

## THE FREE PRESS

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The Moorings at Lewes Residents Association



## President's Message

Here we are coming to the end of another year. This is an important time of year for the members of

TMALRA. At the November membership meeting we will get our first look at the slate of officers nominated for upcoming election. Then at the December membership meeting we will hold our election. Please come out and participate.

As I leave office, I have considered it an honor and privilege to serve. I thank all of you for your support and willingness to express your concerns. One of the best ways to keep the Moorings a top flight place is to get your concerns on the table. Secondly, thanks to all the committee members and the chairs for doing all the hard work necessary to keep the Moorings the vibrant, active, fun place it is. Finally, we owe a big "Thank You" to the Moorings management and employees who have done so much to keep us intact over these last few turbulent years.

Thank you all, and stay well,

Jim McMullen

"If your actions inspire others to dream more, learn more, do more, and become more, you are a leader." –

John Quincy Adams.

#### RESIDENTS' PHOTO DIRECTORY

Realizing all of us get prettier and more handsome as time marches on, we would like to update our Residents Photo Directory for those residents whose pictures are ten or more years old. Please get in touch with Don Smith to have your new pictures taken (302–745–6613 or dsmith2110@comcast.net). Remember to call Don. Thank you in advance for your help with this project.

Don Smith

"Be who you are and say what you feel, because those who mind don't matter and those who matter don't mind."

Dr. Seuss

You probably wouldn't worry about what people think of you if you only knew how seldom they actually do.

Olin Miller

#### **Board of Directors**

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#### TMALRA Free Press (Printed

Quarterly)

Editor Sharon Hoover Layout David Bleil Distribution Joanne Nichols

Board Mtgs 2nd Monday General Mtgs 3rd Monday

#### **AUTOGYRO USA**

Did you know that right here on Delmarva we have the USA headquarters of the AutoGyro company? Known as AutoGyro USA, it is located on Airport Road in Stevensville and where we may go to have a ride in one of their many models or buy one of our own.

AutoGyro's world headquarters is in Hildesheim, Germany, and that is the location from which AutoGyro USA imports units to this country. It is the worldwide leader in gyroplane production, with over 3000 aircraft in the fleet. AutoGyro aircraft are used for law enforcement, mapping, tourism, and transportation, and in supporting the agricultural, power, and medical communities.



If you want to have one, you may purchase a kit to assemble yourself for as little as \$50,000 up to something in the order of \$140,000. You can buy kits to assemble



yourself or the completely assembled aircraft. Three types of units are available, the MTOsport (Red, above, a two-seater), the Cavalon (Yellow above), and the Calidus (not pictured, two-seater, side-by-side). All units are registered with the FAA, and have special airworthiness certificates.

Let's go flying!

Gil Kaufman

Some airlines are looking into vehicles of this type to get passengers to airports now clogged with car traffic.

### Independent to assisted living

My husband Tom and I spent years in independent living. For the last several months, however, we have lived in assisted living. When asked for a comparison, I was unable to decide how they differ, although when asked about privacy and stressors in assisted living, I can say that there is really no problem. Tom disagrees. Maybe it depends on your personality. He finds it difficult to be interrupted by caregivers so often.

I have found assisted living easy to adjust to with the care offerings as needed, even when I didn't realize I could use them.

We like our caretakers who are lovely people, help us often, are pleasant and always useful. Unfortunately, there often don't seem to be enough helpers available and one must wait for assistance.

On the other hand, they often come unbidden to ask if I need help. Help for getting changed for bed is unnecessary for Tom but very useful for me.

In the morning, getting dressed, especially getting my stretchy wool stockings on, is almost impossible without help but in assisted living, help is always there.

It may be that for me, the help I

receive in the morning organizes my day, and this allows me to enjoy it.

**Kitty Eichenlaub** 

### Re-Cyclers Ride to Cape Henlopin, Meet a Photographer.

A bicycling couple who are friends with Francis Mason chanced to meet the Moorings Re-Cyclers near the beach in the State Park. Franz Portmann, serving as sweep for the ride, recognized them and invited them to come to Happy Hour and re-acquaint with Francis. They were photographers and took a group photo, even removing a pesky car from the origional image. They presented the phoro to the Re-Cyclers at happy hour.. The framed photo now resides in the exercise room.

Rebecca Brenner



THE RECYCLERS

Cape Henlopen State Park September 9, 2022

The one thing which doesn't abide by majority rule is a person's conscience.

