

THE FREE PRESS

The Moorings at Lewes Residents Association

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Presidents Message

Summer is on the horizon, and even though we had a mild winter, it is good to have warmer temperatures, to see the flowers

blooming and leaves on the trees. It is time to come out and enjoy all The Moorings' activities. Particularly come out on Saturday mornings and enjoy the shuffleboard games. Even if you are not playing, you will enjoy seeing the friendly competitiveness between the teams. If you would like to play, contact Jim McMullen at 1-302-743-1529 or by email at jimmc605@gmail.com.

I trust we all are benefiting from the supervisory changes Chuck Palmer, Director of Facilities, recently made to his staff. From reports I have received from residents, the promotions of Tammy Abele, to Supervisor of Housekeeping, and Bud Hirschmann, to Facilities Manager have brought about positive change. Please pass on your accolades to Tammy and Bud and all members of their teams when you have an opportunity. Isn't it nice to have your phone calls returned?

While the thought of summer brings visions of good times, unfortunately, it

also brings visions of the horrendous traffic on Route One. Drive safely this summer, look both ways as you are exiting our campus, and drive defensively. Remember, hands-free when making a call, and don't try to send a text while you are driving.

Greetings from the Wellness Committee;

Summer is just around the corner and this is a reminder of the importance to stay hydrated all summer long. It is imperative for your continued good health to hydrate all day as much as possible, especially when performing any form of exercise.

Forms of hydration include fruits, vegetables, juices, and the all important WATER. Water may be flavored with slices or pieces of fruits, or some vegetables such as cucumber. Fruits are especially good at hydration as they contain a great amount of water in them, an example being watermelon!

Other forms of hydration include chilled fluids and frozen or chilled fruits. Frozen grapes are especially good as the cold helps quench thirst. Things such as sorbet, ice cream and jello, basically anything that is a liquid when at room temperature, is hydrating. Any thing sweetened causes one to become more thirsty but adds empty calories to your caloric intake, so be mindful of what you use to hydrate.

We all want to see us back in September feeling happy and healthy after a good summer season. Remember water is your friend, so hydrate, hydrate, hydrate!

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Program	Adele Trout
Wellness	Gail Bourassa
Wood Shop	Richard Thomas

TMALRA Free Press (Printed Quarterly)

Editor	Sharon Hoover
Layout	David Bleil
Distribution	Joanne Nichols

Board Mtgs	2nd Monday
General Mtgs	3rd Monday

REJUVENATED RESIDENTS' FORUMS

(aka RESIDENTS FOCUS GROUPS)

During last month's All Residents Meeting, a resident asked if the previously held Residents Forums could be reinstated. I discussed this with Lauri, and she is in favor of doing this, with her leading the discussions. The focus groups will be divided into West Wing, East Wing, and the cottages. I have to work on additional details with Lauri and will provide further information later.

Don Smith



Mother duck finds a safe harbor.

Our Safe Harbor residents are keeping watch over Mama Duck and her 9 eggs, settled into a nest in weeds growing up through the stones in their courtyard. Her camouflage is amazing. This may be one of the ducks we usually see on our pond. It will be interesting to see how she leads her hatchlings to water.

Jane Lord
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Book recommendations

The Best Cook In The World

Author Rick Bragg's prose immerses the reader in the poverty of the Southern Alabama mountain people. The family and neighbors grew up in the 1920s through the 1960s, spanning three generations of Bragg and Bundrum families. His mother, Margaret Bragg, learned her cooking skills from family, handed down over the years.

The recipes in the book are secondary to the Bragg family stories, which Bragg presents, much like Pat Conroy's cookbook did. The stories are what pull you in and help you learn about the poverty and lifestyle of Rick's family. The recipes are varied and interesting in themselves, but are enriched by the tales that accompany them. Margaret never measured amounts or wrote anything down...she never even owned a cookbook. Rick worked with her to compile the recipes so they include ingredient amounts, cooking times, and other "how to's". The cooking time often comes down to what the food looks like, how your oven works, etc. The ingredients also varied: what could be found in the woods, or caught, hunted, or fished out of the creeks. Simple spices, home grown vegetables, fruits and "depression cheese" were all used to expand & enhance the menus.

