

CALRA FREE PRESS

Cadbury At Lewes Residents' Association

Vol 3: No 2

MAY 2010

President's Message

CALRA BOARD OF DIRECTORS

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Monthly Board Meetings -
Second Monday
Association Meetings
Third Monday

Newsletter Editor:
Pat O'Hanlon

Spring has arrived and we have trees, shrubs and flowers in bloom. The winter's snows seem far away but they have not been forgotten. The Board has appointed a committee to work with Cadbury staff to produce a plan to ensure that we will be better prepared for future emergency situations. I believe the report of this committee will be available soon.

Congratulations to the residents in independent living. You have reached the goal of 100% participation as dues paying members. What a great achievement! Last May we had 88% and we never did reach 100%. Now let us know what type of activities and programs you would like to see the money spent for. Many things are being planned but we would really like your input. We have had a few more volunteers but we can always use more.

Your new resident directory with pictures of the residents was a joint venture of Cadbury at Lewes and CALRA. We hope you liked the updated version.

Remember that although CALRA meetings will be suspended in July and August, the board members will always be available to listen and try to assist you with problems you may encounter.

We hope to see you at the June meeting and again starting in September.

Have a wonderful summer.

Barbara Cleaveland

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



Here is an almost full size view of the newest addition to our "skyline" just to the north peeping over the trees. This is the turbine (windmill) the University of Delaware has installed for research and to generate electricity. It will be several weeks before it is in operation.



Betty Barnes, I.L.
Karen Consolini, I.L.
Ginny DiFrances, I.L.
Jane Hatter, A.L.
Gil and Ruth Kaufman, I.L.
Joseph and Virginia Marshall, A.L.

LINE DANCING

Ladies and Gentlemen, if you've ever done line dancing, you know how much fun it is. If you've never tried it, wouldn't you like to? We meet on Tuesday mornings at 9:30 a.m. in the Auditorium for an hour of great fun and exercise. Our teacher gives classes at the Lewes Senior Center and is very patient with newcomers. Drop in to watch one Tuesday and see if it is something that might interest you. We would like to see some new faces!

Jan Bendrik



LIBRARY LINES

Do you know that there is a nice collection of special library books located outside the second floor library. They are located on the first floor in the quiet room.

Books donated to the library that fall into the category of "spiritual books" are stamped and put into the bookcases in the Quiet Room. The circulation is the same as upstairs: everyone is invited to borrow the books and to return them after they are read. People might want to check their nightstands, or wherever they keep such books, once in a while to make sure they are returned.

Certain groupings are marked. Bible study, women, friendship, prayer/meditation, Quaker, Catholic, Protestant (we have several copies of the Book of Common Prayer as well as a Methodist Discipline), and world classics. The latter contain books of Zen, Buddhism, and some that are popular across denominations. There is also a Book of Mormon. Finding a book in a different section than your usual one can be rewarding, too. *Henri Nouwen's* books, for instance, are located in the Catholic section but parts of one have been used in public school programs and parts of another in working in medicine. He also has small but touching books on his experience working with AIDS patients and with a dying friend.

There are numerous Bibles. The Bible Association of Friends in America has given the library a large print copy of the King James Version in one volume appropriate for a lap or table, a New Revised Standard Version in large print in four volumes, and one in regular print in one volume. The Bible Association also donated large print volumes to Assisted Living and to Health Services. There are also five copies of the King James Version from the Gideons.

Mildred Weidmann

BUY THE SEA SHOP

Have you visited the Buy The Sea Shop lately? One of the best-kept secrets of Cadbury is the interesting things you can find in your shop at very reasonable prices!

We have just received some very beautiful glass and china bowls and vases, which will be a beautiful addition to your home or a perfect gift for someone you know. We also have several bud vases for those summer blooms.

Come check out the clothes rack: of "barely worn" or new jackets, shirts, and pants sets for the warm weather.

Summer and warm weather are coming! Cool off with an Ice Cream Sandwich or Frozen Snickers Bar from our freezer. We also carry Snapple, Diet and Regular Cokes, and Sprite cold drinks.

Many of our customers have also discovered the Greeting cards for all occasions; including the hard-to-find Birthday cards for your favorite Great Granddaughter and Great Grandson. The prices range from 60 cents to \$1.50.

The shop is open Tuesday – Friday from 11:00 A.M. – 3:00 P.M. All proceeds go to CALRA to provide the activities and programs for you, our residents. Come in and browse!

