

CALRA FREE PRESS

Cadbury at Lewes Residents' Association

November 2016

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Third Monday

From the President's Pen

A feature article in the October 9 issue of *Parade* magazine suggests that feeling awe may be the secret to health and happiness. So, what exactly is awe—and where can we get some?

Webster's Universal College Dictionary (still on my shelf!) defines awe as "an overwhelming feeling of reverence, admiration, fear, or wonder produced by that which is grand, sublime, extremely powerful...." Wikipedia adds that awe may be inspired by great beauty, genius, authority, or might. More cogently, UC Berkeley psychologist Dacher Keltner defines awe as "the feeling of being in the presence of something vast or beyond human scale, that transcends our current understanding of things."

Although Albert Einstein claimed that awe is "the source of all art and science," scientists have only recently begun to study it as a bona fide emotion. Most significantly, research at the University of Toronto correlates awe with reduced levels of cytokines, a marker of inflammation that's linked to cardiovascular disease and depression. Other recent studies associate exposure to nature with lower blood pressure and stronger immune systems.

While some research indicates that people feel awe on an average of 2.5 times a week and that 75% of these feelings are inspired by the natural world, the age of the subjects is questionable. Certainly, little children appear awestruck by new experiences—such as coming upon a horseshoe crab for the first time—but younger generations' overuse of the word "awesome" tends to diminish the meaning of awe. And, what of us older folks with our histories of well-worn awesome experiences?

Could it be that the more awesome experiences we have the less effective the dosage becomes? Is awe like penicillin, likely to lose its punch with overuse? When the extraordinary becomes ordinary, do we become immune to awe?

Lest we miss out on this natural, no-cost remedy, here are four easy ways to revive the wonder:

- Take an Awe Walk in the neighborhood, noticing things as if for the first time.
- Visit a local, state or national park.
- Get up early to watch the sunrise.
- Play some amazing music.

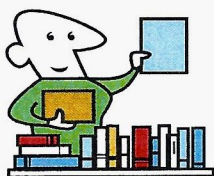
It couldn't hurt to grab a free daily dose of awe.

Wishing you awesome days—*Jane*
Jane T. Lord, CALRA President



Carlton & Barbara Starkweather - Apt. #104

Florence (Flo) Nahigian - Apt. #221



LIBRARY LINES

Christmas books are displayed every year in the Cadbury Library. After the holidays, they are gathered and stored (where is a Santa secret) to display again the following year. Here's a taste of what you can find in the library this year. The books vary from light, romantic novels, to mysteries, to historical and regional novels, to short stories and special collections.

There are nine "Cape Light" Christmas books by Thomas Kincade and Katherine Spencer: one large print, three hardbacks and five paperbacks. Cadbury knitters might also know Spencer under her name Anne Canadeo, author of the Black Sheep Knitting Mysteries.

Kincade, the moving force behind a marketing empire of art of all kinds said that he was about life, beauty, love, hope and inspiration. That fairly describes Cadbury's Christmas books even though some add a few conundrums, even some devilry.

There are other novels by popular authors. Danielle Steele blends Christmas, history and drama in *Ghost*. Jan Karon challenges Father Tim to work with his hands as well as his mind in *Shepherds*, *Abiding*, and Martha Rogers presents *Christmas at Holly Hill*, set in Kansas in 1898. Janet Dailey, who has written many Christmas novels, is represented by *Christmas in Cowboy Country* (Colorado).

Other than the Cape Light novel, there are only two larger print Christmas romances: *Mistletoe Matchmaker* and *Her Holiday Hero*. However, there is a sleighful of romances in regular print. There are single books by Emma Cane, Louise Allen, Sherryl Woods and Grace Livingstone Hill, as well as a trio of short novels in one cover--*The Heart of Christmas* by Mary Balogh, Nicola Cornick and Courtney Milan. Debbie Macomber is represented by four Christmas novels, Fern Michaels by three and Mary Higgins Clark by two. There is one by newer author Elin Hilderbrand, *Winter Street*. Then there are a couple of mysteries—Sara Rosett's *Mistletoe, Merriment, and Murder*, complete with holiday tips, and Joanne Fluke's *Plum Pudding Murder*, with recipes.

