

CALRA FREE PRESS

Cadbury At Lewes Residents' Association

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www.calra.org

Cadbury Birthday Celebrations

Cadbury residents
clockwise from top:
Ed Carter; Soloists Dick
Kauffman, Carol Bishop &
Jim McMullen; Binky
Thompkins & Adele Trout

Miniature Golf

Spring Chorus Program

Butterfly Release

Sing-a-long

Official
Celebration
Buffet

President's Message

from Gil Kaufman



I hope everyone enjoyed the celebration of the 10th Anniversary for Cadbury at Lewes. I found the photograph albums covering the ground-breaking ceremony, the construction, and the opening parties to be especially interesting. If you have not have a chance to see them, stop by Barb White's office to borrow one or two. We have been trying to identify everyone in the pictures to make them more valuable for the future.

Continued on page 2

Kudos to Cadbury's
Dining Services for their
magnificent
anniversary buffet
presentation on
Thursday, August 10.
The variety of foods
was spectacular and
all were real gourmet
treats – only the
fireworks were
missing.



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Gift Shop Gil Kaufman Library Judy Burgess

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Jane Lord Nominating Program Richard Woolley Wellness Sharon Hoover Ron Trupp

Wood Shop

CALRA Free Press

Editor Sara Corbishley Editor Emeritus

Pat O'Hanlon

BOARD MEETS 2nd Monday **GENERAL MEETINGS**

3rd Monday

President's Message

continued from page 1

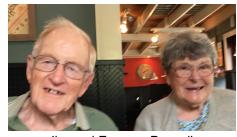
This past summer has been productive on several fronts. First, our veterans have begun getting together monthly and have starting sharing stories about their service around the world. I was surprised to learn just how many veterans we have here at Cadbury and the variety of services represented. Della Wernecke, an activity coordinator on the Cadbury staff, has done a super job of getting this activity going and facilitating the sessions, with Frank Dynan leading the effort on CALRA.s behalf. (See Page 6 for more on this.)

Another activity getting a start this summer is a possible collaboration with a local community gardening group on vegetable gardening. Thirteen residents have indicated some degree of interest in working with the Lewes' Community Gardening Group to start raising vegetables sharing the space previously committed to our "dog run." Some issues on retaining some dog run space and security have been addressed, so this activity will have its first trial run in 2018 and the vegetables produced will benefit both the gardeners themselves and local food pantries for our needy families. Some additional information can be found on page 3.

The Springpoint affiliation is about to be finally taking hold. David Woodward has made several visits to let us know his vision for this collaboration and now we await the finalization of the agreement. We

expect to see more Springpoint representatives on site by September 1.

Finally, an item about the retirement of our "Birds, Bees, and Butterflies" contributors. For many years Jim and Frances Bazzoli have kept us abreast, through their own observations



Jim and Frances Bazzoli

and reports from Cadbury neighbors, of the local wildlife. Their articles have appeared in every issue of the CALRA Free Press since the opening of Cadbury. On behalf of all Cadbury residents we thank them for this stalwart service and wish them well in their renewed

Enjoy the fall weather and the start of the holiday season.

Oh where, oh where have our little carts gone? Oh where, oh where can they be? When we need them they Seem not to be there Oh, please bring them back for our Cadbury family!



❖NEW CALRA BOARD MEMBERS

Nancy Krail replaced Karen Consolini as West Wing 1st Floor Representative and Pat Cummings replaced Erna Steinbruck as West Wing, 2nd Floor Representative.

Sharon Hoover will be joining the Board as chair of the new Wellness Committee.

***RECYCLING**

If you missed the electronics recycling event in June, never fear, this will be a semi-annual event. Look for the next one sometime after the holidays.

The semi-annual shredding event which allows residents to dispose of sensitive documents will be held in October.

♦HEY, ALL YOU SHUFFLEBOARD PLAYERS

Just a reminder, the shuffleboard courts are open for play. They were opened the second week of April.

But when's a good time to play—Is it too hot today? Is it too windy today? Is it going to rain today? Or Is this just a perfect today to play shuffleboard?

If you find one of those rare, just right days, call your team mates and get out on the courts and play. You know who you are.

You're the *Sisters* playing the *Slipped Discs* or the *Hot Shots* playing the *Trolls*, or the *Que Sticks* playing the *Shufflers*. And then we had all those other teams: the *Discos*, the *Pushers*, and the *Sticklers*.

