



# Medford Leas LIFE

VOL. XXVIII, No. 1

JANUARY 2001

## EMPLOYEE HOLIDAY SHOW

by Hana Stranska

Philly, City of Brotherly Love (with carefully crafted picture of the Art Museum as backdrop) gave this year's Employee Holiday Show its home of f/friends and laughter. Presented twice in the "Peasley Penntorium" -- our Auditorium renamed for the occasion -- on November 30 to packed houses, it was a worthy successor to previous shows from beginning to end.

First, **Mary McGione**, Director of Human Resources and also of the Show, welcomes the audience. Then "Rocky" (**Joe Greipp** of Landscaping) makes his boisterous entrance, followed by Adrienne and Paulie, and cheered on by the "Germantown Cheerleaders," **Beverly Kannengieszer** and the Fitness staff. "Lullaby of Broad Street" is sung, then "Billy Penn" in period costume (a.k.a. **Mike Peasley**, Executive Director) flits gracefully and self-effacingly across the stage, apparently quite happy with his lot until, toward the end, he complains with sad countenance: "Look at Ben Franklin; he gets all the buildings and streets named after him, and where does that leave poor Billy Penn?"

Now, we get into the time/space warp, when it becomes impossible to name all those enthusiastic performers, tunes and routines, so here are just a few. The Health Center staff (**Dr. Keith Quinton** et al), appropriately clad in Salvation Army uniforms, appear. Maintenance staff, hair dyed black, sing "Sh--Boom, Sh--Boom," followed, all in white, by the inimitable

**Bill Murphy**, his "High-C-Dissonances" at their "Murphiest." Harking back to Horn & Hardart, in red, white & black, Resident Services staff sing "Ain't It Sweet". **Cherie Shelton**, Dining Services Hostess, in fetchingly revealing attire and with lovely low-pitched voice, sings "I Can Tell You're from Medford Leas," **Kate Kwiecinski**, in Downtown Philly, does a solo as Shopper #1, while Assisted Living staff, clad as "Hippies," sing "Put a Little Love in Your Heart," followed by Hippy #7, **Gerry Stride**, her rich voice intoning "Grandma Got Run Over by a Reindeer."

While the tiny tots (mostly pre-school) were not all equally comfortable on stage (one seemed on the verge of tears at the early show) positively all were equally adorable! Of course, no self-consciousness bothered that seasoned pro, "Newsboy" **Joey McKenna**, and while his sister, **Jaelyn**, held a sign, he twisted and step-danced his way across the stage with abandon. Likewise, little **Joshua Boyce**, grandson of **Gail Cole** (receptionist), showed off his budding talent without fear. Throughout it all, **Mark Wick** (Accounting), billed appropriately as MUSICIAN EXTRAORDINAIRE, and **Frank Gentile** (Comptroller), with his before-and-after show piano-playing in the Lounge, delighted us with their music.

Hot hors d'oeuvres and desserts of unsurpassed quality (thank you, **Lorraine LaPollo**) were served in the Lounge and Garden Dining Room. The carefully organized comings and goings to and from the two performances, and eventually to

the sumptuous dinners in the Colonial Room, resulted in a smooth transition.

If the measure of the success of a show is the audience's regret that it's over, then this one was II, even before the "MUMMERABILIA" String Band marched in to play a rousing finale.

Countless hours were spent by a devoted staff, starting in late summer, to produce the show. The program mentions their efforts. All will live in our hearts, until the next show. Tapes of the show are available at the Front Desk for those who may have missed it and those who want to see it again.

Our gratitude knows no bounds:  
Thanks, lots, to all who gave us  
Those wonderful sights and sounds.  
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**WHO'S NEW**

by Hana Stranska

**Caroline (Welsch) Reiff, Apt. 222,** moved to Medford Leas from Medford, where she had been living with her daughter since her husband, **Ed,** died in 1999. Caroline had a long working relationship with Blabon-Sandura, linoleum manufacturers in Philadelphia. She started to work there when she was 18 and was called back to work for them again many years later. In 1972, she and Ed retired to North Cape May, where they lived for some 26 years. There they were active in the Cold Spring Presbyterian Church.

Caroline has two daughters, seven grandchildren, and 12 great-grands. She likes classical music (plays the piano), and enjoys swimming, walking, dancing, reading, and writing her own verses in greeting cards.

**BOOKS ENJOYED BY RESIDENTS**

[Residents are invited to report, in 100 words or less, on books that they have found particularly interesting. Reports may be placed on the *Medford Leas Life* shelf next to the Front Desk.]

