

# CALRA FREE PRESS

Cadbury At Lewes Residents' Association

Vol 3: No 2

February 2010

## CALRA BOARD OF DIRECTORS

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Monthly Board Meetings -  
Second Monday  
Association Meetings  
Third Monday

Newsletter Editor:  
Pat O'Hanlon

## *President's Message*

As we start the new year I want to thank all the dedicated volunteers who have helped to make our life at Cadbury richer over the last two years. They have served on committees and helped to run programs and activities. If I were to try to name all of them, I know I would miss someone so I say to all of you - Thank You!

By now you have received your letter requesting dues. You have noticed the amount has been raised very modestly as we told you it would be - \$12.00 a year - just \$1.00 a month for all the programs and activities you have access to. Many of you have already paid. Please help us reach 100% participation.

Again this year you have donated a very impressive amount for the employee appreciation fund. We are fortunate to have such friendly and caring employees to tend to our needs. As seen recently after the monumental snows, they worked tirelessly to see that we didn't remain snowbound.

We also collected a generous amount of food for the Lewes Food Bank. Thanks to all those who contributed to both of these drives and to all those involved in the collections.

Many of you have commented favorably about the newsletters. The editor is receiving articles submitted by members and she would welcome more. So if you have a story to tell, please write it up and send it to her. This month she has initiated a column to welcome new residents and another to remember those we have lost. In the future, the "In Memoriam" column will cover only the recent three months.

Stay warm and think Spring!

*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



## ATTENTION GARDENERS



*Spring is coming!*



And a few of us cottage folks will have plants to share.  
We should have Dwarf Day Lillies, Iris, Daisies, etc. Please call Lois Nickerson at 644-1716 if you are interested in getting some free plants for your garden.





*Bob and Carol Bishop  
Dottie Brandau  
Maureen Hale  
Sybil McKennon  
Helen Scott*

### *'FIRST TOWN IN THE FIRST STATE'*

The above slogan can be widely seen in and around Lewes and for good reason. In a short phrase, it sums up the historical roots of Delaware's Lewes.

In August 1609, Henry Hudson, sailing under the direction of the Dutch East India Company, reached the Delaware Bay in his search for a passage to the Spice Islands. While he found the bay too shallow for such a goal, he did relay to his Dutch investors the idea of establishing a colony along the fertile land near its mouth. This was accomplished in 1631 when the company, headed by Captain David Pietersen DeVries, sent Captain Peter Heyes to establish a settlement of some 28 to 38 men within the area encompassed by the present site of Saint Peter's cemetery and identified today by the DeVries Monument on the opposite side of Pilottown Road. It was called Swanendael (Valley of the Swans). DeVries promised to visit the colony a year later and did so only to find that the founders had been massacred over a minor quarrel with the Indians.

Be that as it may, that settlement represented the first "town" in the state of Delaware. In 1682 William Penn named the re-established settlement Lewes (and Sussex) for places in his native Sussex County in England.

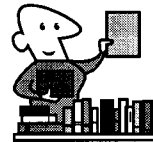
The story of Delaware's claim to be "the first state" is apparent in the simple historical fact that it was the first of the original 13 states to ratify the Constitution. From 1781 the Articles of Confederation were the agreed upon principles for governing the country. Many felt, in time, that it gave too much power to the individual states and left the national government helplessly weak. On September 17, 1787, the delegates of the Constitutional Convention in Philadelphia reached agreement on a proposed constitution in lieu of the Articles of Confederation. It had to be ratified by nine of the 13 states to take

effect as the new law of the land. Unlike a number of states, Delaware's thirty delegates to the state convention to consider ratification were remarkably unanimous about such a step. Thus, on December 7, 1787, in a meeting in Dover, they took action to do so.

The Constitution was officially accepted as the new Federal Constitution when New Hampshire became the ninth state to endorse it on June 21, 1788. Delaware proudly proclaimed that it was the State That Started a Nation". In time, that slogan translated into "the first state".

And there you have it: "First Town in the First State".