In addition, there is one Christmas mystery by John Grisham, *Skippping Christmas*, and one by Shirley Rousseau Murphy, *Cat Deck the Halls*. James Patterson has written a "happily-ever-after" Christmas novel and David Baldacci *The Christmas Train*, a story full of mysteries, escapades and humor.

There are a couple of other novels: *The Paper Bag Christmas* is based on Christmas in a children's hospital ward, and *Mistletoe Memories* contains four stories from the same house at different times--1820, post Civil War, 1910 and contemporary time.

There are two noteworthy books of short stories, one by David Sedaris, *holidays on ice*, and one by Irish writer Maeve Binchy, *This Year it will be Different*.

Finally, there are four typically classic collections. There is O. Henry's wonderful *The Gift of the Magi and other Short Stories*. If you haven't read *The Gift . . .*, you must. There's *Sharing Christmas*, a little book of short takes by 100 people from Charlton Heston, Pat Boone, Ali McGraw and Norman Cousins to Gene Siskel, Roger Ebert and George Burns. Jimmy Carter's *Christmas in Plains* will become an American classic because it tells so clearly and simply of 20th century mid-America.

Finally, there is my favorite new find in our library, a beautifully illustrated and printed book by John Grossman called *Christmas Curiosities: Odd, Dark, and Forgotten Christmas*.
Enjoy

Sharon Hoover

Reminder:

2016 EMPLOYEE APPRECIATION PROGRAM

The 2016 Employee Appreciation Program kicked off around October 1, and it is off to a good start with many contributions already in. But we still have a ways to go, so if you have not yet contributed, please don't forget to add your thanks to our hard-working staff. As you recall, CAL staff are not permitted to accept gratuities at any time, even for services above and beyond the call of duty, so the Employee Appreciation program is our primary way to say "Thanks" in a very concrete fashion.

This program includes the kitchen staff, the wait staff, maintenance, housekeeping, per-diem healthcare nurses and aides, security, and support services. Supervisory and administrative employees are not eligible. The amount of the gift to individual employees is based upon the total number of hours they have worked throughout the past year and, of course, the total we all have contributed to it.

As always, resident participation in the Employee Appreciation program is voluntary and the amount you give is at your discretion. The CALRA Board has once again approved a suggested

minimum amount of \$5.00 per week of your residency here at Cadbury during the past year, rounds out to \$260 per person, \$520 per couple. This is less than \$1.00 per day for each of us, a bargain for all of the fine services we receive. For relatively new residents the suggested donation is based upon the number of weeks you have been here. A chart was provided in your mailing to help with this calculation.

Many residents have chosen to give more than this minimum recommended amount to reflect their strong support for the staff, and you may wish to think about doing so too.

Please make your check payable to CALRA, and place it in the secure Employee Appreciation collection boxes located in the mail rooms for Independent Living and for Assisted Living residents.

The program ends on November 27th, and distribution of the funds to the employees will be on December 7 in the Bistro from 1:00 to 5:00 PM. Come join us for the fun afternoon; you too can be a part of the cheering section! Lots of cookies and other treats are available to all, thanks to our many generous volunteers.

By your

2016 Employee Appreciation Committee

Jim McMullen, chair; Gil Kaufman;

Nancy Krail; Rebecca Rogers;

Gary Showers; Binky Tompkins

CADBURY CHORUS

Mark your calendars for a musical treat on Sunday evening, December 11th at 7:00 P.M. in the auditorium. Your Cadbury Chorus will entertain you with many familiar holiday songs to set your mood for Christmas.

How about we rumba through "Oh Christmas Tree, Oh Christmas Tree"; or perhaps you want to prance "Up On The House Top" with that jolly, plump man in the red velvet suit!

