



Medford Leas LIFE

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MEDFORD LEAS ACQUIRES A KOREAN SISTER

by Kay Cooley

On October 12, **Soo-Bin Lee**, Chairman and CEO of Samsung Life Insurance Company, and **Haksong Kim**, Executive Director of its Development Division, visited Medford Leas with three other Samsung executives and signed an agreement making Medford Leas the sister CCRC of Samsung's new facility in Seoul.

The signing was the culmination of several years' collaboration with Medford Leas that has included consulting with and on-site training for Samsung Managers and staff affiliated with Noble County, a not-for-profit CCRC – the first in Korea – that is being built by Samsung Life Insurance's Public Welfare Foundation.

When completed next spring, Noble County will house (in two high-rise towers) 590 residential units, a 197-bed nursing and assisted living facility, a community center with clinic, and a state-of-the-art sports center. Some of our readers will recall the impressive slides shown by **Kate Kwiecinski** after her visit there earlier this year.

The climax of the day – the signing of the agreement – was set for 3:00 p.m., when it was hoped that **Bob Williams**, Chairman of the Estaugh Board, would arrive after flying home from the west coast.

Meanwhile, Kate showed the visitors the campus, then brought them to the private dining room for lunch with **Michael Peasley**, Executive Director, **Tak Moriuchi** and **Bob Gray** of the Estaugh Board, and residents **Gladys Gray** and **Kay Cooley**. However, time ran short, so dessert was postponed, and the visitors left for Lumberton Leas without it.

Bob Williams arrived just in time, and everyone, plus **Jane Weston**, another Estaugh Board member, gathered again in the private dining room for the signing, picture-taking (by **Dorothy Tillman**) and dessert. The certificate of agreement articulates the strong bonds of friendship and sharing that exist between the two communities. After Noble County opens, the staff and residents of each may stay at the facility of the other without charge for up to two weeks. The exchange of information and training will continue.

Before leaving, the visitors presented gifts to express their appreciation and invited Mike to attend Noble County's opening in April. At the Lumberton Leas court meeting that evening, residents asked Mike if he could find CCRC's in Paris and Hawaii for sister agreements, too.

MEDFORD LEAS CRAFT SHOW

It should come as no surprise that the residents of Medford Leas are a superior group. In the first place, they elected to come and live here, which certainly means they are very smart. We have seen their paintings and photographs displayed in the Art Studio shows. We have heard them lead discussions on important topics in our Great Decisions forums. We have read their stories and poems in *Leas Lit*.

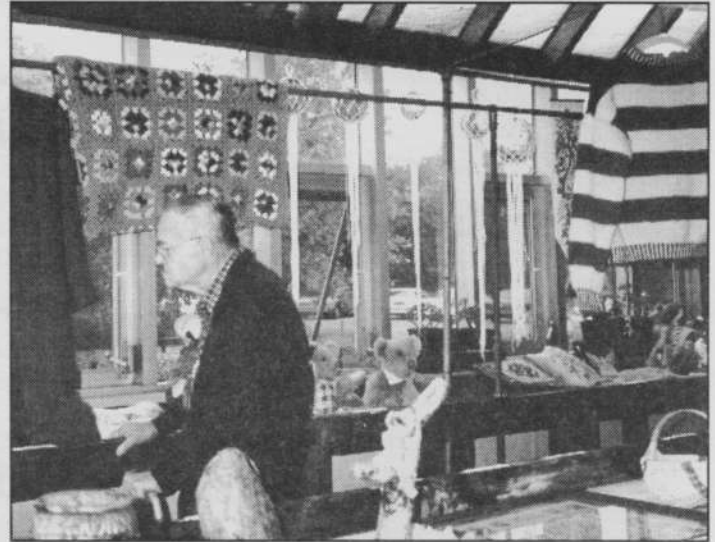
None of that prepared this writer for the overwhelming impact of the recent Craft Show. The show was one of the most talked about activities at Medford Leas in a long time. Over 80 residents -- both men and women -- participated, and gender was not a factor. There were several lovely needlepoint pillows by a male resident and some beautiful woodwork by a female.

Aside from the beauty and perfection of the work, the range of crafts shown was truly astonishing. Beautiful clothing made from hand woven material -- intricately knitted sweaters -- musical instruments -- furniture -- crewel, counted cross-stitch, crochet -- quilts -- and more. It is impossible to list all the varieties of folk art shown. The demonstrations of jewelry making, chip art, pottery, origami, quilting and much more were all well attended.

I came away from the show impressed, humbled, and full of wishes. I wish it could have been more than two days, so more people could see it. I wish we could have advertised it all over the county so people could see the talent of our residents. I wish there were time to learn each craft from one of those masters. I wish I could name every one of the 80+ participants, but can only mention **Anne Farr** and **Ann Hibshman** who did such a beautiful job in organizing the show.

I wish, I wish, I wish in vain ---

Dorothy Tillman



WHO'S NEW

Pellham & Patricia (Weiford) Moorer lived in Medford Lakes for 15 years before moving to 128 Woodside Dr. (609-265-2291). Pel was living in Smithville and Pat in Moorestown when they met on a blind date in 1942. (Pat was the other fellow's date!) They raised their four children in Moorestown where Pat was active in the Junior Women's Club and where Pel and his father-in-law established the Penn City Elevator Co. headquartered in Philadelphia. Pel began as a mechanic, then 20 years later entered marketing and sales. Now president of the company, he still devotes three days a week to computerized data processing while his son and son-in-law manage the day-to-day business. Pel was on the Board of Directors of the National Assn. of Elevator Contractors for three years before he retired. The Moorers are members of the Moorestown Field Club, like to travel, and enjoy sailing their boat on Barnegat Bay. Pat is an avid bowler.

