

# CALRA FREE PRESS

Cadbury at Lewes Residents' Association

VOL.9 No.2

MAY/JUNE 2016

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(at-large Member ; Carole Edison )  
Program . . . . . Nancy Krail  
Woodworking . . . . Ron Trupp

### Monthly Board Meetings:

Second Monday

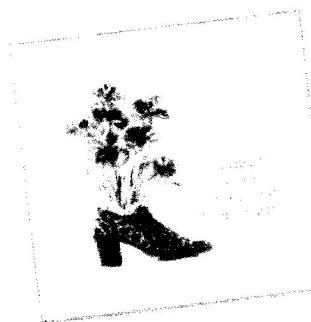
### Association Meetings:

Third Monday

## *May Musings from the President's Desk ~*

"If spring came but once a century instead of once a year, or burst forth with the sound of an earthquake and not in silence, what wonder and expectation there would be in all hearts to behold the miraculous change." ~ Henry Wadsworth Longfellow

*"If we had no winter, the spring would not be so pleasant; if we did not sometimes taste of adversity, prosperity would not be so welcome."*  
~Anne Bradstreet



"Spring is beautiful, and smells sweet. Spring is when you shake the curtains, and pound on the rugs, and take off your long underwear, and wash in all the corners." ~Virginia Cary Hudson

"In the Spring, I have counted 136 different kinds of weather inside of 24

hours." ~ Mark Twain

"Rough winds do shake the darling buds of May."  
~William Shakespeare

"Spring is the time of the year, when it is summer in the sun and winter in the shade." ~Charles Dickens

and forget not  
that the earth  
delights to feel  
your bare feet  
and the winds  
long to play  
with your hair  
kahlil gibran

"A little madness in the Spring  
Is wholesome even for the King." ~Emily Dickinson

"Despite the forecast, live like it's Spring."  
~Lilly Pulitzer

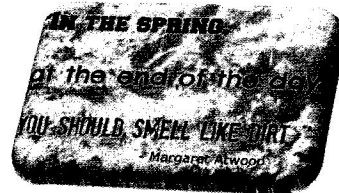
"Spring won't let me stay in this house any longer! I must get out and breathe the air deeply again." ~Gustav Mahler

"Spring being a tough act to follow, God created June." ~ Al Bernstein

*Happy Spring!*

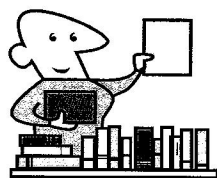
Jane

Jane T. Lord, CALRA President





*Floyd and Sarah Cook C7*  
*Frank and Kathleen Dynan C41*  
*Mary Ann Iverson C29*  
*James Ward Apt 208*



LIBRARY LINES

## *Book Reviews* by Jean Wooley

### **The Nightingale** by Kristin Hannah

Several years ago as part of a book club, I read *Sarah's Key* by Tatiana de Rosnay. This novel (later made into a movie), was about the plight of children in Paris in the early 1940's during the Nazi occupation of that city. That book sparked a desire for me to learn more about the conditions in France and the surrounding regions at this dangerous and tragic time in history. *The Nightingale* was the perfect novel to help me learn more about what life was like for people who had lost their families, friends, homes and too often lives at the hand of the Nazis.

*The Nightingale* is set in France beginning in 1939. Quiet, peaceful villages as well as cities were invaded by German soldiers who took all they could from the people. That included food, personal belongings, and even homes. Some families were forced to stay in their homes only to cater to the soldiers housed there.

A movement grew out of the unwelcome occupation- it was known as the Resistance and the women of France played a big part in this. One of the women- the Nightingale- risked her life many times to

save others. This novel is about her, her sister and many others whose lives were intimately and forever affected by the war and its aftermath.

*A Train in Winter* by Caroline Moorehead: An Extraordinary Story of Women, Friendship, and Resistance in Occupied France

This is a good book to read after *The Nightingale*. The author did in-depth research regarding 230 women of the resistance who were sent to death camps in January 1943. Only 49 returned to France. This book is based on interviews with the survivors and their families as well as information from German, French, and Polish archives. Reading the accounts of women who really were part of the Resistance movement gave additional depth to *The Nightingale*.

**Additional recommendations :-** *The Postmistress* by Sarah Blake : *Hotel on the Corner of Bitter and Sweet* by Jamie Ford \*: *The Street of A Thousand Blossoms* \* by Gail Tsukiyama and *The Zookeeper's Wife* by Diane Ackerman  
\* In Cadbury Library

The library committee is now co-chaired by Mildred Wiedmann and Judy Burgess. New members of the committee include Barbara Sumereau, Vi Cribb, and Kitty Eichenlaub. Thanks Jim Bazzoli for your many years of service on this committee.