*Disgrace*, by **J. M. Coetzee** is a compelling novel by a prolific South African writer, against the background of the black peasantry's struggle to recapture the farmlands they lost in the early days of apartheid. A major character is a white, middle-aged college professor who takes refuge on the farm of his unmarried daughter after he is dismissed for sexual harassment of a student. The farm is invaded and ransacked by three black men who rape the daughter and seriously injure the father. This pivotal event is transforming for father and daughter as they ponder the advisability of continuing their life together or even retaining the farm. Writing in terse, sparse prose, the author finds a resolution for both that conforms to the realities of their respective situations.

**Ellen Stimler**

*Eyewitness to Power: the Essence of Leadership*, by **David Gergen** makes timely reading. Gergen served in the White House under Presidents Nixon, Ford, Reagan, and Clinton. He started on Nixon's speech-writing team and became its chief; was called back to serve as special counsel under Ford; Reagan engaged him as director of communications; and Clinton recruited him in 1993 to serve as counselor. As Gergen describes each of these presidents, their crises and their different ways of dealing with them, he brings out their strengths and weaknesses relative to leadership and to their effectiveness as presidents. Reading it between the election in November and the court decisions in December, one could see all too clearly the importance of the transition period and could only hope that both candidates, Bush and Gore, had read this excellent book before they sought the office.

**Kitty Katzell**

**WHO'S NEW**

**Anne (Faust) Mengel, Apt. 166**, moved to Medford Leas from University City in Philadelphia. She lived there for over 25 years, working for the University of Pennsylvania first in the Dean's Office for the School of Arts and Sciences and then in the Provost's Office, where she continued work on faculty affairs servicing 13 schools.

Anne has two daughters and two sons, who have given her ten grandchildren. She is a member of Woodland Presbyterian Church in Philadelphia and has been active in her service there in many capacities. She considers herself to be a "people" person who enjoys reading, theater, music, and her friends.

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**HAPPY NEW YEAR!**

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**A LETTER TO TIME**

by Hana Stranska

O, Time, why must you run so? Do stand still a moment.  
 Let me catch my breath, O, Time!  
 Please curb your hurry, slow your pace and give me  
 At least enough of you to find for you a rhyme!

Why all this rush and bother, I implore you?  
 Why make the minutes seem like seconds, pray?  
 A second like a flash, an hour like a minute,  
 And a whole life span like a single day?

Are you aware how difficult and maddening  
 It is to race toward the finish at this rate?  
 We shall be resting plenty at the end, I know, dear.  
 But Time, don't even YOU think that's a little late?

**EMPLOYEES OF THE MONTH**

**Rose Iacona**, a member of the on-call staff for the Child Day Care Center, was October's Employee of the Month. Rose has worked at Medford Leas for ten years, but before that, she had a career in advertising, selling commercial air time.

**Maurica Steinagle** was November's Employee of the Month. Maurica works for Dining Services serving residents in Assisted Living, so you may not know her, but the residents in her care are very grateful for her care and attention.

**Myrna Wester**, December's Employee of the Month, has worked at Medford Leas since 1988. Myrna is a Certified Nursing Assistant, working on the John Woolman Nursing Unit, usually on the 3-11 shift.

When you meet these special people, remember to thank them and congratulate them on their achievement. They help make life at Medford Leas the special pleasure that it is for all residents.

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**ART STUDIO FALL SHOW**

by Doreen Lee

Over a hundred friends attended the opening reception of the Fall Show in the Art Studio. The sun shone in through the Studio windows as people visited and enjoyed the art works and the refreshments. Fourteen exhibitors, using a variety of media, created an interesting and lively exhibit. Two innovations were a series of Zen sketches by **Anne Wood**, and some watercolors by **Doreen Lee**, entitled "view from the side," which she painted after she lost her central vision. There were also some lovely quilted hangings by **Jeanette Muir**. As usual, delicious refreshments contributed to the social atmosphere.

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## NEWS FROM LUMBERTON LEAS

by Helen Vukasin

With a ribbon-cutting by **Lois Forrest** and **Mike Peasley**, the Lumberton Leas Community Center was opened on December 8 with much fanfare. The residents of Lumberton Leas were grateful to all the residents of the other campuses who attended the celebration. They also appreciated having the people from the community and the construction who joined them.

The weather held up, the food was magnificent as usual, because it was catered by our Medford Leas Dining Services, and everyone had a good time. Lumberton Leas residents returned to the Community Center in the evening for supper and a gala community celebration.

Any residents who were unable to attend the grand opening on December 8 are welcome to take a private tour anytime. Just call someone you know who lives in Lumberton Leas and ask to be shown you around. They look forward to sharing the facility with other Medford Leas residents as joint programs are developed. The Lumberton Leas Fitness Center and the outdoor Pool, when it's open, are available to all. Contact **Beverly Kannengieszer** for regulations regarding the use of the Fitness Center.

