

THE FREE PRESS

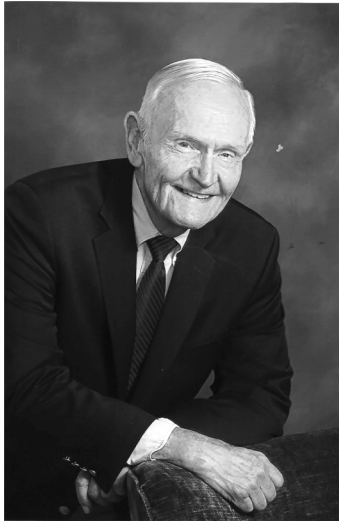
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TV Channel 970

www.tmalra.org

The Moorings at Lewes Residents Association



In the last issue of THE FREE PRESS I suggested that winter was about over. March sure proved that to be wrong. But good signs are appearing. Larry Myers reports that as of April 14, seventeen teams had

signed up for spring –fall outdoor seasons. There is still room for more in this very popular activity. Several new walking programs have begun. So, let's get out and enjoy.

Our Treasurer Tom Reed reported that as of April 14 the annual solicitation for contributions to support TMALRA activities had been responded to by 73% of the residents, providing \$4680 which just \$380 short of the budgeted amount. If you are not among the 73%, there is still time to participate. Simply place a donation in Tom's Cubby 35. Checks may be made to TMALRA.

In the last issue I also suggested that we should try to do a better job of trying to get to know each other. Putting personal information on the Community app. Resident Directory is an easy way to introduce yourself to the rest of us. Ask someone from Resident Services for help if you need it.

Expansion is a topic that will increasingly become a topic of

conversation and a cause for some concern. There have been recent presentations from Springpoint management to inform us of their plans. Those presentation have partly been involved in responding to questions from residents. Recently the TMALRA board has asked me to appoint an Ad Hoc committee to communicate with management prior to and during construction. So far, resident involvement has been involved asking fairly general questions. I think a committee might be useful in making sure that management has a clear idea of what residents think is important as more details are addressed, and decisions are made. As time goes by you will hear about such a committee and how to best present any specific ideas you may have concerning facilities improvements.

Finally, The Annual Memorial Service on April 17 remembering those who had passed in the last year was beautifully done. Rebecca Brenner's leadership of the event set a wonderful tone. TK had many residents participating and the harp playing through it all enhanced a setting in which we could think lovingly of our missing friends. I had the opportunity to recall special occasions with many for which I am thankful.

Ed Steiner

New Chef Q

Starting in the Moorings food service.

See update on dining on page 12.



Board of Directors

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By-Laws	Jane Lord
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Dining	Franz Portman
Empl. Appreciation	Larry Myers
Gift Shop	Diane Bair
Library	Judy Burgess
Nominating	Jim McMullen
Program	Rebecca Brenner
Wellness	Gail Bourassa
Wood Shop	Richard Thomas

TMALRA Free Press (Printed Quarterly)

Editor	Sandy Spence
Proofreader	Dennis Gillespie
Layout	David Bleil
Distribution	Joanne Nichols

Board Mtgs	2nd Monday
General Mtgs	3rd Monday

OUR HISTORY SHELF IN THE TMALRA LIBRARY – DO YOU HAVE QUESTIONS?

Do you ever wonder how The Moorings got started? Or why do so many things around here have the Cadbury name? What/who are Charter residents? The answers to these kinds of questions and many others can be found on the History shelf in the TMALRA Library.

Recognizing the large number of relatively new residents who have joined us in the past several years, it seems timely to update the historical information available in the Library about The Moorings and its residents,

The History shelf is on the outside wall near the west end of the TMALRA Library (closest to the auditorium). Among the items on the History shelf are the following:

1. Sixth Edition of "History of Cadbury & The Moorings at Lewes & Their Resident Associations" – A relatively thin loose-leaf binder covering the history of our Continuous Care Retirement Community (CCRC, as it was known at the time) from its Cadbury origins through the affiliation in 2017 with Springpoint Senior Living and our change in name to The Mooring at Lewes. It includes the creation and construction of the CCRC itself and the formation and growth of our resident association, Cadbury at Lewes Resident Association or CALRA, and its transition to The Moorings at Lewes Resident Association or TMALRA. This loose-leaf history book is readily removed from the shelf for browsing, but since it is a reference book, we ask that you please do not remove it from the Library

2. Four tall, heavy photograph albums are filled with snapshots of many early promotional events and some of the early gatherings after Cadbury at Lewes became a reality. It is enjoyable for those of us who have followed after to look through these to see who we recognize as past or current friends. There are a surprising number of the original Charter members still here. These

photograph albums are heavy, and we recommend you use caution in carrying them carefully to the big round table in the Library for browsing. Like the history text, these are reference books not to be taken out of the Library but rather browsed at the big table.