Doris Brown

WHO'S NEW

Harry & Lois (Bonsted) Forrest, 22 New Freedom Road (953-4053) met in a church basement in Philadelphia, where Harry was on a senior Boy Scout service project. Harry was immediately struck by Lois, who had come with a friend Just to watch. Two years later, barely out of high school, they got married. Both worked during the day and went to Temple University at night. Harry started a career with the Boy Scouts of America, where he held leadership positions in Philadelphia, Cleveland and, with the national office, in North Brunswick, always concentrating on development of programs and policies for inner-city youth. Meanwhile, Lois developed a parallel career with the YWCA in Bucks County, Cleveland, and Philadelphia. When Harry's work was in North Brunswick and Lois's in Philadelphia, they settled in Cinnaminson, about equal driving for each of them. In 1979, the National Council of the Boy Scouts moved to Dallas, and Harry transformed his calligraphy hobby into a business, producing awards, citations, posters, and the like for VIP's and ceremonial occasions. Currently, he works about 75% of the time.

Headhunters selected Lois as a prime candidate for Medford Leas Executive Director at a time when she had become Director of the Philadelphia YWCA, and "the rest is history."

During their years together, the Forrests raised two daughters and two sons, and now have nine grandchildren. The family often gets together at their Pennsylvania retreat in the Endless Mountains, where they enjoy all the work required in their large garden. Both Lois and Harry are involved in the acquisition and future operation of Camp Dark Waters; they are members of the Mt. Holly Meeting; and Lois expects to work on projects for the Philadelphia Yearly Meeting. Harry also sings with the Pine Barons Chorus, which has performed annually at Medford Leas.

Ellen Stimler

PROGRESS AT LUMBERTON LEAS

Only two more foundations to be dug and poured to enter the final stages of the Lumberton Leas construction project. Meanwhile the pioneer residents watch the progress on the completion of the Community Center and the Swimming Pool. This month we can report that the carpeting and the fireplace are installed and we are just waiting for the wood flooring in the Activities Room to be laid. We even sneaked in the back door to hold the Lumberton Leas "Courts Meeting" with **Mike Peasley** in the basement, which will be the Fitness Room as soon as the equipment is installed.

Meantime, the tennis group has been taking full advantage of the fall weather and the good graces of tennis pro, **Ike Johnson**, to hold a series of four well-attended tennis clinics for players at all levels. To date, there is no account of the net improvement of the players, but everyone has had a great time.

The Welcoming Committee has been working overtime because the number of newcomers has escalated during recent months – hence the volume of "Who's New" in every issue. The Trails Committee, with the aid of colleagues from the Medford campus, has been working on the trails in the woods. The paved trails are also being completed section by section. The exercise class continues, thanks to volunteer resident **Ann Naulty**, although we sorely miss **Beverly Kannengieszer** and all wish her a full and speedy recovery. The Social Activities Committee is chomping at the bit to get the go-ahead to plan a wonderful day when we can invite **all Medford Leas** residents to visit our facilities.

Helen Vukasin

WHO'S NEW

Charles Brownfield, Apt. 92, spent his early years in southern New York State. At age 17, he joined the Air Force and was sent to Germany for a few years. After his discharge, he attended Brooklyn College, where he majored in Psychology. He married **Constantia "Connie" Anselmo** in 1955, when both worked at The Brooklyn Hospital, she as an R.N., he as a security guard. Over the next 45 years, they educated Charles (M.S., Western Reserve; Ph.D., Union Institute, Cincinnati), raised two daughters and a son (who, in turn, gave them eight grandchildren), and lived and worked in various states, she as a nurse, he as a college teacher -- Baldwin-Wallace College, SUNY-Geneseo, Nassau Community College, and Queensborough Community College; and as a clinical psychologist -- Mendocino State Hospital, CA; Red Bank Community Family Guidance Center, NJ (where they knew **Grace Schaffel**); Corporate Stress Control Services at Oyster Creek Nuclear Power Generating Station, Elmira Reception Center, and for the Florida and New Jersey Departments of Corrections. Private practice in marital, family, and individual counseling was always part of his career. Charles published numerous journal articles and three books, and developed a smoking cessation program based on Restricted Environmental Stimulation Therapy (REST). He retired from the State Corrections Department in 1995. Connie died in January, 2000.

Kitty Katzell

NEWS FROM WOOLMAN COMMONS

Nickie Stevenson may have set a record by having five celebrations of her birthday in early October, ending with a splendid party hosted by her children, to which all Woolman Commoners were invited.

All Woolman Commons residents are active and have many interests, but two people in particular have traveled many miles to participate in their chosen fields. **Margery Larrabee**, as part of her work for the Traveling Ministries Program of Friends General Conference, recently attended eight Monthly Meetings in Oklahoma, Missouri, and Kansas, as well as Nebraska Yearly Meeting. In September, **Toby Riley** participated in the second international conference for Alternatives to Violence Program (AVP) facilitators in Oxford, England. The 140 delegates represented 20 countries, including several new ones: Bosnia, Colombia, Brazil, and India.

Toby also reported an interesting observation at a new AVP youth program, conducted during the Burlington County Sheriff's Boot Camp Initiative, where juvenile delinquents spend two weeks under court order. Toby noted that despite the contrast between the military atmosphere of the Boot Camp and the gentler community building approach of AVP, the young offenders responded well to both efforts, perhaps because both involved close individual attention from caring adults.

The Out-to-Lunch Bunch went to Don Pablo's in Eastgate for a Mexican repast. The choice for movie night this month was *Snow Falling on Cedars*.

Nancy Darling

A REMINDER

Gift Shop Promotion
 Monday, November 6
 from 10:00 A.M. on,
 in the Atrium.

A jewelry representative will present one-of-a-kind handcrafted jewelry.
 The Holidays are almost here – shop with us!
 Caroline Heyl

WHO'S NEW

Peter & Judith (Rhoads) Obbard moved to 139 Woodside Dr. (609-518-2487) from Moorestown. They met on a blind date through college friends, after Pete had served two years in the Army in Germany. Pete graduated from Princeton with a BA in Political Science and International Studies. He earned an MBA from Harvard and returned to Pittsburgh, his home town, to serve in management at Pittsburgh Plate Glass. In 1976, Pete, Judy, and their four children moved to Moorestown where Pete was employed by Combustion Engineering Glass Division. In 1982, he changed careers and is now a stockbroker at Smith Barney. He will retire in January and spend more time with his favorite pastime -- reading non-fiction.

