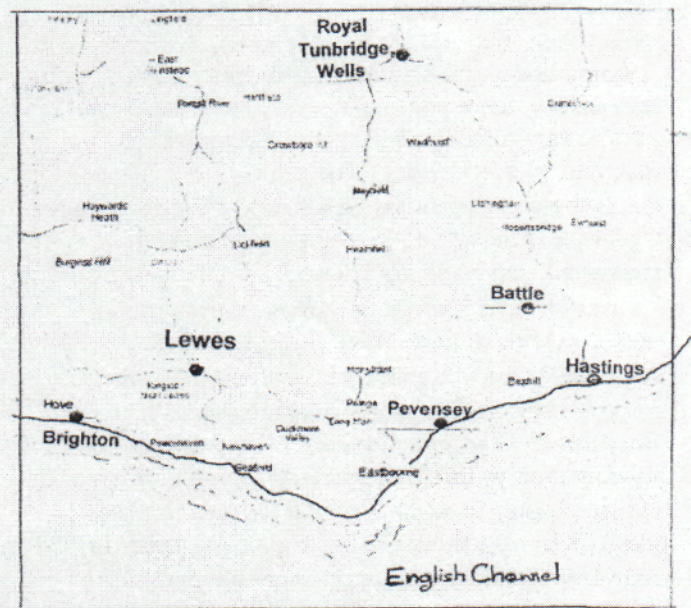
Article on WWI Aircraft:

The brief description of the Flying Tigers was incomplete and in error. The fighter used in the Flying Tigers was the Curtis P-40 Warhawk. The Flying Tiger fighter group was led by Claire Chennault (later General Chennault) and it conducted many successful missions against the Japanese Zeros during WWII operating from Burma as part of the Chinese Air Force.

Article on Lewes, England:

The map showing Lewes and a part of the southern coast of England did not reproduce well in black and white. For those interested, a bit better version is presented below.

Gil Kaufman



CAL VICTORIOUS AT DELAWARE SENIOR OLYMPICS

The Delaware Senior Olympics for Wii bowlers took place on Saturday, October 1, 2011, at the Cheer Center in Long Neck. The Senior Olympic Committee was well organized and the whole operation was run smoothly and efficiently. A buffet breakfast (\$3.00) was served with the works including pancakes, french toast, eggs, bacon and sausage.

For the games, the auditorium was set up with seven TV screens. Individual competitions were grouped by gender and by age. Categories were in five-year increments (65-69, 70-74, etc.). Each person bowled three games and the total score determined the winners. Medals were awarded to First (gold), Second (silver), Third (bronze) and Fourth (copper) places.

Nine Cadbury Wii bowlers entered the competition. The results were outstanding. Called first was our very own Master Bowler Sharon Britton. She was just great winning gold in her category with a perfect 300 first game and the other two were in the high 200s. Not only did she win first place in her age group, but she also had the highest overall score of all 50 plus bowlers. As the announcer continued calling out the names of the gold place finishers, her voice rose as she declared "from Cadbury first place goes to Diantha Pack," and again "from Cadbury, first place goes to Grace Rork," and again "from Cadbury, first place goes to Bill Gehron." More was to come "From Cadbury second place goes to Muffy Brown": and Bob Hein, and "from Cadbury third place goes to Ann Erdman and Teddie Hull" – with yet one more – a fourth place copper to Marie Berry. All nine Cadbury bowlers had won a medal!

The officials from the Senior Olympics Committee, as well as the other contestants were in awe. Thus, the headline,

CAL VICTORIOUS AT DELAWARE SENIOR OLYMPICS.

It was a great show!
Bob Hein

EMPLOYEE APPRECIATION 2011

Thank you for retrieving your EMPLOYEE APPRECIATION LETTER from your cubbyhole mailboxes so quickly. The letter contains important information about your participation in the Employee Appreciation program for 2011.

At this time of the year, we encourage all residents to make a contribution to our Employee Appreciation Fund. This is your opportunity, through a donation to the fund, to show your appreciation to the hourly paid employees for the fine service they provide to us throughout the year.