*Bill Gehron*



### *LIBRARY LINES*

Did you know that in the library there is a collection of audio video materials? These can be found next to the History section tucked away behind the door entering closer to the auditorium. This is a collection of cd's, videos and tapes. There is a genre of historic, scientific, religious, fiction, , travel, etc. items. As an example, on DVD are a set of "Keeping Up Appearances" ( the Brit TV comedy) and "The Da Vinci Code" read on cassettes and also many National Geographic nature and travel videos. These are RARELY used. So the question is, do we want to keep them in the library, all or part of them? Another question is how many residents have a video recorder and if you do, do you use it? I think if these were organized better they might be used more frequently. But we could organize them better if items not used were removed from our collection. So, I'd like you to give us some feedback.

A reminder that when the library was reorganized a separate section has now been made for large print fiction books. It is near the beginning section of the fiction. Also in this same shelving area are the newest paperback books in our library ( not necessarily newly published) and an overflow of our most recently donated hardback books from the top of the fireplaces

*Happy Reading !*

*Mildred Wiedmann*

### *DISCUSSION GROUP*

Mondays at 4 p.m. in the Quiet Room  
The discussion this year is about *Jacob*. Everyone is welcome to attend. Facilitator is John Folta.

## HYMN SINGS

If you enjoy singing some of the familiar hymns you may have sung through the years but don't sing very much anymore, we have two opportunities each month for your pleasure.

Come join us the first Sunday evening of each month at 7:00 p.m. in the Auditorium for an informal Hymn Sing. Led by Jeanne and Jack Sparks, we sing the "old" hymns, (and some you may not have heard) and you also have an opportunity to select your favorites.

On the 3<sup>rd</sup> Sunday of each month at 2:00 p.m., you are also invited to join our friends in AL for a Hymn Sing led by John and Ruth Folta with Fran Baker at the Keyboard. This is held in the 2<sup>nd</sup> floor dining room of the Health Center.

You are welcome at one or both gatherings. Come, join in fellowship and sing praises to the Lord! For more information, contact **John and Ruth Folta** at 537-7134, or **Jeanne and Jack Sparks** at 645-2424.

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## THE LATEST INFO - -

### COMPUTER NEWS

In the last newsletter I invited any Cadbury resident to find out about ebooks (electronic books) and, to date, I haven't had any takers. Again, the invitation is here. If you are interested in finding out about what is happening in the electronic book world, please give me (Woody Seamone) a call at 644-4724.

Please be aware that the Johns Hopkins University, for one, has abandoned their physical Library of books for electronic books.

A new topic for this newsletter is the use of Linux as your computer operating system in lieu of Microsoft Windows. The bottom line is that it is free and for many applications is faster than Windows. I have installed it on my old laptop, and now it is a pleasure to go on the internet in about two seconds and it includes great office programs like Open Office Word, spread sheets, data bases, and excellent photo programs. It is highly recommended for old computers that may be very slow, or infested with viruses or adware. It is easy to install. I have the disk for it. If anyone would like to see a demonstration in the Library, I would be happy to talk about it and show it to you. Call me at 644-4724.

*Woody Seamone*



## BUY THE SEA SHOP

Have you visited us at Buy The Sea? Many of you visit us often to see what's new on the shelves, buy a card for a friend who's having a birthday, or to cheer up someone who is ill, but some of our residents haven't come in yet to see what's here!

If you need toothpaste, soap, Kleenex, bathroom tissue, paper towels, etc., we have it. Does your TV remote need a new battery? We have AA and AAA batteries on hand.

Think how nice it would be to curl up with a bowl of warm popcorn and a cup of hot cocoa on these cold winter evenings! We carry microwave popcorn and Swiss Miss (regular and low-sugar).

Check out the store's refrigerator - you'll find Snapple (regular and diet), Coke, 7-Up, and Diet Coke. In the freezer we have lo-cal ice cream sandwiches, Snickers Bars, and cones, all at very reasonable prices.

