

CALRA FREE PRESS

Cadbury At Lewes Residents' Association

Vol 2: No 1

February 2009

CALRA BOARD OF DIRECTORS

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V. President: Bill Gehron
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Monthly Board Meetings -
Second Monday
Association Meetings
Third Monday

Newsletter Editor:
Pat O'Hanlon

President's Message

It is exciting to be your new president but it is also intimidating to try to live up to the precedent set by our first president, Bob Hein. During his term he oversaw many accomplishments which have made living at Cadbury more pleasurable and we owe him a big vote of thanks.

The new Board is anxious to continue to provide you with the amenities you have come to expect and to introduce new and interesting activities. In order to follow through with our plans we do need funding and this is where you come in. You have seen the modest budget we presented to you in December and you know by now that we have not increased the dues for the residents' association for this year. Ten dollars per person seems a very small amount to ask in order for us to meet our obligations and provide activities. This money and the proceeds from the gift shop are our only sources of funding for some activities such as the Friday night movies and the printing of this newsletter. Because Wii has become so popular we plan to buy one for use by the association so it can be more readily available for our use. We also provide the memorial for our residents who pass away. We are now in the process of compiling a resident directory with pictures of the residents so we may get to know each other better. All of these things require funding.

All who live at Cadbury are members of the association and benefit from the activities provided whether or not dues are paid. But we feel it is only fair for every one to contribute to the cost. So please if you haven't already done so, pay your dues. It would be nice to have 100% participation.

At Christmas a very generous amount was collected for the employee bonuses. Thank you to all of you who contributed. We can be proud of ourselves. The management staff of Cadbury was quite impressed! We also collected an impressive amount of food for the Lewes Food Bank.

Your Board stands ready to assist you with problems you may have and to accept suggestions for future programs and activities. We hope to see you at our monthly meetings on the 3rd Monday of each month.

*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





TEA and TEE TIME

CADBURY OPEN PUTTING TOURNAMENT

3 DAY EVENT - FEBRUARY 13, 20, 27

2:00 P.M. IN THE ENTRANCE
HALL AND BISTRO



PLEASE REGISTER AT 1:45 P.M.
IN LIVING ROOM

Tea for Gallery, Fans, and
Contestants



Served in the Bistro



LIBRARY LINES

The Library Committee is hosting an
Open House/Reception on Thursday, February
12th at 7:30 p.m. in the Cadbury Library.

Our guest will be Maribeth Fiscsher, local
writer and author of the book,

The Life You Long For

Please visit the library and get acquainted
with Ms. Fischer.

All are welcome.



Who's Who at Cadbury

Our new CALRA President, Barbara
Cleaveland, has an impressive background. She
was valedictorian of her high school class and was
named most outstanding student in her school of
nursing. She received her B.S. in Nursing from
the Univ. of Pennsylvania in Philadelphia which
she attended part time while working as a staff
nurse at Abington Hospital. She was medical-
surgical instructor in that hospital's School of
Nursing, then a head nurse in the surgical unit
and then office nurse.

In 1964 she moved to the Washington,
D.C. metro area and worked as clinical and
classroom instructor with the Fairfax County
(VA) School of Practical Nursing Hospital. She
retired in 1987 but has remained active in her
communities by volunteering as a Virginia state-
sanctioned nursing home ombudsman for the
Arlington Agency on Aging. She was appointed
by the Arlington County Board to the
Commission on Aging in 1994 and in 1998, she
was elected to Chair the Commission. Last spring
(2008) she worked as a volunteer helping low-
income Delaware residents complete tax returns.

Barbara and Dick were married in 1965.

After their retirement they took many motor
home trips, including one to the Baja, CA,
peninsula of Mexico and two to Alaska. They
moved to Delaware in September 2006, after
selling their Virginia home. They lived at their
summer place in Dewey Beach and moved into
Cadbury in May of 2007.

There is no question that Barbara is a very
giving person. We are glad she was willing to
become the President of CALRA.