So please respond to it as soon as you can. Your check should be made payable to CALRA. Then place your check in the envelope addressed to the Employee Appreciation Committee and give it to the person attending the front desk in the main building.

Remember, our campaign ends November 30 and the donation checks will be distributed to the employees on December 14 in the Bistro from 1:00 to 5:00 p.m.

Please come and join in the festivities. Refreshments will be served.

Ron Trupp

HELP WANTED !!

Beebe Treasure Chest (Thrift Store) is looking for additional volunteers (men and women) to work one hour, one day a week or more, whenever you have free time. All proceeds from the store are donated to Beebe Medical Center.

For more information, please contact Pam Coleman at the store. 644-2878.

Leslie Sylvanus

UPDATE ON CALRA DISPLAY CASE

Thanks to the diligent and resourceful efforts of Dean Hoover and with input from other members of the Woodworking Group, the display case is a lovely addition to the Cadbury at Lewes entry hall.

The first exhibit, in place for the month of

October, included three elements of the collections of Anne & Jim Rouse: the black pottery of Maria Poveka and her family, of the Tewa Tribe of San Ildefonso, NM; Pennsylvania German Redware pottery; and several wooden items carved from pieces taken from renovated buildings in Washington, DC (including bookends from the U.S. Supreme Court bench).

The second exhibit, in place for the month of November, includes two collections of Doug Trout's: Palestinian archeological relics, some back to the early Bronze age, the time of Abraham; and geological fossils, including a stone used by a dinosaur to help grind its food.

Note also that we have relocated the display case closer to the Bistro to make it more convenient for residents, especially those in mobile chairs, to examine the displays.

Watch for an interesting holiday display for Christmas. We hope you take the time to look over the exhibits and learn more about the interests of your fellow residents.

To this date, nineteen Cadbury residents have offered about 35 examples of their collections for display. Gil Kaufman is the designated curator and scheduler of the exhibits. If you have any feedback or suggestions about the display case or additional items to be added to the resource list, please contact Gil at 302-703-2422 or via e-mail at

gil.kaufman@comcast.net

CADBURY CHORUS BOASTS OF A WINNER

It is a pleasure to introduce to you Melanie Bradley, a 'little lady' of big talent. She has a musical gift which is in great demand and we are so fortunate to have her here to direct our Cadbury Chorus.

Melanie was born sitting at the keyboard since she is the product of a 'show biz' family. Her father, Walter Latzko, was a musical arranger on the Arthur Godfrey show in the 1950s. It was here he met Margie Needham, a most attractive member of the famous Chordettes, an a cappella girls quartet.

This was during the time, you may remember, when Julius La Rosa was fired ON THE AIR by Godfrey. Consequently, in time the

Chordettes and Latzko were released from the show and went on to become even more famous. Walter had over 1226 arrangements for Barber Shop Quartets. Margie and the Chordettes went on to fame with their Gold Record for *Mr. Sandman* and *Lollie Pop*, *Lollie Pop* as well as 20 more songs making the 'charts'.

It was an exciting time for the young couple as they welcomed their daughter Melanie into the musical world in 1956.

Melanie owes her piano aptitude to her Dad who coached her throughout his life. They shared the love of music which we see today in her performances. Melanie has degrees in music from Ithaca College and the University of Maryland, College Park. She has just assumed the position of Choir Director of Lewes Presbyterian Church as well as organist and pianist. She has been a frequent collaborator with Clear Space. She has played for their productions of *Hello Dolly*, *South Pacific*, *Oliver*, *Chicago* and *Scrooge*, to name a few. She has also been the music director in productions with Possum Point Players and the Riverfront Theater in Milford.

In her personal life, for sixteen years Melanie has been a devoted wife to Jason Bradley, who is General Manager of Cracker Barrel. They share the joy of parenting two active boys, Aaron, 14 years old, and Ryan, 11, who are following in their Mom's footsteps.