We're grateful to those who made donations of Christmas decorations and a variety of items in the past, but now we are in need of more merchandise. Did you receive a gift for Christmas that you don't have any space for or just isn't "you"? It might be perfect for someone else! Do you have some costume jewelry that you haven't worn lately? We'd like to have it to sell. We're also in need of some more CDs. If you have some you're tired of, but are in good condition bring them to us.

Come in and browse Tuesday through Friday, 11 - 3. We'll be looking for you! Remember, all proceeds go to CALRA to provide activities and entertainment for all of us.

*Jack and Jeanne Sparks*

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## SMOKE DETECTORS

Every apartment and cottage has smoke detectors that are powered by electricity, but they also have batteries that provide protection in event of power failure. When the batteries weaken they emit an intermittent "beeping" sound indicating they need to be replaced. To have the batteries replaced, notify the maintenance department. To get them replaced during nights or weekends when maintenance is not available, notify the receptionist and security personnel will replace the batteries.

*Jim Sylvanu*

## CADBURY IS FOR THE BIRDS

The "snow birds", Canadian and Snow Geese, can be seen flying high overhead searching for fields where they can forage for food. At Cadbury, Gold Finches, House Finches and Sparrows are eating at bird feeders. Doves, Crows and Starlings are ground feeding with some Starlings attempting to extract food from feeders. Recently Jim and Leslie Sylvanus turned into their driveway, seeing a Sharp-Shinned Hawk perched on their bird feeder. Neighbor Adele Hudson saw a circle of white feathers in her yard, evidence that a hawk had dinner. The Bazzoli's have seen hawks and feathers in their yard as well.

Several residents reported seeing BlueBirds scouting out their nesting boxes to raise a family in the spring. If you have not cleaned old nests from your birdhouse, do it now. English Sparrows are checking out these birdhouses too, their favorite nesting place. This saucy, self-reliant and antagonistic immigrant from England was brought to the USA in 1850 to rid shade trees of the destructive inchworm. The true name of the English Sparrow is the House Sparrow and it will drive a BlueBird from the nest, even if it has to kill it. If this sparrow starts a nest in your box, keep removing the nesting material until the sparrow leaves. A tree swallow was recently seen at Cadbury. This beautiful bird also favors the Bluebird box and will also try to drive the Bluebird away.

At this writing a pair of Mallard Ducks are keeping company in our ponds. Perhaps they will be the proud parents of this spring's ducklings at Cadbury. Seven ducklings entertained us in "09."

Of Special Note: Cadbury residents are invited to the meeting of The Sussex Bird Club on Sunday, February 14th at 2:30 PM in our Auditorium. The featured speaker will be Kevin Fleming, former National Geographic photographer who will show slides of his latest table top book with emphasis on birds. Refreshments will be served.

*Frances & Jim Bazzoli*

## *Who's Who at Cadbury*

You see her in the dining room, or in the auditorium, or pushing a cart between the two, fair, tall, smiling and carrying herself a bit like a queen. Watching her, the diner is struck by her quick, quiet but friendly competence.

Yelena Kretova from Krasnodar, Russia, by the Black Sea, credits her upbringing at home and school for her competence. Although things changed from

the time she was in upper elementary school, when the Berlin Wall fell, they have changed slowly, so that her upbringing was much like that of Soviet children. Today, although she plans to live in the United States, if she has children, she said that she would like to take them to Russia in the summer to experience the kindergarten there—a large kindergarten—about 500 children in the one in Krasnodar. Everyone attends.

All through school, the children wear uniforms with white aprons. "Everyone looks neat," Yelena said. "There are no distractions of dress; it's easy to get dressed in the morning. No earrings"

Every kindergartener has duties each day, perhaps helping in the kitchen or in the sleeping room. "The children sing and dance and begin a second language in play form--German, English or French. They study the holidays, learning about the foods and rituals that go with them," and "they respect their teachers. It's much better than the daycare I have seen here."

After kindergarten, Yelena attended a five-story school where the first graders were on the top floor and the tenth graders on the bottom. All learned English and later a third language. Classes were orderly and the teachers would say, "Now write this down." That way the students knew that they would need to know the information for exams.