Remember all those teams and the fun you had playing last year? Well it will be even more fun this year, because you have a lot more experience now and you're more familiar with the rules.

The point is we don't need a big plan and schedule to play in tournament fashion hoping the weather will be just right—you can play when it suits you and when the weather suits you.

All you have to do is reconnect with your team partners and play. Try it, you'll like it. The equipment box key is at the front desk. Please return the key when you're finished.

♦COMMUNITY GARDEN

On July 25, three members of the Lewes Community
Gardeners presented their proposal for creating a community vegetable garden at Cadbury. Bolstered by residents' interest and support of the concept, the group plans to apply for grants to fund the project. If you missed the meeting, you can view the PowerPoint presentation online at http://a.calra.org/LewesCommunityGarden.pdf.

***RESIDENTS DIRECTORY**

The next Pictorial Resident's Directory will come out in December. If you would like to update your picture, there will be an opportunity to do so in October. Details later.

♦NEW HANDBOOK

The brand new CALRA Handbook has been distributed to residents. This will be a valuable tool for new residents to learn about all things Cadbury. Special thanks go to Jane Bretnall who did a great job as editor and chief of layout.

♦ CHORUS REHEARSALSNOW ON TUESDAYS

A chorus needs two vital elements in order to succeed — happy singers and an energetic director/pianist. To keep our energetic director, Jerry Birl, it has been necessary to change our rehearsals from Mondays to Tuesdays, with the exception of the Program Committee night, the third Tuesday.

All folks who love to sing are welcome to join us in preparing for our Christmas Programs. We sing four-part harmony with a happy heart and spread joy within our Cadbury Family.

Rehearsals will resume on Tuesday, September 5 at 7:00 pm in the auditorium. Any questions call Carol at 645-0594.

***UP-COMING CLASSICAL**MUSIC CONCERTS

- •The Delaware Symphony Orchestra will perform on Sunday, September 17 at 3 p.m. at Cape Henlopen High School. Music Director David Amado will be conducting and will lead a pre-concert talk. Info and tickets at *delawaresymphony.org*.
- The Mid- Atlantic Symphony Orchestra has announced the schedule for its 20th Anniversary season. Two concerts planned for Mariner's Bethel Church in Ocean View. There will be concerts on December 9, 2017 and March 10, 2018 at 3:00.
- Coastal Concerts presents a series of 5 concerts this season beginning with ZOFO (piano 4 Hands) on October 21 at 7 p.m. Four additional concerts of varied Continued on page 4

September Program

Tuesday, September 19
7:00 pm Kalmar Nyckel Auditorium

THREE COUNTRIES IN AFRICA: NORTH, SOUTH AND IN-BETWEEN

Presented by Jane Lord



Jane

From the Strait of Gilbralter



To the Cape of Good Hope

As a traveling sociologist, Jane seeks to understand differences in how people live. Drawing on her experiences in three very different West African countries, she will share her impressions of medinas in Morocco, a family compound in Senegal, and an informal settlement and a planned sustainable community in Stellenbosch, South Africa.

November Program

Tuesday, November 21 7:00 pm Kalmar Nyckel Auditorium

An Evening with Kevin Fleming

A Delaware native, Kevin began his career as a newspaper photographer after attending Wesley College. He spent a decade as a National Geographic photographer and most recently has concentrated on creating books. He has published twenty-three books to date. The most recent book is titled "The Beach", captures the wildlife, nature and beauty of coastal Delaware.



continued from page 3

groups are spaced from November to March. Programs at 2 p.m., one at 7 p.m. The concerts are all on Saturday at the Bethel Methodist Church here in Lewes.

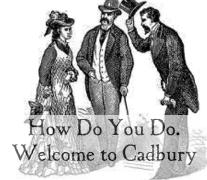
SMART PHONE SMARTS

Does your smart phone seem unfriendly or complicated? Find out what your smart phone has to offer, get some practice and have questions answered.

Bring your android smart phone (not for iphones) to the craft room on Tuesday, October 3 at 10:00. Woody Seamone will lead a session to unlock the mysteries.

♦ POSTCARDS FROM THE PAST

Cadbury resident Joe Boyle's collection of postcards is highlighted in the July issue of *Delaware Beach Life*. Check out the article (with lots of great pictures) on page 58.