Yes, the Lewes area is much richer for having Melanie here; and we at Cadbury are most fortunate having her part of our extended family. Chorus

practice on Saturday morning with Melanie is a combination of enjoyment of music and enjoyment of one another. At present she is getting us ready for our Christmas Program, "T'was The Night Before Christmas" to be presented on Tuesday evening, December 20th.

Hope to see you all there to enjoy our endeavors and join with us in singing some Christmas Carols.

Carol Bishop

I don't make jokes. I just watch the government and report the facts.

Wil Rogers

Who's Who at Cadbury !

In response to a request,
Don Burgess gracefully submitted the
following autobiographical sketch:

I was born in Lincolnshire on the east coast of England in a small town called, appropriately, Bourne. Soon after, my parents, who were Quakers, moved to Worcester, a Cathedral city located in the southwestern part of the Midlands. There I attended primary school and the Worcester Royal Grammar School. Founded sometime before 1291 it is one of the oldest British independent schools and has an outstanding academic record.

My parents, with encouragement from the local Quaker meeting, decided to send me to a Quaker boarding school in Yorkshire to complete my secondary education. Ackworth School – a somewhat Spartan place (no heat in the dormitories!) was founded in 1779 and was the largest coeducational Quaker boarding school in England with about 400 boarding students (or pupils as we were called). My two younger brothers and sister also attended Ackworth. After leaving school I worked for several months at the Cadbury chocolate factory in Bourneville.

There was conscription in Britain at that time and when I turned 18, I was required to do two years and 60 days of National Service. As a practicing Quaker at that time, I opted for alternative service and ended up working as a male hospital orderly. It was during the long hours of working nights in a Victorian vintage mental hospital (a truly dreadful place) that I decided to apply for university. (At this time in England, attending university was relatively rare, involving only about 3% of the population). Fortunately, I had the requisite advanced level examination passes to qualify.

At Durham University in northern England, we were required to wear gowns over our regular

clothes to distinguish us, I suppose, from the local population. I studied sciences and after 4 years graduated with a B.Sc. with Honours in Geography. At this time I held the student administrative post of Secretary of my college, so I needed to find some

excuse to stay on at the university. I enrolled in an M.A. program that required no courses but the writing of a research thesis, and entered a Diploma in Education program, which I understood was relatively easy and would not interfere too much with my responsibilities as Secretary.

After university, I taught science, geography and geology at secondary schools in England. My last position was Head of Department at Richmond Grammar School (founded in 1361 and ratified by Elizabeth 1 in 1568) located in the Dales of North Yorkshire. It was while here that I was offered the position of Headmaster of a Quaker school in Jamaica in the West Indies, beautifully located on the coast. This was a government-aided secondary school at the eastern end of the island and served the local population along a fifty-mile stretch of coast. The school was actually owned by Quakers in Iowa who had originally started the school for orphan children. Although it was a boarding school, it had no electricity, no piped water, no television and no telephone service. The main reason why I was asked to be Headmaster was that I was familiar with the British education system with its O level and A level exams (also cricket!), whereas the folks sent out from Iowa were not. The students in Jamaica followed the British education system and sat exactly the same exams as those in Britain.

I spent five years at this school in Jamaica. When I first arrived, there were virtually no qualified teachers on the staff (after all, anybody with an education wanted to get away from such primitive conditions and move to the city or, more likely, emigrate to Canada, Britain or the USA). So my first challenge was to find qualified teachers. I found them in the Peace Corps, in CUSO (the Canadian equivalent) and VSO (the British variety). I soon realized that in order to attract and keep staff I needed to build some decent housing and to provide some form of electricity. So, during the summer vacation I set off for the USA and started fundraising.

My first purchase was an electric generator. I knew nothing, of course, about running generators. But with the help of a Peace Corps volunteer from Oregon, we strung wires from coconut tree to coconut tree to get at least some light into the boys' and girls' dormitories where they did their homework (it gets dark round about 6:00 p.m. every night in the

tropics). My next challenge was to find financing to build some staff housing. As some of you know we also reared a Large White pig named Henrietta (but that's another story).