Jack and Jeanne Sparks

HMS De BRAAK and THE LEWES CONNECTION

The story of the loss of the HMS De Braak off the shores of Cape Henlopen is the story of a shipwreck that occurred in 1798. However, its real impact was felt almost 200 years after the demise. Entwined, as well, is a sad love story in which St. Peter's Church in Lewes plays a role.

The De Braak (Dutch for beagle) was built for the Dutch, probably in Britain. She served in the Dutch Navy through the 1780s until 1794 when she entered the English port of Falmouth unaware that the Netherlands had been invaded by France and the French had forced the Dutch to declare war on England.

The ship was taken as a prize by the Royal Navy and was re-rigged in 1795 as a 14 gun brig-sloop. It was put under the command of James Drew. He was, at the time, married to an American, Lydia Watkins Drew, whom he had met in New York City in 1791 when he left the navy to seek his success in America. He returned to England in 1793, without his wife, to seek re-appointment in the Royal Navy. Drew hoped to see her again in New York when he took the De Braak to America in 1798. In convoying British ships across the Atlantic the De Braak became separated from the rest of the fleet. Alone, she fell in with and captured a Spanish vessel alleged to have, among other treasures, a highly valuable cargo of gold coins.

She made landfall in Delaware Bay on 25 May and took a Lewes pilot aboard. As she

sailed toward Lewes harbor a sudden squall hit the ship and she capsized. Captain Drew, half the ships compliment and most of the Spanish prisoners were lost.

Drew's body was recovered and was buried in the graveyard surrounding St. Peter's Episcopal Church. There the grave remains today marked by a rectangular memorial erected many years later by Lydia Drew the wife he was never to see again. It is topped by a stone vase said to have been sent by Queen Anne. Ironically, Drew's death followed the accidental drowning nine months earlier of a brother and nephew, both naval officers, off the coast of England.

Oddly, however, it was the continuously reckless salvation efforts of the De Braak through the years that would give the ship a historical place among the world's most famous shipwrecks. The historic losses surrounding salvors' efforts to recover the rumored \$500 million in gold and silver aboard it became a case in point for protecting such maritime heritage. That concern lead to the passage by Congress of the Abandoned Shipwreck Act of 1987 which protected their value as archaeological sites. As Donald Shomette notes in his book *The Hunt for HMS De Braak*: "The bill's passage, of course, could not be attributed solely to the De Braak example, but it was without question of key importance to turning the tide of the legislature. Ironically, the brightest moment in the history of an otherwise nondescript sailing ship lost on a forgotten mission, had been the example of its salvage."

Bill Gehron

MISSION STATEMENT of The ACTIVITIES COMMITTEE

The purpose of the Activities Committee is to offer a variety of activities both in-house and in the community that will appeal to and involve many residents of Cadbury at Lewes. A monthly calendar will be published for each resident. Additional events or activities will be posted to inform residents.

Suggestions for trips or activities are welcome.



On April 14th., these seven intrepid residents of Cadbury at Lewes set off for a so-called Cherry Blossom Cruise on the Potomac in Washington, D.C. The trip was in fact organized by the Cape Henlopen Senior Center in Rehoboth. The Cadbury bus took them to K-Mart Plaza on Route One and met them there on their return. This is an example of "piggy-backing": that is, using other groups' excursions for all long-distance trips. The group left Rehoboth at about 8.00 a.m. and, with one rest stop, were shipside in Washington at 11:30 a.m.. The weather was beautiful - sunny and warm. The trip included a buffet luncheon on board ship, followed by a floorshow, and then the seven sat on deck chairs on the top deck. The cruise sailed down the Potomac at noon, passed by Alexandria, and returned dockside at about 2:00 p.m. Unfortunately, most of the cherry blossoms had been and gone. But a good time was had by all.

Don Burgess

COMPUTER UPDATES

A lot is happening in the computer world. Last issue of the newsletter I spoke about use of e-books. This is a new way of reading books. For any who are interested, I purchased an Alex e-reader and would be happy to demonstrate to

any of the residents or staff at Cadbury. The features which are unique for this device are that the device can read any e-book with a 6 inch e-ink screen and it also includes any internet screen and any text on the internet can be read on the e-reader screen (works perfect in the bright sun and the text is like news-paper print - crisp black and white). It is the only e-reader with this capability. You have to see it to believe it.

The second computer item is that the latest version of Linux (free operating system) is now available. I have it on my laptop. It's a good alter-native for windows. I would be happy to demonstrate it at some convenient time. For those with virus infected or slow computers, it is a good way to upgrade those systems. Call Woody Seamone at 644-4724.