3. Three additional, even heavier reference books containing artifacts of the early development of Cadbury at Lewes from the time the first sales office opened in 1999 through Cadbury's opening in 2007. One of these books focuses on events of the first three years, 1999–2002, whereas the other two cover a number of newspaper articles of the later period. Several of our Charter residents made it into those early newspaper articles

4. "Passages," a database in loose-leaf format covering a record of all of Cadbury's and The Moorings' residents who have "graduated," i.e., passed on, during the 18 years since Cadbury at Lewes first opened for residents in 2007. Since detailed records of this were not kept for the first few years, data for the earlier years were taken from the listings in issues of the resident newsletters and less detail is available for them. More detailed records, including dates and ages, have been recorded since about 2012.

5. "Who's Who at The Moorings," a compilation of articles about our residents from the TMALRA Free Press newsletter

We welcome feedback and suggestions of other items that you would like to see added to the History shelf in the Library.

Gil Kaufman

Email Note

The fact that quite a few messages sent through TMALRA have been landing in residents' Spam folders was discussed at a recent meeting of the Communications Committee. The Committee is exploring various possible reasons for this and will make every attempt to resolve the problem. Meanwhile, you may want to regularly check you Spam folders for misdirected messages.



MEET THE ARTIST

The exhibits in our hallway art gallery are always a treat. January's paintings were especially interesting because they were the work of one of our own Moorings family. Phyllis Zwarych

moved into a cottage here about three years ago with her partner, Sheila Chlanda, who, sadly, died this past December.

Phyllis had an unusual, long path to becoming an artist. In fact, she says her only artwork as a young person was done when asked to draw animals as part of Biology class. Her continued interest in science, her natural curiosity, and her interest in detail led her to a degree in Biology from Moravian University, a further degree in anatomy from the University of Kansas – and a third degree in dentistry from the University of Pennsylvania.

Phyllis overcame at least two hurdles to achieve her success. She was the first of her family to entertain the idea of going to college, let alone earning degrees from three. In addition, she greatly exceeded the expectations of her time that women should be limited to marriage, teaching, nursing, or secretarial work! A true trailblazer!

Phyllis' professional life as a dentist came to an end in 1998, when she retired. She believes it was her lifelong interest in detail that led her to a career in science and ultimately, to art. Detail in everyday life now provides inspiration for much of her work. We are thankful that we were given the opportunity to observe that detail in her paintings.

Phyllis is thankful as well — to those residents who bought her paintings. We, here at the Moorings, are also grateful to her because Phyllis generously donated the proceeds from the exhibit, plus an equal amount, to the Springpoint Foundation.

Kathleen Pedersen Page 3

A Childhood Recollection of the 1930s – Trolleys.

I was born in Baltimore city in 1931, so my earliest memories are of life in a row house in the city. We did not go “downtown” (that is, to the commercial center of Baltimore) very often, but when we did, the mode of transportation was by trolley car or streetcar as it was more usually known then. These were electric vehicles that rode on their own tracks which were laid in the middle of streets or in some cases had their own right-of-way. The power came from overhead electric lines connected to the trolleys via flexible steel poles from their roofs.



In the early days, before about 1937, it was always one of the older design on trolley, like



on the one above. They were OK but the ride was rougher because almost every time they started up, there would be a loud spark of electricity from where the pole touched the overhead line.

It was around 1936 or 1937 that the newer “PCC” trolleys were introduced, PCC meaning Presidential Conference Committee, the original development group of trolley companies. The new trolleys, like the above, were of a so-called art deco streamlined design and with much improved electric motors that eliminated the noisy sparking, increased

acceleration, and provided a smoother ride. We thought we were in Heaven as we took our first rides on such streetcars.