### **Missing your garden?**

The responsibility for the butterfly gardens have fallen to Joann, who is a gifted gardener and a good person to be the caregiver for those gardens. But she has many other responsibilities. Pat Kraut and I have offered to do some weeding and deadheading in the East garden which is near us. Joann will be grateful for as much help as we residents can offer. If you can pitch in, please let me know (508 829 3571) and I'll tell you more about it. Basically, no schedule or precise commitment is necessary. Joann says to leave weeds and so forth in piles on the grass and she'll pick up the piles as she drives around. Just help when we can. Then, when she goes to work in one of the gardens, she'll see what's been done and go on from there. Easy for us! And oh! the joy of playing in the dirt!

*Bunny Guerrin*

## THE SHUFFLE BOARD COURT IS OPEN FOR A GREAT SEASON OF OUTDOOR FUN

### PLAY ANY DAY YOU WANT AND ANY TIME YOU WANT

With the return of the warm weather and the sun shining, it's time to have some fun outdoors with our great shuffleboard courts. And there's something new added this year—a cement walk so you don't have to struggle walking over the uneven grass to reach the courts. The walk extends from the patio outside the dining room directly over to the courts.

These courts are for your use any day you want to play and anytime you want to play. No need to make a reservation or come on a specific day or to a specific event. You decide the day and time. All the equipment is stored in the large white case located aside of the outside court. The case contains 8 push sticks and 16 discs so that 8 people can play simultaneously. There is also a spray can of silicone in the case to lubricate the discs so they slide more freely. Just a light spray on the bottom surface of the disk may be necessary from time to time.

The key for the equipment case is at the front desk. Please return it when you leave. So make a date with a friend, or better yet round up 3 friends. That way you won't have to walk back and forth to return the discs to the other end. These courts provide a great way to get some exercise in the sun, so enjoy yourselves and play shuffleboard. The more you play the more you'll become familiar with the game and your enjoyment will increase.

*Ron Trupp*

## Some Food Secrets – Ten Super Foods

An article in the last Newsletter brought out some tips on how to keep on living longer and to reduce arthritis pain. This time let's consider some recommendations for healthy eating from the 2015 Nutrition Action Newsletter. As usual there were some surprises for me and perhaps will be you too.

**Sweet potatoes** – Reportedly one of the very best foods you can eat! They are high in carotenoids (antioxidants that help protect us against disease), and a good source of potassium and fiber. Try them roasted until tender and lightly browned and sprinkled with a sweet (cinnamon or allspice) or savory (paprika, chili, or curry) spice.

**Mangoes** – One of the fruits least likely to have pesticide

residues, just one cup of mangoes provides 100% of a day's vitamin A, three grams of fiber, and a good dose of potassium, helpful in lowering blood pressure.

**Unsweetened Greek yogurt** – Because it's strained, both regular and fat-free versions are thick and creamy and very high in protein, about 17 grams in a six-ounce serving. The natural tartness of unsweetened yogurt balances well off the flavor of berries, bananas, or lightly sweetened cereal.

**Broccoli** – You knew this was coming, but with a sprinkle of parmesan cheese or a spritz of lemon it is more than tolerable. Broccoli has high vitamin C, K, carotenoids, and folic acid. Some of us like it even better raw on a salad than steamed.

**Wild salmon** – The omega-3 fats in wild salmon and other fatty fish are reported to help reduce the risk of strokes. Why wild salmon? It is more sustainable than farm-raised salmon, that is, better for the environment.

**Crispbreads** – These are whole-grain rye crackers, like Wasa, Finn Crisp, RyKrisp, Kavli, and Ryvita. They are made of the simplest of ingredients: whole-grain rye flour, water, salt, and sometimes yeast. They can be topped with tuna, chicken, or shrimp salad, or with hummus or tomato with a bit of chopped basil.

**Garbanzo Beans** – All beans are good legumes; they are rich in protein, fiber, magnesium, potassium, and zinc. But garbanzos are among the best because they are so versatile and may be added to salads, stews, curries, or soups. Look for the no-salt-added varieties.

**Watermelon** – What a pleasant surprise! This big fruit is a heavyweight in nutrients, including vitamins A and C, potassium, and lycopene, all packed in fat-free calories. We can typically get them locally grown, so they also have a smaller carbon footprint than most grocery store fruits.