After five years of this somewhat exciting and unpredictable existence, and as the rural health services in Jamaica left much to be desired, I decided it was time to move on. Having been away from England for these five years, I could now see the Old Country in a more objective light, so I knew I did not want to go back to England. But where to go? Australia and New Zealand were too far away; South Africa had apartheid; and the USA was in a state of turmoil with race riots and the Vietnam War. So, by default, I decided on Canada.

I ended up as an Assistant Professor of Education at McGill University in Montreal in the Province of Quebec (I think the Dean thought he was hiring a token black person from Jamaica!). The contrast between running a boarding school 24/7 in a Third World country and lecturing for 9 hours per week in Canada was extreme. Frankly, I was quite bored. So I voluntarily asked for more responsibilities! I soon found myself as Coordinator of several programs and after a year or two I was promoted to Associate Dean with responsibility for some 1500 students. After several years, I became eligible for sabbatical leave. I applied and was accepted at Harvard University where I studied Administration, Planning and Social Policy (APSP).

After graduating with a doctorate from Harvard, I returned to McGill University as a professor in the Department of Administration and Policy Studies. It was at this time that I met and married Judith. She, too, was a professor at McGill in the area of emergent literacy and early childhood education. My teaching responsibilities were primarily with graduate students studying for their Masters or Doctoral degrees. I got involved with university politics and became a University Senator. I was also appointed by the Quebec Government to their Superior Council of Education (Le Conseil superieur de l'education) which advised the government on educational policy. (There were 16 French-speaking members and 4 English-speaking members – so I quickly learned to speak French!)

Some of my most interesting assignments were on behalf of the Canadian International

Development agency (CIDA) to undertake a number of tasks overseas: primarily in West Africa and the Caribbean. The Canadian government funded a number of overseas aid projects (as did US AID), and they asked that I lead teams of Canadian, American, and local experts to evaluate the success or otherwise of their overseas aid efforts. This often involved cooperation with the World Bank and various overseas embassies.

The primary destinations for this type of project were in Ghana and Togo in West Africa, and in Trinidad & Tobago, Barbados, and Jamaica in the West Indies. Fortunately, McGill University regarded this type of work as bringing prestige to the university so I was able to travel to these places quite often. The work was complicated as it involved getting different parties to agree on whether or not the overseas aid money had been spent as intended by the donors or had been siphoned off elsewhere. Some of the projects were involved with universities (as at the multi-campus University of the West Indies) or with the training of civil servants (as in Ghana). The outcome was that all the involved parties had to agree on a final report that would be submitted to the Canadian government. Guess who got the job of writing the final report?

After retiring from McGill, Judith and I moved to Burlington, Vermont. We would spend approximately half the year in Vermont and the other half at Jekyll Island, Georgia. After some 12 years in Vermont, we moved to Cadbury. No more moves are planned.

Don Burgess

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## THE CADBURY CAMERA CLUB

(a motley crew of camera buffs)

Want to explore your talent as a photographer?  
Want to share your photos with others?  
Want to have fun talking to others who enjoy photography?

Join us as we capture life in the lens.  
All are welcome.

4 PM Thursday, December 8  
Activities Room





## SIGN UP - - - To Volunteer On The Desk In The Tides

If you haven't seriously considered it recently, we suggest you look at the opportunity to volunteer on the visitor's desk in the Tides, the Assisted Living and Healthcare wings of Cadbury at Lewes. There are a number of openings, and your help is needed for either regular duty (two hours each week) or as a substitute for any of the regulars when they must miss a week.

It really is an opportunity not to be missed if you enjoy the chance to meet other residents, especially those in Assisted Living needing more regular care than most of us, as well as meeting and welcoming visitors to the site. The latter often requires helping visitors identify the room of the individual they are here to visit, and pointing them on the correct path; a directory is provided to help volunteers with this task. It is also the place where we can redirect those who have come to the wrong facility.

