

CALRA FREE PRESS

Cadbury At Lewes Residents' Association

Vol 4: No 1

May 2009

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

In February I challenged CALRA members to reach 100% for dues paid residents for 2009. West Wing residents accepted that challenge and did in fact reach 100%. Congratulations! Overall we reached 88% which is an excellent number. For those of you who haven't paid your ten dollars, it is not too late.

Last month saw the completion of the Resident Directory with pictures and phone numbers of most of our residents. There have been many positive comments about it. Thanks to Dick Cleaveland and Woody Seamone for their outstanding work on this venture. Your dues financed this.

The committees have been busy planning activities and programs for the benefit of all. The gift shop is making money for us – be sure to patronize them, the dining committee continues to work with Ingrid to ensure that members wishes are heard. The library committee continues to add new books to the collection. Landscaping is working with Cadbury to make our environment more pleasant and while there is still much to do, there has been much improvement. It is nice this spring to see trees and more grass. Woodworking has supplied benches so we can rest on our walks and bluebird houses in hopes of attracting the birds. The membership committee collects dues and maintains statistics. All of these committees would welcome new members to share the load. Remember this is our organization and it will only be as good as we make it.

Aside from holding meetings, CALRA encourages you to come to your representatives or any Board member if problems arise. The names of all Board members are on the bulletin board in the mailroom and on the CALRA website. We are here to assist you and often questions can be resolved with involvement of the right people.

I wish you all a wonderful summer.

*Barbara Cleaveland
President, CALRA*

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



Note from Elaine Glisson: Anyone who hasn't already signed up to provide rides for the Dial-a-Ride program but would like to do so, please call Elaine at 703-2645.

Why are we named after a chocolate candy bar?

John Cadbury

John Cadbury (1801-1889) of Birmingham England was born into a Quaker family, so he was not allowed to attend university; therefore, he could not become a professional, such as a doctor, lawyer or professor. Instead, he was apprenticed to a tea dealer in Leeds in 1818.

He opened a grocery shop at 93 Bull Street, Birmingham in 1824, using a pestle and mortar to prepare cocoa and drinking chocolate. Many Quakers saw tea, coffee, cocoa and drinking chocolate as healthy alternatives to alcohol.

In 1831 John started chocolate manufacturing on a commercial scale in Crooked Lane. His brother, Benjamin, and he formed a partnership and the firm became Cadbury Brothers which it remained through generations of Cadburys. In recent years, Cadbury and Schweppes merged into Cadbury-Schweppes.

Philanthropy was important to John Cadbury. He led a campaign to ban the use of boys as chimney sweeps, campaigned against animal cruelty and formed the Animal Friends Society. He spent his retirement engaged in civic and social work.

Henry Joel Cadbury

Henry Joel Cadbury entered New York state in 1853. The best-known American Cadbury has been Henry Joel Cadbury (http://en.wikipedia.org/wiki/December_11883-1974) a biblical scholar (especially of Acts), Quaker historian, prolific writer and dynamic non-profit administrator. In 1918, he was forced out of a teaching position at Haverford College for writing an anti-war letter to the Philadelphia Public Ledger. He was offered a position in the Divinity School at Harvard University but he rejected its teacher's oath for reasons of conscience, the Quaker insistence on telling the

truth, and as a form of social activism. He later, however, became the Hollis Professor (1934-1954) of Divinity at Harvard. He also was the director of the Andover-Harvard Theological Library (1938-1954), and chairman (1928-1934; 1944-1960) of the American Friends Service Committee, which he had helped found in 1917.

The AFSC coordinated relief activities in Europe after World War I. A pacifist organization, the AFSC was organized to offer Quakers and young conscientious objectors a service of love in wartime. Later, under Cadbury's leadership, it became involved with black schools in the South, in settlement houses and in depressed areas of Appalachia. In 1931, at the request of President Herbert Hoover, the AFSC fed children of coal miners. Henry Cadbury delivered the Nobel lecture on behalf of the AFSC when it accepted the Nobel Peace Prize in 1947 on behalf of the Society of Friends. He owned no tuxedo, so he borrowed one that had appeared in the secondhand clothing at AFSC. He returned it promptly after the speech.

