

# CALRA FREE PRESS

Cadbury At Lewes Residents' Association

Vol 2: No 3

November 2009

## CALRA BOARD OF DIRECTORS

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President: Barbara Cleaveland  
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Monthly Board Meetings -  
Second Monday  
Association Meetings  
Third Monday

Newsletter Editor:  
Pat O'Hanlon

## *President's Message*

We are approaching the end of the second year of the Cadbury at Lewes Residents' Association and the end of my term as president. It has been a pleasure to work with this board and its committees. It is time now to look forward to the future of CALRA. For the past two years a small core of dedicated volunteers has worked hard and supplied our members with the activities that many of you enjoy. Until recently the staff at Cadbury at Lewes (think Carol Holzman) has been doing much of the planning of these activities including acquiring and scheduling entertainment. Now your residents' association is being asked to take on more of the responsibility for planning and scheduling as well as the cost of providing the entertainment. Eventually it will be entirely our responsibility. This is the common practice in most independent living retirement communities.

If we are to continue with the same level of activities, we need more people who are willing to shoulder some of the load. Many of those who have been involved are willing to continue but they need reinforcements. It is not necessarily physical work that is involved - if you can use a telephone, you could help by making calls and scheduling. Please consider helping. Also give us suggestions about what you prefer in the way of programs and entertainment. We know that everyone does not enjoy the same type of programs but we would like to provide the things that please most people and, with a variety, hopefully everyone will find at least something to enjoy.

The budget we will present to you in December is still a very modest one but has increased from last year because of our new responsibilities. Please remember this when we send our request for dues in January.

Always remember that we stand ready to help you with problems you may encounter. That is one of our missions - to make your life at Cadbury a pleasant one.

From your Board of Directors and Committee Chairmen we wish you all a very happy holiday season.

*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





## Who's Who at Cadbury

Sitting in Judy Burgess's cottage living room, one is gently enveloped by her skill and interests. A large hoop on quilted material sits by a chair, ready for her to stitch when she sits down. Lovely paintings of St. Croix and the Maine coast hang on an opposite wall. A large appliquéd piece hangs in the entryway. All are Judy's work.

Judy's piece *The Feathered Star* hangs at the end of the hallway, complete with its first-place blue ribbon from the recent Kent-Sussex Quilters' show. It was first in its category—hand-appliquéd, hand-quilted wall hanging. The quilts in the show were judged by an NQA (National Quilt Association) certified judge. Four clubs participated; Delmarvelous Quilt Guild, Hanging Hands Quilt Guild, Piecemaker's Quilt Guild and Judy's own, Ocean Waves Quilt Guild.

*The Feathered Star* is made of fine quality batik fabrics. Batik is a wax and dye (resist) method of coloring fabric done primarily in Holland and eastern countries. Last month, UNESCO designated Indonesian batik as a Masterpiece of Oral and Intangible Heritage of Humanity. The tonalities of batik can be brilliant or subdued, Judy's *The Feathered Star* appears to be based on subdued "ishes" - bluish, greenish, reddish, yellowish, brownish, and orangish put together so that the star clearly stands out from its background which frames it naturally.

Artists develop their personal palettes over time. One can see Judy's favorite palettes by looking at her various quilts, watercolors and oils. Some are bright, such as the wall hanging made of husband Don's school ties that hangs in the den, but most are subdued, perhaps made to stand out more by a more brilliant, but perhaps dark, figure in the foreground, such as in the paintings of birds hanging in the hallway. The birds stand out clearly against the muted background scenes.

Judy has been painting since kindergarten. "I took to color easily and early," she said, "when I got my first easel." She did not take to the sewing machine as easily—"I hated the machine," she said. Nevertheless, using patterns as her guide and taking hints from her mother, she tailored her own suits to wear as a professor of education at McGill University.

After she retired to Vermont, she took her first quilting class. She made a quilt of nine squares. Now she makes quilts for grandchildren, nieces, nephews and friends. "They are family things," she said. "Not for sale, and not to store. To use." Her household sewing now, too often uses her quilting, such as some of the curtains in the cottage. Everywhere her sensitivity to color shows.

Two of Judy's friends attend quilt guild with her. Ruth Barnett, who first started to quilt after she moved to Cadbury is now secretary of the Ocean Waves Quilt Guild, and Vi Cribb is treasurer.