The tales begin with Rick's Great-Grandfather "Jimmy Jim," who taught his daughter-in-law Ava to cook so his son Charlie would not starve, as the tales go. As Ava & Charlie's family grew, so did her skills...first with cooking, and later with teaching her daughter Margaret. Ultimately the teachings also included how to gather edible plants, how to kill a chicken for cooking, and how to survive in difficult times and places.

When Margaret married Charles Bragg, her family life started. She had three sons, and her middle son Rick has become a celebrated author. In raising them,

Margaret cooked, cleaned, sewed, and even picked cotton to support the family; Charles was seldom around on a consistent basis, and he died when Rick was 16.

Today, Margaret is in her 80s and lives on a farm in Alabama. She still cooks every day, reads her Bible, and watches television. But I don't think she really believes in relaxing.

I have read most of Rick Bragg's books; some are collections of his amusing magazine columns while others are serious articles from around the world. He has written a trilogy about his family, starting with "It's All Over But the Shoutin". I would recommend any of his books. I have certainly enjoyed them all.

Jean Gillispie

Library Lines - Summer Reads

In our last newsletter Sherry Chappelle presented a new section, The Best Books Read in 2022. Fourteen of you responded with short bits about your favorite reads in the year past. Many of you replied favorably to this entry in the newsletter. How about another go?

Write a very short description of a book you really enjoyed reading this summer, one you think other residents might like. Send these blurbs (not long book reports) to

Sherry Chappelle, cottage 47, or to brucesher20@comcast.net

Your responses will be published in our next newsletter, The Free Press. So enjoy reading this summer, write blurbs of your favorite books, and send your blurbs to Sherry, preferably in July.

Judy Burgess

What's with the Wood Shop?



Shortly after the Moorings/Cadbury opened in 2007, the Wood Shop was created to allow residents to enjoy the hobby of working with wood and to benefit the community as a source of custom wood creations and for the repair of wooden items. The original pioneers, Dean Hoover, Ron Trupp and Gary Showers, brought the vision of the Wood Shop into reality. Dean donated multiple large tools: planer, jointer, belt sander, bandsaw, lathe, drill press, router table and router and compound miter saw. He, Ron and Gary furnished many small hand tools and cordless power tools while Cadbury provided a table saw and dust collection system. A large workbench for the shop was built and ever since then, the space has served to build and repair a large array of wooden items.

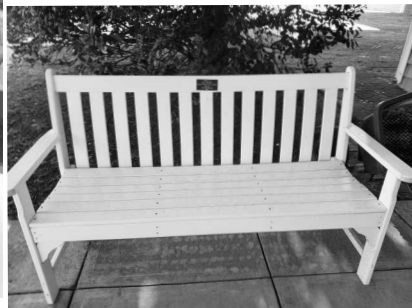


An early project completed by the shop was the construction of ten cedar benches for use around the campus. Fine furniture items, such as the grandfather clock and display case in the lobby, bookcases for the library and the Quiet Room, and the TV equipment cabinet in the Welcome Room, were all crafted by the talented woodworkers in the Shop. Other more recent creations include bird houses, beautiful bowls, canes, tables and benches, as well as repairs to lamps and furniture.



The operation of the Wood Shop is managed by the Wood Shop Committee whose responsibilities include maintaining, sharpening and replacing tools and machines. TMALRA provides an annual budget for these expenses. The members of the Wood Shop Committee give instructions on the safe use of any of the equipment in the Wood Shop and are happy to welcome new residents to the Shop. Anyone interested in touring the Shop or learning basic woodworking techniques is encouraged to contact a Committee member.