Harper Lee

# Who's Who at The Moorings: Tom Reed, Our Treasurer

Thomas S. Reed, our treasurer, better known as Tom, has had a surprising dual career on the way to The Moorings, you might even say a triple!

Tom was born in Indianapolis, but at age two he and his family moved to Bethesda, MD (a suburb of Washington, DC). He received a liberal arts degree (majoring in music) from Notre Dame in 1970, followed by some graduate studies at George Washington University. Tom then joined the National Institutes of Health (NIH), working in several of the institutes and centers (NIDR, NCI, NLM) in a number of administrative capacities ending for the last 25 years as Director of Human Resources and senior HR advisor for the Clinical Center.

In his second "career," early on Tom joined a small community theater group and got hooked. Not only did he wind up as music director for "Guys and Dolls," it was also where he met his wife-to-be, Barbara. With Barbara and two other couples, they subsequently founded the Rockville Musical Theatre, with which Tom worked for 32 years mostly in a technical capacity but sometimes as one of the musicians in the orchestra.

Yet a third "career" could be stated from Tom's long service to resident association management. That started when he and Barbara moved to Bay Crossing in Lewes after Tom's retirement from NIH. He quickly became part of the HOA leadership, serving as their first president, then as treasurer for seven years. His service in that capacity has continued here at The Moorings where he has now served as treasurer since 2019. Tom is also our representative to the Springpoint Board of Trustees.

A surprising aspect of Tom's three careers is the fact that he accomplished most all of it after he was diagnosed with MS while still in his thirties. However, except for walking

difficulties leading to his needing a scooter for mobility, that did not limit his capability.

We are fortunate to have Tom and Barbara here at The Moorings.

#### Tom & Barbara Reed



Gil Kaufman

## Moorings Display case

We are looking for people who would like to share the hobbies/collections with fellow residents here at the Moorings. Whatever you have collected throughout your years is of interest to other residents. These items can be displayed in the case on the first floor of the main building. Items are put on display at the first of the month and are shown for the duration of one month and then returned.

All display items will be kept under lock and key. We have had stamps, post cards, event shirts, pottery and a wide variety of knick-knacks. If it appealed to you enough to collect it, it will be of interest to others.

Object's owners can help plan the display. If you have any question or hopefully are interested please contact Linda T. at 240–702–6412 or by email at lindazawil1956@gmail.com. This could be your month of fame.

### Stolen: Five Free Boys Kidnapped into Slavery and Their Astonishing Odyssey Home

## by Richard Bell

Reverse underground railroad – – what's that all about? We all know the many stories of Harriet Tubman and her heroic efforts to bring enslaved peoples to northern areas and freedom. But other activities were also going on, mostly unknown, a mirror image of these treks to freedom.

Stolen, by Richard Bell, describes some of these appalling practices. Free black (mainly) boys, preteen and teen, living in Philadelphia and other northern cities, were being kidnapped. Their destination? Newly established plantations in the states of Alabama, Mississippi and Louisiana. It is estimated that thousands of young free people of African descent were taken in the decades before the civil war, into the South to be sold into slavery. This area, Sussex County and neighboring Maryland, were very much involved.

Often two men would grab a youngster and cart him off in a wagon. Other times children coming from school or on tasks associated with their apprentice jobs would be lured with promises of money. They might be offered simple jobs like unloading produce from ships in harbor. Once below the decks of the ships, they would be bound and stuffed into the hold.

The story describes a couple who took a month or more to train boys to behave like docile desirable slaves. Flogging and intimidation were used to keep them in line and to memorize stories to accompany their new identities. The couple sought to fatten their charges up, to trim their nails and hair, to give them new clothes, all to get higher prices for each.

One such misadventure conducted by the Johnsons in 1825, Bell has carefully researched. Enos and Joe were chimney sweeps. They might have gone down to the waterfront to wash. Another, Sam was a fugitive slave, wandering around Philadelphia, a city new to him, accepting any job for a few coins. Eleven year old Cornellius, a student in a charity high school, was lured into captivity by an offer of money for hauling some peaches. They all wound up kidnapped by the Johnsons.

Much of this activity took place in Sussex County. This couple had their main operation here, but also had a cabin across the border in Maryland. They might have to slip from one location to another to avoid the local sheriff. They wanted to get all their charges ready for the "coffle" drive in the fall, when plantation owners were flush and looking for new workers. The coffle drive was a trek, in this instance from Delaware into the South, a walk of a thousand miles and more. The young people were handcuffed and chained to one another. They were accompanied by a wagon carrying the food and other supplies, and a driver with a long pole to strike any stragglers.