**Butternut squash** – They provide one of the easiest ways to get a good dose of vitamin A and C along with fiber. You can buy peeled and diced squash or slice a whole one and steam it, and then add them to a salad, soup, or stir-fry.

**Leafy greens** – Yes, we knew these would be there too, winners like kale, collards and spinach. You can include turnip greens, mustard greens, and Swiss chard in the group too. All of these leafy greens are loaded with the whole alphabet: vitamins A, B9 (folate), C, and K, potassium, magnesium, calcium, iron, lutein (another antioxidant), and fiber. Sauté them in olive oil with minced garlic and season with pepper and vinegar. Or chop them all for a delicious salad with a low-fat dressing like your favorite vinaigrette.

Reference: Nutrition Action Newsletter, 2015, NA-P-382.

*Gil Kaufman*

## The End of the World

I have written in the newsletter about various elements of the local Lewes scene. But an event in my immediate family led me to cast a glance much further afield - more about that later. However, it got me to thinking about the "end of the world". Where is that place? I think I know. At least I have a candidate.

How about the Kingdom of Tonga! What and where is it? It is composed of a group of some hundred and seventy-six islands - coral and volcanic - which encompasses some 270,000 square miles of the South Pacific Ocean. It lies about 1,500 East of Australia and North East of New Zealand. Only about fifty of the islands are inhabited. The main island, Tongatapu, with its capitol, Nuku'alofa, rests just west of the International Date Line. Thus, it is the first country to greet each new day - a must for being thought of as at the end of the world (or as this suggests, it might be the beginning of the world). Its people, like other residents of the many South Pacific islands, migrated to them in about 3,000 BC where about all of its inhabitants remain happy as clams to this day. Indeed, the area is commonly referred to as the "Friendly Islands" so designated by the explorer Captain Cook in his initial reference to the islands' natives. (Incidentally, the "friendly" natives were actually plotting to kill the man but could not agree on how.) It still justly maintains the friendly islands moniker. It is a proud nation that has never been colonized. Its people number some 123,000 - smaller than the population of Alexandria, Virginia, where I previously lived. In a nutshell, Tonga is one of the smallest kingdoms in size of population while one of the largest in square miles.

So, is this sparsely settled wide spread group of miniature islands really a kingdom? It is indeed with a real king and a monarchy based on the English system.

The unification of Tonga took place at the beginning of the late 1770's when a leader of an island group sought to consolidate his power. The eventual result was a Tonga with all the islands united under the rule of George Tupou. Actually, the present king, Tupou V, descends from the same royal family. The first king was advised by a British Wesleyan missionary named Shirley Baker who instilled in the king Western constitutional ideas that laid the foundation for Tonga as a sovereign nation with its democratic system today.

Tongans are big people in both height and width. As appropriate for people at the end of the world, they hold the world title for being the largest on the planet. A stunning example of this was the build of the former king, Tupou IV, who reigned until 2006. He was over six

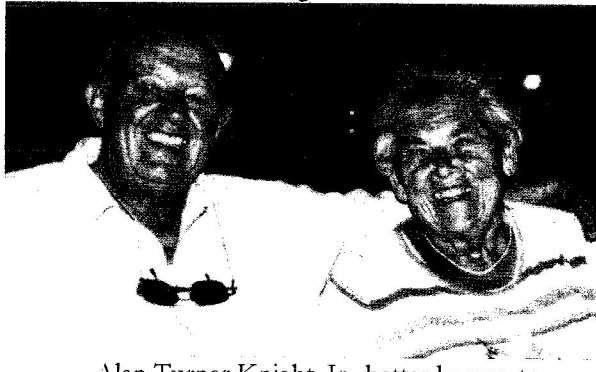
feet tall and weighed in at four hundred and forty pounds!

All this may be more than you want to know about what many describe as a charming place. So, I conclude with that earlier reference to an immediate family member who got me to thinking about this end of the world business. My daughter-in-law, Nancy Gehron, recently was selected to be the Director of Peace Corps operations there. A three year appointment which will leave her and son Michael (who is on contract with the State Department) pretty close to the end of the world - physically that is. There's a distinction that goes with the job. There is no US embassy in Tonga (although various countries do have embassies there including Australia, New Zealand and China). So the US ambassador resident in Fiji serves as ambassador to Tonga as well. Thus, Nancy can stake a claim to being the senior US representative actually living in the Kingdom of Tonga. If you're going to be near the end (or beginning) of the world, a little clout doesn't hurt.