Woody Seamone

Who's Who at Cadbury !

He's the one with the big smile and the bigger voice. You might have seen him on a recent sunny day, riding on the lowered tail of a pickup, pulling his wheel barrel behind him. The driver was humoring him by driving very slowly. Humoring, or tolerating, Todd Diener is not difficult—most of the time.

He has no discrimination policy. He tries to harass everyone, and to make sure that he makes someone smile daily. Those have been lifetime goals.

To relax from his work, when the weather is right—and the work around his own house is somewhat caught up—he hunts or goes to the beach.

Much of the year is beach season. He and his friends call around and three to six truckloads of them take off for the drive-on beach. The menu varies from eggplant Parmesan or chicken thighs to bacon and eggs or hot dogs, depending on the time of day and the state of individual kitchens. Every one brings a grill. Sometimes, they have to improvise. The bacon and eggs were

all available one morning but no one had brought a pan. His seventeen-year-old said, "Hey, Dad, wait a minute!" and ran off. She came back with clamshells. People washed them, put a bit of butter in the bottom, cracked an egg into them, popped on a clamshell top, and put them on the grill. "Never had better eggs," Todd bragged.

On occasion, he has taken a deer tenderloin to the beach. Sliced and grilled, he can enjoy its charcoal-flavored tenderness with a cold beer while he watches the waves. Then he's off to throw a baseball with the kids.

Sometimes, they fish—for sand sharks, croakers, stripers, king fish or for chopper blues (12"-15" blues). However, the beach is mostly for comraderie, Todd says.

Hunting is mostly for solitude and quiet. He likes sitting for hours in a blind, listening to the hush of the winter woods, maybe having soft, white snow pile up on his Carhartt clad arms and cap, even on his eyebrows, while he tries to outsmart a deer.

Whitetail deer are plentiful in Delaware and deer tags and seasons are numerous. Doe permits are \$10. Todd has shot five to none in a season. He bones out his deer, takes out steaks and the tenderloins, and then has the rest of it ground into hamburger.

Of course, there's also the job. Over the years, he has driven a great many trucks and worked in the construction industry. Now, although he's an outside guy and does work outside at Cadbury sometimes, he's indoors most of the time.

After the daily morning meeting, he gets his work orders and events for the day. He enjoys the variation in jobs. He hopes to learn more about doing different things as he watches some of the other guys who know more than he does. One goal, he says, is just like that of the residents: to stimulate the mind and the body. It's clear, he said, that those who keep moving and keep trying new things keep happier and probably healthier.

Sharon Hoover

What Kinda Dog Is That ?

That's the question Gil and Ruth Kaufman most often get when friends and neighbors meet Gil and Otis walking around Cadbury at Lewes. Otis is a very unusual but rather handsome mix of a Scotch terrier and a Sharpei. Those ears, that tail, and his sturdy build come from his Sharpei heritage, and the mostly black color comes from his Scotch better half. And yes, Otis does have some Sharpei wrinkles, but they are well hidden under the long scruffy terrier fur around his shoulders.

Fortunately, as most who meet him find out quickly, Otis is extremely friendly with people, and usually meets new or old friends with a rapidly wagging tail. Having been raised with grandchildren, he is also great with children, that is unless they come too quickly toward him in a group, and then he gets very shy. Otis is less predictable with other dogs, often feeling it necessary to announce that he is a big macho boy with a very loud bark. But then he sometimes calms down and makes friends.

Otis was rescued from a group of puppies left in a snow bank by Gil and Ruth's daughter-in-law Linda, and given as a gift to their son Keith, living in Kentucky at the time. When Keith's and Linda's workload and business travel got to the point where they could not take care of Otis properly, Gil offered to help find him a home. Well, Otis and Gil bonded in no time, and so the new home was found right in the family. That is why Otis knows Gil as "Granddad" and Ruth as "Nana," the way he first got to know them when he lived in Kentucky.

Now he is a resident of Cadbury at Lewes, and as one neighbor put it quite appropriately, he fits in well here with his grey-fringed muzzle attesting to his nine-plus years. But he remains active, loves his walks, and seldom lets the weather deter him; you can see who's leading whom as they walk in the snow Otis loves the variety of walks he gets around Cadbury, and all the friends he sees.

Gil Kaufman

Wii 2009/2010 BOWLING SEASON

The official 2009/10 Wii bowling season ended on April 17th immediately following the 2nd Annual Residents' Tournament. Recreational bowling will continue throughout the summer months of May, June, July and August, provided a trained operator is available.

