

THE FREE PRESS

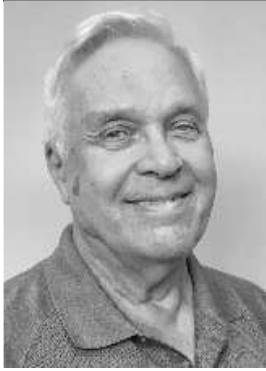
The Moorings at Lewes Residents Association

Vol. 15, No.2

August 2022

TV Channel 970

www.tmalra.org



President's Message

Here we are in the hottest part of summer, again. We've all been through enough summers to know about how to stay well: limit outdoor

exposure to heat and sun, use sunblock, stay hydrated with water, etc., etc. Be cautious. As we put on more years the heat takes a heavier toll on our bodies.

Some of our activities are curtailed; for example, our members' meetings in July and August, the Cadbury Chorus, and outdoor shuffleboard are on hiatus until September. However, there are some new things for us to do. Trips to the Farmers' Market and to the Stango Park concerts come to mind as things that are only available in the summer.

Don't forget the heavy influx of tourist traffic. Avoid Route 1 when possible. Try to stay on the campus during the weekend. In my humble opinion, though, the weekend now goes from Thursday to Tuesday. Defensive driving is a must. Remember, these tourist folks are escaping with their families for some relaxing time down here. They are impatient to get to their accommodations and have not yet "depressurized."

So, now that we've reviewed the ins and outs, pros and cons and ups and downs of summer, go out there and have a great time in one of the best places to spend the summer months.

Stay well and enjoy,

Jim McMullen

Activities Potpourri: A mixture of past, present and future

Cadbury Chorus—The Cadbury Chorus can proudly boast of the presentation of The Wizard of Oz this past spring. Anyone who has a love of singing is welcomed into the Cadbury Chorus, auditions are not necessary. We hope to begin rehearsals in early September.

Shuffleboard has been extremely popular both indoors and out.

Horseshoes: The old horseshoes pit has been called into action once again. Franz Portmanm has updated the area. Call him (302-377-7818) if you are inclined to play.

Water Volley Ball also has resumed on Saturday mornings. Linda T, has organized this sport. Call her (240-701-6412) or just show up at the pool at 10:00 A.M.

Activities Events – We welcome all suggestions on places you would find interesting to visit. Hopefully we can also have a Mystery Trip this Fall.

Two New activities for your enjoyment

How about a **Play Reading Group**? Bunny Guerrin is looking into offering this activity starting in the fall. If this is of interest to you, please call Bunny at (508-829-3571).

Painting, Drawing, Hobbies and Crafts. A committee has formed to revive such an activity. If you are looking for help with painting, drawing, writing or if you have a craft you would like to share. Call Elsie Gould at 302-827-4606.

Saturday afternoon board games and card games, no one should be at a loss for something to do. If you are, call Carol Bishop at 302-645-0594 and she will find a way to keep you busy.

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Wellness	Gail Bourassa
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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

Our Community App – also known as Touchtown

I know many of our residents use our Community App sponsored by our Resident Services director, Lauri Weeks. In addition to showing a list of activities found on the calendar or announcements which can also be found on channel 970, residents can pull up the day's menu and the menus for several days in the future. Lauri and others use it frequently to send messages letting us know when the mail has been delivered or an exercise class cancelled.

We can also pull up the Resident Handbook, the Staff Directory, the TMALRA Newsletter or the TMALRA Website. One can even make Suggestions or fill out a PMI. One of the parts I find most interesting is the Resident Directory.

Our residents have been good about adding their phone numbers and email addresses, but I'm not sure everyone knows that they have the option of adding additional information such as biography, family, education, hobbies, career, organizations and a section titled More About Me. Hit the Edit Profile button. I find it interesting to read more about my neighbors. I'm especially interested in hearing that several residents were born outside the US, that I'm not the only foreign service officer here and that we have at least one who served in the Peace Corps. Having sung with a choir at Notre Dame Cathedral in Paris, I found it interesting that Carol Bishop has sung in Carnegie Hall NYC. Many list travel as an interest as well as a past connection to community theater. What are some of your special interests or life experiences you could share with us?