George & Thelma Maxey moved into Apartment 109 on June 29.

Carolyn Sargent moved into Apartment 118 on July 8

Corinne (Rennie) Malsbury moved into Apartment 215 on July 31.

Welcome to India (Any similarity to Cadbury is purely coincidental)

by Carolyn Christensen

Carolyn lived at Cadbury from 2012 until her death in November 2014. When not teaching and raising three children, she was always keeping journals, writing poetry, editing her church's news letter which included writing a monthly column. She also wrote a memoir about the adoption of her three children, titled "The Many Voices of Adoption".

When Curt was posted to the U.S. Embassy in New Delhi, Carolyn kept a journal of their initial months in India.

Friday, October 8, 1993

Today was orientation day. We were taught about safety, health, living in India and driving. But what we really needed was an orientation on Indian electrical switches.

We did figure out how to turn on the lights in the bedroom last night, but I spent much of this morning trying to figure out how to turn on the fan or the air conditioner and how to turn off night lights and overhead light and sidewall lights. What were all these switches for?

In our bedroom I counted 19 switches, 1 dial, 10 plug-ins, and a curious switch looking like a doorbell. Later I learned it was not a doorbell but an emergency button which, when pressed, set off the security alarm system. Fortunately, we had not yet learned how to turn on that system. I now know, too, that there are two more switches in the bedroom, these behind the headboard of the bed, one for a light, the other to summon a servant or perhaps a husband.

In the small dressing room off the bedroom are 3 switches and a dial to regulate the fan. The bathroom contains a panel of 1 large and 3 small switches as

well as a small group of switches - large green, middle-sized blue, and small orange with the instructions "To test press orange button. Device must trip. To reset press blue button" Test what? What device? Reset what? As I looked for more switches, I noticed one lock on the door leading to the dressing room and 3 locks, one of them a deadbolt lock, on a door opening into a screened porch. Privacy guaranteed! But if I'm locked in, I may starve before someone finds all the keys needed to open the place.

Total for switches and locks? Twenty-eight electrical switches and 34 more locks on the doors, windows, AND screens. And I hadn't even left the bedroom yet. Dare I venture out?

Thank goodness! The hall had only 12 switches, 1 knob, and 4 plug-ins. The night before we had been unable to turn on lights in the kitchen. We couldn't find any switches. This morning I discovered them behind the freezer—5 of them, plus a knob and a security panel with keys, red and green lights and a black reset button. The refrigerator had only one switch, one plug, and a transformer with a dial, a switch, and a knob. What luck!

Around the walls are 14 more switches, some large, some small, some with markings and many with arrows, and 12 plug-ins, some with three holes and others with five, some big, some small, some shaped like triangles, and others like arches. I see only 12 locks on the three windows and screens.

I've been up only fifteen minutes and already I'm exhausted from trying to find the right switch.

Welcome to India. Your first task, should you be chosen, will be to learn how to turn on the lights!

In Memoriam

Jean Erick (05/27/2017) Fred Dignon (05/28/2017) Dolores Redefer (06/02/2017) Helen Ballard (06/03/2017) John Saupp (06/03/2017) Margaret Keys (06/04/2017) Jane Hatter (06/10/2017) John Carl (06/18/2017) Elaine Glisson (07/08/2017) Athena Vranas (07/13/2017) Lorraine Rose (07/20/2017) John Hocker (07/21/2017) Carlton Starkweather (07/25/2017) Frances Walls (07/25/2017) Helen Berg (07/31/2017)



Cadbury is home to almost three dozen veterans who served in the U. S. Armed Forces. Some served our country in World War II, others in Korea and Vietnam, while others stood ready during the intervening years.

Until recently, CALRA hadn't had a formal activity to acknowledge and celebrate the service of our veterans. Thanks to Della Wernecke, Cadbury Activities Assistant, and Gil Kaufman, CALRA President, we began monthly Veterans' Socials to bring these men and women together in June. They now have the opportunity to share their stories and experiences, and to socialize with others who share a common bond.

Della's family has given much to their country. Her father served in the US Navy during World War II and was a prisoner of the Japanese on Saipan, until that island was liberated. Two uncles were killed in World War II action. Three more uncles served in action during that war. These events made a deep impression on Della and created her desire to honor our veterans and to preserve their memories.