I am the current Wood Shop Committee chairman, having arrived in 2016 with no prior woodworking experience. Under the tutelage of Dean and Ron, I learned many skills and have spent numerous happy hours in the shop producing unique bowls, canes and chalices, along with effecting repairs for other residents. The repairs, by the way, are charged for materials but not labor, although a donation to the Wood Shop is suggested and appreciated. Whereas, whether you wish to widen your world while



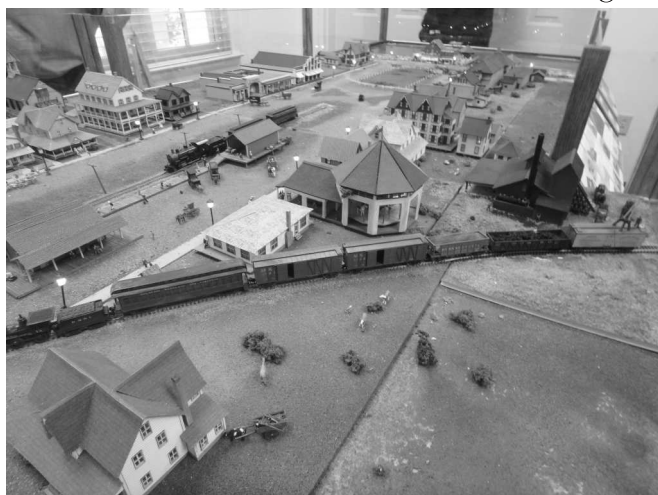
working with wood week by week, or wonder about your wounded whatever, you will want to wander to the Wood Shop where you will warrant a warm welcome!

W. Richard Thomas

Re-Cyclers ride to a Rehoboth Beach time warp.

On a cool and drizzly Friday, the Moorings Re-Cyclers bike group rode the old railroad bed, now the Junction and Breakwater bike trail, to Grove Park. The trail is named after the railroad which brought tourists from Lewes to Rehoboth Beach. Tourists and summer residents arrived by train from Baltimore, Washington and elsewhere. New Yorkers came by ship to Lewes and took the train to Rehoboth Beach. Historian Paul Lovett has focused on this era which he calls the Golden Age of Rehoboth. He is responsible for the diorama of the town at this age. Paul gave a presentation to the Moorings about the famous and wealthy who were creating a resort out of what had been a religious retreat and he featured some photos from the diorama. Paul is also a cyclist and agreed to a request from the Moorings cycling group for a special showing of the exhibit, which he is still building.

The exhibit is an N scale model: 160 inches in life are 1 inch on the model. Buildings,



cars and wagons, and people are to scale. All the items are made to order for Paul who specifies what he wants made. There are merry-go-rounds which turn, an ice making plant, which later became a power plant when the town was electrified. The plant has its own steam engine which produces actual smoke. A Rum Runner lurks off shore. The level of detail is astonishing. Unfortunately we had to curtail our visit in order



to avoid a threatening rain storm. We shall return.

All cyclists are invited to join the Re-Cyclers on Friday mornings. We meet at the front entrance of the Big House if temperatures are above 40 degrees and it is not raining. We leave for our (mostly) trail ride at 10:15. We generally ride at modest speeds of 9 to 10 mph and try to return by noon. We do take longer rides occasionally and these are announced in advance by group email. There should be other interesting destinations for the Re-Cyclers this Summer. Suggestions for destinations are always welcome. We do make regular ice cream stops. The past couple of years we have taken our bikes on the ferry to Cape May to explore and have lunch. The paved Lewes to Georgetown bike trail is now complete to Hudson Road and is to be finished this year. So pull your bike out and join us!

Rebecca Brenner & David Bleil

Bridge

For over twelve years, faithful players have gathered at our Moorings Living Room Casino, to shuffle and deal large print playing cards for a short evening of "Party Bridge."

Each player contributes 50 cents to the pot. All monies are distributed to the deserving as the evening ends.