"I don't miss being young, but I might if
I could remember what it was like"

~~~~~

"If you sow kindness, you will  
reap a crop of friends."

## Cadbury is for the Birds

In May of 2007, the first Cadbury residents moved into their new cottages in the midst of bulldozers, dump trucks, concrete trucks, front-end loaders, dirt, and clouds of dust on a barren, desert like landscape. During the summer, some cottage residents added trees and shrubs to their landscape. In the fall, Cadbury added the minimal amount of trees along Gills Neck Road required by the Sussex County Building Code.

In March 2008, birders, Frances and Jim Bazzoli, spotted a pair of bluebirds feeding on insects in the swale behind their Kent cottage backing onto Gills Neck Road. With a quick trip to Lowes Jim purchased a cheaply constructed bluebird house, the only one in stock. In short order the bluebirds were exploring this house.

The Bazzolis informed Cadbury birder Adele Hudson, at cottage 37, of the arrival of bluebirds in their back yard. Adele had to make a trip to the Wilmington area and returned with a well-built bluebird chateau from *Birds Unlimited*. Two days later Adele informed the Bazzolis that she now had a pair of bluebirds in her birdhouse. The Bazzolis told her that their bluebirds were gone and that she must have them. The pair of birds had left the dusty, barren, and noisy Gills Neck Road area for the upscale New Castle Cottage with lush landscaping and green lawn that Adele added to her cottage. Her bluebirds fledged (raised) four offspring.

Soon another pair of bluebirds arrived at the Bazzoli Birdhouse. Then Jan Bendrick and Lois Nickerson noticed a pair of bluebirds in their up-scale back yard. They then borrowed Adele's birdhouse and soon announced a pair of bluebirds had moved in. Again the Bazzoli bluebirds had chosen Jan and Lois' bird house and added five more baby bluebirds to the population.

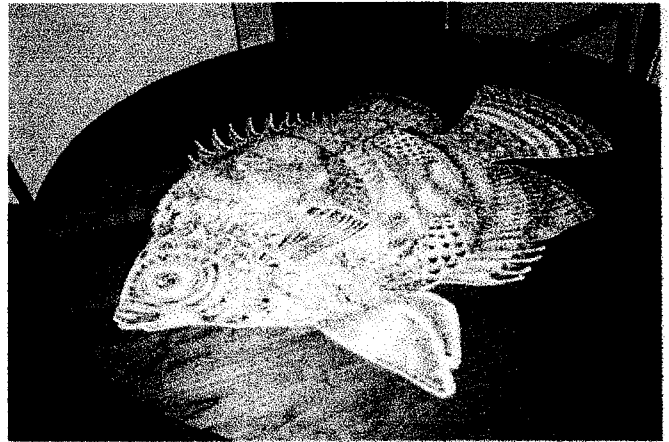
When Adele heard of this she purchased three more bluebird houses, one for herself, and one each for neighbors Elaine & Gary Showers, and Leslie and Jim Sylvanus. Soon the Showers also had a nesting pair of bluebirds producing three off-spring. Finally, the Bazzolis had a pair of bluebirds occupy their birdhouse, adding

another three bluebirds to the Cadbury bluebird population for a total of 15 new bluebirds. Unfortunately no bluebirds moved into the Sylvanus' birdhouse, but the bluebirds continue to regularly visit Cadbury with eight seen together recently by Jan & Lois. This, with the increase of the bluebird population, should provide takers for the Sylvanus' birdhouse in 2009.

In late summer and fall, Cadbury added over 200 new trees and shrubs to the grounds. This will provide added habitat for more birds in 2009. So now we can say

*Cadbury is for the birds*

*Frances & Jim Bazzoli, Also for the Birds!*



John Folta, Lois Wills, Ann Erdman spent many hours on this wonderful and beautiful FISH puzzle along with their East Wing, 2<sup>nd</sup> floor neighbors. They have a wonderful spot by the elevator –

*Let's Paws to Meet*



Dear Lacy and Lilli,



My head hangs low, ashamed that I called dear Lilli "Lucy" in the last issue of the Cadbury newsletter. Just between us girls, my adoptive Mom is forgetful and addle-brained. The old

woman has always had trouble with names having more than three letters...how she manages to remember my name is truly a wonder!

Rest easy, dear friends, I do know who you are!

*Daughter of Adoptive Addle-Brained Human*

Dear Teddy,



Again, I must apologize for my old woman. She confused you and your brother with the owners of her favorite seafood restaurant in Silver Spring, Fred and Harry's. Not a bad place to chow down but really, the kibble was nothing to howl about!

Look forward to seeing you in the parking lot for the next full moon -- we'll have a great deal to bay about!

*The Redhead*

Dear Desperate at Cadbury,



Morgan, Morgan, Morgan...humans can be so difficult to understand! Tommy Toad, Freddy Frog and Amy Amphibian are wonderful playmates (and are just the right size for us), and enjoy interacting with us. In the beginning, our parents thought our little play groups were so cute...now when we see T.T., F.F., and A.A. playing in the yards or in the streets, our humans immediately snap the lead or leash on, yank and scream "No, no!" or "Bad dog!" Life is so confusing ....