The Cadbury Programs for Seniors

Cadbury at Cherry Hill and Cadbury at Lewes, both continuing care facilities, are not-for-profit organizations committed to the Quaker belief that human life is sacred and that all people are to be treated with loving respect. Their boards of directors are to be at least 50 percent Quaker in composition. The particular programs of each organization grow and change over time in response to changing needs of seniors. Each seeks to be responsive to its own residents or clients and to the needs of its surrounding community. The third of the Cadbury groups is Cadbury at Home. It works to help elders stay in their homes as long as they want or need to do so.

Sharon Hoover



LIBRARY LINES

May Book Club Selection



THE SHACK by
Wm. Paul Young

"This story reads like a prayer - like the best kind of prayer, filled with sweat and wonder and transparency and surprise. If you read one work of fiction this year, let this be it."

-Mike Morrell, Zoecarnate.com

Join us for a lively discussion in the
Cadbury Library on Tuesday, May 12th at 7:30
Questions? Call Anne Rouse (#208) at 645-6342

June Book Club Selection



ESCAPE by
Carolyn Jessop

"Escape" provides an astonishing look behind the tightly drawn curtains of the FLDS church, one of the most secretive religious groups in the United States. The story Carolyn Jessop tells is so weird and shocking that one hesitates to believe a sect like this, with 10,000 polygamous followers, could really exist in twenty-first America. But Jessop's courageous, heart-wrenching account is absolutely factual."

-Jon Krakauer

Join us for a lively discussion in the
Cadbury Library on Tuesday, June 9th at 7:30
Questions? Call Anne Rouse (#208) at 645-6342.

BUY THE SEA SHOP

What's in the Buy The Sea Shop????

DID YOU KNOW ??????

You can satisfy your yearning for a candy bar, a frozen ice cream sandwich, snacks or quench your thirst with a cool Coke, 7-up, or Snapple, or Bottled Water.

You can bring spring into your apartment or cottage with the addition of a beautiful bouquet of flowers arranged by one of our residents. Need a wreath for your door? Come see!

Need new batteries for your TV Remote or your flashlight? We have AA and AAA batteries at a very reasonable price.

Know someone who is celebrating a Birthday or Anniversary or would enjoy receiving a Get-Well card? Check out our card assortment. No card is over \$1.50. Postage stamps are also available.

Forgot to buy toothpaste, Kleenex, or paper towels when you shopped? We have that too.

Come in and browse Tuesday through Friday from 11:00 a.m. to 3:00 p.m. The shop is located across the hall from the Pool. The volunteer clerks will be glad to see you!

"Buy The Sea" is an activity of CALRA, our Residents' Association. All workers are volunteers and profits from the shop are used for resident activities. Cash and Cadbury Dollars are accepted for purchases.

Some of the artists of the 60's are revising their hits with new lyrics to accommodate aging baby boomers. They include:

Bobby Darin -

"Splish, Splash, I Was Havin' a Flash"

Paul Simon -

"Fifty ways to lose your liver"

Willi Nelson -

"On the Commode Again"

From

the Activities Committee Chairman-

Now, what did I do wrong? What awful sin did I commit? I am a relatively new boy on the block (actually in one of the cottages) and I find that I have been appointed Chair of the Activities Committee. "Well, no one else wanted to do it" they said. "And you were away during January, February, and half of March, so you couldn't object". "In point of fact, you were appointed unanimously"!

So here I am, a complete stranger in town, and in desperate need of your help. The only reason I am here at all is because there is a quilt store in town and a very active Quilt Guild in Lewes. I realize that Delaware is not a very big state, but it's all new to me. And it's all very confusing. For example, there is a Milford, a Milton, a Millville and a Millsboro! Which is which? And where are they? And then to add to the confusion, there is a Middleford, a Middletown, a Middlesex and a Midway. Why couldn't they just come up with a few distinctive names, rather than confuse out-of-state visitors with names that all sound alike?

So, where should we go on trips? Are Philadelphia, Baltimore and Washington too far? Or should we stick closer to home and just go to Dover, Cape Henlopen and Prime Hook Refuge? What about plays, concerts and art and craft shows? Please let me know what you think. Which restaurants should we visit? Close to home or further afield? As my wife and I tend to eat in the Dining Room here (we have all those Cadbury \$'s to use up, you see), we have little knowledge about what is out there. So please tell us about good restaurants that you have tried (for lunch or dinner). And are there any indoor activities (other than bridge, bowling and canasta) that we should be promoting?