Another advantage of volunteering on the desk at the Tides is getting to learn more about the excellent care provided to residents of Assisted Living, particularly the variety of programs to promote both mental and physical exercise. Among the programs you may observe are calisthenics calibrated for the needs of the various individuals in the sense that they may do as much as they can; while they are encouraged to reach new levels, no one need go to where it hurts. Other mornings the local papers will be read, so residents can catch up on events at their favorite communities or sports.

Afternoons at the Tides may hold a variety of entertainment. Some afternoons, favorite movies are shown. Other afternoons, musical groups may perform, trios doing old favorites or soloists providing music tailored to the calendar, St. Patrick's Day for example. On occasion there are peanut auctions, where residents get an allotment of peanuts and the opportunity to use them to bid on new merchandise like purses, wallets, scarves, and other items donated by local merchants.

Volunteering at the Tides Welcome Desk helps maintain the security of our facility and gives us a window on the world of supplemental care,

something we may need ourselves some day in the future.

Sign up today! Call or stop in to see Carol Holzman, and work out your best option on the schedule.

Gil Kaufman

## Lessons from a working trip to Indonesia with Nadine Hoover Summer 2011

1. Learn all the Indonesian you can manage -phrases, vocabulary, haggling.
2. Find a hand scale and light suitcases. You can check one suitcase at 50#. This is for project supplies. In a smaller easy-for-you-to-handle roll-on, pack all clothes. Find a comfortable shoulder tote or backpack to hold your computer, camera, small purse, tissues, pens and notebook, paperback, dictionary and - after you arrive - water and crackers. Also a flashlight. And a deck of "Go Fish" or other picture cards to match. Children and adults love simple games.
3. Be sure you can manage ALL THREE pieces of luggage yourself across railroad tracks, through mud, up and down stairs, across highways, and ditches etc., and be able to lift them into a taxi, bus or train.
4. Pack enough clothes to change everyday, wash by hand, and let dry for three or four days. Simple black cotton or linen wash and wear pants go everywhere. Girls and young women can wear tee shirts in cities and rural areas but they should pack some ¾ sleeves. NO POLYESTER. TOO HOT! Take one or two large, sturdy, subtly-colored oblong scarves to use for going out, for keeping warm or for a top sheet for sleeping. NO POLYESTER. If it's cool in North Sumatra, you might need long sleeves. I'd plan to wear two shirts rather than a jacket
5. Shoes that wash and wear, slip on and off easily, yet you can walk in. They will slip in the mud, women may splash pee on theirs, etc. Indonesians slip their shoes off and on going in and out of doors without breaking their stride, and they sometimes



walk miles in them. I have to wear sturdy sandals with a back strap.

6. Men should take knee-length pajama bottoms or a sarong and tee shirt. Gals take two longish muumuu type cover-ups. These can be worn "at home" (no visitors) after evening bathing (before dark at 5:30) and until the morning chores are done. Also for sleeping. Take swim suits, just in case.

7. You can pick up adaptor plugs especially for Indonesia when you arrive. It's best to do that. I carried three.

8. A deck of "Go Fish" or other picture cards to match. Children and adults love simple games.

9. A thin bath towel (or two), soap and shampoo with extras, baby powder (everyone wears it against the sweat - (it works in Indonesia), pain killer for aches, Imodium, all medications needed in original prescription containers, treated band aids, lip balm, toothbrush, toothpaste and dental floss.

10. Carry in a separate place a copy of your passport and copies of all important cards in your wallet. Also, leave copies with folks at home.

11. DRINK BOILED OR SEALED WATER - AND PLENTY OF IT. I kept water with me at almost all times. I had to drink 24 ounces during the morning and 24 ounces in the afternoon, plus about another 24 at breakfast, lunch, dinner, etc. or I would slip into "heat sickness." Fatigue, nausea building throughout the day, aching. DRINK!