The season turned out to be most successful as the number of participants increased to 36 from 31 in 2008/2009, almost everyone increased their previous seasons average. Eleven 300 games were bowled and 25 of our players had at least one 200 plus game.

The WiiZARDS, which consists of ten bowlers with the highest average, handily defeated the Cape Henlopen Senior Center in a three game handi-cap tournament 3919 pins to 3401 pins. Traveling to Cherry Hill the WiiZARDS easily defeated the Pinbusters 455 pins to 293 pins.

The Second Annual Residents' Handicap Tournament was contested over four days with 25 participants bowling three games. Bob Kaiser led after the first game, and the second game. Unfortunately for Bob, Vi Cribb, who missed the first two days, came from behind and won the tournament.

During the April 19th CALRA General Meeting, Awards were presented to the seasons' achievers.

1. **High Game Pin for bowling 300 games to Sharon Britton (5) Jeanne Wampler (4) and Vi Cribb (2)**
2. **Trophy to the Most Improved Bowler Jeanne Wampler raised her average 46 pins from 151 to 217.**
- 3 **Trophy to the Residents Tournament Winner Vi Cribb (721)**
4. **Trophy to the Best Man bowler- BillGehron (188)**
5. **Trophy to the Bowler of The Year Sharon Britton**

Sharon's accomplishments were amazing. She had the highest average (242), most 300 games (5) and leading scorer in the WiiZARDS two matches Sharon has been designated a Master Bowler.

Bob Hein

EXERPTS FROM:

"Tales of Growing Up:

The Guenveur Kids"

by J. LaPenne Guenveur

When I was about three, Margaret was to make her arrival. Louise and I knew that the doctor was going to bring the baby in his little black bag. We thought it would be a splendid idea if we saw the doctor take the baby out of the black bag. Anyhow, we got our little chairs and hauled them into Mama's bedroom and sat ourselves down and were waiting for Dr. Wagner, unless it was Dr. Blackstone, but one of them was to bring this kid to us. We didn't last long. We were escorted down probably to the kitchen and guarded there by Pearl who I'm sure kept us busy doing something. Anyhow, the baby came and then shortly thereafter . . . we got to see this little baby. Well there she was, lying in her, I don't know what she was lying in, lying on—Mama was probably holding her. We thought, "Well, that's the baby." The baby wasn't doing much. It wasn't too interesting so we thought. "Well that's that," and we went about our business."

The Lears family would come up fairly often from Baltimore and we went down to Baltimore. Larry and Claire Lears were cousins, the same age as Louise and I and we remained friends for our entire lives. Now when I say Lear's family, I mean Mama's oldest sister Maria. She was a blond beauty. The gang would come up. I don't know where everybody slept when they did because they stayed several days, but it worked out. Usually when they were having these activities, we spent our time up in our little bedroom and they bribed us. We'd have our little dinner up there. Often they would make what is called a bird's nest which we thought was a really tremendous treat. As far as I know, it was a piece of toast hollowed out with a poached egg perched in there. It still sounds pretty good, doesn't it?

Daddy and Uncle Walter had what is known as the Monkey Dance. I never observed this Monkey Dance but I am told it was quite a production. When everybody scoffs at my dancing, you must know that it came to me naturally. I'm not responsible. One thing Daddy did at some of the parties would be to coast the guests' cars down Grant Avenue. It sloped down about three or four blocks; he'd go out and just take the brakes off. Nobody ever locked their car. He coasted them all down or some of them and you can imagine the people coming out half loaded and no car. Again, some of the things I do come naturally. They were handed down so don't blame me.

Penn Guenveur

POINTS OF INTEREST THE DONUT HOLE

Good news for seniors in Medicare part D Prescription Drugs. The new law gradually phases out the gap, also known as the Donut Hole, until it disappears in 2020.

In 2010 the hole begins when your out of pocket drugs exceed \$2830 and coinsurance does not kick in again until your costs exceed \$6440. However in 2010 if you end up in the Donut Hole you will get some immediate help via a \$250 payment from the feds. You don't need to apply for the rebate; the government will automatically send it when you reach the Donut Hole.

In 2011 those in the Donut Hole will get a 50% discount on the cost of brand-name drugs.

AVOID LATE FEE

Credit card payments must now have the same due date every month. If that date falls on a weekend, don't assume you can pay the next business day because some issuers process payments on weekends. Pay on the Friday before to avoid a penalty, or check how your issuer handles weekend payments.