Lauri occasionally holds a class called Tech Mondays to help residents who want to understand how to use the Community App or add information to their profile. The next Community Apps Training will be July 18th. If residents need their login information, Lauri Weeks will be happy to provide you that information.

Curt Christensen

PASSAGES, A REFERENCE SOURCE FOR RESIDENTS

Have you ever wished you could recall when a previous resident friend of yours passed away or who were among the longest-lived residents at The Moorings? If you have wondered about such things and were looking for a source for answers, look to the database "Passages," hardcopy of which is included in the back of the book "History of the Cadbury at Lewes and The Moorings at Lewes Resident Associations." This book can be found on the History shelf in the TMALRA Library.

Passages provides a record of every resident who has lived at The Moorings at Lewes (or Cadbury at Lewes as it was known from 2007 to 2017). Two formats of the information are presented, one by date and the other alphabetical by last name. When known, both birth dates and passing dates along with the age are shown. Unfortunately, no one was recording dates and ages for the first seven years, so few details are available for those who passed before 2015.

For example, if you wondered when Don Burgess, a long-time, very energetic leader of our Activities Committee, passed away, a look at the alphabetical presentation of the information quickly shows it was in 2016 when Don was 82 years of age. Or, if you wondered how many residents for which data are shown reached 100 year of age or more, a quick scan of the data shows that four residents did so, the longest-lived being our friend Ed Carter who just passed away in June of this year at age 103. Ed was a veteran of WWII before going on to a long career in the insurance business.

In fact, 2022 has seen two 100+-lived residents pass, the other in addition to Ed Carter being another friend, Ellie Schaeffer, who died just recently at the age of 102 after a career as an Army nurse spanning WWII and the Korean War.

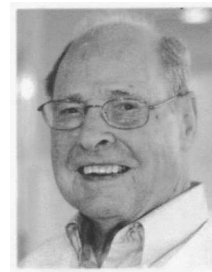
So, if you ever have question about your

old friends or associates here, try "Passages" for answers. If you have additional information that should be added or find any errors that should be corrected, do not hesitate to contact me at gil.kaufman@comcast.net or 302-703-2422.

Gil Kaufmann



Donald Burgess



Ed Carter



Ellen Schaeffer

Library Lines

The History Book Festival will be live this year, again. No more zooming.

On Saturday, September 24, there will be presentations by many authors, well known and new, of their works. Their topics are wide and varied.

This Festival is the first and only such event in the United States. The schedule will be available to you shortly, published in local newspapers. I am sure you will surely find several presentations that will be of real interest to you.

So please, mark the date on your calendar and check the offerings. I will put a copy of this schedule in the mail room as soon as it has been published.

Judy Burgess

***Its a free country! and you are free to
come in and apply for a permit.***

--Garrison Keeler

Employee Appreciation Committee

The committee will “kick into gear” so to speak in September. We’ll meet early in September to review with all committee members the program for 2022.

The Employee Appreciation Committee provides an annual cash gift to each non-salaried Moorings employee to show our appreciation for their work throughout the year. We plan and carry out the program by informing the residents and soliciting contributions, then distributing cash gifts to employees in early December.

If you are interested in joining the Committee please contact Carol Lader.

Communications Committee

The communications committee handles the technicalities and oversees the content by which residents receive information, including the TMALRA website, TMALRA YouTube channel, the newsletter (“the TMALRA Free Press”), the member email lists and the residents pictorial directory.

For further information please contact Tom Reed.

Program Committee

The program committee provides educational and entertaining monthly programs for Moorings residents on the third Thursday of the month at 7:00 PM from January through May. The committee also provides Friday evening movies in the Auditorium at 7:00 PM throughout the year.

For further information please contact Adele Trout.