Bell's story, <u>Stolen</u>, traces the lives of five captives and their remarkable journeys to the South and their returns, eventually, back home.

Judy Burgess

#### For Sale

Pedal assist E-bike, Giant Brand, step thru frame, well maintained with low mileage. Available to test ride.

See Judy Burgess, Cottage 18 \$1,100 or best offer.

### A Saturday Night Special

The rhythm of uneventful Saturday nights at the Moorings was interrupted September 17 by a tribute to creativity and creators, when the first ever Moorings Creativity Appreciation Evening brought out an impressive number of residents, some with family and friends in tow.



For what? To admire and pay tribute to the creators in our community, folks whose interests and talents may never have been suspected. To talk with them, to praise them, ask about their crafts and get together as a community, meeting and chatting with folks we hadn't crossed paths with previously. And to enjoy the classy refreshments that enhanced the event (Thank you, Lauri!) ——wine, cheeses, veggies and, of course, grapes—and more good socializing.

And what about those displays? Whimsy, diversity, beauty, imagination (creativity!) skills all adorning our tables and walls — even chairs! The range of artistic expression was awesome, extending from gorgeous quilts to wall hangings to paintings to highly original wooden furniture through prize—winning carved duck decoys. There seems no end to the possibilities our artisans explore.

For this event to occur people were helpful in many ways: planning, making

contacts for displays, helping to assemble and position furniture, etc. Among those who were instrumental are Janice Brierley, Faith Duncan, Kathy Holstrom, Carol McWethy, Elaine Showers, and Mildred Wiedmann. This Saturday evening of magic could not have come about without Judy Burgess whose commitment, vision, attention to detail and exquisite artistic taste account for the format of our Creative

Appreciation Evening. Her resourcefulness and imagination are awesome.

Lauri Weeks's encouragement and commitment to our project: physical labor jockeying tables and huge stacks of chairs, delivering muchneeded easels for effective display of the artwork ensured that our vision could materialize.

Underwriting the

project with her motto that: "If you feed them they will come". She reeled in attendees who might not have come for the creativity (but who confessed to appreciating it). Not only did she supply the munchies—yes, including the grapes—and the beverages, but she also volunteered to serve as bartender when Wanda was not available. I sincerely hope all of you know



how fortunate we are to have Lauri in our **Page 6** 

family; what she accomplishes is beyond belief.

I want to share the motivation behind "Creativity Appreciation Evening"--- a title that I am sure prompted raised eyebrows and mutters of "What's THAT all about?!" The fact is that many of us have become concerned about the impact of CoVid on our community and our lives. Sheltering in Place and Social Distancing kept us safe but it drove us apart, undermining the sense of community that we used to enjoy, reducing the occasions where we'd assemble in spontaneous small groups to share an activity or conversation and a cup of coffee. So many things just ground to a halt as we no longer gathered in the dining room for dinner or for Friday night movies, programs and all the other activities that were our regular routines. Newer residents can have no concept of the fun of the days when the quilting group met, the knitters knitted and chatted together, the painters encouraged one another with suggestions and timely tips, etc. etc.



Another consequence of the CoVid shut down was that our lovely ARTS and CRAFTS ROOM became a landfill—everything that nobody wanted was dumped there—and it was AWFUL! Judy and several other dedicated individuals pitched in to sort, clean, and dispose of stuff we can't use. Thanks to their days of labor, it is once again an inviting, cheerful space for

creating. However, it wasn't being used very much. As we discussed the situation we thought that perhaps if we could showcase the creative talents of some of our gifted residents possibly others would come to admire and appreciate the skill and imagination represented and they, too might elect to learn a new craft or revive one.

It is our hope to encourage those with creative experience and abilities to volunteer to share their knowledge with novices who believe they have neither the talent nor imagination to create something uniquely theirs. The camaraderie that develops during the process of facing new challenges and resolving the kinks that develop while learning something new is precious and satisfying both for learner and instructor.

So let's get an ARTS, CRAFTS, HOBBIES COMMITTEE formed and put some of these ideas in motion. Please volunteer to be part of a committee and, yes, help others learn a skill you possess: card making, quilting, crocheting, beginner knitting, stencil, repurposing of costume jewelry, woodwork, memoir writing, genealogy, calligraphy. To quote an art

teacher friend of mine:" Busy hands are happy hands.