This year we have "The Chanukah Song, We Are Lights" to add to the season of celebration for all.

Remember, "Love Came Down At Christmas" attended by the "Little Drummer Boy" who sings "Peace On Earth". Yes, "Everywhere, Everywhere Christmas Tonight" will be well received as "We all Need a Little Christmas"

But the best to come is from the audience as we have Christmas Caroling Cadbury Style. And, of course Jerry will do his wonderful solo and perhaps Melanie will inspire us on the ivory keyboard. We guarantee you will come away with a warm, wonderful feeling of Christmas joy in your heart.

Remember ---

DECEMBER 11th--SUNDAY EVENING 7:00p.m

Carol Bishop

The Cadbury at Lewes Resident Reserve Fund

At the September Afternoon Exchange, Executive Director, Carol Holzman kicked off an educational and promotional reinvigoration of the Cadbury at Lewes (CAL) Resident Reserve Fund. The sole purpose of this fund is to ensure that residents have confidential financial support should they no longer be able to meet their financial obligations to Cadbury through no fault of their own.

The total value of the Reserve Fund was quoted as \$373,000 at the present time, and since the intent is to use only the interest from the fund to support resident needs, it is important that we continue to help keep the fund growing. ED Holzman instituted a target of growth of a minimum of \$12,000/year through contributions from residents, staff, and friends of Cadbury.

Actually there are a number of ways to contribute to the Resident Reserve Fund. Some examples include:

- Make a direct contribution at any time by cash or check in the Business Office
- Make a regular monthly contribution of whatever amount, and have it added to your
-
- monthly services bill. See Marie Galanti in the Business Office.
- Contribute such things as art, quilting, or other products to be sold, and from which proceeds go directly to the Reserve Fund. See Jean Carpenter in Events Coordinator's office.

For more details on any of these, please see Jean Carpenter or Marie Galanti.

There is one more opportunity that I would like to highlight because it is often overlooked but has potential benefits in the short term as well as benefiting the Resident Reserve Fund in the long run: a planned giving program in the form of a charitable gift annuity. A charitable gift annuity arranged now through the Friends Fiduciary Corporation in your name immediately begins paying a dividend of around 7-8% dependent upon your age when it is initiated. This has been a remarkable boon through a period when interest rates from most institutions are around 1% and dividends from stocks are 3-5% for the more reliable securities. These interest payments continue for the rest of your life and, at the time of your passing, the annuity funds become part of the Cadbury-Lewes Resident Reserve Fund.

If you would like to explore this further, ED Holzman has the forms needed to initiate the process, and you may discuss it directly with Tim McElroy of Friends Fiduciary Corporation (phone 215-241-7272 X 101 or e-mail

TMcElroy@friendsfiduciary.org). CFO Arnie Weiner is also willing to help you evaluate and arrange such a charitable gift annuity

Christmas is Here in the Buy-The-Sea Gift Shop



Christmas is taking over the Buy-the-Sea Gift shop at Cadbury. There are several Christmas trees, some wreaths, and several sets of electric candles for your windows along with countless gifts for friends and family. For the ladies there are many new jewelry items, some with a holiday theme. For men, some watches.

The Gift Shop has both boxed and individual Christmas cards for sale.

We still have good supplies of honey from Cadbury's own bees in the Library, boxed up by our own expert bee keeper, Dean Hoover. Larger packages are available this time: about 7-8 oz. each. They sell at a price of \$7.50, which you'll find compares favorably with any store or farm supplier.

Don't forget the Gift Shop now also carries a variety of toiletry items, including hearing aid batteries, available at an attractive price because we buy them wholesale. On hand are sizes 10, 13, and 312. If we do not have the size you need, just let us know and we will order them in. And we have clear plastic recycle bags for both cottages and apartments; stop in to [pick them up if you run short.

We thank our many donors for the continuing stream of donations, but we are always in need of additional items. So please do not hesitate to drop things off if you are cleaning out or scaling down; we'll find new homes for your no-longer-needed items.