Before working here, Della worked in Florida in a community similar to Cadbury. She began the Veterans' Socials there. Della proposed the idea to Gil Kaufman, explaining that the socials in Florida had been successful. Gil discussed the idea with several of Cadbury's veterans and was encouraged by their feedback. He next conducted a survey of residents and their response showed a high level of interest.

Our first Veterans' Social was held on June 29 in the Assisted Living Activities Room and attendance was even better than anticipated. We learned that we needed a larger gathering space for future Socials. Our second Veterans' Social was held on July 27 in the auditorium. Nineteen veterans attended. This venue provided enough room for all to sit around a table and share their experiences while enjoying light refreshments.

The next Veterans' Social is scheduled for Thursday, August 31 at 6:00 pm in the Auditorium. Beginning in September the socials will be held at 3:30 pm on the last Thursday of the month. The agenda for each will be based on the interests and desires of the veterans who attend. Della will continue to lead these events, using her Florida experiences to make suggestions for what may interest Cadbury's veterans.





The Quiet Room Library

by Ceila Perge and Sharon Hoover

Four bookcases of religious and spiritual books are housed in the quiet room. These books can be borrowed just as they are in the regular library. Help yourself and return when you have finished reading them.

The books will soon be aligned along the back wall so that they are easily seen from the hallway—just to remind people that they are available.

For ease of browsing, the books are divided into sections. There's prayer and meditation, women, Catholic, Protestant (organized by denomination), Quaker, Bible and world classics.

If you want to recall the Methodist liturgy for communion, you can find it in The Methodist Discipline. If you want to become familiar with the Qur'an, there are a couple of different translations. There's an Episcopalian Book of Common Prayer and several different editions of Quaker books of Faith and Practice.

There are a group of books about the various world religions: Judaism, Hinduism, Buddhism, Catholicism, Christian Science, Islam, Mormons.

There are also specific titles by such writers as Rick Warren, Joseph Campbell, Henry Nouwen, Dag Hammarskjold, Thich Nhat Hanh and the Dalai Lama. There's also an I Ching and a few books on Native American religions.

Reading books from the collection can introduce people of different faiths to one another, help them to understand the different kinds of ways people worship, and perhaps to comprehend better why there are different sects around the world, including those within the United States.

Many different translations of the Bible are available, including several large print Bibles and CDs of the American translation of the New Testament. There is also a large variety of books about the Bible: study guides, commentaries, dictionaries, a few critical analyses, and some novels with specific biblical settings, such as a few by Thomas Mann highlighting the story of Joseph of the Old Testament, and a book on the Dead Sea Scrolls.

A few study guides are also available, such as one by the Friends Services for the Aging. There is also a collection of Friends pamphlets ("designed to be read in one or two sittings") and the monthly Friends Journal.

If someone is looking for something to read each day in a quiet time, they might want to borrow one of the prayer or meditation books. Some of them are for any day, some for special seasons.

A Library Lines Book Review

by Allison Dench

Death Comes to Pemberley by P.D. James.

After six years of marriage and two children, Elizabeth and Darcy have established a peaceful, happy home for their family at Pemberley, Darcy's impressive estate. Elizabeth's father is a regular visitor; her sister Jane and her husband, Bingley, live nearby; the marriage prospects for Darcy's sister, Georgiana, are favorable, and preparations for their annual autumn ball are proceeding apace. But on the eve of the ball, chaos descends.

Lydia Wickham, Elizabeth's disgraced sister who, with her husband, has been barred from the estate, arrives in a hysterical condition—shrieking that Wickham has been murdered. Plunged into frightening mystery and a lurid murder trial, the

lives of Pemberley's owners and servants may never be the same.

The reader is transported into the Victorian age. Its characteristics clearly portrayed, although its emphasis on the importance of daughters marrying "well," in other words marrying for money, suggests at times that parents were "selling" their daughters. The truth, as we know, is that in those days daughters had no other way to secure their futures. However, although daughters today have more choices, parents can still overemphasize the importance of marrying for money.

The language in the novel can seem of a different time, somewhat flowery in today's world, but the characters are drawn vividly, especially Wickham's. The clearly drawn setting and lively dialogue move the plot along in a lively manner.

Death Comes to Pemberley is in the Cadbury library for all to enjoy.