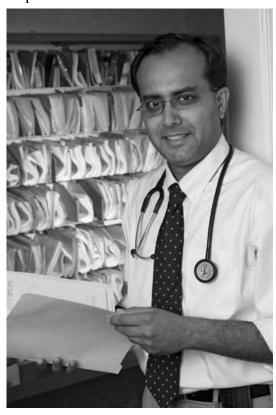
Elsie Gould





#### Dr. Sehgal: A TOP DOC in Delaware

It is great to learn that The Moorings' Medical Director, Dr. Manu Sehgal, has been recognized as one of the Top Doctors in the State of Delaware. This recognition has come about as the result of a state-wide survey of the entire medical profession by the Delaware Today magazine, the results of which were published in their September 21st issue.



The survey conducted by the Delaware Today magazine was carried out using a secure online balloting system designed to avoid falsified or duplicated voting. Physicians were asked to vote for their peers by discipline, and it was in the disciplines of Geriatrics and Internal Medicine that Dr. Sehgal's Top Doc rating was recognized, very appropriate for us as residents of The Moorings. Another important factor is that most other toprated doctors in this survey were located in the Wilmington and Newark areas, whereas Dr. Sehgal is here in

Sussex county with us.

A number of The Moorings residents have Dr. Sehgal as their primary care physician (PCP), and those I have spoken with are generally pleased with their experience with him. Of great importance is Dr. Sehgal's willingness to spend as much time with each of us as needed to take care of our concerns. This does sometimes make Dr. Sehgal's appointment times on his Thursday sessions run late, but that is because of his caring attention to each of us.

Residents of The Moorings who are not presently regular patients of Dr. Sehgals' but are interested in joining his practice may call his Milford office at 203–422–6778 or leave word with The Moorings Health Center at 302–360–4060.

Gil Kaufma

#### Delaware Diamonds

## Philosophy of Life and Spirituality

When we entered our "earthly sojourn", we entered as a "diamond in the rough!" As the years proceeded——little by little—— the stone was chipped away. The many :facets" of life and living were "chipping the stone" into the beautiful diamond that we all have become. Sometimes the chisel of life made a "mistake" and that facet had to be repaired. but, all in all, the "rough cut stone" became the many–faceted gleaming gem that we are today.

If you would enjoy sharing the many facets of your life we can all grow from your sharing. And a few more "chips" can be made in our "diamond of life" to further enhance its beauty.

The group can set its own criteria for how often we would meet and how interactive we should be. This is not a therapy session! We all will be interested listeners and grow from sharing the gems of all our lives.

Our Mantra: Love One Another!

If you are interested in an opportunity to interact and exchange ideas and life experiences with a small group of fellow residents, please contact DAVID BERILLA via email (berilla@udel.edu) or telephone (302 632–7072) or a note in Cubby #1.

The group will be coordinated by a resident who is experienced in facilitating such activities. The group will meet to establish a meeting time and place to determine a tentative program of topics of interest.

#### MUSINGS

In the words of our grandchildren, The Moorings' Creativity Display was "awesome." It was indeed "awesome" to see the product of the hands and minds of our community. And the diversity – wow! Wonderful quilts, knitted garments, artwork, woodworking, ceramics, mindbody concepts, books – and more. We are much in debt to Elsie Gould and her "helping hands" (and Laurie), for providing such an interesting glimpse into the talents of our friends here at the Moorings!

Bet you didn't know you should be grateful to a colonial mapmaker for making a mistake! Well, you should! At the time he made his mistake (the 1700's) this area was still Maryland. The British Penn and Calvert families had been fighting a court battle for more than eighty years over conflicting land grants in what are now Pennsylvania, Maryland, and Delaware. A judge finally said, "Enough." He decreed that the southern boundary between Maryland and Delaware would be a line beginning at Cape Henlopen, drawn westward, halfway to the Chesapeake Bay. Two surveyors began their work. The map given them placed Cape Henlopen twentyfive miles south of here. For that reason, the line they drew began not at the Cape, but at Fenwick Island. Thus, eight hundred square miles that should have been left in Maryland went to Delaware. More importantly, thanks to the mapmaker, you are Delawareans, not Marylanders, leaving

a great many tax dollars in your pocket!