Ruth said, "In the quilt guild, we celebrate color and design, and we have sisterhood. Some people even refer to 'quilting sisters.' We share quilting problems and stories but also personal stories and problems." Ruth also enjoys working with batik. "It's pre-washed, you can use it either side up, it's soft and all pieces are just a tiny bit different. It calls for creativity. I like that." She gives her quilting away to family and friends, "they already have all the chair seats and pillows they need," she said, referring to earlier handwork projects she has done in counted cross stitch and crewel.

Vi started quilting at the Presbyterian Church in a program that had four sessions: 1) learn to cut and ready material, 2) learn to press strips, 3) learn to sew strips (the sewing actually comes in the process before pressing, but pressing is easier to learn) and 4) put it all together. She is now working on making a triangular piece. "My first one today was perfect," she said, "then I made five I had to tear out. Now I have to start the five over. But it's simple." Asked if she gets discouraged, she said, "Everyone is understanding and helpful. I just make little things for myself so far. And I learn. We have a demo at the beginning of each guild meeting and sometimes a class afterward. I've always been slow at crafts, but I enjoy the quilting and the women. Judy is a great help."

Sharon Hoov

### Chocolate Timeline:

1824: John Cadbury, an English Quaker, begins roasting and grinding chocolate beans to sell in his tea and coffee shop.





## LIBRARY LINES

A couple of reminders from the library committee:-

We do have a policy of not having to sign books out of the library and using the material and bringing it back when you are finished. HOWEVER, when you are finished with it PLEASE do return it to the library since someone else might be looking for that particular book or magazine

There are audio video items in the library which are next to the last history section - kind of hidden behind the door (not on computer side). There are a few listening books, some CD's and videos. There are some Brit comedies which are enjoyable.

When donating books or magazines to the library please put them on the table ( box or shelf) designated as the donation area. By doing so committee members can put them into our collection in the proper fashion. We check to see if there is already a copy, stamp the books and list them in our added books.

Stickers have been added to the backs of some books to designate that they are mysteries, romances or large print ( red dots) This is a work in progress

Perhaps there are residents who would like to help in the library without being a member of the committee. We could use a few volunteers as shelveers of returned books; a simple, not time-consuming task, that one could do with a little instruction. If you just wished to do fiction that would be great. So if this sounds like something you would like to do please get in touch with Mildred, Anne Rouse or Ruth Barnett.

A bit of information; the Lewes Public Library, as of July 1, changed to a three week borrowing schedule for almost all of their materials. This is a wonderful library. Please visit.

*HAPPY READING*

*Mildred Wiedmann*

## WiiZARDS BOWLING TOURNAMENT

Cape Henlopen Senior Center  
Vs

Cadbury WiiZARDS

Thursday, November 12, 2009

1:00 PM in the Auditorium

Your team is in good form and we are expecting an exciting match.

All residents are invited and all seats provide excellent viewing. So come, cheer for us and have a fun afternoon.

*Bob Hein, Coach*

## Computer Update


One of the new computer technologies available is the ebook format for reading books. Over 2 million books (mostly old classics) are now available in electronic format. Ebook reading can be done on personal computers and hand held computers. The use of personal computers for reading books is supported by several companies like Adobe, Sony, and Barnes and Noble. These companies offer free ebook reading software and the quality of print is very good.

If anyone at Cadbury is interested, call Woody Seamone at 644-4724 and I will demonstrate on our Library computer the world of ebooks. It is easy to put what we have on anyone's computer in your home or apartment and I will be happy to help you set up if you want to try it. There is a good selection of books available. I presently have about 30 ebooks available and I can give you copies of any of the ones I have. The print is adjustable and can be large or regular size and the procedure for reading books is very simple.



Silent in the Grave, by . . . . . *Deanna Raybourn*  
My Life . . . . . *Jean Batten*;  
The Awakening . . . . . *Kate Chopin*  
The Life of Captain James Cook. . . . . *J. C. Beaglehole*  
Treasure Island . . . . . *Robert Louis Stevenson*  
The Haunted Bookshop . . . . . *Christopher Morley*  
The Garden Party and Other Stories. . *Katherine Mansfield*  
The Flaming Forest. . . . . *James Oliver Curwood*

Woody Seamone (644-4724)



THE NEW  
SOUND OF AMERICA

# Girls Aloud

THE FIRST 4 ALBUMS  
IN ONE! 16 SONGS! 16 TRACKS!  
16 GREAT RECORDS!