Judy was born in Wilmington, attended Friends School there, and graduated from Mt. Holyoke with a degree in Religion. While she and Pete were living in Pittsburgh, she was active in Junior League, church activities, and PTA, but she found time to earn an MA in Social Work at the University of Pittsburgh, majoring in Child Development/Child Care. After moving to Moorestown, Pete was Treasurer of Moorestown Friends Meeting and Judy was Clerk of the School Committee. Pete is now president of Moorestown Rotary, and Judy belongs to the Garden Club and the NJ Committee for the Philadelphia Orchestra. She is an enthusiastic gardener and landscape designer, using her creative skills in Southwest Harbor, Mt. Desert Island, ME, where they spend summers. They share a lively interest in antiques. As a result of Judy's membership in "Questers" (a group focusing on antiques), she mounted a display of memorabilia from her grandparents and their seven children. She hopes to recreate it to acquaint people with her Quaker family's life style in the 1890's and early 1900's.

Doris Brown

STAFF OLYMPICS

On September 26, 27, and 28, the Dining Services Department sponsored Medford Leas Employee Olympics. Residents had enjoyed a "Down Under Special" dinner menu as part of the Olympics celebration, and the Coffee Shop was decorated with Olympic flags. But the staff competitions were something extra and special!

There was a 9 Ball Elimination Pool Tournament and a Ping Pong Tournament, both held in the Game Room; each was entered by 12 people from four different departments. In the Pool Tournament, the Gold Medal went to **Annie McDaugh**, Silver to **Bill Conte**, and Bronze to **Mike Peasley**. In Ping Pong, **Bob Costigan** won Gold, **Wayne Calabrese** Silver, and, again, **Mike Peasley** Bronze.

The Horseshoe Toss, held in the Front Parking Lot, was entered by 20 people from five departments. Here, **Joyce Undercuffler** won the Gold Medal, **Mike Peasley** won Silver, and **Audrey Todd** won Bronze.

A Wheelchair Obstacle Race had to be cancelled because too few people entered, but three teams of three competed in the "Silly Triathlon," and it was really silly! They jumped rope, tossed balls at a target, and carried water balloons, being timed while they did it. The winning team was composed of **Vilma Aldover**, **Loretta Brown**, and **Audrey Todd**.

Then there were two quizzes. On one, they were asked to guess how many Gold Medals the United States would win. The prize, movie passes to the Ritz Theatre, was won by **Joyce Undercuffler**. The other quiz had 18 tough questions related to the Olympics, like what is a Kookaburra, what is an Echidna, and who was the last person to carry the torch and light the Olympic flame. That quiz was won by **Kate Kwiecinski**. She must have been watching TV.

Kitty Katzell

WHO'S NEW

Jean (Innes) Williams, 187 Woodside Dr. (609-702-0816) lived in Moorestown for 54 years before coming to Lumberton Leas. The Williams home on Featherbed Lane was built in 1799 and the original barn still stood on the 44 acres they owned. The day after final settlement of the sale of her home, and much to her dismay and the utter frustration of the historical preservationists and town fathers of Moorestown, the barn and house were demolished by the new owner without a word to anyone! Needless to say, it was a sad day for Jean and her six children, who now have only snapshots of their lovely old homestead.

Jean was born in Philadelphia and attended Holman School in Ardmore. Following her second marriage, she and her husband moved to New Jersey, and Jean busied herself with raising the family, PTA, and Red Cross volunteering. She likes to read, knit, sew, and do a little needlepoint. She recalls performing clerical work for her father, Dr. Wm. T. Innes, who published *The Aquarium*, a magazine devoted to experimental aquarium information and articles relating to exotic fish. Dr. Innes was the foremost authority in the US on the subject of exotic fish at that time. Besides the magazine, Dr. Innes published two books entitled *Exotic Aquarium Fishes* in 1936 and 1938. Jean recalls a trip in the family Ford to mosquito-infested South Jersey in mid-summer to look for daphne, a special food for fish. She laughs about it now, but in 1925 in a car that had to be cranked to start and that had no air-conditioning, it was anything but pleasant. She feels quite differently about New Jersey now that she has lived here for many years, and she is especially happy at Lumberton Leas.

Doris Brown

ANOTHER WAY OF VACATIONING

by Gil Goering

In past years, our travels in Europe have been done in one of two ways. The first was to join a group tour. This allowed us to see the highlights of the usual tourist places without the hassle of fighting traffic. However, the schedule was preset and time was always too short in places we liked and too long in other places. Moving with the group became tiresome and, after ten days of "on the bus, off the bus," we were ready for something else.

The second method we have used was to rent a car and see things on our own. This gave us flexibility and allowed us to visit less "touristy" places and to follow our own schedule. But it meant we had to find a place to stay, navigate unfamiliar roads, worry about parking, etc.

This year we used a third method, which we found to be very satisfactory. Through a company, Idyll Ltd., we booked a holiday that gave us the flexibility we desired without some of the hassle. Idyll sponsors what they call "Untours." They have a list of apartments in small towns in Switzerland, Germany, Austria, Italy, and elsewhere. Most of these apartments are in private homes and are completely furnished. Idyll makes all of the arrangements to get you there and has a representative meet you at the airport to assist you in getting to your apartment. We selected a two-week stay in Gwatt, a small town near Thun in Switzerland.

We got a rail pass which allowed unlimited travel on all trains, buses, many boats, and some lifts and cable cars. An orientation meeting for all of the Idyll travelers provided help in reading the train and bus schedules (a complete schedule book is provided). Also provided was a book on walks in the area, places of interest in nearby cities, and excursions that can be taken. Then we were on our own and able to do what we wanted, when we wanted, at a pace that suited us.