The corner cabinet in our entrance hall features a book on the founder of the Cadbury Candy Company, Joel Cadbury. I have not read the book, but I do know it was his company that not only made candy, it also built several facilities to serve the needs of older people, including our own. I also know that it was his Quaker faith that led him to expand his company in that direction. It is interesting to note that many Quakers reached our northern borders when the Penns brought Quakers, unwelcome in England, to Pennsylvania and they came over our southern borders when Virginia expelled them from their colony. Seems Quakers were not willing to take orders from anyone but God!

Perhaps you have experienced minutes and sometimes hours of frustration dealing with traffic when on your trips beyond Delaware. And who hasn't? It probably won't make you feel any better, but things were not rosy either for those of us who were driving in Delaware before the 1950's.

If headed in the direction of Atlantic City, there was the Delaware River to deal with. The last ferry service ran between New Castle, Delaware, and Pennsville, New Jersey, until 1951, when the Delaware Memorial Bridge opened. Before the bridge it was not uncommon for ferry passengers to have a two-three-hour wait. If headed to Baltimore or beyond, the ferry crossed the Chesapeake from Sandy Point to Annapolis. Again, the wait was often an hour or more for the crossing.

If you were headed south you needed to take the Cape Charles-Little Creek (later changed to Kiptopeke-Virginia Beach) Ferry across the Chesapeake. The ferry crossings were timed to the schedule of the Delmarva Railroad, so cars sometimes waited an hour or so for a leisurely seventeen-mile crossing. All that changed with the opening of the Bridge-Tunnel in 1961.

Don't know if it will help you next time you are stuck in bridge traffic, but **Page 9** 

frustration is not a new thing when it comes to crossing rivers and bays. Remember, we have made progress, or not??

Kathleen Pederson

I, myself, am made entirely of flaws, stitched together with good intentions.

**Augusten Burrows** 

## Library Lines

Calling all readers

We know you are out there. Just ask anyone on the Library committee: people who restack the shelves with all the returned books.

We hope you have found some really enjoyable books. Would you please let the rest of us know about some of your finds – – maybe one in particular? Jot down the author, the title, and a few words telling us about your book. Even a hand written note would be welcomed. Suggestions may find a place of recommendation by the Well Read Owl.

Please return books that you might be sheltering in place. We know that this is the Moorings, so "sheltering" is quite understandable. Check under the book you are now reading. Check your bedside table and your bathroom.

The very book you have been caring for might be the very one another resident is anxious to read. Thanks.

Judy Burgess

## 15 Years & Counting

In 2022, we have reached the ripe old age of fifteen; that is, the organization once known as Cadbury at Lewes, now known as The Moorings at Lewes, has reached its fifteenth year of existence. In 2007, construction, begun in 2005, was finished, and the first residents moved in. It was in May of 2007 when first residents Bob and Ellane Hein took the occupancy of Cottage 30. The cottages were actually finished before the Community Building, so residents did not begin taking occupancy of the apartments until around September of 2007.

The first directory for Cadbury at Lewes was published in December of 2007, and that is shown in the attached reproduction. You will note a few of the original residents are still here. It is also interesting to note that several other of the very early Cadbury residents are not in this first directory, including Don and Judy Burgess, Dean and Sharon Hoover, and Ron and Marge Trupp. Apparently, these individuals moved in after this first directory was assembled for printing.

The original name Cadbury at Lewes was maintained until the merger with Springpoint Senior Living in October of 2017, when the name was changed to The Moorings at Lewes to avoid confusion with the group in New Jersey who bought the rights to use that name.

Much more detail on the early history of Cadbury at Lewes and The Moorings at Lewes is presented on the History shelf in the Library.