In Baltimore City, the trolley lines seemed to run everywhere, so we could not only go shopping but also to amusement parks like Gwynn Oak Park, swimming pools, and movie houses, local or downtown. When I got a little older, and after we moved to suburban Catonsville on the west side of the city, I would take the No. 8 trolley all the way across town to the stadium where the Baltimore Orioles played. And things were so safe in those days, I could do that ride to the ball park or take a trolley to my favorite movie houses in downtown Baltimore all by myself.

In those days the trolley lines would even run to nearby towns. An outstanding example was the Pittsburgh trolley layout, where you could ride to towns as far away as Library, McKeesport, and Washington, PA, about 30 miles away.

Gil Kaufman

A Preview of Coming Events

The Activities Committee, under the leadership of Peg Partlow, is on the ball! Here are some terrific events they have planned well in advance:

- outdoor shuffleboard to begin on May 10th,
- a trip to Second Street Theater in Milford for Steel Magnolias on May 18th,
- Clear Space and Possum Point theaters in June,
- a tour of Ft. Miles Museum in June,
- a Cape Water Taxi Eco-Tour in July.

The usual Ladie's, Men's lunches and All Resident dinners out will continue through the summer.

Hopefully we will have just completed a successful bus trip to the Barnes Foundation Museum in Philadelphia.

Save the Date: December 18th for our annual Christmas Dinner at the Lewes Yacht Club.

Concert by Cape Henlopen High School Students

The Program Committee of TMALRA hosted a jazz combo comprised of six students from the much larger Cape Henlopen High School jazz band on March 18th. Program Committee member Elsie Gould led us in this direction last fall, observing that there is a lot of talent in the high school just up the road. And she was correct! The musicianship was superb.

One trumpet (Gavin Carlisle, sophomore), one trombone (CJ Schaffer, junior & group leader) and one alto saxophone (Julia Burrell, junior) took turns on the themes from popular tunes while drums (Christian Watland, junior), a base guitar (Zoe Miller,



junior) and a piano (Kellan Leposki, freshman) filled out the compositions.

It was fun watching their communications with each other to enhance each number. At a request from the audience each musician was featured in a solo. Audience reaction, in addition to enthusiastic clapping and whooping, was we should do this once a year.

And this is what the “kids” said: “It was truly a pleasure to play for you all. We had a blast, and it was wonderful to know that our audience did too. The number of people who came up to us after to talk was amazing and felt so good. When I said we’d love to do it again, I meant it!”

The Program Committee schedules a varied set of presentations each third

Tuesday of the month at 7 PM in the auditorium except for the Summer months of June, July and August to avoid conflicts with the Stango Park concert series. The Committee has provided travelogues from Moorings residents as well as speakers on local history, cooking and other topics of interest. Put it on your calendar. It is always worth coming out.

Rebecca Brenner

Library Lines

We are all aware of the ideas for the expansion of the Moorings including the thoughts for the larger library. In the artistic

rendering, the Library will have a stone faced fireplace with a large comfortable couch and two matching chairs. There are three slim bookcases along the walls with shelves to the ceiling. Located in the other part of the room are gaming tables.

At the last Library Committee Meeting, we discussed what we’d like to see in our expanded space. Several members

mentioned additional book shelves and more space for our meetings.

I invite the designers at Springpoint to visit our library, which has developed over the years to meet the needs of our Moorings residents, and come up with a more suitable conception of future changes for our Library.

respectfully submitted, Judy Burgess

***Next Newsletter is due out in August.
Please plan ahead and not wait for
August 1st to submit your articles.***

OUR EDITOR HAS RETIRED

For over ten years Sharon Hoover has served us as editor of this newsletter. Recently, she decided to retire from that position and has chosen Sandy Spence to carry on in her place.

Sharon and her husband Dean found their way to Cadbury (our name at the time) over fifteen years ago. They moved here from southwestern New York, where Dean had held a teaching position at Alfred University and Sharon was chairman of the English Department. They chose to come here because, as devout Quakers, they were looking for a Quaker-run facility in a rural area.

Sharon's life journey began in Indiana on the banks of the Ohio River. As a teenager she set graduating from college as her goal. To make that possible, she worked on truck farms during the summer and in grocery stores and fast-food restaurants in the winter. Her hard work paid off when she received a Bachelor's degree in English and education from Kent State University, setting the stage for her further educational accomplishments.