Bob Hein

CADBURY

IS FOR THE

BIRDS



Wow! The back-to-back snowstorm of the century brought new birding experiences to Cadbury. The day after the storm ceased, the birds were fam-ished. Since the snow was covered with a frozen crust we simply spread black oil sunflower seeds and cracked corn over the snow. Soon Finches, Sparrows, Doves and Starlings were feeding. They were joined by six or seven birds we had never seen before. The birds had brown and black markings on the head and back with a black band across the breast, a white belly and black horns on the head. Frances identified them from the bird guide as a Horned Larks. Soon Jan Bendrick called reporting the sighting of them in her yard. Later, Bob Hein reported seeing them and had identified them as Horned Larks. The next day we counted a flock of 25 of the larks in the yard. They are found throughout North America living in fields, prairies and dunes. They nest on the ground. They have not been seen since the snow melted.

Another new, never seen before bird by us, appeared a few days later identified as an Eastern Meadow Lark, not related to the Horned Lark, and a larger bird. Its back and wings are streaked with shades of brown and white. The throat is yellow with a black V setting it off from the breast. It is a ground feeder living and nesting in grassland and marshes. It was a brazen feeder coming to within a few inches of our sunroom window almost nose to nose with Miss Kitty, our cat, throwing her into histrionics. Also arriving to feed on seed in the snow were Crows and Grackles. Then a flock of 20 to 25 Red Wing Black Birds swooped in to feed. Another bird stopping by appeared to be a Snow Bunting, but left before we could make a positive identification. The strong winds of the snow storm left very little snow against the back of our cottage. As the snow melted Robins appeared looking for worms and bugs to eat from the exposed ground.

As the snow was disappearing, we removed a hanging suet cake that was frozen and crushed it into smaller pieces spreading it on the ground. In minutes 4 or 5 Gulls came out of nowhere devouring all of the suet. Some residents had similar experiences throwing bread and other food scraps on the ground to feed the birds. But this is not healthy for birds and could harm over time. And if birds don't find the food mice and rats will. Although we wished the "Storm of the Century" had waited for another century, it did provide an unusual birding experience.

Probably all Cadbury residents were glad to see February go and were ready to think Spring in March. Lois Nickerson saw the first Cardinal ever seen at Cadbury in mid March. Bob Hein saw a Belted Kingfisher sitting on the "No Swimming" sign at the West Wing pond, also a first at Cadbury. This 14 inch long bird has a blue-grey crest ragged above its' head, and a white collar. The male has a blue-gray band across the breast. A stout bill is used for diving for fish. Bob did not see it catch any fish. Frances Bazzoli sighted a Common Snipe in the retention basin. This 11 inch bird lives in wet marshes, bogs and meadows, and has a long bill to probe for food. A few days later Gene was trimming the grass in front of the Club House when this bird came out from under a holly tree and ran across the lawn.

By early April, the Robins and Mocking birds were mating and at least 3 pair of Robins have nests in Cadbury trees. Leslie and Jim Sylvanus heard the call of the Killdeer from their cottage and recently sighted them. Last year they successfully raised a brood at Cadbury. The humming birds returned! Blue birds were regular visitors by early April, checking out the 14 birdhouses provided by residents. The English Sparrow and Tree Swallows were also wanting this housing. So residents keep removing nesting material to discourage the sparrows and swallows. They kept coming back. Meanwhile Elaine Connell, with an ideal environment, including a birdbath and a feeding tray with meal worms had Blue Birds in her nesting box raising five chicks. As the month draws to a close the Bazzolis ' have Blue Birds making a nest in one of their house

With the 1st of May, as this column wraps up, Elaine Connell reported that her Blue Bird house was very quiet and when she checked, the five chicks had broken necks, with four dead and the fifth dying later. This was the work of the English Sparrows, who would then build their nest over the dead birds to raise their young. Elaine was devastated. She has cleaned out the house and hopes the parents will be back to try again.

Jim and Frances Bazzoli



General Douglas MacArthur said, "People grow old only by deserting their ideals. Years may wrinkle the skin, but to give up interests wrinkles the soul. You are as young as your faith and as old as your doubt, as young as your self-confidence, as old as your fears, as young as your hope, as old as your despair."

The Bible According to Children

- In the first book of the Bible, Guinesses, God got tired of creating the world, so he took the Sabbath off.
- Adam and Eve were created from an apple tree.
- Noah's wife was called Joan of Arc because Noah built the Ark, which animals came to in pears.
- Lot's wife was a pillar of salt by day, but a ball of fire by night.

IN MEMORIAM

*Helen Carpenter
Charles Faries
Mildred Faries
Joseph Ryan
John Thorsen*