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## NEW POSTAGE RATES

Effective January 7, 2001, it will cost 34¢ for the first ounce going first class mail. Additional ounces are 21¢ each, so two ounces would still cost 55¢, and post cards are still 20¢. Priority mail will go to \$3.50 for one pound. Mail to Canada and Mexico will be 60¢ for a one ounce letter and 50¢ for a post card. To other countries, it will be 80¢ per ounce for first class mail and 70¢ for post cards.

## NEWS FROM WOOLMAN COMMONS

by Nancy Darling

A farewell tea for former Woolman Commons resident, **John Kriebel**, was held on December 14. John now lives in 439 on the Medford campus. A highlight of the event was the reading of John's poetry, first by the poet himself, then by **Dottie Kriebel**, his sister-in-law. Many Christmas cookies and other goodies were in evidence and everyone enjoyed the annual Christmas Carol sing that followed. Accompaniment was provided by **Marion Burk** on the piano and **Nancy Darling** on the recorder.

The Out-to-Lunch Bunch dined at the Cafe Gallery in Burlington on December 15. This was the second year in a row the group enjoyed their lovely decorations as well as the delicious food.

The usual New Year's Eve potluck supper is scheduled for December 31, with time together afterwards. Most residents don't try to see the New Year in together, admitting they are likely to be home and asleep when 2001 appears.

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## THE GALLERY

by Ann Hibshman

During the month of January, there will be two artists' work on display in the Gallery. The **Harry Forrest** exhibit of **The Philadelphia Calligraphy Society's** work will continue until January 13, and from January 13 through the month of February, watercolors of **Daniel Hines** will be exhibited. The reception for Dan Hines is scheduled for February 6 in the Gallery from 3:30 to 4:30 p.m.

Mr. Hines's work has been exhibited in the Gallery before and his paintings of rural Medford will be familiar to many residents.

## RESIDENTS IN THE NEWS

The paperback edition of **Liz Helfman's** 1967 book, *Signs and Symbols Around the World*, has arrived on the Internet <iUniverse.com>. A copy of the book's cover has been on the bulletin board near the bank, and there's a copy of the book in hard cover in the Medford Leas Library.

There was an article in the *Philadelphia Inquirer* on November 13 about the delays in repairing the dam on Haines Creek that had been destroyed in Hurricane Floyd. The article mentioned **David Wilder**, who said "this is the lowest he's seen the creek since he moved to the area in 1988." Dave used to canoe on the creek several times a week before the dam broke.

**Dorothy Pierce** has been invited to participate in the upcoming exhibit of Folk Art for local artists from January 21 through February 4 at the Noyes Museum of Art. The Museum is located near the Forsythe National Wildlife Refuge, commonly known as the Brigantine Bird Sanctuary, in Atlantic County. Dorothy will be displaying a totem pole called "Evolution."

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### NOTICE

14th Annual Bird Census  
Wednesday, January 3, 2001  
SNOW, RAIN, OR SHINE

Residents are asked to record the greatest number of each species at their feeders.

A few hardy souls will walk and count on paths around Medford Leas.

There will be a similar census at Lumberton Leas on Wednesday, January 10.

## WHO'S WHO AT LUMBERTON LEAS

by Doris Brown

**John & Barbara (Thatcher) MacKay, 28 Woodside Dr. (609-518-1222)** lived in Avalon for 13 years before moving to Lumberton Leas. Born in Bath, ME, John graduated from Purdue with a degree in Mechanical Engineering. His career focused on the design of commercial heating and air conditioning systems for hospitals, schools, and high-rise buildings. During WW-II, he was a Navy pilot. Barbara grew up in Swarthmore, PA, and graduated from Northwestern University. While raising her children, Barbara taught in a nursery school for 14 years. John and Barbara were married in 1967, each for the second time, and share five children, seven grandchildren, and one great-grandson.

Barbara is a member of the Pottery Guild of Wallingford, PA, and hopes to create pottery again soon. She also did volunteer work for a hospital in Cape May Court House and for Literacy Volunteers of America, and she was an active team-tennis player. John's interests lie in golf, woodcarving birds, and constructing furniture. While they lived in Avalon, they owned a sailboat, a runabout, and a canoe. Canoeing on the Rancocas is a distinct possibility in the days ahead.

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**Lorren & Louise (Haskins) Stiles, 132 Woodside Drive (609-518-0031)** lived in Medford Lakes and Medford for many years before moving to Lumberton Leas. Louise and Lorren were both born in New York State. Louise's childhood years were spent in Rochester, NY. At an early age, Lorren's parents moved to Woodbury, NJ, where he was raised and eventually met and married Louise.

Married life started on the campus of Lafayette College, enabling Lorren to complete his education, which had been interrupted by his tour

of duty in the Navy during WW-II. After obtaining his BA in economics, Lorren served in the marketing and controller's departments of Mobil Oil Corp. While at the Valley Forge division, he assisted in the establishment of the Eastern Region Light Product Control Center.