Molly - a Virginia Bitch

by Jim Sylvanus

Molly is one of Cadbury's first residents.

In April of 2005, Leslie and I traveled to southwest Virginia to attend Dr. Ralph Stanley's Blue Grass Festival on Cinch Mountain. We stayed at a motel in Marion, VA on Thursday night and departed for the Festival Friday.

On the way we noticed a direction sign for Hungry

Mother State Park. Curious about the name, before departing for the Festival Saturday morning, we went to investigate the Park.

The Park is named for the Legend of the Hungry Mother. The family had been kidnapped by Indians; the mother and daughter managed to escape but the mother collapsed. The daughter kept going and when she found help, she could only utter, "Hungry Mother". Rescuers went to find the mother, but she had died.

Just before arriving near the entrance, we had noticed a small dog lying on the side on the road and another one running nearby.

When arriving at the Park Reception Office, we told them what we had observed. Luther, a Park Ranger, said he would investigate and see if there were name tags on the dogs.

Later when we were ready to leave, Luther arrived with the dead dog in a bag, and the other female puppy tied up in the back of the pick-up truck. Leslie asked Luther what he was going to do with the pup, and Luther said he would take it to the Animal Control Unit on Monday. Leslie then said, "we'll take it". We told Luther we would return Sunday morning to get the puppy.

We had been "pet-less" for a year or so, and I kind of liked the freedom of pet care. On the way to the Festival, we debated if this was a good idea. We were in the process of selling our house and getting ready to move to a retirement community.

Leslie decided to telephone our Son-in-Law, Kevin Coogan, who is the Veterinarian with the



Kentmere Veterinary Hospital in Wilmington to get his opinion. His advice, "it's fate, go for it".

Sunday morning, we went back to the Park and picked up the puppy. We stopped at the local Wal-Mart and bought dishes, food, collar and leash and headed back to Maryland.

When Kevin examined the puppy he estimated her age at 3 months and set her birth date at February 2. Molly moved to Cadbury with us July 28, 2007 and now is 12 years old and weighs 90 pounds. Leslie named her Molly after Molly Marley, the name of the Hungry Mother.

Rathskeller Ramblings
by Jim McMullen

I have been a home-brewer for almost 10 years and I continue to pursue my hobby here at Cadbury. Many of you have enjoyed my brews (responsibly) at Happy Hour and ask a lot of questions about the hobby and my latest project. Thank you for your interest. This occasional column will answer some of your questions and keep you informed as to progress and what is coming up.

At this time there is no home-brew in stock. The last bottle went bye-bye in late winter, and I haven't, until recently, had time to do another batch. Help is on the way. In mid-June I brewed a Scottish ale and bottled it in mid-July. It will be ready for our enjoyment by the time you are reading this.

Scottish ale is amber-brown in color and relatively docile with an ABV (Alcohol By Volume) of around 3.5%. This batch came in a little stronger at 3.675 %. It has a mild, malty flavor. Some tasters say there is also a "smokiness" to the taste. Others say it has a "chocolatey" taste, which I tasted while bottling. Otherwise, I found it slightly sweet and malty with just a hint of hops. In any event it is surely more flavorful than the big brewers' offerings and I'm looking forward to sharing it with you in September.

What Wonderful Things a Band Saw Can Do

by Ron Trupp

In the Cadbury Wood Shop, we have many machine tools to cut and shape wood.

Most often we want to make straight cuts so that we can cut a narrow strip from a wider piece. To make this cut, you would use a table saw and we call this a rip cut since you are essentially ripping one piece from a larger piece by sawing with the grain. The cutting blade for the table saw is a circular disc with many teeth, depending on the smoothness of the cut you want.

You could also use a table saw to cut perpendicular to the grain—we call that cross cutting.

But sometimes you may want to cut curves. For example: consider the walking cane shown in the picture. This cane has distinct curves along its length. These curves give the cane a more interesting and natural look suggesting it was made from a tree branch rather just a straight rod as many canes are. Of course, those canes are fine too, but the curved one has more

character. To cut the curves shown in this cane, you need a band saw.