Each evening, we planned the next day's activity, selecting places of interest with options for changes in the weather. Then we used our passes to get where we were going without any problem. Trains and buses were wonderful -- clean, on time, and fast -- and each day brought a new adventure. When the two weeks had passed, we still had a lot of things we wanted to do. Perhaps we'll go back another time.

HOLIDAY CARDS & DECORATIONS

Once again, a reminder: it's a Medford Leas custom for each resident to prepare just one holiday card as a greeting to all other residents and staff. On the weekend after Thanksgiving, a box will appear at the Front Desk into which residents are asked to place their cards.

Then, on Wednesday, December 13, Medford Leas will be transformed once again into a *Holiday Wonderland*. Under the direction of **Lin House** and **Betsy Pennink**, decorations of all sorts will appear in the Atrium and all the public areas. Those greeting cards that were put in that box at the Front Desk after Thanksgiving will be attached to felt strips and hung in the Atrium for all to view. Dining Services will again create their fragrant and impressive gingerbread houses; wreaths, garlands, and greenery will be placed; and trees and lights will add their symbolism to the season.

"Undecorating Day" is scheduled for Wednesday, January 3, at which time residents will scurry around to restore everything to its usual neat and tidy state. But in the meantime, everyone will have had plenty of opportunity to enjoy the cards and other decorations and the holidays associated with them.

And, by the way, here's advance notice that the annual Employees' Holiday Show will be performed on Thursday, November 30. So save the date. You don't want to miss that!

Kitty Katzell

MAKING TOMATO PICKLE

by Gertrude Marshall

It was a bumper crop year for tomatoes, so we canned several batches of pickle, using an old family recipe called "Ripe Tomato Soy," most of which we gave to our son and his family.

Our grandson, Edward, age 11, loves it and had expressed a wish to help make it; so, on Sept. 16, the whole family, parents and two grandsons and their dog, Serena, arrived at our apartment around 8 p.m. We put Edward to work, cutting up about four quarts of tomatoes, while Grandpa prepared the two cups of sliced onions, a weepy job. We put a half cup of salt on this mixture, covered it, and all went to bed, the parents on the sofa bed, the boys in sleeping bags, and the dog on the living room rug. (We suspect she spent part of the night on the living room sofa!)

Early the next morning, we started the pickle cooking. The boys were already awake watching TV. We poured off the liquid, put the mixture in a big kettle, and Edward measured the spices: ½ teaspoon each of cinnamon, cloves, ginger, and mustard. Then he added three cups of vinegar. Soon the mix was simmering on the stove and a distinct spicy aroma filled the apartment and even the court outside. We all took turns stirring as the kettle's contents simmered and were gradually reduced in volume. After about 2½ hours, Edward added two cups of sugar and two ounces of mustard seed, and let it simmer for another half hour.

When it came to putting this boiling mixture in jars and getting it into the boiling water bath, Grandma decided it was best for her to do it. After five minutes in the water bath, the pickle was ready. We got five pints this time, which Edward carried off in triumph, at the same time being admonished that it was to be shared. The aroma lingered for days, as well as the sense of accomplishment and happiness at a three-generation family project.

WHO'S NEW

Deborah (Williams) Troemner (609-261-9994) moved to 116 Woodside Dr. from Moorestown, where she had lived for 44 years. There she had served on the boards of the Moorestown Home & School Association and the Tricentennial Celebration Committee. She is a past president and current trustee of the Historical Society of Haddonfield. A daughter and son-in-law live in Missouri and a son resides in Massachusetts. Debbie has four grandchildren. A graduate of Phillips Academy, Andover, MA, she recently co-chaired the 50th reunion committee and co-edited the reunion book. She received her degree from Smith College. A lady of varied interests, Debbie conducts tours at the Philadelphia Museum of Art and guides walking architectural tours for the Foundation of Architecture in Haddonfield. For a number of years, she has been a part-time staff member for the Philadelphia Open House Tours sponsored by the Friends of Independence National Historical Park. She also plays detective as a genealogy enthusiast, and enjoys gardening and travel. An ardent Elderhosteler, she particularly has enjoyed two intergenerational experiences with her granddaughters. She looks forward to becoming an active member of the Medford Leas community.

Doris Brown

MEDFORD LEAS THANKS VOLUNTEERS

The celebration of volunteerism at Medford Leas on September 29 brought volunteers of the 80 MLRA committees into the Auditorium to receive the community's recognition for their devotion and hard work. Appreciation was also expressed for their continuing participation in the myriad programs and activities that provide intellectual stimulation and support services for the residents.

Mike Peasley, Executive Director, named every one of the MLRA committees and activities and

asked volunteers who work for them to raise their hands to receive the enthusiastic applause of the packed Auditorium. On the way out, each volunteer was given a special button that said "I Volunteer."

In his keynote address at the start of the morning's program, **Warren Witte**, Executive Director of Friends Services for the Aging, praised the volunteer services at Medford Leas, both inside the community and extending outside to churches, charitable organizations, schools, courts, social agencies and others.

In comments following the speech, **Milt Zimmerman**, a member of the Lumberton Leas Council, cited research indicating that personal service for others can have positive physical and emotional consequences for the caregiver. **Maggie Woodard** called attention to the many residents who perform important services for the community, though not as members of any committee, such as distributing e-mail received in the computer room and placing roses on designated tables to announce the death of a resident. **Allyn Rickett** asked the audience to imagine life at Medford Leas without volunteer activity, noting that fees would inevitably be higher. He pointed out that we all have to build new lives when we come here, and the way to start is to get involved in MLRA activities.

Evert Bartholomew, Master of Ceremonies, closed the meeting by thanking **Doris "Shammy" Shamleffer**, chair of the Volunteer Day Subcommittee, and the members of her committee for the great job they had done in organizing this special event.

Following the Auditorium program, the crowd moved into the adjoining Garden Room, where representatives from MLRA committees and outside service organizations had displays and handouts describing their activities and opportunities for volunteer work. Most of the MLRA committee were able to sign up some new volunteers.