The Stileses have four children and six grandchildren. When their youngest was in high school, Louise returned to college and completed the nursing program she had begun at Syracuse University, earning a BS in nursing from the College of New Jersey in Trenton. For a time, she worked for the Community Nursing Services in Mt. Holly and the American Heart Association

During the summer, the Stileses return to their New York roots in the Finger Lake region to enjoy their cottage on Cayuga Lake.

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**Roy & Patricia (Snyder) Potts, 76 Woodside Drive (609-261-2426)** are natives of South Jersey. Roy attended Audubon High School, Pat went to Woodbury, and they met at a local dance. Roy served as a Sea Bee in the Navy, and later they settled in Audubon, where they raised three sons.

Pat trained as a nurse at Methodist Hospital in Philadelphia and continued her education at Penn. Villanova, and Rowan, eventually getting a Masters at Villanova. While the children were young, she worked in Pediatrics at Cooper Hospital and later was employed full-time as a Nurse Practitioner by the Philadelphia school system. She still works there, but also manages to devote time to the Audubon Nature Club and the Lumberton Historical Society.

Roy earned his BS in Civil Engineering at Drexel. For many years he worked in the engineering department at Texaco's Eagle Point Refinery in Westville. Since his retirement in 1988 from the Delaware City Refinery, he has been able to

spend more hours at the workbench, satisfying his long-term interest in carpentry and cabinet making. He and Pat look forward to more bicycle tours in Canada and Europe and vacations at their other home, built by Roy, Pat and their three sons in 1998 in Cape May Court House.

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**David & Jeanne (Craft) Shoemaker, 148 Woodside Dr. (609-518-9002)** moved here from Medford Commons where they had lived for six years. Before that, they lived in one of the rustic cabins in Medford Lakes. During WW-II, David served as a Naval Aviator, retiring as a Captain in the U.S. Naval Reserves. In his career before he retired in 1980, David was employed by Pacemaker & Egg Harbor Yachts, where he was Vice President of Administration. Currently, he is involved with Shoemaker Associates as a consultant in administrative and public relations services in South Jersey, but he still finds time for a round of golf now and then.

Jeanne is an accomplished sculptress and may return to her art. She has attended classes at Dauphin School of Art in Philadelphia to hone her skills, which are focused on terra cotta figurines. Her artistic flair was evidenced when she designed interiors of the cabin cruisers manufactured by Pacemaker.

The Shoemakers, members of Medford Friends Meeting, used to enjoy the luxury of using demonstrator yachts during David's years with the company.

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## FEINBLOOM AT MEDFORD LEAS

by Doreen Lee

Recently, this writer was one of a small group of residents who had an opportunity to work with a team from the William Feinbloom Vision Rehabilitation Center of Philadelphia. The team of four consisted of a Social Worker, Optometric staff (Doctor and a fourth-year student) and a Vision Rehabilitation Specialist.

I have known about the Feinbloom group for some time but had never had an opportunity to use their services. My experience was a very positive one. The team spent nearly 2½ hours with me. The Social Worker took the usual case history, summary of medical history, medications, etc., and discussed my goals in seeking help. The Optometric team spent a long time experimenting with a multitude of magnifying devices to determine what might help. Based on that work, they convinced me that I have far better peripheral vision than I had realized and they spent some time training me in ways to use this to my advantage. It takes practice and is not easy, but it does work and is a great asset. Other than that, it seemed that the magnifiers I was already using are about as helpful as could be expected.

Then the Rehabilitation Specialist took over. We spent time in our own Low Vision Center working with the Aladdin reading equipment. Under her expert guidance I found a whole new world opening up; she even had me reading a dictionary, something I thought I would never use again. After that, we went outdoors into the sunshine and tried a variety of sunglasses -- most of those I have used cut down on glare but also cut off so much light that it is difficult to walk about. We finally found what seemed to be just the right combination and a pair has been ordered.

I found the time with this group to be informative, but, much more importantly, it was *encouraging*. I left feeling I was not handicapped, as I had thought (despite being classified as legally blind),

and there were many opportunities available to me. An important outcome was that we decided to invest in an Aladdin machine for our apartment and, now that it has been installed, I can once more write my own checks, read an address book and mail, and even proofread my own typing. This has opened up a whole new facet of life for me and adds an encouraging dimension to each day.

Residents who are interested in pursuing this for their own situation should contact **Jamie McCloskey** of Resident Services (3119)

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## DIABETES MELLITUS SERIES

by Wendi Ruddy

During January and February, there will be a series of workshops on Diabetes Mellitus. The sessions will be held in the Wellness Center on six successive Fridays from 2:00 to 3:00 P.M.