There is an Activities Committee that tries to keep me on the straight and narrow and, of course, Carol tells me when we can't afford it. The Committee meets on the second Thursday of the month at 1 p.m. in the Activities Room (Arts and Craft Room), so please feel free to join us. I have also discovered an Activities Committee mailbox hidden under the stairs. So please let us have some suggestions. But please remember to write your name on the suggestions so that we can get back to you. Have a great summer!

Don Burgess

PUTT-PUTT GOLF TOURNAMENT

The Second Annual Putt-Putt Golf Tournament took place in February. It was a three-day event with only one hole, but the distance and position became more difficult each week. On the first week, six people had a 'hole-in-one'! After that event, the scores became a little higher, as contestants had to play a dogleg, and finally a putt through the mailroom and into the Bistro for their final effort.

The winners were Binky Tompkins from Cottage 47 for the women, with a total score of 7, and Bob Hein of Cottage 30 for the men, also with a 7. Bob won last year, and hung on to his trophy. Runners up and only one shot behind were Lucy Guenveur of the Tides, and Ruth Barnett in Independent Living. Overall, more than 25 people of all skill levels took part. There were lots of laughs and discussion of rules for movable obstructions (furniture and spectators) and immovable obstructions (walls and pillars). Ted Barnett organized this event for the second year, and we thank him for his patience and good humor. Ted also took runner-up honors for the second year in a row. Sharon Britton with mascot, Willow, were present to cheer the players on.



Binky Tompkins and Bob Hein

Volunteers needed:

Please consider whether you might volunteer to show a movie once every six or eight weeks. Ted Barnett or Jim Sylvanus can show you how to use the DVD player and adjust the sound and lights. The rest consists of planning the schedule once a month and playing the role of a pleasant host. If you want to explore the idea further, we meet on the first Monday of the month at 7:30 in the Bistro. The meetings are short.

Sharon Hoover

HENRY HUDSON
(1557 – 1611)

In an earlier article I briefly noted the arrival of Henry Hudson, an English sea captain, to our local shores. There is a significant anniversary coming up which involves him and it deserves to be observed.

Hudson's arrival at the mouth of the Delaware Bay on August 2, 1609, marks the 400th anniversary of that voyage. He was seeking to find a shortened route to the "islands of spicery" from Holland for the Dutch East India Company as he had initially done in 1607. His 80-ton ship, the *Half Moon*, was manned by a crew of 20 Dutch and English sailors. They had left Amsterdam in early April sailing north but cold weather and ice forced him to seek warmer climes which eventually brought him south to the Delaware and Chesapeake Bays. He sailed up both bodies of water before deciding that neither would lead to the Pacific. However, due to favorable reports to his superiors about good settlement prospects offered in the area he laid the foundation for Dutch colonization of the region some years later. He left the bays and in early September headed north where he explored the river now bearing his name traveling as far as Albany, N.Y. He concluded that it too would not lead to the orient. Again, however, he established a Dutch claim to this region which led to the settlement of New Amsterdam in 1624. He returned to England in November, 1609.

In the spring of 1610 Hudson found backing for yet another voyage west under the auspices of the Virginia Company and the British East India Company. He headed his new ship, *Discovery*, north for a third try at finding a passage through the continent. He reached Hudson Strait and Hudson Bay and in so doing allowed England to claim the entire Hudson Bay region. However, his ship became iced in and he had to remain in the area until the spring of 1611. He wished to continue the search but his crew was fed up and mutinied. They sent Hudson, his teenage son and eight crewmen off in a small

open boat. They were never heard from again.

Just eight of the thirteen mutinous crew managed to return to England and while arrested they were never convicted of mutiny. Indeed, some later joined with others in the continuing search for a North-West passage.

Bill Gehron

Family History: Do you have a short or long family history project you have begun, are in the middle of, or have finished (you lucky person)? It might be in the form of photos, quilts, writing, computer programs, scrapbooks – or other.

Would you be willing to sit at a table and share your project with a few others, explaining what you did and answering their queries?

If you are willing to share your project, please write your name and perhaps a sentence or two about your project on a piece of paper and put it in Sharon Hoover's mailbox, #236. You can also hand it to **Mary Pat Burke, Anne Rouse, Howard Parker or Beth Kaiser**. If you will need special equipment, please note that also.