Ellen Stimler

EVERYTHING YOU ALWAYS WANTED TO KNOW ABOUT HUMMINGBIRDS

Gertrude Marshall's story last month about the hummingbird that found itself trapped for a while in one of our walkways made me curious to know more about these remarkable birds. If you are also curious, the information that follows was gathered in the main from *How Birds Fly*, by **John K. Terres**.

I'm sure you know that the hummingbird is the smallest bird in the world, but did you know that 320 species have been found in North, Central, and South America and the Caribbean? This is strictly a Western Hemisphere bird that lives wherever and whenever flowers bloom -- from the seacoast to 15,000 feet above sea level.

Only the ruby throated hummingbird lives regularly east of the Mississippi. The male is 3" to 3½", with a 4" wingspan. It weighs about 1/10 of an ounce, about the weight of a penny. I've been told that seven of them would fit in an envelope and only need one stamp. That, however, would be much worse than being caught in our walkway, so I suggest we take it on faith and don't try to verify it.

These tiny creatures can cross 500-600 miles of open water, but have enough reserves of fat to travel 1500 miles. The rufous hummingbird nests north to Alaska and migrates 2,000 miles each fall to winter in Mexico.

Hummingbirds are not only the smallest; they have the fastest wing beat of any bird. By use of hi-speed photography, it was determined that they can beat their wings 70 times a second. Their maximum flight speed has been measured at 27 mph, and with the help of the wind, they can reach 50 mph. Their unique wing action makes them sort of like living helicopters. They can hover, fly backward and straight up and down. They get their power and lift from both down and up beat of their wings, unlike other birds that get it only from the downward beat.

Their throat patch, or gorget (pronounced gorjet) is used in threat display against other males and in courtship. Their long tongue, which extends beyond their bill, is split in the front enabling them to eat nectar and gather insects.

Metabolism is defined as the energy output of living creatures, and hummingbirds have the highest energy output per unit of weight of any animal in the world. Man normally eats 2½ lbs. of food a day. If he used energy comparable to that used by hummingbirds, he would need to eat 285 lbs. of hamburger, or 370 lbs. of boiled potatoes, or 130 lbs. of bread. Sugar is the hummingbird's principal food. They eat about half their weight in sugar daily. Man would need to drink 20-40 gallons of water daily -- and you think eight glasses a day is hard!

Their nests are dainty little cups of plant fiber and plant down, and they are frequently attached to the underside of a leaf or fern, hopefully containing two tiny white eggs.

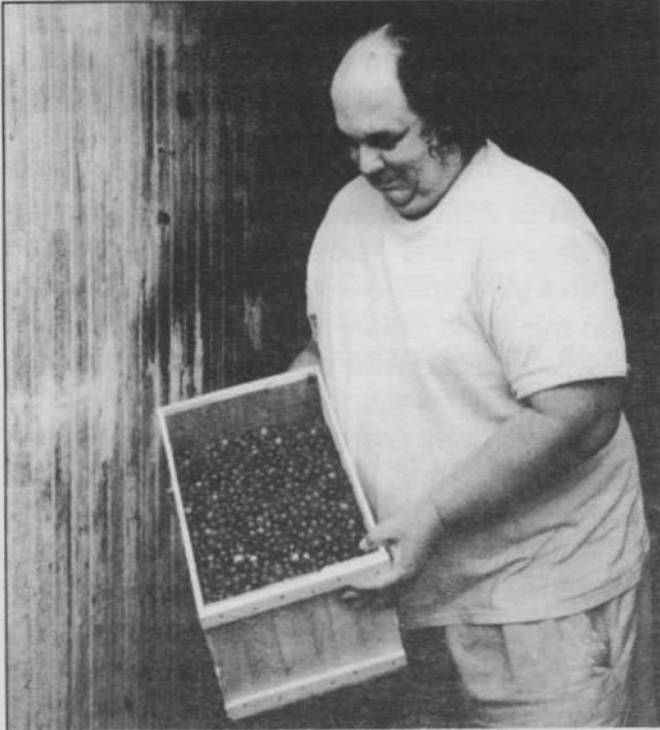
To me, one of their most astonishing abilities is their instant recognition of a camera. Watch them happily eating, flitting from flower to flower. Raise your camera, no matter how slowly and cautiously, and they are gone. A truly remarkable ability!

Dorothy Tillman

KNITTERS WANTED

A representative from RSVP (Retired and Senior Volunteer Program) was present on Volunteer Day. RSVP is a federal program located at Burlington County College. One of their projects is "dressing" Teddy Bears that are then distributed by the Salvation Army to needy children at Christmas.

Anyone who would like to knit simple dresses for the teddies should call **Grace Schaffel**, Ext 3655. She will provide the directions, as well as the yarn and knitting needles (from the Knitting and Sewing Group).



CRANBERRY HISTORY IN MEDFORD

by Ellen Stimler

When boxes and bags of cranberries appear prominently displayed in supermarkets, we know it's the start of the holiday season. At Medford Leas, we are in the midst of an important cranberry production area, and New Jersey is third in sales of this uniquely American fruit, just behind Wisconsin and Massachusetts. Within five minutes of Medford Leas, on a one-way street parallel to Main Street, is the Brick Cranberry House, built in 1908 by the great-grandfather of the present owners, **Alvan** and **Robert Brick**. The Medford Leas silo was built by the cement company started by Alvan's great-grandfather, **Harry Knight**. The late **Justus Brick** was Alvan's great-uncle, and Justus's widow, **Martha**, lives in Bridlington.

It all started with Harry Knight, an entrepreneur with vision. The son of a blacksmith in Tabernacle, he became interested in cranberries as a young man but also worked as station master for the railroad that stopped at the Medford station and as Medford Postmaster

at the old post office in the middle of town. Later, he started a concrete company that built most of the silos in the area. In 1908, he built the cranberry house in Medford, with the help of his son, making and using their own cement blocks in the construction. In those days, the Medford lakes were cranberry bogs, and there were about ten cranberry houses in Medford for the sorting, packing, and shipping of fresh cranberries all over the country from the Medford railroad station. Before refrigeration, fresh was the only game.