12. Adults like to mix. Do remember that men and women have often not mixed in traditional or Islamic societies, so go slow with opposite gender. Approach children slowly and gently, maybe with a small game, even peek-a-boo, and they will warm to you. On the other hand, children may take your hand to show you something, or ten children may burst upon you wanting to play or take a walk - enjoy yourself!

*Sharon Hoover*

## Senior Thanksgiving

I was 60ish when I published an early draft of this article for the 2 English newspapers in Seoul,

Korea. Today at 82 it had to be somewhat rethought!

"Age before beauty," said our friend as she led me to the refreshment table. But then she and her young guests directed their entire conversation only on one another. This happens frequently to seniors because society seems to believe "youth is a gift and aging a work of art." Relegating seniors to bookshelves and picture frames, they greatly admire us, but too often merely as portraits. In our culture, convention seems to call for mandatory retirement by age rather than by ability to function. Fascination with youthfulness allows seniors to pass quickly off stage, where we may feel somewhat marginalized.

"But," we respond, "rather than being ignored we want to be accepted. As we age we still want to be the person we were, as long as possible and consulted for the experience & wisdom we have gathered." To retain the sense of worth we had when we were on the job we need appropriate goals that match our strengths and interests. Seniors need to settle back, enjoy a peaceful life and be thankful.

Settling back. Fellow seniors, let us refuse to let ourselves be tranquilized into an empty old age by "resting on our laurels." Let no one aggravate our negative traits, making us into a "crabby old man or woman!" Beware of falling prey to premature burn-out or boredom. So-called burnout can be just backing out on ways of helping other people. Boredom may be only a dropout from perseverance. "You will never fail in health, become frail or have to give up driving," says an inner imp. "Don't bother to prepare for that. And forget the fact that you may soon need someone to care for you." Advertising fiends will try to thrust on us insatiable desires for acquisitions and amusement rather than letting us obey our deeper instinct to adjust and plan ahead sensibly. As we age it is ok to

- \* Relax our efforts to impress others.
- \* Slacken our defenses. It is not necessary to always justify ourselves.
- \* Simply enjoy being with folks. Trust them without any attempt to use them or gain control.
- \* Handle our possessions with a light touch.
- \* Do not be drawn into the anxiety that dominates many in our world. And discount 99% of all doom warnings.



\* Enjoy life.

The upbeat seniors I know have a hopeful outlook. They display an overwhelming spirit of accomplishment not only for the past but also anticipation for the delights of the future. "We are looking forward to something new in our lives," they say.

As a special companion of our life begins to lose some of the qualities we once appreciated, we must grieve those losses and come to terms with them as never-to-be-regained. As we age, perhaps our need for certain together activities has decreased. But then we go on with anticipation, for as we look for that which is still lovable in him or her, we may discover fresh and mature satisfaction in our relationship.

Enjoying a peaceful life. Now that you can contentedly center more on your essential requirements you can thoughtfully and carefully do as the song says, "Enjoy yourself; it's later than you think." Though admittedly the exterior is diminishing, we can set the more positive concept of endlessness against that of long life. Seniors who are preparing to move out - to a permanent "mansion" - have found the Bible offers what society cannot. For me, it is less and less important to justify myself and I find I am more relaxed. Family relationships and friendships call more for appreciation and celebration than for successful performance. As I mature I see God pledging to me a cornucopia of results:

- \* I am losing the weight of criticism & sadness
- \* I am gaining in a love that yields happiness instead.
- \* Worry drops away.
- \* There need be no idle hungering for perfection.
- \* I can feed on a diet that promises a fruitful life that is full of "love, joy, peace, kindness, gentleness..." (See Galatians 5:22)

Being thankful. Not only for the holidays, but for every day, saying thank you seems to radiate to others and lead to cheer and lightness for all those around. Humor can also put things into perspective. Without being cynical or ridiculing, smiling seniors can run circles around those who are in an overly serious world. Ask us, "What is there to be so cheerful about?" and the answer comes, "Ha, we anticipate a better tomorrow."