The Hoovers met as teenage officers of the Methodist Youth Fellowship. They have now been married for sixty-seven years. Early in their marriage Sharon taught fifth grade while living in Denver as Dean was earning his degree in mathematics. Later, his Ph.D. studies took them to Montana State University, where she taught part-time and began work on her Master's.

By that time Sharon was also caring for her expanding family, teaching her three children creative activities like finding acorns in the woods, cracking them open, grinding the nut inside, and baking them in cookies. (Sharon says they tasted very good – I'd have to be convinced about that, but I admit it was creative!).

A Master's and a Ph.D degree in English were Sharon's next educational achievements, earned at the State University of New York at Buffalo during Dean's tenure on its faculty. Her training in language led to writing and editing educational materials for several

nationally-known publishers for several years, becoming principal of a public school, then teaching at Alfred University.

In addition to editing the Newsletter in our community Sharon has been a part of the Wellness, Library, and Program Committees, and sung and played the recorder. As outside activities, she volunteered at the Quaker headquarters in New York City in the aftermath of 9/11 and has now joined the Rehoboth Beach Writers' Guild and History Book Project.

Meanwhile, Dean's contributions to The Moorings are still very visible in our building. The grandfather's clock and the exhibit case in our entryway are just two examples of the woodworking projects he produced in the Woodworking Shop. For many years he was on the building and grounds committees. Besides his work here, he taught math at the Osher Lifelong Learning Institute in Lewes.

Despite some recent serious health issues, Sharon continues to be active – singing and playing recorder, contributing to the Newsletter, and continuing her work with the Rehoboth Beach Writers' Guild and the History Book Project.

We wish you well, Sharon, and thank you for a job well done!

Kathleen Pedersen

OUR NEW EDITOR BEGINS HER WORK



A native of a small town near Pittsburgh, Sandy Spence left home to take a degree in political science from Allegheny College. Her outstanding work there led to being awarded the Eagleton Fellowship at Rutgers University, where she earned her Master's.

During the summer between graduating from Allegheny and going to Rutgers, she won an internship in the Legislative Office

of Pennsylvania Governor Bill Scranton. A few months later, while working on her Master's, she was asked to serve as Chair of Students for Scranton in his campaign against Senator Barry Goldwater for the presidency. In this role, she led the "Scranton Girls" on the floor of the Cow Palace in San Francisco in 1964. (Note: Sandy has since changed her political party).

Sandy's interests and background sent her, naturally, to Washington, DC, where she worked in various governmental anti-poverty programs, among them the Appalachian Project. Later she became a lobbyist for the National Association of Counties, and the Washington Representative for the California Department of Transportation during Governor Jerry Brown's first term. During the Carter administration, which was threatening to defund half of Amtrak's national system, the railway company hired her as a lobbyist and fundraiser. The fact that Amtrak survived is in some small part due to Sandy's success in convincing Congress to provide the funds necessary to keep most of the passenger rail system in place.

As time went on, Sandy and a business partner established their own business, managing small non-profit associations that couldn't afford a full-time staff. This work included lobbying for several small business groups and the Association for Commuter Transportation. The latter eventually resulted in equity for employees whose employers offered free parking. The original bill allowed employers to offer up to \$60 transit passes as an alternative tax-free benefit.

Sandy's first trip to Rehoboth came as she visited relatives on vacation in 1974. Not returning again until she attended a retreat here in 1999, she fell for the idea of living near the ocean. Anticipating retirement after thirty years' work in Washington, she bought a condo here to decide whether she could stand the summer traffic. Fully retired, she moved into a home here in 2004, originally spending most of her time volunteering at the local chapter of Habitat for Humanity and a little later for the League

of Women Voters of Delaware. After moving to The Moorings in 2017, she used her time caring for her dog Dusty who suffered from severe separation anxiety. After Dusty crossed the "Rainbow Bridge," she became an active member of our Wellness and Library committees. Recently, she inherited Ruth Bernstein's dog Bbee and is trying to teach Bbee not to bark so much.

We are happy, Sandy, that you are here at The Moorings and that you have chosen to use your many talents to serve us as editor of the newsletter. Welcome!

Kathleen Pedersen

Music, Music, Music



It is a privilege to make and to share music. Each Tuesday, the Moorings chorus rehearses for an hour in the morning, and recorders rehearse for an hour in the afternoon. Instrumentalists or dancers often entertain residents, and many residents take trips to the musical events in the community. National and international artists come to the area, and many musicians reside here.