After Harry's only daughter, **Verna**, married **J. Rogers Brick**, the new son-in-law came into the business and took it over following Harry's death. In the early 20's, disaster struck: a virus-like disease called "false blossom" wiped out the cranberry plantings in this area and almost destroyed New Jersey's cranberry production. Farmers had to decide whether to replant with a newly-discovered disease-resistant variety, "Early Black," which would take five or six years to produce berries, or switch to blueberries, which would yield profits much more quickly. Many chose to go to blueberries.

Alvan's grandfather and father initially stuck with the new variety of cranberries, but in 1954 also started farming blueberries. Competition and new technology brought in by the Ocean Spray Corporation after World War II radically transformed cranberry production in the area. Ocean Spray became the dominant force in the business, replacing the marketing cooperative. Initially, all went well, and improved knowledge, sprinkler systems, and technology applied to cranberry growing increased the yield over a 40-year period from 17 barrels per acre to 400-500. This enormous increase in output eventually caused a price collapse in juice concentrates that was devastating to the farmers involved.

The Brick cranberry operation, which deals mainly in dry-harvested fresh cranberries, as contrasted with wet-harvested berries used for juice and processed items, was not much

affected by this recession. They are continuing to sort, pack, and ship their berries all over the East Coast from their 1908 facility, which hasn't seen many changes over the years. Berries are still weighed on a scale with iron weights that register only full pounds.

But the brain behind it all is 21st century. Alvan has a Ph.D. in ecology with a minor in history from Cornell. He is a storehouse of information about the care, nurture, and history of cranberry production anywhere.

RACHMANINOV TRIO

On Sunday evening, September 24, residents were treated to a stunning concert by the Rachmaninov Trio. The violinist, **Dmitri Levin**, and the cellist, **Alex Veltman**, are members of the Philadelphia Orchestra. **Luba Agranovsky**, the pianist, a native of Moscow, has been performing with chamber groups and also as a solo recitalist in Europe, Israel, the U.S. and Canada for the past ten years.

The concert opened with Beethoven's Opus 1, Number 1, the *Erstes Trio*, a delightful composition reminiscent of the imaginative inventiveness of Haydn. The musicians played with remarkable rapport. The second half of the program was devoted to Mendelssohn's *Trio in D Minor*, Opus 49. It was performed with the vigor, passion, and warmth demanded by this fine composition.

The violin part was at times somewhat overshadowed by the large sounds of the piano and cello, but the fault may lie with the composer who gave the piano a major role in these chamber works. It is hoped that this newly formed trio will return to Medford Leas again in the near future. As one member of the audience commented while leaving the Auditorium, "Music should be a spiritual experience." This concert merited that description.

Eleanor Merrick

TRIP TO CAPE MAY POINT

by Gertrude Marshall

The Map of New Jersey shows why Cape May Point, at the southern end, is one of the best birding spots in the U.S., especially in the fall when birds are flying south. Cape May County is shaped like a funnel with the land getting narrower and narrower. The birds get to the Point and see water on three sides. If they are brave or experienced, they continue south and soon come to the Delmarva Peninsula. If they are timid and fly back north a few miles, they can then see land to the west over Delaware Bay and cross there.

On October 11, four members of the Bird Club (**Doris Curley, Wayne & Gertrude Marshall, and Arthur Steitz**) made the two-hour drive. It was a lovely day with a strong breeze from the west. We reached the state park and settled on the new deck to spot the birds as they passed by, some high some low. Of small birds, most numerous were the tree swallows, hundreds of them. These have a white breast; we see them throughout the summer at Medford Leas and they have often nested in our bluebird boxes. There were a few hawks: kestrel, northern harrier, sharp-shinned and osprey. Through binoculars, we could see kettles of hawks, too far up to be identified. There were also a few turkey vultures. There are several ponds nearby, and we visited them, finding a number of ducks: black, mallard, scaup, northern shoveller, and American widgeon. There were also coot, as well as some herons: great blue, American, and snowy egrets. Along the shore of the ocean/bay were many herring gulls, ring billed gulls, and a small flock of sanderlings. For the day, we saw 25 species in all.

The State Park, along with the New Jersey Audubon Society, keeps a moving fall tally, posted near the deck, with many of the usual hawks noted and some exotic birds, such as one Mississippi kite seen earlier, but not by us! We enjoyed our lunch on picnic tables nearby.

WHAT'S NEW IN MAGAZINES

by Ellen Stimler

Too bad the major presidential candidates aren't required to undergo the kinds of psychological testing commonly used in industry and the military to assess personality strengths and weaknesses. Since this isn't possible, *Psychology Today* (Sept./Oct. by **Sarah Blustain & others**) assembled a team of specialists to make judgments based on what they heard, observed, and researched about Gore and Bush. One of several "tests" they administered was to analyze each candidate's optimistic outlook, based on their research that optimistic candidates won in 80% of elections. There was no significant difference in the two men's optimism scores, except that Gore had considerably higher pessimism ratings when talking about the environment. Other sections of the article analyze the candidates' non-verbal messages through gestures and facial expressions. One of the researchers "infers conservatively" that Gore expresses dominance and concentration while Bush shows submissiveness and playfulness.

If you have a daily struggle locating mislaid keys or eyeglasses, take heart! New research suggests that "shaking up things" in your living space, putting your personal items in new places, will actually stimulate your brain function. "Arbitrarily rearranging" things is one of many "brain games" advocated by researchers who conclude that effective aging should include not only physical aerobics but also "neurobics," as they call a variety of strategies that have been found to help maintain mental and verbal acuity and combat memory loss. A comprehensive and informative article in *Walking* (Sept./Oct. by **Chris Bergonzi**) clearly explains what goes on in the brain to build up a lattice of complex circuitry in our youth, what happens when we just vegetate emotionally and intellectually as we age, and what is possible when we continue to exercise

our brains with new learning challenges and experiences.