- Jan. 12 -- *Overview of Diabetes Type I and Type II*
- Jan. 19 -- *The Diabetic Exchange System and Portion Control*
- Jan. 26 -- *Diabetic Medications: What You Need to Know about How They Work and How to Make the Most of Them*
- Feb. 2 -- *Long Term Complications of Diabetes and How to Prevent Them*
- Feb. 9 -- *Determining Individual Calorie and Carbohydrate Needs, and Developing Individual Meal Patterns*
- Feb. 16 -- *Carbohydrate Counting: Label Reading and the Exchange System*

To register to attend any of these sessions, call 654-3777 and leave your name, phone number, and the dates of sessions you want to attend.

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## DIAL 3777

Everyone learns soon after arriving at Medford Leas to dial "3666" in an emergency. But many residents seem not to know about dialing "3777" for other Health Center services. You can call 3777 any hour of any day or night to leave non-emergency messages for any of our health care providers. A Health Center staff member (usually, **Nancy**) retrieves the messages on weekdays at 7:30 a.m. and 1:00 p.m. So, for example, if you call on Friday afternoon after 1:00 p.m., your message will be retrieved on Monday morning.

When you leave a message, give as much information as you can: your name, your extension number, the best time for them to call you (if you want a call back), etc.

Some of the situations in which you should use 3777:

-- If you need a referral form, for an appointment with an outside specialist when you're driving yourself. Include the name of the specialist and the date of your appointment.

-- If you need to change an appointment that the Health Center has scheduled for you. Give the date that was scheduled, and, if you're going to be away, the dates you'll be gone.

-- If you want to give a message to one of the Health Center staff (nurse, nurse practitioner, or physician), especially if one of them has asked that you call to report how you're doing.

-- If you have questions about medications: how often to take Tylenol; what over-the-counter preparation you might take; or, if the pharmacy tells you that you need a new prescription for a refill that you've requested.

-- If you have questions about lab tests, or preparations or procedures for tests, or if you're

wondering if your scheduled blood test requires that you fast.

-- If you have any non-emergency health concerns: cold symptoms, a rash, etc.

-- If you want to make an appointment to come to the Health Center and see one of the health care providers.

-- If you want to sign up to attend one of the wellness workshops.

The Health Center is a very busy place, and we can make life easier for the staff if we use 3777 (rather than one of the direct lines) if it's not essential that we speak with someone immediately. It's also a great convenience for residents to know that we can just pick up the phone at any time and leave messages for Health Center staff.

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## NEW MONTHLY FRIDAY OUTINGS

by Ellen Stimler

MLRA has established a new Short Trips Committee, which will organize monthly outings with the Medford Leas bus to destinations in the tri-state region. All trips will be on a Friday on which there is no Philadelphia Orchestra concert. They could include a great range of places of interest, from historical, art-related, and cultural sites to just shopping or browsing in Philadelphia or further afield.

The first trip may already have been completed by the time you read this, but if so, another will be announced at the beginning of the month by means of flyers and the usual Medford Leas communications.

**Doris Curley** has agreed to chair the Committee and she will be assembling a group of residents to assist her. Ideas for trips that would require a bus ride not exceeding two hours (and excluding New York City) may be put in Doris's box, #417.

**LARGE PRINT LIBRARY ADDITIONS**

by Ruth Hayes, Librarian

**FICTION**

Cookson, C. *The Desert Crop*  
 Copeland, L. *June*  
 Copeland, L. *Faith*  
 Evans, R. P. *The Christmas Box*  
 Golden, A. *Memoirs of a Geisha*  
 Hyde, C. R. *Pay It Forward*  
 Kingsolver, B. *The Poisonwood Bible*  
 Lewis, B. *The Redemption of Sarah Cain*  
 Lindsay, J. *The Heir*  
 Mawson, R. *The Lazarus Child*  
 Michaels, F. *Listen to Your Heart*  
 Pilcher, R. *Winter Solstice*  
 Plain, B. *Fortune's Hand*  
 Price, E. *The Beloved Invader*  
 Roberts, N. *Jewels of the Sun*  
 Ross, A. B. *Miss Julia Speaks Her Mind*  
 Sparks, N. *The Rescue*

**MYSTERY**

Christie, A. *Black Coffee*  
 Fletcher, J. & Bain, D. *Murder, She Wrote:  
 Little Yuletide Murder*  
 Grimes, M. *The Lamorna Wink*

**BIOGRAPHY**

Buford, K. *Burt Lancaster*  
 Hirsch, J. S. *Hurricane*  
 James, P. D. *Time to Be in Earnest*  
 Moose, with B. Hargrove. *My Life as a Dog*  
 Smith, D. *A Song for Mary*

**NON-FICTION**

Cahill, T. *Desire of the Everlasting Hills*  
 McCourt, F. *'Tis*  
*The New Testament: Good News for Modern  
 Man*

**READER'S DIGEST SELECT EDITIONS**

Ambrose, S. E. *Comrades*  
 Delinsky, B. *Lake News*

Our thanks to those who donate magazines and books. They are enjoyed by many residents.