The  
GIRLS  
From  
AMES  
By  
Jeffrey Zaslow  
A Story of Women & a  
Forty-Year Friendship

## Nominating Committee report

We are pleased to report that the following individuals have volunteered to serve.

President . . . . .	Barbara Cleaveland
Vice-president . . . . .	Bill Gehron
Treasurer . . . . .	Diantha Pack
Ass't Treasurer . . . . .	Doug Trout
Secretary . . . . .	Stan Goldstein
Corresponding Secretary . . . . .	Adele Hudson

East Wing . . . . .	Kathy Holstrom Elaine Glisson
West Wing . . . . .	Howard Parker Ed Carter
Cottages . . . . .	Lois Nickerson Woody Seamone
Health Center . . . . .	Penn Guenveur

BUY THE SEA SHOP

Need a snack? We have a variety of candy bars and miniature chocolate candies, cheese crackers, and cookies. We also have ice cream bars, cones, and lo-cal Klondike ice cream bars. Keep one in your freezer for an afternoon pick-me-up or late dessert! Cold sodas are also available.

Did you forget to buy paper towels or kleenex at the grocery store? We have those; also toothpaste,

In 1842, Cadbury's Chocolate Company in England creates the first **chocolate bar**.

1875: A Swiss chocolate maker, Daniel Peter, mixes Henri Nestle's condensed milk with chocolate and the two men found a company to manufacture the first milk chocolate.



cough drops, etc. AA and AAA batteries are for sale also.

For your listening pleasure, we have CD's for only \$2.00 each. If you have some CD's that you'd like to donate, we will welcome them.

Check out our greeting card display! Anniversary, get-well, birthday, and sympathy cards are available at very reasonable prices. We also have birthday cards for that special granddaughter, great-granddaughter, or grandson and great-grandson. Christmas is coming! Boxed Christmas cards from \$5.95 - \$8.95 are available. We also carry U.S. postage stamps for the convenience of our residents who can't drive to the post office.

Have you purchased a blouse, slacks, etc. and then decided it "just wasn't you"? You can donate it to Buy The Sea. It might be perfect for someone else.

Both cash and Cadbury Dollars are accepted. *All proceeds from the shop are used by CALRA to provide activities and entertainment for you, our residents.*

COME IN AND BROWSE! The volunteers will be happy to see you!

*Jack and Jeanne Sparks, Chairmen*

## Lewes and The War of 1812

It has been described as a war that was pointless, unnecessary or foolish. Perhaps President Harry S. Truman summed it up best, calling it "the silliest damn war we ever had".

The war came about over a growing series of issues between the U. S. and Britain following the American Revolution. The British maintained forts along the Northwest Territories, impressed U.S. seamen, disrupted shipping on the high seas and encouraged the Indians to attack American settlers among other British impositions placed on the newly established nation. So, how did Lewes get mixed up in the alleged inconsequential debacle?

The U.S. declared war on Britain June 18, 1812. The British, through an Order in Council issued on December 26, 1812, declared, among other things, a firm blockade of the Chesapeake and Delaware Bays. To carry out that action, Admiral Sir

John Poo Beresford's fleet arrived off Cape Henlopen in March of 1813, and effectively blockaded the mouth of the Delaware Bay. The people of Lewes had anticipated the British maneuver, having tried to fortify the town with some simple batteries near the town center (possibly at the current 1812 Park?) and along Pilot Town Road. But they were heavily out-gunned by the British armada's 241 guns.

Shortly after his arrival, the Admiral threatened to burn the town unless its inhabitants supplied his fleet with "twenty bullocks with a proportionate amount of vegetables and hay". The townspeople, after several unpleasant exchanges, refused, and on April 6 he commenced firing. By that time some 1000 militiamen from around the area, under the command of six-foot-tall Colonel Samuel Boyer Davis, had occupied the town to shield it from British occupation. The Admiral's bombardment was ineffective due to poor marksmanship and his cannon balls landed mostly in the marsh between the town and the beach. The militia with the help of some town folk recovered some of the British balls and fired them back. Suffice to say that after 22 hours of shelling the damage to the town was summed up as follows: "The commander and all his men shot a dog and killed a hen." At this point the British decided to sail for the Caribbean to gain their provisions.