Gift Shop

The Buy-the-Sea gift shop is located near the main stairway in the Community Building. Staffed by resident volunteers, it offers snacks, toiletries, greeting cards, jewelry and various other gifts. Many items are donations from residents. Gift shop hours are Tuesday through Wednesday from 11:00 to 3:00 and on Saturday from 11:00 to 1:00 PM. Volunteers are welcome.

Questions? Please contact Diane Bair at 302-362-6259.

Sacred Ground

A group of nine residents and two facilitators has been meeting twice a month to consider the history of racism in our nation. We’re using the 10-session Sacred Ground curriculum developed by the Episcopal Church in America, which includes sessions about the treatment of indigenous people, enslaved Africans, and Latino, Asian American, and other immigrants. Our discussions of the “homework” materials have been lively, thoughtful, and an occasion to get to know others in the group.

This group will conclude its work at the end of September. If there is sufficient interest, Sacred Ground will be offered again over the winter. To register your interest or ask questions, please contact Rebecca Brenner.

Rebecca Brenner.

The best index to a person's character is how he treats people who can't do him any good, and how he treats people who can't fight back.

---Abigail Van Buren

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.

Morgan – – My Story
as told to Judy Burgess



My eyes are just beginning to open. My two brothers are curled up right next to me and my mother is napping close by. We are in the corner of a small room, our world. Now I see a shadow coming through the door. She is our midwife and comes in to check on us many times each day. She picks up me and my brothers. She drops me on something soft. Something soft smells so good and is so cozy. I like it there. I roll over on my back and the soft thing rubs me on my tummy. Oh, my! I stretch out even more and doze off. (I will always be called an “upside down dog”.) Then me and my two brothers are shoved away into the back room again.

Much later my two brothers and I are taken again over to the big room. The Soft Thing is there, and so is her friend. One brother falls to sleep almost right away, but I play with my awake brother. I want Soft Thing to see how lively and Schnauzer-like I am. (I found out I was a Schnauzer because I was born at a dog show. Midwife was showing off one of her other dogs, and that’s where I was born.) Then midwife puts a ribbon around my neck, with a tag on it that says “Morgan”. I feel so special. But then I and my two brothers are shoved away into the back room again. I sigh.

Time passes. One day Soft Thing and her Friend come back, and I am brought

out into the big room. Soft Thing is writing things on papers. Midwife takes the ribbon off my neck and fastens on something stiff. Then Soft Thing picks me up (she still smells good), holds me close, and carries me outside to a car. Friend drives all the way to a new place. This is much bigger than my room in the back, but I couldn’t find my brothers anywhere. There is something squishy on the floor. I run to it and bite it affectionately. It squeaks. This is my lamb.

Then Soft Thing picks me up and puts a leash on that thing around my neck. Soft Thing takes me out to some grass. I smell dog, lots of dog. I think I should add something to all these smells, so I tinkle. Soft Thing says all kinds of nice words.

People like to throw my lamb. I am supposed to dash after it and bring it back to the person who tossed it. Sometimes people slip it under a pillow or behind something and I have to sniff it out. That is more fun.

A while later I meet *Chloe*. She is a dog, too, attached to her own person. I chase after her and bite her. She isn’t too happy so next time I don’t bite so hard. We play a lot on our walks on the grass and sand. It is a great time to practice my Schnauzer bounce. We meet other dogs and their people. They always have such nice things to say, especially when they see me drinking water that Soft Thing pours into the palm of her hand. Then *Chloe* has to go away. And a little while later, we go away on a long car ride to another new place. Quite a few other dogs live near by but they are all attached to their people. Mostly Soft Thing (well, I start to call her Mom now) takes me for walks. So does Friend, especially when it is dark.

Mom is picking me up again and stuffing me into the crate. We must be going on a long car ride again. For little trips, I just cozy up on Mom’s lap. We are heading towards that place with the big back grassy area and that big, lovely dog. She, *Trudy*, that’s the name she comes to, is so sweet, so slow moving. But I am greeted by

something else. A frisky orange and white thing. They call him *Jasper*. He doesn't even know enough to come when he is called. A real dodo. But I am bigger than he is, a little bigger.