*Bill Gehron*

## Who's Who at Cadbury

### Alan "Punk" Knight



Alan Turner Knight, Jr., better known to us as Punk, was born and raised to age 12 in the Claymont area of Wilmington, DE. After graduating from Pennsylvania Military Preparatory School (now Widener University), he moved on to study mechanical engineering at the University of Delaware in Newark. For reasons including his greater interest in rebuilding his fraternity House than studying, Punk was asked to leave UD by the Dean, an experience he recalls with chuckle. But his interest in modeling and construction had been clearly established.

Punk went to work building construction models and spent a year working on the Koppers Building in Pittsburgh. After completing this job, he went to Drexel



Institute of Technology to complete his mechanical engineering degree. During this period, he continued attending UD sporting events, and it was on a blind date at one such that he first met Ginny who was getting a degree in nutrition at UD. They were married about four years later.

After graduation, Punk joined his father's construction company, Catalytic Construction, and immediately drew some choice projects. The first one took him and Ginny to live in Roswell, NM (yes, that Roswell), where he worked on the Atlas missile silo sites. He reports that it was before Roswell had become so famous for those E.T landings, so they were oblivious to the original events 5 or 6 years earlier that spawned the alien landing stories. Their first child, Danny, was born in Roswell.

The next stop was to Marcus Hook, NJ and the refineries there, followed by a very significant move to Shippingport, PA, where Westinghouse had just constructed and started up the first nuclear power plant in the U.S. Punk and his team were the first ever to shut down, enter, and do the required maintenance of an operating nuclear power plant. That was done under the oversight of Duquesne Power Co. and the U.S. Navy, the latter in the personage of Admiral Hyman Rickover with whom they had in-person dealings at times. This was also a milestone location for the young Knight family, as daughter Wendy was born there.

After about one year in Shippingport, the Knights were moved to Gallipolis, OH to work on a project for Goodyear Tire & Rubber Co. and, about a year later, on to Woodbury, NJ for a project with Pennwalt Chemical. It was here the Knight's bought a home they would own until retirement and would raise Danny and Wendy.

Enjoying life in Woodbury, Punk decided it was time to stop being moved around and, with a friend who also enjoyed construction, started Acorn Construction Co. The idea for the name, he says, came from the two friends calling themselves nuts for taking a risk like that, so the two nuts became the Acorns. But they were successful and spent the next eight years building and remodeling homes together, a job which Punk continued for another 15+ years with his own company, Alan T. Knight, Inc. He retired in 1996 to be a full-time care giver to Ginny.

While Punk was busy with all of his early projects, Ginny had become a dietician until children in came along, when she became a full time mother and home maker. It was around 1965 when she began tripping and falling, early symptoms of what was later

diagnosed as transverse myelitis. A serious fall around 1975 led to Ginny being wheelchair bound for life, and Punk being her principal care giver, a task he performed tremendously well.

In spite of her handicaps, Ginny never let them get her down. Her main goal in life was to love her family and bring a smile to the face of everyone she met.....which she did endlessly.

In the meantime, Punk's father had in his retirement built a summer home to be known as "Sinking Dock" on Herring Creek south of Rehoboth. It became a family favorite, including for all four of the grandchildren and three "grand puppies," and one of Ginny's favorite places right up until her untimely death last year. It now belongs to Punk and their children, and remains important to Punk because it includes a full size workshop in the basement that assists him with him still-favorite hobby of model building



Punk with a radio-control flyer he built

Cadbury came into the picture quite by accident. With his children recommending Punk and Ginny consider a retirement community, Punk wandered in while on a business trip to the area, picked up a brochure, and says they were hooked. We are delighted that Punk and Ginny picked Cadbury, and we are equally delighted that Punk remains with us after his life-changing loss.

*Gil Kaufman*

## Who is Your Favorite

### Football Team?

Now that we're between football seasons, it's a good time to look ahead and see who we should root for come September.

It would be tempting to root for the Washington Red Turtles (they can't be Redskins any more according to some people) or the Baltimore Black Birds (well, that's what Ravens are, right?). Of course there are always the Philadelphia Purple Condors (oops, no, Eagles, I remember now). Actually I don't see anything wrong with any of these logos, especially when we live in a state where the Blue Hens are supposed to be our favorite college team.