**NEW TALKING BOOKS**

by Elaine Heinzelmann

**NON-FICTION**

Ambrose, S. *Nothing Like It in the World*  
 Armstrong, L. *It's Not About the Bike*  
 Gergen, D. *Eyewitness to Power*  
 Lauck, J. *Blackbird*  
 Smith, L. *Natural Blonde*

**FICTION**

Brown, S. *The Switch*  
 Clark/Clark. *Deck the Halls*  
 Cornwell, P. *The Last Precinct*  
 Evans, R. *The Carousel*  
 Kingsolver, B. *Prodigal Summer*  
 L'Amour, L. *The Day Breakers*  
 McCullough, C. *The Thorn Birds*  
 McCullough, C. *Morgan's Run*  
 Pilcher, R. *Winter Solstice*  
 Reich, C. *The Runner*  
 Sheldon, S. *The Sky Is Falling*

**DONATED**

Ross, D. F. *Expedition*  
 Ross, D. F. *Westward*

**POETRY**

T. S. Eliot Reads  
 Robert Frost Reads  
 Stafford, Williams  
 Heany, S.

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**A CORRECTION**

In the December issue of *Medford Leas Life*, there was an error in the column headed "New Books in the Library." In the list of Mysteries, the book by **A. Perry** should have been *Slaves of Obsession*, and the author of *The Blind Assassin* should have been **M. Atwood**.

**CRYPTOGRAM**

by Russell Hill

Here is the solution to the November/December Cryptogram: "Will Honeycomb calls these over-offended ladies the outrageously virtuous. (Sir Richard) Steele."

Most solvers politely called attention to an *ougrageous* typo. for which I apologize. I am taking steps to try to prevent it from occurring again. Correct solutions were received from: **Lydia Andrews, Ruth Blattenberger, Mort Bregman, Scott Charles, Jane Hunter, Euseba Kamensky, "Bill" Morris, Liliane Reynolds, Doris Salati, Florence Sawyer, Ellen Stimler, and Marie & John Winton.**

Here is the January Cryptogram:

EJJP LZQVG, FEZXQVG JU  
 CSVZE, HPZBVG CRES  
 GZRP GJZWF; FEJGLB,  
 SDFQB, YGZCPRKT XREB --  
 XSRXZTJ

Put solutions in Box 45 by January 15.

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**GREAT DECISIONS 2001**

by Gary Raven & Chuck Woodard

The time is approaching again for our Great Decisions program, a feature at Medford Leas for the past 25 years. We are especially looking forward to this year's challenging topics and the speakers who have been lined up to address them. The topics to be discussed were selected by the Foreign Policy Association and are made available in book form. It is suggested that residents purchase these briefing books in order to have a background and a better understanding of the topics to be discussed.

The sessions will be held on Thursday mornings at 10:30 a.m. in the Auditorium, from February 8 through March 29. Mark your calendar now so you won't miss any of them.

- Feb. 8 -- *China and Taiwan* -- **Allyn Rickett**
- Feb. 15 -- *European Integration* -- **Walter Zwarg**
- Feb. 22 -- *Missile Defense* -- **Wil Britten**
- Mar. 1 -- *International Health Crisis* -- **Joe Wray**
- Mar. 8 -- *USA and Drugs* -- **E. Bartholomew & Gary Raven**
- Mar. 15 -- *Mexico* -- **Chuck Woodard**
- Mar. 22 -- *Trade Globalization* -- **Dan Seeger**
- Mar. 29 -- *Conflict Resolution in Africa* -- **Amelia Yurgel**

The briefing books are not yet available, but notices will be issued as soon as they arrive.

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## WHAT'S NEW IN MAGAZINES

by Ellen Stimler

"Four of the most respected tech minds in the world," according to *Fortune* (Nov. 27) are questioned by the magazine's editors about the meaning of the tech stock meltdown in recent months. The basic question is whether investors should snap up former technology leaders like Intel and Microsoft at bargain prices or dump them in favor of new rising stars. While each of these experts has his own strategy and rationale, there is general agreement that the PC era of phenomenal growth is over and that investors must now ferret out the next generation of tech winners, probably Internet companies that are "communication-centric." They generally believe that the NASDAQ is down so much because it is heavily weighted by "large cap technology companies that represent yesterday's technology." They expect the "little companies" of the next generation to "explode" in 2001.

In a symposium under the title "Intifada II," several essays in *Commentary* (December) review the history and events leading up to the current undeclared war between the Israelis and Palestinians and evaluate solutions from different perspectives. In the most extended analysis of the series, **Norman Podhoretz** argues that the Israelis' yearning for peace, after the first Intifada which led to the Oslo Accords in 1993, was simply never shared by the Arab world. He persuasively recalls a series of events to establish his thesis that, despite Arafat's words to the contrary, there was never any acceptance of Israel's existence. At this time, he argues, a majority of Israelis have concluded that the past seven years were just a chase after an illusory dream. He quotes some leading former peace process advocates who are openly admitting that "we are at war," and that the Arabs "just want us out of the Middle East."