In the face of the myriad crises facing the world, singing or playing the recorder can seem less than vital. However, Anne Timberlake, recorder teacher and player, says that making music, at any level, is a way to connect with our humanity, our appreciation of beauty, our mistakes, our desires for self-expression and growth. In a rehearsal, we practice listening and responding to ourselves and others in a way that is kind and committed.

In 1995, Dr. Oliver Sacks and Sr. Connie

Tomanaino founded the Institute for Music and Neurologic Function. They state: "Nothing activates the brain so extensively as music."

This idea is not new. The Greeks claimed Apollo as the god of music and medicine. Pythagoras, a Greek polymath, first used the expression "musical medicine." The Romans first used musicians in battlefield hospitals as a form of anesthesia.

In working with health, the best music is the patient's favorite. Andrew Schulman, who has played his guitar regularly in intensive care units, says that in his experience, the best backups are works by Bach, Gershwin and the Beatles. The last probably because they are familiar to older people. He also recommends Franz Schubert's "Standchen" and "Bohemian Rhapsody" by Freddie Mercury (1975).

In two years of studies done in a research course for healthful music, the music of the Baroque period was found to be the most healthful. Why? Because it stabilized the different rhythms of the body and mind as could be seen in the varied machines that can be attached to people to record such things as blood pressure, pulse, breathing and brain waves. We all need "Someone to Watch Over Me."

Growing evidence shows that dancing can also boost brain health. It helps manage symptoms of neurocognitive and movement disorders, such as Parkinson's, multiple sclerosis, Alzheimer's, dementia and brain injury.

White and gray matter in our brains decline as we age, making our brains slower and hindering multitasking and problem-solving connections. Our brains can reshape, however, as we create experiences and as we learn to move and to do new things. For instance, it has been found that just swaying gently back and forth to music helps us to learn to balance in space.

So, grow your gray matter by swaying and dancing to music as you listen in a group or in your own living room.

This article is based on my reading, experience with recovery

from three strokes, and a lifetime of musical experiences.

Sharon Hoover

CADBURY CHORUS ON BROADWAY

It is indeed a pleasure to introduce our new Director of the Cadbury Chorus, Louise Foster. Louise retired from Cape Henlopen High School as Director of Music but retired she is not! Each week she has 25 private music students at her home. Louise also directs The Encore Chorale and is Director of Music at Cool Springs Presbyterian Church.

Under her direction the Cadbury Chorus will be presenting "Cadbury on Broadway." We will be singing many of your favorite songs taken from loved Broadway shows. We would expect the men to take down the house with their vocal of "There is Nothing Like a Dame" but they compete with the gals singing "I'm Gonna Wash That Man Right Out of My Hair." The songs will bring back many past memories.

We are able to present these programs for your enjoyment twice a year through your support of the TMLRA Activities Fund. We hope to see you June 24th at 7:00 for a memorable evening.

Carol Bishop. Chorus Manager

In a time of deceit telling the truth is a revolutionary act.

--George Orwell

David Bleil the Newsletter Publisher Meets the Press - in His Own Words

I made my first newsletter in the 4th grade of my school in Washington, DC where I grew up. I had



been given an educational toy, a small-scale rotary printing press. It had movable rubber type which was to be inserted with tweezers into slots on the rotary drum. There was only one type face; capital letters and lower case, plus

spacers to go between words, no variable width spacers. The instructions which came with it were for producing a family newspaper. Which I did. It printed one sheet at a time and the rubber type had to be inked by dabbing with an ink pad.

The invention of personal-sized computers simplified a lot of that manual typesetting. Printers in those days were dot-matrix printers and programing them to produce an illustration in dots and punctuation was mostly a time-consuming hobby.

In my later years I belonged to a sailboat club of about 20 to 30 members in the Annapolis area, and another member used an early Apple computer to produce a 2- or 3-page newsletter which was duplicated on the sly by another member who was a teacher and had access to the school's copy equipment. The original newsletter creator developed cancer, and I offered to take over the club newsletter until he recovered, but he out-foxed me and died.

During that time both computers and printers developed enhanced capabilities including color images and color printing. Being interested in the process, I took some courses in desktop publishing and kept improving the newsletter with illustrations and a variety of fonts. (FYI- a font is properly a combination of a type face and a type size, a holdover from the days when type was stored in drawers and manually set into frames.) By then Adobe had developed the PDF, (portable document format), so I could create the newsletter on the computer and have it electronically printed

from a file. I wrote most of the articles and took most of the photographs.