Please don't anyone feel that I'm making fun of any of their teams or locales! Ruth & I moved here from Columbus Ohio, which does not even have either a professional football or baseball team! And the hockey team is named the Blue Jackets (bees??) and the soccer team is named the Crew (what, no critter at all?). So we're actually jealous of those of you who have pretty good football teams.

Of course in Columbus we did have the Ohio State Buckeyes, as close to a professional football team as any college could possibly have, and though neither of us went to school there, it was hard to avoid becoming a Buckeye fan when you lived in Columbus for twenty years. But a Buckeye? How can I make fun of anyone who roots for a Blue Hen when I root for a Horse Chestnut?

*Gil Kaufman*

## CADBURY CHORUS REFLECTIONS

It was a grand night for singing  
Our voices raised on high.  
From old Eddie Cantor who gave us a banter  
Barry Manilow did stop by!  
We rest till September  
But always remember  
A chair for new singers supplied.  
Join us on Monday, always a fun day  
With laughter and learning galore  
This verse is so long so come with a song  
And help make our chorus complete.

*Carol Bishop*

## And Then It Is Winter

You know ... time has a way of moving quickly and catching you unaware of the passing years. It seems just yesterday that I was young, just married and embarking on my new life with my mate. Yet in a way, it seems like eons ago, and I wonder where all the years went. I know that I lived them all. I have glimpses of how it was back then and of all my hopes and dreams.

But, here it is... the back nine of my life and it catches me by surprise...How did I get here so fast? Where did the years go and where did my youth go?

I remember well seeing older people through the years and thinking that those older people were years away from me and that I was only on the first hole and the back nine was so far off that I could not fathom it or imagine fully what it would be like.

But, here it is...my friends are retired and getting gray...they move slower and I see an older person now. Some are in better and some worse shape than me...but, I see the great change....Not like the ones that I remember who were young and vibrant...but, like me, their age is beginning to show and we are now those older folks that we used to see and never thought we'd become.

Each day now, I find that just getting a shower is a real target for the day! And taking a nap is not a treat anymore... it's mandatory! Cause if I don't on my own free will... I just fall asleep where I sit!

And so...now I enter into this new season of my life unprepared for all the aches and pains and the loss of strength and ability to go and do things that I wish I had done but never did!! But, at least I know, that though I'm on the back nine, and I'm not sure how long it will last...this I know, that when it's over on this earth...it's over. A new adventure will begin! Yes, I have regrets. There are things I wish I hadn't done...things I should have done, but indeed, there are many things I'm happy to have done. It's all in a lifetime.

So, if you're not on the back nine yet...let me remind you, that it will be here faster than you think. So, whatever you would like to accomplish in your life please do it quickly! Don't put things off too long!! Life goes by quickly. So, do what you can today, as you can never be sure whether you are on the back nine or not!

You have no promise that you will see all the seasons of your life....so, live for today and say all the things that you want your loved ones to remember...and hope that they appreciate and love you for all the things that you have done for them in all the years past!!

"Life" is a gift to you. The way you live your life is your gift to those who come after. Make it a fantastic

one. LIVE IT WELL! ENJOY TODAY! DO SOMETHING FUN! BE HAPPY! HAVE A GREAT DAY Remember "It is health that is real wealth and not pieces of gold and silver. LIVE HAPPY IN 2016!

*Posted in FaceBook by Rose Lucas*

*Submitted by Dick Cleaveland*

## SCALING DOWN?

### THINK BUY-THE-SEA GIFT SHOP FOR DONATIONS

As you no doubt recall, your Buy-the-Sea Gift Shop finds new homes for items no longer needed around your apartment or cottage. So when you are downsizing for whatever reason or run across items that are no longer needed or taking up too much space, please think of your Cadbury Buy-the-Sea Gift Shop. And remember, 100% of the proceeds of our sales go into our CALRA treasury to support resident activities and programs.



Need some emergency supplies? Needs for things like bandages, hearing aid batteries, Kleenex tissues, cough drops, and toilet tissues can come up fast at times when you'd rather not take the time to run to the grocery store or drug store, and we likely have something to fill that need in the Gift Shop. Stop in to see and, while you are there, look around to see what new merchandise has arrived since you were last in. We have a new supply of his or her golf shirts carrying the Cadbury logo available in the Gift Shop. Check in to see if your size is available.

One of our newer products is genuine Cadbury bees' honey and beeswax directly from our own demonstration hive in the Library, created and tended by our own expert Dean Hoover. For only \$3.00, you may sample the high quality honey being produced by our bees, and, if you like a good chew, try that beeswax. Dean tells us the honey harvesting season is over for a while now, but we have a few samples left so come in and get yours while the current supply lasts.