Assuming that the Israelis no longer believe in the peace process, **Hillel Halkin** weighs the pros and cons of a unilateral Israeli withdrawal and a forcible cessation of all cohabitation and

collaboration with the Arabs and Palestinians. He concludes that the two combatants are so inextricably tied into each other geographically and economically that this would simply not be a viable option at this stage. **Daniel Pipes** examines the U.S. role in the conflict. On the premise that the U.S. seeks to avoid a full-blown war in the Middle East at all costs, he says the U.S. must give up the land-for-peace idea, reestablish a deterrent peace offensive, and encourage Israel to make a stronger military response against its enemies.

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## DINNER MIXER PLANNED

by Berenice Finkelstone

The Hospitality Committee has announced that a Dinner Mixer (a dinner with random seating) is planned for Monday, January 15. Residents have been complaining that they are not becoming acquainted with new residents. At the Mixer, residents will choose their table assignment by lottery as they enter each dining room. Name tags will be on the tables, to be filled in and worn during dinner. The Garden Room will open at 5:00 P.M. and the Colonial Room at 6:00 P.M. There will be no buffet service that evening, nor will reservations be accepted.

**Evert Bartholomew**, Chairman of the Hospitality Committee, stated that some retirement communities hold such Mixers at regular intervals. The Committee considers this to be a try-out, including only court residents this time. They hope to include residents of Medford Leas' other campuses in the future.

Comments about this experiment should be placed in **Box 134**.

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## MARK YOUR CALENDAR

**WEDNESDAY, JANUARY 17**  
**MEDFORD LEAS**  
 Sixth Annual Fitness Day

**Information Table -- Equipment Demonstration**

**"Aging Successfully" -- Staff Aerobic Program**

**The Famous Fitness Day Luncheon**  
**[Reservations ABSOLUTELY required]**

**Recognition of 90+ Participants**

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## ON HEARING LOSS

It's been a few years since we were reminded of rules to observe in dealing with people who suffer from hearing loss, so here are what are called the "Ten Commandments."

Thou shalt **not**:

1. speak from another room.
2. speak with your back to the person.
3. start speaking and turn your head or walk away.
4. speak in competition with TV, radio, or another person who is speaking.
5. get angry with the person who does not hear.

Thou shalt:

6. be sure of the attention of the other person.
7. try to speak face-to-face.
8. remove obstacles from your mouth, such as food, a hand, a cigarette.
9. try to speak distinctly.
10. try to be patient.

And, if you are the person with hearing loss, there are some things you can do to help:

Ask the speaker to:

- speak distinctly, but not to shout.
- stand in good light facing you.
- repeat or rephrase, if you didn't understand.
- write down important things, like directions.

If you are joining a group conversation, ask someone to summarize for you.

Read movie or theater reviews in advance.

Let the restaurant hostess know that you need a quiet corner table.

Things can be frustrating, both for the one with hearing loss and for those dealing with that one. So let's all remember that Tenth Commandment: **Try to be patient.**





**WHERE ARE THE SNOW GEESE?**

by Gertrude Marshall

On Wednesday, November 15, eleven hardy members of the Bird Club went to the Forsythe National Wildlife Refuge. It was a beautiful, clear, cold, windy day and all were bundled up in winter gear. The trip had been planned in expectation of seeing thousands of snow geese. We actually saw perhaps a dozen close up and a hundred at a distance. Fish and Wildlife personnel are as mystified as we. Did the snow geese pass the Refuge by, going directly to Chesapeake Bay? Or are they delaying their time of migration, and if so, is it related to global warming?

Nevertheless, the trip was a big success, with 26 species seen, including numerous mallards, ducks, coot, black, northern pintail, bufflehead, red breasted and hooded merganser, and a fine view of green winged teal. There were also many dunlin (formerly known as red backed sandpiper) and good views of brant, not only flying but also swimming close to the causeway. Of egrets, several American and three great blue herons were seen, each hunched up out of the wind.

Lunch was eaten in the cars to avoid the wind chill. The birders were grateful to their drivers, **Doris Curley, Arthur Steitz, and David Swartz.** Each driver took a different route from Medford Leas to Brigantine but they all got there about the same time.

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Shortly after the Bird Club's trip to the Forsythe National Wild Life Refuge, the media reported that the Refuge had been closed to the public. Over 600 brant had been found dead (the birders had seen several dead ones on their trip), and, while the cause was being investigated, the Refuge wanted to be sure that no pathogen was transmitted to the public. As of early December, the cause was believed to be a viral infection not transferred to humans nor, it seems, to other avian species. For a time chemical poison was suspected, but no other birds being killed that seemed an unlikely cause. The toll of dead birds gradually subsided and the Refuge was reopened to the public. It is good to know that the Refuge managers are concerned about human health as well as that of the birds.