Finally we must once again recognize and thank our wonderful staff of volunteer sales people. They do a great job and they will help make shopping fun for you.

Ruth and Gil Kaufman

Myths about Food, Health, & Lifestyle

Continuing our interest in choosing menus that help keep us healthy, it is appropriate to consider some of the myths and old wives' tales about food choices. Actually some really make sense! But others? Not so! Consider the following:

About Foods

- **Margarine is better for us than real butter?** That's false! But in fact, the best solution is to use a bit of olive oil and let both of the other two options go.
- **Wine, especially red wine, is beneficial to all!** That's false too. If you are a non-drinker, you should not start as the potential of addiction in those unused to alcohol may outweigh the potential benefits.
- **Reduce salt intake for your health!** That's true! Salt increases blood pressure and can increase the risk of kidney stones and stomach cancer.
- **You can control your cholesterol by what you eat!** Probably not! Most cholesterol problems arise from genetic causes that may

be difficult to control except with medicines if at all.

- **Eating high fiber foods may lower cholesterol?** Potentially true, unless as noted above your level is based strongly on genetic influences.
- **Eat fish at least twice a week?** True, as if they are “safe fish,” that is low-mercury fish such as wild salmon, tilapia, or whitefish. And broil them; don’t fry them.
- **Stick to fat-free foods?** False, as fat-free foods are usually high in sugar to improve taste. Eat all types of foods in moderation.
- **About lifestyle**
- **Exercise 1 hour every day?** Not necessary. For most individuals, 30 minutes of exercise three times a week is adequate. But push hard a few minutes each time, and include some strength training (lifting weights).
- **Obesity is the worst lifestyle factor?** Wrong, its not good, buta sedentary lifestyle can be far more harmful. Don’t forget to get up and move!
- **About health**
- **A heart attack is when your heart stops?** False, a heart attack occurs when one or more arteries are blocked causing a serious restriction in blood flow within the heart.
- **Heart attacks kill more men than women?** While true in early years, this is not true in later years. Heart attacks in women are often not recognized because the symptoms are often different than classic symptoms for men
- **Heart attacks kill more women than breast cancer?** True! Heart is the No. 1 killer of women.

- **Jaw pain suggests a heart attack may be underway?** True! Also shortness of breath, sweats, nausea, and lightheadedness.
- **One person in 10 is likely to have heart problems?** False, it is closer to one in four!
- **A daily low-dose of aspirin helps prevent heart attacks?** True! A daily 81 mg dose is now generally recommended for both men and women.

submitted by Gil Kaufman

Reference: WebMD, June 2016

Cadbury Group at Heart Walk **October 15**

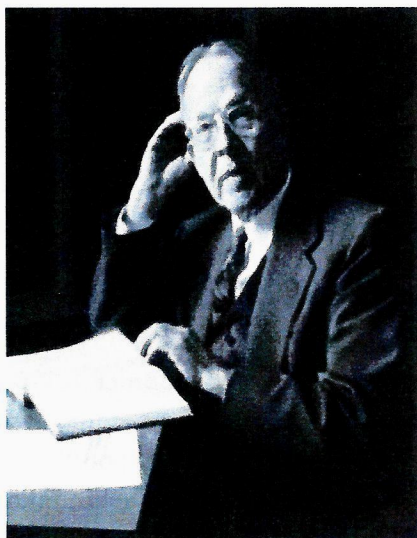


From the left: Fran Tobin, Elaine showers,
George Sumereau, Marianne Jarvis,
Bill Peterson, Carol Holzman

Henry Joel Cadbury & Our Cadbury Organization

In the August issue of the Newsletter, we reviewed the development of the Cadbury Chocolate Company and the leaders behind its development, notably John Cadbury who started the company in 1824 and his two sons, Richard and George who took it into the 20th Century. So what did that have to do with the development of Cadbury at Lewes and the related Cadbury organizations?