Meet me behind Lilli and Lacy's pad -- I got a terrific recipe for tasty (and toasted) hoppers and leapers!

*The Loud-mouth Doxie*



*Did you know . . . ?*

*The names of all the continents end  
with the letter they start with.*

## CALRA Welcomes Sadako Kawa Davis

Sadako Davis recently moved into her apartment in the East Wing at Cadbury from her Columbia Avenue home in Rehoboth Beach, where she will miss her beautiful Japanese Garden and the birds that occupied it.

Sadako was born in the town of Yonezawa in a picturesque mountain country 400 miles north of Tokyo. The government conscripted Sadako to work in a factory during World War II. With the allied occupation she found a job clerking at General MacArthur's headquarters. Her next move was the U.S. Army School for children of U.S. military and civilian personnel where she worked in the library. Finally she taught Japanese history and culture at the school. In 1964 Dr. Frank Davis of Dover, Delaware, arrived as school administrator and language teacher. In 1966, he and Sadako married. In 1989 they retired to Rehoboth Beach, DE. Sadako was widowed 11 years ago. She has kept busy taking care of her garden, painting with watercolors, pastels and oils. She is a fan of the Academy of Life Long Learning studying history, literature and music for the past nine years.

*Jim Bazzoli*

## A Small Grandfather Clock

The clock in the hallway to the Health Center is made from a cherry tree Dean Hoover felled on his New York farm. In 1972 the tree was about 10 inches in diameter; in 2002 it was 18 inches on the stump. The log was put through a wood mizer to make boards, later hauled to Delaware and put through a planer Dean had donated to Cadbury.

The clock is about 78 inches tall, just enough to accommodate a cable-driven, triple-chime grandfather movement with 12 tuned chime rods that will play your choice of Westminster, Whittington or St. Michaels' melodies. It chimes on the quarter hours and

strikes out the hours. It has a chime silencer, if needed.

As to whether it is a grandmother or a grandfather clock, John Shone of the United Kingdom has said that he *"was always given to understand by people vastly more experienced . . . that a grandmother clock was in fact a longcase clock that was 6' 3" tall or less. . . . The standard grandmother clocks tend to have been made in the 1920's and 30's and vary between 5'4" and 5'9" in height.*

We have decided to call our clock a small grandfather clock.

**Whittington Chimes** According to English legend, the Whittington change rang from the bell tower of the church of St Mary le Bow in London in 1392, when the poor boy Dick Whittington was on his way out of London. He heard the bells as saying: *"Turn again turn back again Dick Whittington."* Dick returned to London upon hearing the bell and became the Lord Mayor of London three times.

**Westminster Chimes** Most of us associate the Westminster chimes with the Victoria Clock Tower of the House of Parliament in London, often referred to as "Big Ben." The melody, however, originally was fitted to the clock of the University Church, St. Mary's the Great, in Cambridge, England. The tune comes from the fifth bar of Handel's symphony, "I Know that My Redeemer Liveth." The chimes are believed to be saying: *Lord through this hour/ Be Thou our guide/ So, by Thy power/ No foot shall slide.*

**ST. MICHAEL CHIMES** Although the bells for this chime were cast in London, they were installed in St. Michael's Church in Charleston, South Carolina, in 1764. During the Revolutionary War, the British captured the city and returned the bells to England. A London merchant purchased them and sent them back to Charleston, where they were happily rehung. In 1823, cracks were found and the bells were returned to England to be recast. During the Civil War, the bells were removed to Columbia for safekeeping, but were ruined in a fire set by Sherman's Army. Only fragments of the bells

were found. After the war, the remains made a third trip to England (where the original molds still stood) for restoration. They were once again installed in the Charleston church steeple in February 1867, where on March 21, 1867, they joyously rang out: *Home again,/ Home again,/ From a foreign land.*

Sharon Hoover

*Wanted !*



*Singers ! !*