The blade of a band saw is actually a long steel band with teeth along one edge of the entire band. The band is mounted over two wheels, one above the other, that are driven by a motor causing the blade to have a continuous cutting edge as the band is driven by the rotating wheels. To cut a specific shape, you would draw the shape you desire on the wood and then guide the wood into the blade to cut along the line you have drawn. To cut sharp curves, you would use a narrow blade. For larger, more gradual curves, you would use a wider blade.

The Wood Shop has recently needed to replace some of these blades and purchased three of various widths. Dean has made many of these canes, and more recently Richard Thomas has learned cane making from Dean and has made several canes for himself and members of his family. Dean made the particular cane shown for Ed Carter. These canes are very handsome looking items and are a small example of what a resident can make in the Wood Shop.

Those Pesky Plastic Bags

A Press Release from Nancy Frommick, Chester County PA Recycling Coordinator

What is the better choice a paper or plastic bag? A reusable bag of course is the best choice. However, other bags also have their place.

A few years ago, a couple of communities in California banned plastic shopping bags only to find out that the sale of plastic garbage bags and wastebaskets liners went up. They discovered that many people use the free plastic bags they get at the store for kitchen and bathroom trash collection as well as diaper and pet waste cleanup. The free bags were replaced with bought bags. Those bans were lifted at the time.

Grocery stores have collection containers at their entrances to collect and recycle plastic bags. Some

bags might rip or have a hole in the bottom, making them unusable for home trash collection. Back to the grocery store entrance container is the place for them. But there are many other items to recycle in those containers you might not be aware of. You can also put in plastic newspaper sleeves, dry cleaning bags, bread bags, product wrap (used on paper towels, diapers, bathroom tissue, water bottles), food storage bags, produce bags, bubble wrap, LDPE/HDPE films and any film packaging or bag that has the How2Recycle Label shown.

Please recycle only CLEAN and DRY bags and film and remove receipts or any other items. Never put plastic bags in your curbside recycling bin. A plastic bag at a recycling facility can jam expensive sorting equipment.

Clean plastic bags mixed with sawdust will become plastic lumber – a deck, a dock, a fence, bench or even an attractive outdoor recycling container.

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Our Visiting Birds

by Jim and Frances Bazolli



As summer arrived we sighted three birds unknown to us. At the same time Lois Nickerson saw the same birds. She and Frances searched their bird books and agreed that they were **short-billed dowitchers**. They are shore birds with long bills and legs. They were grazing on the bank of the retention pond next our cottage. They stayed three days ad have not been seen since.

Our first **ruby throated humming bird** this year was a male. Ruth Kaufman watches Hummers early morning and evening, as during the day they are sitting on eggs or feeding their young. Ruth has noticed that there seem to be fewer Hummers this year.

The most seen and noisy bird at Cadbury is the **northern mockingbird**. They have a nest in our front yard, where they feed on insects, spiders and fruit. Frances Mason often hears him singing from the roof top of nearby cottages where they can warble up to twenty different songs. There are at least for nesting mockingbirds on campus.

Most birds we see come to our back yard for food and shelter. We grow sunflowers for the birds. We watched a **goldfinch** climb on a sunflower checking it out. He decided to go to the top center and eat for several minutes.

Jean Woolley has agreed to continue the Cadbury nature watch. She is an avid bird, butterfly and wild critter watcher as well as being an avid gardener.

Please help her celebrate the wonderful natural environment here at Cadbury by sharing your observations with her. She can be reached at:

writeawayetc@comcast.net or 302-313-4243 or stuff a note in her cubby, C31.

She would love to hear from you.

Entering our sun room, which has a view of the retention basin. we saw a large white bird not known to us. Our bird book identified it as a **great egret**, which stand 38" high, is all white except for a yellow bill and black legs. It seemed to be checking the grass and then entered the water. After a short time it was back on the grass and lifted up over the East Wing Apartments and was gone.

Other visiting birds included: house finch, red winged blackbird, house sparrow, song sparrow, cardinal, dove and mallard duck.

Ten years ago Cadbury opened for business. New residents noticed many blue birds on our campus and we bought blue bird boxes. Adele Hudson Trout had to go up state and bought back an elegant blue bird box. From her enthusiasm ''Cadbury Is for the Birds' was born and continued because of our residents input. We appreciate your help. It is now time for us hang up the pen and step into old age.

Many thanks, Frances and Jim Bazzoli



Binky Thompkins raises a glass for a final birthday toast to Cadbury on its 10th anniversary!