We meet at 6:45 pm., usually playing three tables by 6:50 pm. We traditionally end at 9:00 to 9:30 pm. During the months of NFL Football, (September thru January) this gets those of us interested in front of the TV by the start of the second half of the Monday Night NFL game.

The COVID pandemic cost our group four faithful members. Let me tell you a bit more about us.

One of our memorable evenings was when Ed Carter (age 98) bid and made a grand slam with Donna Pfarrer. Ed left us at age 103!

Records of evening play show that a given winner may repeat, but not very often. The leader board for a quarter year of play has traditionally shown seven or eight different individual winners. Our bridge experience level varies from some to almost none.

So what's the deal?

As one of the longest standing small group efforts here, we now seek contract bridge interested prospects to consider the Monday Evening Bridge gang!

What's in it for you? A great way to start the week. Meet and enjoy the most popular of card games. Get to know residents who were a Family Court Judge, a Harvard MBA, a Fellow of the Institute of Management Consultants, and I could go on. Our folks are just great!

All you do is let me know of your interest at (302) 645-1546 or email to jackchapin@aol.com. We will invite you to play some Monday Evening to confirm your interest, place you on our "sub list,"

or if the interest is enough, we would like to go to four tables each Monday.

Jackl Chapin

THE CADBURY / MOORINGS LIBRARY

As people have moved into THE MOORINGS at Lewes since May 2007, they all seemed to have the same problem. They brought along too many books that didn't fit into their new residence and thus they have donated many books to what has become the Cadbury Library. The existing room boasted a few pictures on the walls and a few bookcases.

About October 2007, the executive director Vic Amey asked Mildred Wiedmann, a former school librarian, to organize the books and to establish a library. At that time the donated books were in MANY boxes in the next room (currently The Springpoint Choice Office). A call went out to residents willing to serve on a library committee, and a team of nine people met in late October 2007. They elected Mildred Wiedmann as chairperson. A questionnaire was sent to the residents to determine their desires for the library. Many early residents helped to organize the mass of books that had been donated.

It soon became apparent that there were not enough bookcases to shelve the books. As funds became available, Mildred and Don Wiedmann made a couple of trips with their pickup to a store in Camden, DE, that sold bookcases. Next, Dean Hoover built bookcases to be added to the library. Magazines donated by residents have been a part of the library from the beginning. The racks to display these were designed by Dor Wiedmann and built by Dean Hoover.

Philosophical and religious books were moved to the quiet room, which now houses an extension of the library. Dean Hoover also built bookcases to add to the ones in there, as well as an altar that opens and houses religious items for Episcopalian worship.

There were two fireplaces in the original library; one was removed from the library. Also, the computer was once in the library. Over the years, a machine to enlarge printed material has been added, and some bulletin boards were added to this room.

At one time there was an observation bee colony in the library. This was built and maintained by Dean Hoover. It was popular with visitors until the entry tube leaked and bees came into the library, apparently to check out the wild flower guides. The hive was removed.

For a short time, the Sussex Bird Club had a bookcase dedicated to housing their books. In addition, the Library Committee serves the Health Care Building with a book cart.

CDs and DVDs are the newest additions to the library holdings.

The library committee is now comprised of about 18 members who are always busy, adding books, shelving items, putting books away and purging books that are duplicates, in poor condition or simply to make way for more books.

The library is an excellent one, admired by many visitors. It owes its existence to consistent support from the administration, its many active committee members and to its founding chairperson, Mildred Wiedmann and to its current chairperson, Judy Burgess.

By Mildred Wiedmann



In Memorium

Mr. Daniel Abbott

Mrs Llywella Stuchlik

Mr. James McCool

Mr Joseph Baker

New Residents

Fred Lucette Wuscher Apt. 136 E

Walter Clarke Cotage 32

The Free Press needs you.

Writers, illustrators, cartoonists and proofreaders are needed for the quarterly TMALRA newsletter.

Contact Sharon Hoover with ways you would like to help.