After ninth grade, some students went to technical school. After eleventh, students went to a college or university. Placement depended on both and entrance exam and on high school grades—for many, many courses—history, mathematics, literature, geography, languages, biology, chemistry, physics, and so on. She often had fourteen courses at a time. "And music," she added. "Always there was music." At the college and university level, there were fewer classes and many more practice hours. Courses would include such things as history of newspapers, world literature, political science, logic, economy, English, physical education.

In higher education, health insurance and education fees are covered by the government. There are also stipends for living expenses. Yelena's stipend covered most of her room and board. "If students receive A, they get the full stipend," she said, "B means a lower stipend and C terminates the stipend." The number of universities and colleges has been growing since the end of the Soviet era and some colleges provide room and board now but Yelena lived in one of the classic student boarding situations. "Each landlady has a distinct personality," she said, adding "almost all make sure that the student eats and dresses properly: 'Put on your muffler. Your mother would say so in this cold.' Or, 'You eat too little to stay well. Eat for your exams.'" All exams were at the

end of the semester, with before that only perhaps a quiz, and Yelena said that the professors do not say, "Write this down."

Yelena majored in public relations and from her first year she did hands-on work as well as classroom work. A proctor helped her to connect with a company where she set up displays, participated in promotions of services or goods, handled questionnaires and did many other tasks someone in public relations does. By her third year, she worked with a team on a political candidate's campaign for public office. After her third semester, Yelena was sent to the United States for a practicum summer. She also went overseas in her fourth and fifth years. In her fifth year, she studied on her own online—there were fewer classes and much more practical time—and went home for four months, then took her exams. In her last year, she also had a final project. She used library resources and research to support the ideas she was presenting as well as her own experience. Finally, she had an exam in front of eight-ten teachers, "every teacher looking for his or her own thing," she said.

Her decision to live in the States was influenced by an Italian husband-to-be and the fact that jobs are easier to find here. She likes it that she is in a place where, if she is hardworking, she can make a living and reach a goal. She said that today in Russia the corruption often means that one must know someone to get a job, there are no laws protecting employees, no benefits and no stable currency or banks.

Still, she misses Russia's fields and trees, especially the many birch trees and the easily available all-natural farm products. "There is no wax on the vegetables!" she said. "The people are warm and welcoming and often eat dinner with neighbors. Also, unlike in the States where so many of the houses are 'ticky-tacky and they all look just the same,'" she said, "in Russia, the houses are all different, homey-looking and have unique features. And, there's lots of public transportation and places where friends meet and talk."

She misses her grandmother's cooking, especially her baking, but she finds it hard to learn from her grandmother. "She uses a little bit of this and a little of that. She tastes the flour to determine if and how to use it." She also "makes moonshine from fruits--grapes, peaches—adds yeast and sugar." No vodka. "Oh," she said, with another of her smiles. "I'd better get going. There's work to do. Talking was fun." Striding tall, she was off to the kitchen.

The next time she helps you, say "spa--seeba." You may get a special smile.

*Sharon Hoover*

## THE SENIOR CITIZENS' SLEEPOVER

I had not been to a slumber party (unless you count a college dorm) since high school. The "fun" began when we were told that we would not be evacuated and that Cadbury strongly urged us to find a pillow and a blanket and spend Saturday night in the Assisted Living lobby, which had power (read heat!). There were between twenty and thirty of us who joined the "party."

Early in the evening, we played Phase 10. (Note to grandparents: this is a great card game to play with school-age children.) When it was time to go to bed, some went into the "day room" or stretched out in the hall. Our merry band camped out by the front door, some sleeping on furniture, others on exercise mats from physical therapy. "Willow" Britton was our security. She works cheap: for peanut butter crackers. We had issues, like snoring, that were not present in high school parties and we didn't discuss boys...the "boys" were there. There was, however, a festive attitude and much laughter.

On Sunday night, we gathered again for another night. There was a spirited game of Mexican dominoes and Woody kept us posted on the score of the Superbowl. About 8:45, as we were preparing for another long winter's nap, *all* the lights came back on. When we were sure they would *stay* on, we packed up our gear and were out of there in a "New York minute!"