Eventually the cost of printing and mailing dozens of copies by U.S. mail was consuming most of the treasury. I experimented with emailing the PDF directly to all members with an email address and printing / mailing only to members without email. Before long there were no more paper print editions or postage or address label attaching parties. The impact on the treasury was immense. After about 24 years I got tired of the monthly production schedule and began requesting more help. No one seemed interested, so eventually I quit. Within 3 months, another member stepped up and the newsletter is still in production using the distribution methods I pioneered.

Proving, once again, that I am a slow learner, when the producer of the Annapolis Bicycle Club newsletter had some personal problems and took a leave of absence, I volunteered to help out temporarily (another 20 yrs). Using DTP software of my own I put out a monthly, emailed newsletter. By then I had retired from State of Maryland employment, so I had time to do the work, and the newsletter was several pages shorter on most months, still with color illustrations but with most articles written by the Ride Leaders. By the time I was seriously considering moving to a Continuing Care Community, the members doing the Web Pages felt that they could absorb the newsletter and are now putting the newsletter exclusively on the Club Website. Coming here to The Moorings from my home outside Annapolis, MD, I must have mentioned to someone that I had done newsletters before when the former Cadbury newsletter producer passed on. So here I am, still at the hobby that started in the fourth grade.

told to Gil Kaufman

MY LIFE STORY
by Ruth Kaufman Bernstein



Ruth's autobiography published in 2017, is a story about the survival of a German Jewish family living through the Holocaust. Told in simple language, the story unfolds as much through pictures as through prose – from the poignant photograph of two little children with their tiny suitcases and a teddy bear to the searing picture of a passport stamped with a large, red J.

In this, the year of the 80th anniversary of the liberation of Auschwitz, the story is a timely reminder of the human cost not just in terms of lives lost but of lives forever changed. Ruth's journey takes us from Berlin to Bern, from Bern to Amsterdam and finally to New York City. It is a journey from affluence and cultural richness to a place of unfamiliarity and dislocation. But that is not all that Ruth lost. She lost precious memories of her early years.

Despite all the family endured, Ruth and her family did not just survive, they thrived by nurturing family above all. Ruth earned a Master's Degree in Education, married a Russian Jew, raised three children, and went on to teach dyslexic children and the learning disabled.

And so, Ruth dedicates this book to her children and grandchildren lest they and we forget. I encourage all to read this moving account of triumph over adversity. Ruth donated her book to The Moorings library.

Lana Richards

Cadbury Cruisers

Every month the Cadbury Cruiser bus takes a group from the Moorings (you are invited to come!) to interesting places such as the Dover Air Transit Museum, Lavendar Farm, Sussex Emergency Operations Center, and museums, usually the 4th Thursday of the month.

On April 24th we will visit an Alpaca Farm, and on June 26th we'll get a tour of Fort Miles (what's under those dunes?) at Cape Henlopen State Park. July 24th is a Cape Water Taxi ECO tour!

On March 27th the bus took us way down the peninsula to NASA'S Wallop's Flight Facility Visitor Center. The NASA Goddard Space Flight Center's Wallops Flight Facility plays an incredibly important, and historic role in our understanding of Earth and Space Science. Since its beginnings in 1945 as a highly specialized flight and missile test site for the Langley Aeronautic Laboratory for piloted space flight and then to pilotless space craft (postwar 1950), to a multifaceted research and



training center servicing not only the military with aeronautical engineering data but international collaborations using aircraft, scientific balloons, and sounding rockets.

Wallops Facilities cover thousands of acres, partly from the previous Chincoteague Naval Air Station. It has been the launch site for over 2500 Sounding Rocket missions, as well as

manufacturing, assembly, and sub system (such as recovery, altitude control, etc. They have tested and evaluated for vibrations, spins, bends, mass property (payloads).. really interesting stuff. It also piloted programs for the Tomahawks, Mercurys and Space Shuttles.

Launches from Wallops Island will cover: Geospace, Solar Physics and Technology Development. In 2028 there will be a Peru launching.

The Visitor's Center offers for the public, events and programs, (all Wallops Visitor center offerings are free). EX. Explore the Night Sky, learn about the solar system, interactive programs to hone your engineering skills. STEM activities including rocketry, engineering and space exploration.