The repulse of the British at Lewes saved Delaware's upper coast from British penetration unlike another British squadron which sailed into the Chesapeake and, among other damage, destroyed Havre-de-Grace in Maryland.

The Treaty of Ghent, signed in December of 1814, ended the war but with neither side gaining a thing from it. Truman probably had it right, although some historians maintain that it firmly sealed America's independence from the British.

*Bill Gehron*

Chocolate timeline:

1894: Milton Hershey adds a line of chocolate to his caramel manufacturing business. Soon he invents the Hershey Bar by experimenting with milk chocolate. Hershey's cocoa appears next.



### WiiZARDS' MASTER BOWLER

We are pleased to announce that your Cadbury WiiZARDS have a *Master Bowler*. Out of the cottages riding the Great Scooter, followed by the faithful dog Willow came the Bowler.

Scraping, scratching, clawing her way to the top was the new Master Bowler - *Sharon Britton*.

Sharon has bowled not one, but TWO 300 games and she has an average of 224. A fantastic achievement!

Sharon will lead us to victory in our tournament with the Cape Henlopen Senior Center!

Bob Hein, Coach

### Cadbury is for the Birds and More

We regret that we failed to report in the August CALRA Free Press that Barbara & Dick Cleaveland had 3 or 4 Bluebirds fledge from their birdhouse. This means that our 2009 Blue Bird count was 18 or 19, three or four more than 2008.

By September the summer crop of fledgling birds were actively eating at all feeders. Some adults helped feed their young as they learned to forage on their own. We neglected to harvest the catnip growing against our sunroom window and it went to seed leaving Miss Kitty, our cat, without fresh catnip. But to our surprise we watched 4 or 5 finches eating catnip seed from just 3 feet away. By the end of the month the bird population tapered off with the departing of the Grackles, Starlings and Cow Birds. Unfortunately, they will return. New birds sighted were a Cattle Egret and a Double-Breasted Cormorant in the west wing pond. The Cape Henlopen hawk watch recorded record numbers of hawks passing over on their migratory flights. On our way to the clubhouse one afternoon a hawk flew out

of a holly tree across from Jeane Wampler's bird feeder and perched on the Club House roof. Perhaps one of the migrant hawks hunting for dinner.

After a heavy October rain, Lois Nickerson was checking her garden when she spotted two pieces of Styrofoam floating in her cottage vent well with a toad sitting on each one. She rescued them to safe ground. (Cottage vent wells are below ground level with a screened vent opening at the top that allows air to circulate through the crawl space. A semi-circle of mental holds the earth back forming the well) About this time Jan Bendrick spotted a large frog in another vent well. Jan knew that when the water drained out of the well the frog would die. She tried to grab the frog but it was bigger than her hand leaving her unable to pull it to safety. But Jan was not one to give up, and with a bucket to scoop up the frog and a piece of screen to keep it from escaping, it was captured. It seemed to go limp and she thought it might be dying. This failed to stop her from completing her mission of delivering the frog to the west wing pond. At the edge of the pond she tilted the bucket and removed the screen. She was startled when the frog took a three foot flying leap through the air vanishing into the pond. We are sure both parties were relieved. Not wanting to be rescuing toads and frogs after every rain, Lois and Jan devised ladders for them to leave the vent wells on their own. A piece of veinal fencing fastened at the top of the vent well and suspended to the bottom of the well enables the toads and frogs to climb out. Adele Hudson and the Bazzolis, aware of this problem have used 1/8 inch hardware cloth to cover the wells keeping frog and toads out, as well as debris.

This population of frogs and toads has been at Cadbury since day one and now probably number in the thousands. Frogs have smooth skin and grow larger than toads who have skin covered with warts. They benefit us by eating insects such as flies and mosquitoes and they provide food for snakes and birds such as herons, and egrets. They will soon go into hibernation until spring when they will emerge and serenade us with their mating songs from our ponds again. And finally, the snow birds from Canada are arriving now.



The Sussex Bird Club will hold their first monthly meeting at Cadbury on November 8th at 2:30 PM in the auditorium. All Cadbury residents are invited to attend. A power point program will be on birding in Ecuador from the high Andes to the coastal plain.

*Frances and Jim Bazzol*

## The Whistles Of Lewes:



The Lewes Town whistle at the foot of Franklin St.