Actually not much! But there is a connection! Henry Joel Cadbury, whose picture hangs prominently in our lobby, was a member of the very same prominent Cadbury family that created the Cadbury Chocolate Company. But it was a very versatile family, famous for many other things besides the chocolate with which the Cadbury name is now best known.



A cousin of Cadbury Chocolate Co. founder John Cadbury, Joel Cadbury, fathered Henry Joel Cadbury, who became famous, not as a chocolatier, but as a Quaker and philanthropist and a controversial one at that.

Henry Joel Cadbury, born in 1883, died in 1974, was one of the most respected and beloved Quakers of the twentieth century. He was widely acknowledged as a biblical scholar and writer/translator, and a professor who challenged students' thinking at Harvard Divinity School, Haverford and Bryn Mawr Colleges and Pendle Hill Quaker Conference center. He was a consummate Quaker activist with a strong advocacy for peace and racial justice.

Henry Joel Cadbury was not without controversy. He was forced out of his teaching position at Haverford College for writing anti-war letters to the Philadelphia Public Ledger, in 1918. He strongly rejected the U.S. government's forcing conscientious objectors into the war and, more disturbing at the time, he decried American's anti-German hostility.

However he chose to take that experience as a milestone, leading him to larger service beyond his orthodox Religious Society of Friends (Quakers). He was offered a position in the Divinity School at [Harvard University](#), from which he had received his Ph.D. While he initially rejected the position because it required a teacher's oath, he later accepted the [Hollis Professorship of Divinity](#) (1934–1954). He also was the director of the [Andover-Harvard Theological Library](#) (1938–1954).

Henry Joel Cadbury helped found and served twice as chairman (1928–1934; 1944–1960) the [American Friends Service Committee \(AFSC\)](#), [dedicated to ending discrimination, building peace,](#) and addressing individuals rights under adverse conditions. It was he who was selected to travel to Oslo to deliver the Nobel lecture on behalf of the [AFSC](#) when it, together with the British [Friends Service Council](#), was awarded the [Nobel Peace Prize](#) in 1947 on behalf of the [Religious Society of Friends](#). He remained a highly sought-after speaker on Quaker issues, and in his remaining years went on to be awarded six honorary doctorate degrees.

In 1971, the Medford Leas organization, founded in 1914 by the Religious Society of Friends and dedicated to the care and concerns of older adults, decided to form a new continuous care retirement community (CCRC) around south central New Jersey. The Cherry Hill site was selected, but they decided that this new CCRC needed a different name because the Medford Leas name was already

used for other types of elder care facilities in New Jersey. They selected “Cadbury,” naming it after one of their most respected Quaker scholars and teachers.

So while Cherry Hill is now gone, and the Cadbury organization is now financially stronger and still growing, our Quaker heritage remains through the association with Henry Joel Cadbury and our mission to be guided by Quaker principals.

For more information: www.quaker.org/friends.html & other related websites

Gil Kaufman

Historical Episodes

Looking into historical episodes is always an enticing adventure. As much as we think we know there is always something more to be found.

In this connection, I have always been interested in the land dispute between the Lord Baltimore and William Penn families which eventually determined the boundaries of Pennsylvania, Maryland, Delaware, New Jersey and West Virginia. But even more directly, the abortive settlement of what we now know as Lewes in 1631 was of vast historical importance in the dispute. Because of it, Delaware eventually became a state within its present boundaries. When the courts finally settled the matter Lord Baltimore lost the suit

because the courts held that the patent to Lord Baltimore covered only “land hitherto uncultivated and occupied by savages” thus the existence of the 1631 settlement excluded the Delaware River shores from his claim. Hence, in due course, Delaware was able to become an independent state.

But to get back to the dispute itself. The problem could be said to have begun in the 1680’s when William Penn was granted a charter for Pennsylvania by King Charles II of England. Earlier, Charles had made land grants to Lord Baltimore which comprised much of Maryland as we know it today with foggy entitlements to certain lands around it. A problem arose when Penn sought to have his new colony gain access to the Chesapeake Bay. When the two parties could not agree – now Lord Baltimore’s son Charles Calvert – insisted that the charter for his colony included the land Penn sought, William Penn took the case to the English court system about 1685.