Sharon Hoover

Dear Cadbury Residents,

I want to thank all of you who wished me well with my knee replacement surgery. I had the surgery on 2/10 and was able to walk the next day without any help. I did use a cane for several days but when I went to physical therapy they said I didn't need it. The nicest thing was the wonderful offers I had to walk Harry and Teddy. You don't know how comforting it was to know I didn't have to worry about them. Fortunately, I was able to do it myself. However, I want to thank you for your support and your offers of help.

If any of you with pets need help, please call me—that's one of the things I do best. I really mean it.

*Sincerely,
Elaine Glisson*

LEWES WIZARDS CRUSHES CHERRY HILL PIN SETTERS

The Wizards bowling team visited Cherry Hill on Wednesday 3/18 with high hopes of winning THE CADBURY CUP for the first time.

After trailing by 59 pins in the first match, and being waved on by our pompom waving cheerleader, Marie Berry, the team surged forward in the next three matches to win by a total of 165 pins. (1363 pins to 1198 pins).

High scorers for CAL were Bob Hein (201), Jan Bendrick (197), Vi Cribb (192), Teddie Hull (182), and for CACH Ann Aurich (214) and Barbara Doughty (172).

The other members of the team, (Doris Shirk, Diantha Pack, Kathy Holstrom and Lois Wills) bowled well and were vital in securing our victory. Our substitutes, Bill Gehron and Bill Peterson, were our score-keepers and also cheered us on.

Bob Hein



From Left- Bill Peterson, Vi Cribb, Kathy Holstrom, Doris Shirk, Jan Bendrick, Lois Wills, Teddie Hull, Diantha Pack, Bill Gehron. Seated in front Marie Berry, and Bob Hein.

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."

FLASH !! Please be on the look-out for a program in July by Sam Folta on his life & work in China/North Korea. He is the son of Cadbury residents Ruth and John Folta.

CAL Handicap Bowling Tournament Lois NICKS Ruth

The winner of the three game handicap tournament was not decided until the final game. Lois Nickerson, in third place after two games, came from behind bowling her third consecutive 200+ game to edge out Ruth Thigpen with a total score 734 to Ruth's 710.

In third place was Jan Bendrick with a 666 followed by Ron Trupp (646), and Elaine Glisson (633). Other contestants with 600+ scores were Jeane Wampler (625), Bob Kaiser (621), John Folta (620) and Bob Hein (602).

Over thirty bowlers participated in the event and there were many spectators cheering them on. Everyone enjoyed the bowling and there was much applause, cheers, and laughter. One of the favorite shouts from the audience was "Push A, Push A".

The Bowler of the Year award went to Vi Cribb whose consistent bowling throughout the 2008-2009 season ended with a high average of 187. Congratulations Vi! Other high averages were Lois Wills (183), Rita Love (180), Diantha Pack (174), Bob Hein (174) and Jan Bendrick. The highest game of the year was a whopping 267 by Jan Bendrick.

One last comment: Wii bowling is not just about winning or losing, more importantly it's about comradeship or companionship or making new friends. Cottage and Apartment and yes even a few Health Center residents were able to meet one another, chat, share a laugh or two, and just have some fun.

Bob Hein

KEEP MOVING

Just four more; Three, Two, One. This could be what you would hear if passing the auditorium on a Monday or Wednesday morning. You can also easily hear some laughing because this is one of Cadbury's exercise classes where you can become more fit and have a good time. We are told that it is important to keep fit in our elderly years.

As a reminder there are several other ways available for us to engage in a wholesome activity. For those who need to kind of take it easy, there is a chair exercise program at 10:15 on Mondays and Wednesdays. Sharon Britton and Alice Parker would recommend this. Also on Monday and Wednesdays at 11:15 is an exercise class in the pool. On Tuesdays there is a line dance program. You don't have to be a professional to join in this – just come out, listen to instruction and put your right foot here and your left foot there, heel, toe, and away you go. The most recent form of organized exercise that has been added to Cadbury's activity is Tai Chi. I hear it helps with balance and is not strenuous or difficult. This is held on Thursday morning at 10:00.

Many residents also routinely use the fitness room. It is recommended that you have instruction on the proper use of the equipment from Carol before you start a program. Then there are also the walkers who can be seen almost every weekday afternoon at 3:00 walking around the Cadbury Circle Road. It is .8 mile around. These gals are very diligent in walking and if the weather is bad do their walking inside. For those who prefer the pool, there is an open swim on Thursdays at 3:15. I've almost forgotten to mention the Wii bowling program and now bocce ball. For individuals, you can try your hand at table tennis, located on the second floor of the west hall in a stairway or horseshoes located outside behind the dining area.