There are many memories of "The Blizzard of 2010." However, my takeaway from the weekend is gratitude. Gratitude for newly-made or deepening friendships and a new appreciation for our neighbors in the "blue wing." Beyond that, was gratitude for the generous care of the staff, for wonderful buffets of more than enough food and for cleaning parking lots, roads and driveways of snow. They all worked very hard to keep us safe and comfortable.

Thank you.

*Anne Rouse*

## THE WOODSHOP AT CADBURY

Mission Statement: to serve our community

We volunteer our time to do projects for ourselves and for others. It is our way of giving to and supporting our community.

We do projects for our families, near and far, and friends, recent and longtime. We have done projects for Cadbury residents and staff, and for organizations such as CALRA, Cadbury at Lewes, The Cadbury Foundation, the Wellness Community of

Sussex County, and Powell House, a Quaker retreat center. We have opportunities to work with the Lewes Historical Society and Overfalls Museum. We sometimes turn down projects if they are too large or inappropriate for the persons who work in the shop or for our space and equipment.

We enjoy the work we do and the appreciation we receive for the work. We are glad to be of service both to our local community (Cadbury) and to the larger community in which we live.

We do not charge people for our time. We give people an estimate of the cost of materials and supplies for a project and are usually paid for such materials. We also suggest a donation to the woodshop fund, if they choose. Most, but not all, do make a donation that varies from near zero to several hundred dollars. The woodshop fund has varied in a range of minus \$100 to plus \$600. We use the funds to buy finish, sandpaper, saw blades, and other supplies. The fund could also be used to buy things that are not necessities but would be nice to simplify or improve our work.

Bob Kaiser is our treasurer and posts a report in the woodshop for all to see. He also submits a copy to CALRA. Jim Rouse maintains a photo album of projects that is kept in the library for everyone to see.

If you want to talk about a project, call any one of us.

*Woodshop Committee: Gary Showers, 2009 CALRA Rep  
Ron Trupp, 2010 CALRA Rep.  
Bob Kaiser, Treasurer  
Dean Hoover*

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#### POINTS OF INTEREST

Did you miss the last meeting of CALRA? Then you did not hear the latest Points of Interest. So read on.

Required Minimum Distributions (RMD) resume this year because Congress did not extend the waiver of payouts beyond 2009. RMD withdrawals for 2010 are based upon December 31, 2009 balances and you have until December 31, 2010 to make the withdrawal.

For those of you who itemize deductions, the mileage rate for medical travel is down 7 1/2 cents to 16 1/2 cents per mile. The mileage rate for charity travel remains at 14 cents per mile.

Congress gives itemizers a tax break on help for Haiti relief. 2010 donations made in January or February can be deducted on 2009 returns if donors prefer. Nonitemizers do not benefit from this rule.

The WiiZARDS bowling team will visit Cherry Hill in February in order to win back the Cadbury trophy. The current team members and their averages are, Sharon Britton (240) Jeane Wampler (214), Vi Cribb (213), Di Pack (198), Lois Wills (198), (Bill Gehron (186), Lois Nickerson (183), And Kathy Holstrom (182). The two substitutes are Bob Hein (181 and Ron Trupp (179).

*Bob Hein*

#### IN MEMORIAM

*Dorothy Brown  
Olivia Bryan  
Bob Connell  
Frank Corey  
Edith Dellmyer  
Marion Fleming  
Robert Fuchs  
Johnnie Hamer  
Bob Harris  
Rita Love  
Amelia McCarthy  
Charles McCormick  
Marty Mermelstein  
Joseph Miller  
Hollis Morgan  
Alda Noftsinger  
Jack Pack  
Charlie Proud  
Walter Schneider  
Betty Shannon  
Julia Smith  
Ruth Steele  
Richard Swartout  
Ray Tompkins  
Delphine Vogel*



**Ecumenical Worship Services** will be held in the auditorium at Cadbury each Sunday at 4 p.m. beginning in March. Everyone is invited. Local ministers will come and take turns leading the worship each Sunday. If you have any questions contact John Folta.