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**WATER VOLLEYBALL**

by Grace Schaffel



On a cold, early November 29th morning, eleven staunch Medford Leas residents squeezed into the Med-Leas van, driven by stalwart Coach **Beverly Kannengieszer,** and headed for Kendal-Crosslands CCRC in Pennsylvania to challenge their Water Volleyball team.

The Med-Leas Lions and Leapers, our six-person teams, have been playing together once a week for a few short months, while the Crosslands teams (four teams numbering many more than ours) have been training twice a week for four years! Needless to say, our opponents were skilled and, though our teams played valiantly,

they were roundly defeated. After the match, we were treated to a delicious lunch with the home teams, who were charming and friendly.

Then back to Medford Leas and, though our heads were bloody, they were unbowed and we were determined to play more regularly so we can host Crosslands at a later date and give them a run for their money. To do that, WE NEED YOU! The Crosslands teams had twice as many men as women, while we have a ratio of three women to every man on our team. Our women are capable and enthusiastic, but we need more height and power. So come join us. You'll have fun and get fit, and help us to uphold the good name of Medford Leas.

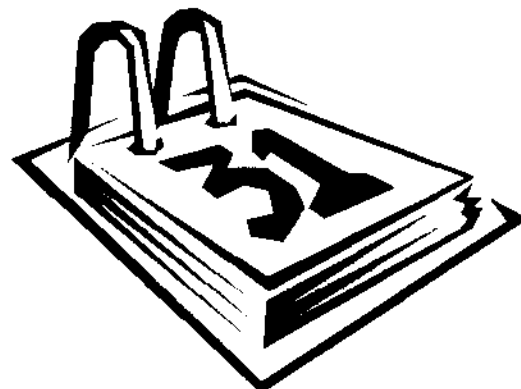
Note the schedule: We play on the first and third Fridays at 9:30 A.M. and on the second and fourth Wednesdays at 1:30 P.M. Just come down to the Pool and join us.

Those who attended the Crosslands meet were: **Ginny Caspary, Julian Eysmans, Bettina Frost, Carmen Kunyczka, Bet Lees, Gene Link, Inge Raven, Grace Schaffel, Jim & Carol Suplee, Hannah Wilson, and Beverly Kannengieszer.** **Nickie Stevenson and Genie Phelps** are also regulars but were unable to go.

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**In Memoriam**

<b>Mildred Wolf</b>	<b>November 28, 2000</b>
<b>Edith Brown</b>	<b>November 28, 2000</b>
<b>Phyllis Sanders</b>	<b>December 4, 2000</b>
<b>Eleanor Schonberg</b>	<b>December 6, 2000</b>
<b>Jennie (Sue) Allen</b>	<b>December 7, 2000</b>
<b>Dorothy Compton</b>	<b>December 8, 2000</b>
<b>David Van Name</b>	<b>December 14, 2000</b>
<b>Julia Wendel</b>	<b>December 15, 2000</b>



**JANUARY CALENDAR HIGHLIGHTS**

- 1 - Movie: *The Winslow Boy*
- 4 - Vid-U (also 1/11, 1/18, and 1/25)
- 4 - Folk and Line Dancing
- 6 - Movie: *The Farmer's Daughter*
- 7 - Friends Meeting for Worship
- 7 - Vespers
- 13 - Video: *West Side Story, Part I*
- 15 - Martin Luther King, Jr. Commemoration
- 15 - MLRA Business Meeting
- 16 - Open Forum with **Mike Peasley**
- 16 - Square Dancing (also 1/23 and 1/30)
- 20 - Performance: *Seven Quilts for Seven Sisters*,  
by the **Williams Sisters**
- 20 - Video: *West Side Story, Part II*
- 27 - Leas Forum: *Treasures of Fairmount Park*,  
**Nanlee Hollis**
- 27 - Movie: *Picnic*
- 30 - Bus to Chamber Music, Philadelphia



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MEDFORD LEAS LIFE

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*Medford Leas Life* is published monthly, September through June, by the Medford Leas Residents Association. Copies are distributed to all residents and to those on the waiting list. Subscriptions are available to others at \$7.50 per 10-issue volume by writing to *Medford Leas Life*, 676 Medford Leas, Medford, NJ 08055. Medford Leas can be reached by phone at (609) 654-3000; by FAX at (609) 654-7894, on the World Wide Web at <www.medfordleas.org>; the e-mail address is <Medleas@eticomm.net>. When using FAX or e-mail, specify the name of the person to receive the message.

**Deadline for submissions: 15th of the month preceding publication.**

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