The important thing is KEEP MOVING

Mildred Weidmann

Sunday morning: If for some reason, you do not feel like going out to church some Sunday morning, you are welcome to join the Quakers in the Quiet Room from 10:00-10:45 for silent meeting. It can give you a place and a group with whom to sit quietly. You might recall in your mind the hymns you love to sing, or the Bible verses you love to hear or the prayers you want to remember for yourself or others. You can come once, or once in a while. It's a place for all of us.

Reminder: the books in the Quiet Room circulate just as the books in the library do—on your honor. There are spiritual books in many different traditions. Come in and browse or borrow.
Sharon Hoover

Exercise for People Over 50 (or so)

Begin by standing on a comfortable surface, where you have plenty of room at each side.

Place your feet shoulder width apart. With a 5-lb. potato bag in each hand, extend your arms straight out from your sides and hold them there as long as you can.

Try to reach a full minute, and then relax.

Each day you'll find that you can hold this position for just a bit longer.

After a couple of weeks, move up to 10-lb. potato bags. Then try 50-lb. potato bags, and then eventually try to get to where you can lift a 100-lb. potato bag in each hand and hold your arms straight for more than a full minute. (I'm at this level now).

After you feel confident at that level, put a potato in each bag.

CADBURY IS STILL FOR THE BIRDS

Our year-round birds appreciated the many feeders that residents maintained on our grounds. The robins returned from the deep woods in February to feed on worms from our grounds. Soon the blue birds were arriving to check out the ten blue birdhouses provided by our residents. At one point the Wiedmanns reported seeing seven or eight blue birds on a neighboring cottage roof on Friends Way. At this writing no confirmed house has been occupied by a blue bird.

The tree swallows arrived with April and could be seen swooping about the ground and over the roof tops. It is believed that some may nest in the elegant birdhouse apartments outside the Chart Room. By mid-month the grackles had returned. About this time the male mocking bird was singing his heart out with a repertoire of some fifteen to twenty songs, some mimicking other species from roof and tree tops hoping for a mate to show up. Near the end of the month Woody Seamone hung up his humming bird feeder and within an hour a ruby throated hummer was feeding. About this time, Jan Bendrick and Lois Nickerson reported seeing humming birds in their yard. And the Bazzolis saw their first red wing blackbird at their feeder. Within a couple of days Leslie and Jim Sylvanus saw a pair of killdeer with two chicks on the street near Cadbury Circle West and Friends Way. They have spotted them several times. And other residents have reported seeing them as well. The killdeer builds its nest on the ground, sometimes in gravel or stone. Unlike most birds, when the chick breaks out of the egg, it is fully functional and able to walk and forage for food. It is becoming scarce in Sussex County due to loss of habitat. It appears to have found a Safe Haven at Cadbury. While residents were seeing the killdeers, security guard Dave spotted an owl on the roof-top of cottage 8 at 3 a.m. When he caught it in his spot-light, it flew off towards the woods.

And finally, at press time for this newsletter, Gladys Ratz called to say that a pair of birds and their baby were outside her West Wing apartment and the adults left seeming to be abandoning the young one. By the time this writer arrived, the birds were gone. With Gladys' description, they appeared to be cowbirds. However, cowbirds do not build nests, but lay their eggs in another bird's nest to be raised. So we are left with a mystery. Anyone have an answer? ? But best of all . . .

Cadbury is still for the birds !

Frances Bazzoli

Computer Classes

We've been holding a computer class once a week at 19 a.m. in the Library. For unknown reasons very few persons are coming to this class, so we will discontinue these general classes in the future. I do still plan to make myself available to answer specific computers questions on any of the following computer topics:

- Basic computer questions, operating systems, virus protection, setting up Open Office for document preparation.
- How to use the internet safely.
- How to set up a laptop computer with a wireless connection.
- Use of digital cameras and digital photo processing on your computer
- Use of flash drives to back up files., or transfer files to another computer.

Please call me at 644-4724 if you would like to attend one of these sessions to discuss a specific computer subject on any Tuesday at 10 a.m. in the Library. If no one has any specific questions, there will be no computer session on that Tuesday.

Woody Seamone