*For a fun short skit called the Grasshopper*

*Interested people please call*

*Ruth Foltz at 537-7134*

### *More on breathing, from Sharon Hoover*

"A 20% reduction in oxygen blood levels may be caused by the aging process and normal breathing habits" (University of Missouri-Kansas City). Poor breathing leaves you feeling tired and less than alert. Breathing exercises can help to maintain elasticity and weak muscles in the rib cage, helping you expel stale air and bring in more fresh air. Poor posture (often caused by weak or stiff muscles) often leads to shallow breathing and poor oxygen supply. It can also lead to respiratory disease or just plain sluggishness.

Some studies show also that asthmatics who do regular breathing exercises can greatly reduce preventer medications.

No one breathing technique is preferred over another. These same exercises are often done before and after abdominal, heart, or lung surgery to reduce instances of pneumonia when you are not able to be up and about easily

1. **Pursed-lip breathing** (especially when you are short of breath)

Relax your neck and shoulder muscles.

Breathe in slowly through nose for 2 or 3 counts (1, 2, 3).

Purse your lips as if you were going to whistle.

Breathe out gently through pursed lips twice as long as you breathed in.

Let the air escape naturally; don't force it out of your lungs.

Keep doing pursed-lip breathing until you are not short of breath.

1. **Deep breathing**

Sit or stand, pull elbows back firmly, and inhale deeply.

Hold your breath for 5 counts

Exhale slowly and completely

2. **Diaphragm breathing** (you can tuck small pillows under neck and knees)

Lie on your back with knees bent.

Place your fingers on your belly just below your ribcage.

As you inhale deeply, your belly and lower ribs should rise. Keeps ribs more still.

Inhale for a count of 3 and exhale for a count of 6. (Pucker your lips to exhale.)

Work up to a dozen breaths.

Practice while walking or even climbing stairs.

Your lungs actually extend below your rib cage so when you feel that area moving up and down deeply, you know that you are sucking air deeply into the lungs and expelling it deeply. The oxygen from inhalation gets into the blood stream for distribution to your cells. Carbon dioxide then flows from the blood out the expelled breath, with its load of waste products. Relax. Breathe deeply. Live--

*Sharon Hoover*

## The Kalmar Nyckel

As residents at Cadbury are aware, the Kalmar Nyckel Auditorium is named in honor of a famous ship built in Sweden in the first third of the seventeenth century. While not as well known as the Mayflower, it carried the first settlers from Sweden to the New World and more precisely the Delaware bay area.

Its story actually begins almost thirty years before when Henry Hudson sailed into Delaware Bay in August 1609 (400<sup>th</sup> anniversary this year!) while searching for the Northwest Passage to China. While he found the bay too shallow to be the correct route, he did find the bay area a welcoming place and among other recommendations suggested the establishment of a whaling station.

In 1629 the Dutch East India Company purchased land around the Lewes area from the local Indians to build the whaling station and in 1621 the Walvis made the journey from Holland with thirty-two settlers aboard. That project ended in tragedy with the destruction of the settlement in 1632 by the local Lenni Lenape Indians.

However, the settlers on the Kalmar Nyckel had better luck. Its first journey to the New World took place in 1638 and resulted in the first permanent European settlement in Delaware. It carried 24 settlers to the colony of New Sweden in what is present day Wilmington, Delaware. The passengers were a mix of Swedish, Dutch, Finnish and German settlers. She actually made four roundtrip crossings of the Atlantic, more than any other ship of that time.

The current reproduction of the ship, built by a group of private citizens and owned by the Kalmar Nyckel Foundation, can be seen in Lewes at the Cape May-Lewes Ferry Terminal periodically from July to early September. It serves a number of diplomatic, educational and cultural purposes for the state of Delaware. While harbored in Lewes, for a fee, it can be boarded and explored or used to take short trips on the bay by individuals or groups.

*Bill Gehron*