It turned into a boundary dispute that was trying and complex. It involved the original disputants Charles Calvert and Penn and was eventually carried forward by the 5th and 6th Baron Baltimore’s on Maryland’s side and by Penn’s children, John, Thomas and Richard on the Pennsylvania side to say nothing of English kings from Charles II to George III.

When the Mason-Dixon line established Pennsylvania’s southern border in 1763 Baltimore and the Penn’s partitioned George III for approval of that boundary. The king approved the plan in 1769 – over 85 years after the beginning of the dispute.

Aye, but here’s the historical rub. Both proprietary families subsequently lost their colonies to the American Revolution just seven years later.

So much for the unexpected twists and turns of history.

Bill Gehron

Who's Who at Cadbury

Your Webmaster -

Richard Grant Cleaveland



It's been said that Dick Cleaveland was a "geek" before the term existed.

Born in 1926 in Milwaukee, Wis., he was already tinkering with ham radios in high school. When the United States was embroiled in World War II and the U.S. Navy was eager to snap up recruits with electronics skills, Dick applied but his military career almost stopped short when he flunked a test for colorblindness. Presented a field of colored dots, he couldn't discern the hidden letters. "The recruiter told me to sit down, relax my eyes," Dick says, so he did. After hearing dozens of other recruits pass by the screening table, rattling off the letters, his second attempt met with success.

Dick calls his time in the Navy rated as an Electronics Technician second class as unexciting, much of it spent working stateside working on radio and radar. But his service earned him a free education at Northwestern University in Chicago, where he earned a degree in electrical engineering. He was also custodian of the University Amateur Radio station **and** worked part time as a broadcast engineer at a local FM station.

Upon graduation, Dick signed on with Philco, a Philadelphia-based pioneer in radio and television, and the company assigned him to provide technical support to ships stationed in the Mediterranean. With a homeport in Cannes, France, Dick spent six months hopping from ship to ship, enjoying the comfort of an officer's billet and

strolling coastal cities at will. Later at Philco Computer Division headquarters, he was Manager of Programming Systems, and personally developed their major product operating system.

In 1964, Dick moved to Arlington, VA, and joined the staff of the Defense Communications Agency in Washington DC, managing the development of command and control communications systems for the Joint Chiefs of Staff. In 1982 the Agency was transitioned to the U.S. Air Force, where he continued his work. He retired from Government service in 1986 as a member of the Senior Executive Service.

Along the way, Dick met Barbara Ann Benner and they married in 1965. Retirement suited Dick and Barbara well. On his boat, Alpha, Dick patrolled the Chesapeake, hunting striped bass and bluefish.. The two of them would occasionally hop across the Chesapeake Bay to Dewey, where they bought an oceanfront home on Bellevue Street. They had a commanding view of the shore, where they watched dogs gallop freely along the tide line. "They socialize so nicely," Dick says. "Nicer than people. They're so enthusiastic about meeting each other."

Later Dick joined the Dewey Beach Civic League and inadvertently began a second career. They needed a webmaster. When no one else raised a hand, Dick accepted the post. He had already run a few personal websites, including rgcle.com, where he posted genealogical research and his graduating class newsletter. It wasn't long until Dewey officials approached him about managing the town's website as well. He was happy to offer his skills pro bono; however, he says, they insisted he accept some sort of payment. Dick gave in – sort of. For two years, he earned \$1 a month. His contract has since lapsed, and he doesn't intend to renew it. Dick was recognized as "Volunteer of the Year" in Dewey Beach for his efforts in beatifying the community.