You have probably heard some horns blow in the early morning, noon and late afternoon. Well, it took a bit of doing to find out the details.

First I went to the local fire station in Lewes, and the fellow I talked to said he knew nothing about them, but suggested, of course, a visit to the town hall. Then I went there and the young lady I talked to said she's never heard them, but is from out of town and isn't around at 7AM. One of the other employees who was in earshot suggested I talk to the public works folks. When I chatted with the receptionist there (in an adjacent part of the building that one has to go out of doors to get to) and she also was unaware of the source, but suggested I see the people at the power station, down at the end of Franklin Street. There I met Gilbert Holt who said indeed

they blow their horn at 7AM, noon and 5 PM. It's right there, next to the train tracks at the end of Franklin Street, and is really a whistle originally made for trains. It is driven by compressed air provided by an electric pump. Why do they blow it? He said he's been there 36 years, and he has no idea other than tradition. He's heard it - lore - that it was to announce the times to get to work (seven a.m., one p.m.) and to quit for the day (five p.m.). While I was there he called someone else - retired - who had been there 42 years, and he had basically the same story.

I noticed a bank of electrical control and metering panels in the room where we chatted. I asked if they generated their own electricity. They had, he said, several years back, but finally switched their system to standby, and only last year had shut down that system to rely solely on commercial power. Later I talked to Rogers Jones, a member of the historical society, who said he knew nothing about it (he's never heard it; he lives out of town) but arranged for a Mr. Jim Roberts to call me. Jim is a member of the Board of Public Works, and he noted that the horn has been in use since 1901. At one time a resident complained about it and wanted it stopped, but nothing was done given the strength of tradition. Since the horn has been in use since 1901 there are likely few people alive today that have a recollection of it's early days. Later I learned that Lewes had a lot of factories in those days and the whistle was likely blown to tell the factory workers when to get to work and when to quit.

### The Siren:

There is a siren at the firehouse on Savannah Road that the fire company tests at noon each day.

### The train:

Another whistle can be traced to a train that passes through Lewes on it's way to a plant along the coast east of the ferry terminal. Although there are many who refer to the plant as "the Maalox plant" it is really much more than that. I stopped by and chatted with plant manager "KB" Brittingham and got a detailed run-down on not only the train but the plant itself. To understand the function of the train, which obviously blows it's whistle at crossings, it's helpful to understand what the plant, owned by SPI Pharma does (the plant had been owned by Barcroft and was sold to SPI Pharma about 11 years ago).





The SPI Pharma plant before the building of the nearby development.

The plant produces the ingredients used for anti-acids and laxatives - various mixtures of aluminum hydroxide and magnesium hydroxide that go by trade names such as Maalox, Pepto-Bismol, Alka-Seltzer, Tums, Roloids, Milk of Magnesia and others. Each of these products may have additives to improve the taste and so forth, and may use different ratios of the two chemicals.

One of the primary sources of material is sea water, piped in from Delaware Bay. The water is combined with lime or sodium hydroxide (commonly known as caustic soda) so that magnesium hydroxide settles out; the mix is held in huge tanks for about seven days for the settling to take place. The aluminum hydroxide is obtained from elsewhere. Much of the lime comes from other places in the states - places that have limestone quarries such as those in Ohio.

And that is where the train comes in; bringing five or so hopper cars of lime each Friday around about ten o'clock in the morning. It leaves shortly thereafter with empty cars. None of the manufactured product is shipped out by train, all by trucks, some tankers and others carrying 55 gallon drums.

So dies the rumor that the train is bringing in oyster shells for grinding into Maalox!

While chatting with "KB" he casually noted that in days past, their neighbor on the Bay side was a large fish processing plant, and he gave me a brief rundown on it. But, as he put it, "that's another story."

Also another story is that of some other less-noticed whistles we sometimes hear - next issue.

*Dick Cleaveland*

Chocolate timeline:

- 1896: Leonard Herschfield invents the Tootsie Roll, named after his daughter.
- 1897: Brownies are first mentioned in print, listed for sale in the Sears, Roebuck and Co. catalogue.
- About 1900: A machine called the "enrober" is invented to replace the task of hand-dipping chocolate.
- 1930: Franklin Mars invents the Snickers Bar.
- 1939: Nestle introduces semisweet chocolate morsels.
- 1940: The Mars company invents M&Ms for soldiers going to World War II.