Before the advent of mass production and nationwide advertising, people found community through the "glue of shared knowledge" of history, art, literature, and a common culture. Today's sense of community appears to be based on icons of pop culture and the heavily advertised brand-name consumer products and mass entertainment. A professor of Romantic poetry came to this conclusion when he discovered that his students knew little or nothing about the literary greats but could easily recite the contents of a Big Mac and the lyrics of advertising jingles. The professor decided to change his field to research advertising history and its impact on society. One of his conclusions: "... humans love things ... but until the Industrial Revolution only the wealthy had things -- now the rest of us are having a go at arranging our lives around things." To today's teenagers, freedom means the freedom to buy what they want. (*Smithsonian*, Oct., by **Richard and Joyce Wolkomir**).

THE HEART CONNECTION

by Kitty Katzell

There were 149 residents who registered at the Heart Connection on October 12, and two of them, **Virginia Dreby** and **Mary Haines** won door prizes. The Cardiac Count, where you had to figure out how many red licorice sticks were used to create a heart, was won by **Gil Goering** and **Carolyn Horton**; there were 198 licorice pieces in the design. Then there was the Heart Quiz, by **Muriel Bedell** and **Grace Schaffel**. The right answers were: The heart has **four** chambers; tachycardia means **rapid** heart rate; the main trunk of the arterial system is the **aorta**; the instrument that measures blood pressure is a **sphygmomanometer**; the two heart sounds are **systole** and **diastole**; and hypertension means **increased blood pressure**.

In the various activities, 39 people were identified as having hypertension, and six of 19 needed further evaluation of their cholesterol. The Therapy staff were pleased to find that most participants engage in some form of regular physical activity three to five days a week. Those who were lucky enough to receive a massage from **Inge Thomas** appreciated this method of stress reduction and the general feeling of well-being it produced. **Dr. Bondi**, the podiatrist, remarked on the high degree of interest in personal health and also on the educational level of the participants. The dietitians also found a high level of knowledge and remarked on the extent of residents' participation. And the Meditation Group found some residents who have joined them.

The refreshments provided sustenance to those who had skipped breakfast, information about fats, and relaxation for all who had attended. The program was judged to have been very well attended and received.

Kitty Katzell

SHUFFLEBOARD

by Dorothy Tillman

Neither the *New York Times* nor the *Philadelphia Inquirer* picked it up, but *Medford Leas Life* brought you the news last month that the Cadbury Shuffleboard Team had issued a challenge to the Medford Leas Shufflers. So, on September 28, **Lydia Andrews, Ruth Engle, John Foulkes, Bob & Gladys Gray, Becky Monego, Jerry Pidcock, Arthur Steitz, Dorothy Tillman, and Fran Werrell** took off for Cadbury where we expected to slaughter them. It turned out, however, that they had some ideas of their own, and we ended in a tie.

However, don't despair. On October 26, the Cadbury team is coming to Medford Leas for a return match (and lunch). Our paper will have been put to bed by then, but if you can't wait to hear the results, just call any team member. If they are crying, you'll know we lost.

EMPLOYEES OF THE MONTH

The Employee of the Month in August was **Nelly Vasquez**, a native of Peru, who has worked in Assisted Living since March, 1999. When Nelly first came to work at Medford Leas, she was a part-timer, also working at another community. We're glad she gave that up to work here full time, and we congratulate her on achieving State certification for medication administration.

September's Employee of the Month was **Jim Wolosin**, who works in Maintenance. Jim has worked at Medford Leas for over eleven years, so most residents have seen him around, even if not everyone knows him by name. So, when you see Jim around, congratulate him and thank him for all he does to keep us happy.

Kitty Katzell

THE GALLERY

by Dorothy Tillman

The artist whose work will be shown in the Gallery for the month of November is **Dorothy Pere**, a painter, sculptor, and educator from Marlton, NJ. Ms. Pere is a realist with major focus on images based on mythology, depth psychology, and studies of ancient sites.

Ms. Pere has won many awards, including three full scholarships to the Pennsylvania Academy of Fine Arts. Her work is in numerous permanent collections. She has taught in Scotland as well as along the East and West coasts of the U.S. As Artist in Residence aboard a cruise ship, she traveled 14,000 miles around the South American Coast, visiting ancient sites, teaching, and creating classical passenger portraits. She has also traveled to ancient sites in India and Greece.

We look forward to the opportunity to see her work and to greet her at the reception on November 7 from 3:00 to 4:30 p.m.

TRIP TO FORSYTHE REFUGE

by Gertrude Marshall

Seven members of the Bird Club spent September 20 at the Forsythe Wild Life Refuge, just an hour's drive from the campus. The day was quite warm, but there was a breeze from the south. A walk along the bay, through the salt marsh, produced several "confusing" fall warblers as well as yellow rump and yellow palm, but by far the most numerous species were the egrets and herons. From the tower and all along the causeway, there were snowy egrets and immature little blue herons, both quite white, but with distinguishing field marks: snowies have golden slipper feet, immature little blues' feet are black. Also seen were American egrets, one great blue heron and a black crowned night heron. There were almost no ducks, very few mallards, and one pied billed grebe. There were also a number of sandpipers and plovers, and terns flying about and catching fish, most of them Forsters terns.

At the start, a hawk was spotted perched on a dead tree limb. It appeared to be an immature red tailed hawk, and it sat on its perch for at least a half hour. Toward the end of the outing, a glossy ibis was spotted in flight, with its elongated silhouette. The many wild flowers, lush goldenrod, and purple asters were beautiful after the previous day's rain.