In 2007, Dick & Barbara moved to Cadbury, one of the Charter couples, though they maintained

their place in Dewey. The need for a website here at Cadbury beckoned to Dick, and he has come through tremendously. The website that so many of us rely upon daily for menus, forthcoming events and movies, and even birthdays and anniversaries, has all been made possible by Dick's efforts. And that has included the massive database that tracks our residents and is the source of our photo directory.

Barbara passed away earlier this year, but we are fortunate to still have Dick with us, and still as our master webmaster. Most recently, Dick has worked with the Fine Line organization to develop an updated design for our website, and he will shepherd them in implementing a new system that will be more easily maintained and updated.

Gil Kaufman

(with credit to the Cape Gazette, Feb. 22, 2010)

The Observation Hive in the Library

The observation hive in the library was very active this summer. The bees got off to a good start in the spring with a productive queen they had raised themselves. They found an unknown productive nectar source that produced a dark honey. When the lima beans across the road from Cadbury came into blossom the bees were ready and produced a fine light honey. At that time the hive was full of bees (40,000?). The light honey in the gift shop is from this source. At the height of the bloom I received a call from Roland Hill, the farmer responsible for the beans, saying he needed to spray and asked if I could keep the bees home as I did in the past. As before, I blocked off the entry and exit tubes for the observation hive and closed the outside hive for two days. The outside hive appeared unaffected.

However, in trying to leave, the older foraging bees in the observation hive crowded into the tubes and by the second day the tubes were so jammed with bees they suffocated (probably over 10,000). This did not happen earlier because there weren't so many bees in the hive. This event started a steady decline of bees which ended at zero.

My take on what happened is that older foraging bees were lost and the age distribution was upset. The young bees stayed at home doing their assigned tasks but without the older bees there was no nectar coming into the hive. The queen's natural response was to stop egg production. Thus the decline.

I talked to an older beekeeper who tried to keep the bees home by setting a lawn sprinkler on the hive to imitate rain. He said after that the hive did not do well.

All is not lost. We live and learn. I will have an opportunity to clean the hive, make repairs, reorganize the furniture and harvest the honey. If you want to help let me know. The income from the honey will allow us to start up the hive in the spring and add another hive on the balcony. Having another hive will give us more options in maintaining better population balance.

You can support the bees by picking up some honey in the gift shop. Maybe a Christmas present? Let's consider a honey tasting. Thanks for all your concern and support.

Dean Hoover

A History of Caring –

Beebe Healthcare

1916: Men of Vision - Delaware Governor Russell Peterson described Dr. James Beebe and Dr. Richard C. Beebe in this way when he spoke at a commemorative meeting at Beebe Hospital in 1970. Doctors James and Richard Beebe shared a common

goal of introducing modern medicine to a rural area where such services were nonexistent at that time,



Dr. Richard Beebe



Dr. James Beebe

but neither could have envisioned the precedent-setting medical facility that would bear their name today. Now Beebe Hospital has grown into Beebe Healthcare, which encompasses multiple facilities and services across Sussex County, all of which stemmed from the work of the Beebe brothers and from the medical center they started in Lewes in 1916.

That first hospital was located at about the same location as the present day facility on Savannah Road in Lewes. It was a tiny four-room hospital adjacent to their father's home. It had just enough space for an operating room and two patient rooms and a total of three beds. Some of the brothers' early emergency operations were performed on a kitchen table situated in a nearby farmhouse with instruments sterilized in boiling water on a kettle stove.

Mr. and Mrs. Benjamin E. Shaw, Wilmington natives who vacationed in Rehoboth Beach, were instrumental in the expansion of the Beebes' hospital. Through their benevolent donations in 1921, the hospital was able to expand to include a fully equipped modern addition, complete with operating and delivery rooms and an X-ray department. With this addition, the hospital bed total reached 35. Another donation by the Shaw's in 1927 made a further addition to the hospital possible, bringing the hospital's bed capacity to 60.

It took the strong support of the surrounding community to keep Beebe Hospital at the forefront in every aspect of medicine. And it took the hundreds of volunteers who devoted hours of personal time to assist their community hospital each day.