One recent change in our product line has been the removal of VHS and DVD movies from the Gift Shop. The DVDs have been passed along to the Library for your viewing pleasure, and the VHS films have gone to a local thrift shop.

We always appreciate feedback on items that you would like us to carry but are presently not here, so please do not hesitate to share your desires in that respect with us. Let any of our sales people know, and they will pass the word along promptly.

*Ruth and Gil Kaufman*

## *Cadbury is for the birds, the bees and the butterflies*

In early March, Jeane Wampler saw robin scratching in the snow for worms. Many go south for the winter. Other robins remain here in the woods for the winter living on insects, earthworms and berries. Jeane was right; the robin was looking for worms.

Long time resident Bill Gehron works out in our gym. When he is on the treadmill, his sharp eyes take in what he sees outside. One early April day he noticed movement in a tall ceramic pot on the patio with an evergreen tree growing in it. Further checking out the urn Bill found a mallard duck sitting on eight eggs. A mallard can lay up to 5 to 14 eggs and take up to 26 to 30 days to hatch. However, one day Bill's duck was gone and there were no egg shells. Rumors were noted that some residents were frightened by the duck and staff removed the eggs. The rumor was probably true since there were no broken egg shells.

The mallard duck has been with Cadbury since day one finding safe nesting sites. They have nested on the second floor patio outside of skilled care dining room. A staff member on smoke break watched as mother coached her young to drop to the ground. The

occupation therapy staff maintains a raised garden bed for working with clients. Ms. Duck claimed the garden for her nest. Adele Hudson Trout had a duck nest next to her sunroom. Dick Kaufman was startled when he reached into his strawberry garden and a mallard flew out. Fran Baker and this writer were in the right place and time to see Ms. Duck hatching eggs under a rosebush by the front entrance to Cadbury. When all ten young were lined up, mother marched them around the West wing to the pond.

As we were walking from the Club House to our cottage, we noticed a large number of snow geese crossing Gills Neck Road and starting to eat our green grass moving down the bank of our retention pond. At bottom was a pair of Canada Geese feeding. They let the snow geese know that they were not wanted. Then the Canada Geese screaming and moving forward up until they drove 41 snow geese back across Gills Neck Road.

Fran and Joe Baker enjoy the waterfowl from their second floor sunroom. They have seen the pond filled by Canada Geese feeding. Other water birds enjoyed by the pond include blue heron, egret, and osprey. With only one of two fountains operating birds rest on it. Elaine Connell was entertained by the turtles struggling to get on it to rest. At the East pond, Carl Jeffers calls large bull frogs with loud claps of his hands. Then the frog responds with the same. What fun!

Birds feeding and drinking in our backyard included finches, sparrows, grackles, cardinals, robins, starlings, doves, crows, ducks and soon you can see our red wing black birds close if you walk around the west wing pound.

Sharon and Dean Hover hung their humming bird feeder in early May. Very soon the hummers were feeding with sometimes three at a time. How exciting.

### **The Bees**

The Bees in the library hive seem to be losing bees over the winter. Dean Hoover feels that the queen was slow in producing workers since the outside hive is doing well in producing bees. He has removed a frame there of brood filled of eggs to feed the library hive.

Dean does not limit bee keeping to Cadbury. He teaches courses for the Osher Lifelong Learning Institute

in Lewes. This year he taught twenty-five students on bee keeping. Several became bee keepers under the tutelage of Dean and assistant Tom Lord. (See Cape Life May 27 posted in library)

### **The Butterfly Garden**

The original butterfly garden was not cleaned of weeds in the fall. By May there were more weeds than garden plants. Janet (Bunny) Guerrin cared for butterfly garden last summer. This year she put out a call for help and the following residents volunteered to pull weeds and debris. Janet Guerrin led the group - Pat Kraut, Carol Bishop, Fran Tobin, Jim McMullen and Jim Bazzoli.

Executive Director, Carol Holzman has announced that the care of the butterfly gardens will be under Chuck Rendulc, Director of Supportive Services.

*Frances and Jim Bazzoli*

## *IN MEMORIAM*

*Don Burgess*

*Tess Calderone*

*Barbara Cleaveland*

*Sarah Cullen*

*Carole Edison*

*Maxine Evans*

*Ginny Knight*

*Sybil McKennon*

*Lois Peterson*

*Tommie Schreier*

*Doris Shirk*

*Louise Wagner*

*Lucienne Wolfe*