At the Center Rocket Garden there are a few "older" rockets on exhibit; the Tiamat (1945), the Black Brant ix (1982), the Nike Cajun (1956) 2 stage, The Nike Orion (1977) uses Army surplus, the Aerobee 150 (1947) popular with scientists, and the Astrobee F (1972) launched 48 times with a 98% success rate.

This is well worth the 1.45 hr. trip down. Leave lots of time to explore! As usual we ended with lunch, this time in Chincoteague. Go online to explore more www.nasa.gov, or after a little while I will leave a book on the history of Wallops Island as well as the NASA Sounding Rockets annual report and a few of the brochures, like the rocket garden, up in the library.

Vicki Littell, your Cadbury Cruiser.

More Connections

It turns out that two Moorings residents can barely sit down at a table before they discover there is some connection between them. For example: that Ann Raymond owns albums by Todd Chappelle, my stepson. Or that she and Pat Bock never met before but have each lived in the same small towns in the US, though not necessarily at the same time. Or that John Goebel's wife's picture and Wright Poffenberger's are side by side in



their Newark, Delaware high school yearbook.

Ann Lyn Martin knew our lovely Elsie Gould long before she moved here. She had met her in an Osher Life Long Learning class, and through discussion discovered that Ann Lyn's mom and Elsie had been friends in their teaching days in New Jersey. They had even belonged to a

supper club together. It was a bond they were to grow.

Some people bring their own connections with them. Jim Hopkins and Paul Keys are the nexus of a small group from New Jersey. They Moored first, followed by longtime friends and neighbors Walter Clarke and Gail Feather. Then Ed Mather and Bob Kriesal arrived. Jim and Paul had known them since the nineties when they all lived in Morristown.

Finally, these from Kathleen Pederson. "Mildred Wiedmann and I have known each other for more than sixty years. Our husbands worked together for DuPont and our kids, four in each family, went to school together. Marjory Mounts and I have known each other over thirty years. We were neighbors in Rehoboth. Elspeth and Fritz Wahl went to church with John and me for many years." And she adds, "I also think it's interesting that my husband John, Marylou Poffenberger, Jack and Meryl Chapin all were chosen, at different times, to attend the same leadership summer program when they were in high school, John from Delaware, Mary Lou from DC, Jack and Meryl from different high schools in Missouri. In fact, that camp was where Jack and Meryl met."

Sherry Chappelle

Dining at The Moorings.

Loss of the Morrison dining chef and three cooks on April 15 caused a chain reaction of calamities that led to Annette Moore providing volunteers from other departments on May 1 to cover gaps in Morrison's service. TMALRA President Ed Steiner and Newsletter Editor Sandy Spence met with Morrison Dining Director Creighton Spencer on April 2 to learn how he/Morrison plan to achieve normalcy.

Creighton detailed his efforts to resolve the issues. Then he introduced "Chef Q" (Qavir Jordan), recruited to bring order and produce good food. Creighton promised that Chef Q would turn things around. One clue was three plastic spoons in the chef's pocket, making them handy for taste testing his

preparations.

A major problem in replacing kitchen/dining staff is found in Delaware regulations. All food service staff, whether full- or part-time, even serving IL residents exclusively, must meet requirements for nursing home operations: fingerprinting in Dover for a criminal background check, documenting results of tuberculosis screening, COVID-19 testing, drug testing, Adult Abuse Registry check, and annual influenza vaccination or refusal.

It takes candidates at least 10 days to meet all these requirements prior to starting work.

Creighton expects that residents will notice an improvement in food service by the time they read this, thanks to Chef Q's efforts. By May 15, Creighton aims to have four cooks on staff, marking another step towards normalcy. Meanwhile, he continues to manage the usual turnover in dining room servers.

Our new Dining Committee Chair, Franz Portmann, reports changes coming to the dining operation:

Spring/summer menu rollout to create dishes that satisfy your taste buds and provide needed nutrients plus a new operating system to make ordering menu items more correct. Other improvements in the planning/refining stages are: Mother's Day Buffet, weekly gourmet offerings; Sunday Brunch; Moorings Market, Wednesday evening buffet options, and Kitchen Tours.

Franz urges residents to continue sharing suggestions for improving your dining experience. Filling out comment cards or letting Franz know is an effective way for him to monitor your satisfaction level.

Sandy Spence

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