We all go out to the back grassy area. Mom and PopPop (that's what everyone calls Friend) and other people are having a good time. Mom fixes a short leash to my collar just in case she has to rescue me from that puppy who loves to bite. But that puppy grabs ahold of the leash and begins to drag me all over the grass. Such indignity! Everyone is laughing, even my Mom. I can not imagine anything more embarrassing! But maybe not. When this *Jasper* thing is pulling on the leash, he can't be biting me. We leave soon after, but I notice that *Jasper* is now bigger than me, just a bit. I see *Jasper* many times after that. He keeps getting bigger and prettier. When we go for walks together, everyone we see makes such a fuss about *Jasper*. "So pretty." "My, what kind of a dog is that?" I try to make myself taller and more Schnauzer-like, but to no avail. All eyes are only on *Jasper*, an English Setter. I have many dog friends in my real home. We even have a dog park. Some of these dogs are nice and some not so. There is one little lady Beagle, *Jessie*. Oh, does she ever smell good, especially in her hind quarters. And *Maggie*, she is even smaller than I am. We dash around all over the ground.

One of my very best friends is called *Otis*, a really good buddy. Mom says he is a cross between a Shar-Pei and a porcupine. We have wonderful walks together. But one day *Otis* is attacked by a big mean black thing. Mom has to pick me up, out of harm's way. *Otis* is just too large; the other thing is even larger. The two men finally get their dogs separated. Scary, very scary. I don't see *Otis* any more. I miss him.

Chowder is another friend of mine, from the dog park, a big mostly black, slow, friendly thing. Then one evening I meet him at the beach. *Chowder*, that foolish dog, goes dashing right into the water. I

bark and bark, urging him to come back to the safe sand, to no avail. He doesn't pay any attention to me, just paddles round and round, then comes out and gives a good shake. A Portuguese Water dog, you know, isn't at all afraid of that scary wet stuff. I don't see *Chowder* any more.

Then there comes a time when I don't see PopPop any more either. Mom seems so sad. She often takes me for long walks on the beach. What funny things we see! Large dog bowls filled with sharp things. There are lots of dogs, some even go for a swim. Not me. I just walk along head and tail held high, right next to Mom. Does she miss PopPop that much? I try so hard. I do my "sits", and my "comes", and even my "downs". I cover her with kisses and cuddle so sweetly. But no, she gets it anyway -- that cat.

That cat, what a mess it is. It takes over one whole bathroom, and the smell! And the food! Well, that smells pretty good actually. Every day I have to remind that cat about all our cottage rules. That cat usually knows enough to leave me alone, except one day when I am particularly angry at something it is doing. I growl at it then climb up on the bed to show I really mean it and that cat -- it bites me! Mom has to take me to the vet. That damn cat.

A while after that I have to go for my yearly visit to the vet. The vet needles away some of my blood, feels me all around, and proclaims me as fit as an old dog should be. Only I am not. I am fourteen and I feel every year of it. I still have my appetite, but I can't hear anything any more. The world is becoming so dim, fog everywhere. And I hurt, all over, even when Mom touches me. She has to carry me across the street to do my business. Then something comes in the mail. Mom says we will give it a try. She puts drops of the hemp oil, CBD, right into my food. It doesn't take many days and I begin to feel so much better. I get back my Schnauzer bounce, once in a while. I even have a new friend. *Suzy* is a very proper Cavalier King Charles.

I'm pretty good now, but I can just see the worry on Mom's face, and I know this time isn't going to last for too much longer.

Book Report

Never Caught

by Dr. Erica Armstrong Dunbar

Who was Ona Judge? She was born on Mt. Vernon one of more than 80 “dower slaves” belonging to Martha Custis Washington. Martha considered her a favored slave. She was responsible for bathing, dressing and anything else that Martha wanted. Ona was always in the household. Dunbar incorporates details of life in the Washington household and information about his other favored slaves.