The trip to Forsythe is almost entirely through the Pinelands via Chatsworth, and the area is almost devoid of human habitation. In all, 30 species of birds were seen and a lovely day was enjoyed by the participants: **Mary & Julien Eysman, Pete Johnson, Helen Louise Liversidge, Gertrude & Wayne Marshall, and Arthur Steitz.**

IN MEMORIAM

Joseph Truncer	October 10, 2000
Sarah "Sally" Horter	October 16, 2000
Mary Valiant	October 19, 2000

RESIDENTS IN THE NEWS

At the Volunteer Brunch, on September 23, CONTACT presented awards to **Herb Hinman** and **Margo Hinman** for ten years of service in their Reassurance Program.

On September 26, the *Philadelphia Inquirer* carried a picture of **Peter Obbard**, with the notice that he has begun his term as the new president of the Rotary Club in Moorestown.

She's done it again! **Dottie Pierce** won first prize for one of the two watercolors she entered in the Burlington County College Art Show. Promoted by the Burlington County Art Guild, the show is in the Gallery of the College.

Kitty Katzell

NEW COMMITTEE CHAIRS

The special August issue of *Medford Leas Life* carried a list of all the MLRA committees then in existence, with their Sponsors and Chairs. But nothing is static at Medford Leas. There have been some changes since that list appeared.

Flower Arranging is now chaired by **Doris Salati**. In the Gift Shop, **Margaret Lawson** has replaced **Gary Raven** as co-chair. **Ed House** has replaced **Lew Coriell** as chair of Health Care Issues. **Helen Vukasin** is the new chair of the Leas Forum Committee. **Doris Shamleffer** has replaced **Evert Bartholomew** as chair of Social Accountability. **Hap Haskins** joins **Gene Link** as co-chair of Opera. **Betty Irvine** joins **Ellen Stimler** as co-chair of Chamber Music. **Kay Hill** has resumed the chair of the Thrift Shop, replacing **Betty Macpherson**, who is now the Thrift Shop's treasurer. **Anne Wood & Alice Culbreth** are the new co-chairs of the Studio, replacing **Elsie Nelson**.

Kitty Katzell

CANCER SUPPORT GROUP

The Cancer Support Group meets on the fourth Tuesday of each month at 3:15 P.M. in the Third Floor Haddon Lounge. **Jamie McClosky** is the staff liaison for the group, and **Kelly Trimble** has been the moderator in the past. The new moderator will be **Bobbi Daugherty** who is the Nurse Liaison at Samaritan Hospice in Marlton. Bobbi has taught at all levels from pre-school to college, and has held administrative positions in various types of health care facilities. With her nursing and administrative background, she will bring a different perspective to the group.

Kitty Katzell

ARBORETUM TOURS

On October 13, the mid-Atlantic region of the American Horticultural Therapy Association held an all-day meeting at Medford Leas. The organization is devoted to helping CCRC residents to improve their quality of life through garden therapy. In addition to their program sessions in the Auditorium and work on various crafts, members of the association went on tours of the Arboretum, including the Pinetum, several courtyard gardens, and the terrace gardens of **Edith Isaacson** and **Kate Haupt**.

Kitty Katzell

KEEP IT CLEAN!

Medford Leas is a beautiful campus, and many residents and staff enjoy taking long walks around the grounds. So it's important that we all remember to be careful about allowing things to fall and spoil the beauty. Things like candy and gum wrappers, cigarette butts, pieces of tissue, and paper or plastic bags can easily be carried along in a pocket or a hand until the next waste basket is accessible. And if by chance someone has inadvertently dropped some litter, consider picking it up and putting it in the trash. This is our home and we can all share the job of keeping it neat and beautiful.

Kitty Katzell

SLEEPLESS IN LONDON TOWN

by Hana Stranska

Strange thoughts fill an insomniac's dreams
As the night winds down into daylight's gleams.

So, I dreamed I was led by Little Jack Horner (!)
To Westminster Abbey's Poets' Corner.

There, I saw Wordsworth, high up on a hill,
Starting his Dance with a Daffodil.

And Shakespeare, the Bard, in his favorite spot,
Posing the question "To be, or not."

Coleridge's Kubla Khan found lots to do
When building his "Villa" in Xanadu.

Keats, with his Grecian Urn, proclaimed --
Forsooth --
That Truth is Beauty, and Beauty, Truth.

But Browning's message woke me up with a
start:
Though oft-repeated, it tugged at my heart.

"Grow old along with me:
the best is yet to be!"

I'm sure our community all agrees,
It's the perfect motto for Medford Leas!

Happy Thanksgiving!



Credits

Photos by **Barbara Ballou**

NOVEMBER CALENDAR HIGHLIGHTS

- 2 - Vid-U
- 2 - Folk & Line Dancing
- 4 - *The Wonder of Hearing and of Hearing Loss*,
Dr. Gordon Leidy
- 4 - Movie: *Moonstruck*
- 5 - Friends Meeting for Worship (every Sunday)
- 5 - Vespers (every Sunday)
- 6 - Bus to Chamber Music, Philadelphia
- 7 - Election Day
- 7 - Pendle Hill Program
- 8 - Knitting & Sewing Open House and Sale
- 9 - Bus to Radio City Christmas Spectacular
- 10 - Video Opera: *Italian Girl in Algiers*
- 11 - Veterans Day
- 11 - Leas Forum: *The Idea of Genius*,
Dean Catharine Stimpson
- 11 - Movie: *Why Shoot the Teacher*
- 12 - Bus to Opera, Philadelphia
- 12 - Chamber Music Trio
- 14 - Pendle Hill Program
- 16 - Open Forum with **Mike Peasley**
- 16 - Bus to Rotary Travelogue
- 17 - Bus to Philadelphia Orchestra
- 17 - Bus to Chamber Music, Philadelphia
- 18 - Movie: *The Little Foxes*
- 18 - **Marta Sanders Returns**
- 20 - MLRA Business Meeting
- 21 - Pendle Hill Program
- 23 - Thanksgiving Day
- 24 - Bus to Walnut Street Theatre, Philadelphia
- 25 - Movie: *That Touch of Mink*
- 30 - Employee Holiday Show

MEDFORD LEAS LIFE

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