Gil Kaufman

#### **CADBURY AT LEWES RESIDENT DIRECTORY**

RESIDENT	NAME	PHONE	APT/COTT#	ADDRESS
Fran & Joe	Baker	645-8111	209	17030 Cadbury Circle
	Barrett	645-2634	211	17030 Cadbury Circle
Frances & Jim		645-5153	1	34981 Cadbury Circle West
Lois Nickerson & Jan		644-1716	24	16881 Friends Way
	Blackwell	644-8564 U	201	17030 Cadbury Circle
Sharon		645-0921	3	34987 Cadbury Circle West
•	Brown	645-0212	217	17030 Cadbury Circle
Olivia & Glenn		644-1778	107	17030 Cadbury Circle
Barbara & Dick	•	645-7098	15	35010 Cadbury Circle West
	Collison		203	17030 Cadbury Circle
Elaine & Bob	<del>-</del>	644-1461	118	17030 Cadbury Circle
	Cribb	644-1524	207	17030 Cadbury Circle
Chris & Joe	DeMul	645-1460	32	16906 Friends Way
Lucy & Penn	Guenvuer	645-7141	23	16876 Friends Way
Rose & Richard			235	17024 Cadbury Circle
Nancy	Gunn	644-8975	116	17030 Cadbury Circle
Johnnie		466-7452	114	17030 Cadbury Circle
Ellane & Bob	Hein	645-1931	30	16888 Friends Way
Adele	Hudson	645-9190	37	35061 Cadbury Circle East
Pat	Johnson	644-4699	22	16887 Friends Way
Margaret	Keys		216	17030 Cadbury Circle
Nancy	Krail	644-1941	110	17030 Cadbury Circle
Dot	Lewis	645-1802	218	17030 Cadbury Circle
Maude	Lofgren		126	17024 Cadbury Circle
Jane	Mauser	644-1680	109	17030 Cadbury Circle
Violet & Dan	McCarthy	645-9636	215	17030 Cadbury Circle
Genevieve	McGee	644-2774	111	17030 Cadbury Circle
Norman	Moyer	644-1688	106	17030 Cadbury Circle
Mary Lou	Murray	645-8878	4	34989 Cadbury Circle West
Jan Bendrick & Lois	Nickerson	644-1716	24	16881 Friends Way
Diantha	Pack	645-5377	46	35029 Cadbury Circle West
Alice & Howard	Parker	645-8006	220	17030 Cadbury Circle
Lois & Bill	Peterson	858-2674	120	17030 Cadbury Circle
Gladys	Ratz	644-2809	28	16882 Friends Way
Gary & Elaine	Showers	703-2438	38	35057 Cadbury Circle East
Jeanne & Jack	Sparks	645-2424	122	17024 Cadbury Circle
Leslie & Jim	Sylvanus	645-7059	48	35035 Cadbury Circle West
Binky & Ray	Tompkins	645-2555	47	35033 Cadbury Circle West
Jeane	Wampler	645-1708	102	17030 Cadbury Circle
Mildred & Don	Wiedmann	644-1507	27	16880 Friends Way

### Rathskeller Ramblings

The Whiskey Barrel Stout is a success. It aged for almost two months on the wood chips. This is twice the usual amount of time, but it continued fermenting all that time. In doing so, it gained a full percentage point in alcohol content to 6.5%. I spoke with the gurus at the brew shop and they couldn't explain it. Just another mystery in the home–brew hobby.

We have been enjoying it at Happy Hour. There is enough to take us through the holiday season. So come and enjoy.

This was my final brewing session and my final Ramblings column. I must retire from the home-brew hobby. I can no longer handle all the work and wrangle the heavy fermenting and aging vessels. I'll gladly pass on the equipment and provide all information if someone would like to carry on. Thanks for being such a great and appreciative audience.

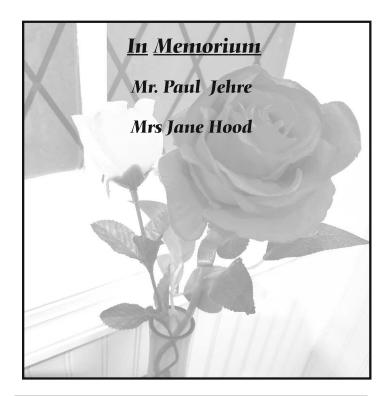
Jim McMullen

## HOLIDAY ACTIVITIES

I believe November and December Calendar's contain more possibilities for you to enjoy than ever before. The holiday season is faith, friends, music, laughter and food and these calendars offer it all.

I certainly cannot list every event but be sure to mark your calendars well in advance and be sure to note if these activities require registration or tickets.

We have two Mid-Atlantic Symphony's, two Coastal Concerts, one Clear Space production, several Winterfest of Light trips, one great Home Style Thanksgiving Dinner. Watch for dates for our always amazing "Lights of Love", Capitol Ringer's production, the enjoyable





White Elephant Party and Carols and Cocktails.

The December Dinner out will be a special one held at the Lewes Room at Irish Eyes on Dec. 15th. Our own Cadbury Chorus will present a Christmas Program on Sunday, Dec. 18, 7:00p.m.

Tired yet? If not, there are a few more surprises to come your way with our New Years Eve Party. Read and Enjoy!

**Carol Bishop**