As George became President, he and his 9 personal slaves moved to Philadelphia. There he discovered a local law stating that any person living in the city for 6 months shall become free. To circumvent this law, he moved his slaves back to Mt. Vernon every 6 months in order to reset the clock.

When in Philadelphia, Ona met free Blacks for the first time. Her life as Martha’s personal slave certainly wasn’t as harsh as it would have been on any other Southern plantation. But she wasn’t free.

Ona learned that Martha planned to give her to Eliza, her granddaughter as a wedding gift. Eliza was known to have a volatile temper and was marrying a man who had previously fathered mixed race children. Ona planned her escape. With the help of Philadelphia free blacks, she met Captain John Bowles who helped her aboard his ship and took her to Portsmouth, NH.

George used the power of the presidency to get Ona back. She eluded his attempts.

George had pledged to free his slaves when he died. He did. Ona wasn’t his. She still belonged to Martha. Martha had 84 slaves at the time of her death. They and

their descendants reverted to the Custis estate and were then inherited by the Custis heirs.

It was through interviews with Ona near the end of her life that we know about the lengths Washington took to recapture his property. We also learned about her life after the escape. She married and had three children. All remained enslaved for the rest of their lives. She survived them all.

One interviewer asked if she was sorry she left Washington since she had labored so much harder since. Her reply was “no, I am free, and have, I trust been made as a child of God by this means.”

While researching another project, Professor Dunbar found a Philadelphia Gazette ad from May 23, 1796, saying that Ona Judge had absconded from the President’s house. He offered a \$10 reward. For a historian, this was an irresistible challenge. The book is the result of her research. Professor Dunbar is the Blue and Gold Professor of Black Studies at the University of Delaware.

Rebecca Rogers

Where do you want to go?

The activity Committee planned two events recently which had to be canceled because of lack of interest. This summer not many trips are planned due to possible travel problems. However, the committee would like to hear from you regarding what you might like to do in the future. Perhaps it could be organized as a future trip.

Please get in touch with Carol Bishop or other committee members to let them know where you would like to go.

Mildred Wiedmann

Summer Re-Cycling

The Friday morning bike rides continue, leaving the main entrance of the big house at 10:15 a.m. and returning by noon. Over the summer, we have happily engaged in a few special activities at other times.

The Cape May Biathlon

June 7, six of us (Dave Jaeger, Franz Portman, Bill and Vicki Littell, David Bleil & Rebecca Brenner) took the early morning ferry from Lewes, and biked from the ferry terminal outside of Cape May to the point. Franz Portman and Dave Jaeger completed the biathlon by climbing the lighthouse stairs (199 of them) while the rest of the group stayed on terra firma. We then biked to a lunch spot on the beach, and back to the ferry terminal. Bike mileage for the day was something

like 23, and a good time was had by all. Did you know that bikes travel free on the ferry when accompanied by a paying senior citizen?



The view of the light house from the lunch spot.



The Re-cyclers enjoy inflation priced ice-cream on the Rehoboth boardwalk.

The Gordon's Pond Trail Loop

On a recent Tuesday, four of us braved the winds to ride "the loop" counterclockwise, going down the J&B trail to Rehoboth, through Henlopen Acres, and back through the park to Lewes, where an ice cream stop enabled us to gather energy for the rest of the trip home.

Mileage was 17 or so.

Loopin for the Library

Six of the Re-cyclers (Bill and Vicki Littell, Rebeca Brenner, Tess DeRubertis, Franz Portman & David Bleil) participated in this fundraiser for the Lewes Public Library during June. Participating riders pledged to ride a minimum of 20 miles. For each 20 m, segment the team members received a pair of socks and one entry in the raffle for an e-Bike. All the team members rode more than 20. (Other re-cyclers made pledges but did not register in the team). The event raised \$20,000 for the library. The Moorings Re-cyclers contribution was modest compared to the winning teams; Breakwater Bike Brigade (\$1,500) and Senators and Friends on two wheels. The Moorings team raised \$280 plus an undisclosed contribution from Diane Bair.