Getting adequately trained nurses was very difficult in those early years, so Beebe Hospital introduced its own Nursing Training School in 1921, one which was soon accredited by the Delaware State Board of Nurse Examiners. The physical growth of the school came quite later with the dedication of the Jean Ellen DuPont McConnell Nurses Home in 1960.

Ernest Gooch is another name just about as synonymous with Beebe Hospital as the Beebe brothers and the Shaws. Gooch was considered a member of the Beebe family, as he raised brother James after his mother died when he was only five. Gooch was held in very high affection by the Beebe family for his caring and the generosity of his time. He even donated and drove the first ambulance



The ambulance donated by Ernest Gooch

operated by Beebe Hospital.

Other notable additions to Beebe Hospital over the years included

- The Solarium in 1934-5
- The Mary Thompson Wing in 1938
- The Maternity Department in 1957
- The Lynch Wing and its additions in the 70s, including the same-day surgery unit
- The five-story Rollins in 1985 including greatly expanded diagnostic and imaging capabilities

The other major expansions of Beebe Healthcare's capabilities have been through its numerous outreach facilities throughout the community, the most prominent of which is the Beebe Healthcare campus on Rte. 24. Included there are the Outpatient Care Center, the Clinical Building With space for other practitioners, and the Tunnell Cancer Center completed in November 1995. In addition, Sussex Imaging Centers have been established in Georgetown, Millsboro, and Millville; and the Gull House geriatric day care in Rehoboth to further meet community needs. Beebe

Walk-In Healthcare Clinics are now located at six locations throughout Sussex County.

We are quite fortunately to have at close hand a highly respected medical facility like Beebe Healthcare, even though we do our best to stay out of it.

Gil Kaufman

Cadbury is for the Birds, the Bees and the Butterflies

At one time deer were frequent visitors at Cadbury grazing on lawn grass. You could find them on your lawn. Recently Jan Bendrick and Lois Nickerson saw a deer leisurely passing their cottage. They also reported seeing two wrens by their cottage. We remember seeing wrens here before. This is good news!

Sharon Hoover enjoyed watching cardinals from her apartment. She feels they may have had offspring since there are more of them. Cardinals mate for life and stay together all year, unlike many other birds that only stay together during mating season. If the cardinals like their nesting sight, they will return year after year. Sharon will see them next year.

Cadbury Library Chaiman, Mildred Wiedmann, showed us a new book, titled, *The Calls Of Ducks And Geese*. It describes 50 of North American waterfowl with their calls and sounds on a CD. The Geese seen around Cadbury follow here.

The Mallard is always at Cadbury and produce ducklings every year. The Canada Goose mate for life and come south to feed during the winter and can be seen flying in a V formation. The Snow Goose is white with black wing tips and black tail feather. They fly in a large noise formation and feed on farm fields and marshes. The Brant Goose hails from Canada and Alaska and has rarely seen

Cadbury fields but prefer bays and marshes. There are several other ducks and geese in Sussex County, see and hear them from this book.

Recently we had a ball watching finches and song and chipping sparrows frolicking in our bird bath splashing water all over themselves and others. As many as seven birds at a time fought in the bath. As October was leaving the starlings and cowbirds arrived, not birds to love.

Our Honey Bees

For update: Be sure to read Dean Hoover's article in this Newsletter!

Our Monarch Butterflies

On our last report we mentioned that our backyard butterfly weed plant was covered with butterfly caterpillars. In three weeks the plant has grown back. Again, twenty four caterpillars consumed the plant. We saw no chrysalises at all. One day sitting in our sunroom we saw something hanging from outside low glass window. At a closer look, we saw a monarch struggling out of the chrysalises. We watched it fly away. Three weeks later, we were surprised to see a monarch feeding on our butterfly bush on October 29 and again on November 2nd. We hope it starts fast to reach Mexico.

Frances and Jim Bazzoli

IN MEMORIAM

Jane Proud

Beverly Spragg



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