As the future shortens, the lack of gratitude and forgiveness can take its toll. How much better it is to have an attitude of gratitude for the good and acknowledge honestly the bad in our lives. And when we have admitted our offenses, how good it is to discover there is Somebody who forgives and still loves us. Suddenly we no longer feel rejected. By being thankful, forgiving and refocusing, some have discovered all the meaning and purpose they can hold!

When we went to Korea in 1955, oriental people honored their elders more than they do now. We still admire Korea & Koreans, but we greatly applauded them much more when they held a higher regard for the older generation.

Way back when I was 9 years old I could not wait to be 10, and when I did it seemed wonderful! In fact, each stage has been better than the one before. Now as we grow older hopefully we will all enjoy each moment as it comes. I give thanks that each successive age has fresh meaning. Seniors who are peacefully settled back know how to trust in God and be thankful for their present life - the best yet! With this kind of life, let us be thankful it is the aging that is the gift & youth the work of art!

Happy Thanksgiving!!!

*Ruth Folta*

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If you don't read the newspaper you are uninformed, if you do read the newspaper, you are misinformed.

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*Mark Twain*

## ~~~~~ Cadbury is for the Birds

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As summer faded away, so did some of the migrant birds. Good riddance to the grackles and cowbirds. Hanging on were hummingbirds. Late sightings were by Jan Bendrick and Lois Nickerson watching as many as 8 hummers at one time feasting on two feeders and garden flowers. We saw them feeding on our basil and rosemary. Ed and Kelly Anne Carter probably saw the last hummer at their bird feeder in late October before they headed to the tropics for the winter.

Summer fledglings showed up at birdbaths and feeders in large numbers, mostly brown-headed cowbirds, finches and sparrows. For the first time ever three mocking bird fledglings showed up bathing in the birdbath flashing bits of white on their wings and tails. For the last three years their parents have nested behind the cottages backing on to Gills Neck Road. This amazing bird is known as the "King of Song" and can imitate more than 30 birdsongs in rapid succession, along with such other sounds as squeaky hinges, barking dogs and chirping crickets. They often serenade from a roof or treetop and may be heard on a moonlight evening during the summer. They are fiercely territorial during the breeding season. We have seen them drive away crows, hawks and dive bomb man. We have several pairs at Cadbury.

Near the end of September the first Canadian geese arrived. Bob Hein reported seeing the first snow geese among Canadian geese in the field along Cadbury Circle West at mid October. Karen Consolini faithfully continues to maintain the bird feeder in the courtyard of the West Wing. The 12 mallard ducklings are now adults and continue to visit the feeder. Fortunately they have learned to feed elsewhere as well. Mallards are known as dabbling ducks because they feed on aquatic plants in shallow ponds by ducking their head into the water with tail feathers pointing to the sky. They are also built to walk well on land where they can feed on insects and seeds. Karen reported that three black ducks with orange feet showed up for food but kept their distance until she backed away from the feeder. Some of the mallards did not appreciate the interlopers and attempted to drive them away. The visiting ducks are probably American black ducks that are also dabblers and share the same environment as mallards. On a recent morning Karen went out to replenish the feeder and was surprised by 18 waiting mallards. They know her well and come right to her. A number of mallards arrived at the Cadbury entrance retention basin when rain left enough water to feed them. Three days later with little water left, three females and males had paired up to three couples. This may result in three nests of ducklings next year. Get ready Karen!

Kudos to Elaine Connell and Marie Berry for their devotion to man and birds by caring for the

window bird feeders in our skilled care unit, giving substance to birds and smiles to residents!

All Cadbury residents are welcomed to attend the Sussex Bird Club meeting on Sunday, Nov. 13th at 2:00 PM in the auditorium.

Jim and Frances Bazzoli



Even cats do not intimidate an angry mockingbird during its nesting season.

"In my many years, I have come to a conclusion that one useless man is a shame. Two is a law firm, and three or more is a congress."

John Adams

IN MEMORIAM

Robert (Bob) Kaiser

Marjorie Neuhaus

Kathleen Silvers