Luau Happy Hour.

We honored our leader, David Bleil, with a surprise thank-you party on the back patio on a sunny Sunday afternoon. 8

regular re-cyclers and their significant others and friends provided ample food and drink, and there was (of course!) ice cream and humerous presents. David has been leading the Friday morning rides for several years, and we're all becoming better cyclists, as a result of his able leadership and example.

Thank you, David!

Rebecca Brenner

Yoga is Back

Thursday mornings, 10:45 in the auditorium.

Who cares? I do. You should.

Why?

Mildred Wiedmann wrote about the benefits of exercise and eating well. She likened them to a gift. Geeta Iyengar, daughter of the famed B.K.S. Iyengar who brought Yoga to the United States, has said: "Yoga is a gift for old age." One who takes up yoga gains not only health and happiness but also freshness of mind." And, it brings balance into your being, balance between body, mind and spirit. All of the proceeding are aspects of wellness, a wellness that includes peace and comfort.

The Yoga Faith Duncan shares at The Moorings is Chair Yoga, one of the many versions in existence, one particularly suited to the aging body. Like the others, it includes breathing, awareness and movement, but uses the chair instead of the floor, blocks and straps for support. Those able will sometimes stand but no one twists themselves into a pretzel! Pain is a no! no! Sensation O.K. Wellness, the Goal.

So give yourself a gift. Come join the class. Some Thursday. Any Thursday.

Faith Duncan

Don't sit home and be bored: Check your Moorings calendar

Want a game to play? People to play with?

Rummicube	Mah Jomg
Dominos	Cribbage
Scrabble	Upwards
Canasta	Bridge
Crosswords	Five Crowns

Want something more physically active?

Exercise class at 9, 9:30 or 10 AM

Water waves	Aqua Rockets
Water Vollyball	Horse shoes
Chair yoga	Qigong/ tai chi
Shuffleboard	Three Strikes

Need a spiritual uplift?

Religious Society of Friends (Quakers)

Episcopal Service Catholic Communion

Interdenominational sercices

There is always:

Committees	Tech Mondays
Opera	Trivia and treats
Movie night	TV series

And the extras activities which take you off campus.

Rathskeller Ramblings

Hello again from the Rathskeller. This time we'll talk about the next project, and a fan favorite – Whiskey Barrel Stout. I brewed WBS in Spring 2020 and again in Spring 2021. You raved about it each time so, as promised, it's in the Rathskeller again.

It was brewed July 5 and all went exceedingly well. Primary fermentation was vigorous and complete in less than a week. Color is excellent, a dark, dark brown. Taste and aroma are heady; these factors will improve with aging. ABV (alcohol by volume) clocked in at 5.6% – the low end of the expected range but better than last year's effort which came in at a mere 5.0%. I can't explain the slight improvement, let's just be thankful that it's there.

The brew now needs to age at least 4 weeks on the whiskey barrel chips. This is a longer period than most other brews, but it's worthwhile to get the full flavor we all enjoy. Under this schedule, bottling will happen in mid-August so it may – I repeat – may be ready for the Labor Day celebration.

As you know I have been having some difficulty getting a good level of carbonation. After two rounds using low bottling sugar and getting inadequate carbonation, I think that problem has been resolved. This time I'll follow the recipe and use the full amount of sugar when bottling. Let's see what happens.

Jim McMullen

In Memorium

Mrs Jude Seamone

Mrs Elizabeth Macnab

Mr. Woodrow Seamone

Mr. Stephen Bonsal

Dr. Franz Adler

New Residents

Susan Burris Apt 222

Bob Porta Apt 242

Betty Carnahan Apt 128

Paul Hopkins & Jim Keys Cottage 20

**Sheilla Chianda & Phyllis Zwarych
Cottage 30**

Anne Fahringer Apt. 232

Jay & Olga Brocco Cottage 17

**Mary Lou & Wright Poffenberger Apt.
140**

**Nobody realizes that some people expend
tremendous energy merely to be normal.**

Albert Camus