

# Medford Leas LIFE



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## DISPELLING MYTHS AND RUMORS

by Maggle Woodard

Recently there has been extensive redecorating of Woolman, the Atrium, and all the halls in the main building, as well as repair of the trash stockades in Bridlington and the staining and repair of exterior walls in Bridlington and Rushmore. The redecorating consisted of painting, new carpeting, wallpaper, reupholstery, and the resurfacing of some walls. The flurry of activity caused consternation among some residents and rumors flew about the timing and the reasons for it. Worries surfaced about the possible need for increases in monthly fees.

Consulting **Bill Murphy**, Director of Operations, was reassuring. There is a regular replacement schedule and a budget for it, in order to guard against unplanned-for expenses. Bill explained that there are different capital projects each year so that expenses are not exorbitant in any one year. Balancing is going on all the time in making judgments about expenditures.

Bill views the Atrium as if Medford Leas were a business. It is important that it look attractive and not run down, in order that potential residents and the outside community continue to view Medford Leas positively. Decorating changes are made in the Atrium every five or six years.

Other public areas are refurbished less often but are kept attractive and functional because this is the residents' home. In the halls, the nine-year-old carpeting was worn and becoming ugly, and the walls and wallpaper had become soiled and

needed replacement. The exterior walls of Bridlington and Rushmore were stained for the purpose of preservation as well as appearance. Some of the trash stockades had been damaged by cars and they were fixed up to make them usable.

Knowing that the improvements were done in accord with long-standing plans, let's relax and enjoy our spruced up rooms and halls!

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## MLRA AMENDS CONSTITUTION

by Ellen Stimler

At the May 20 MLRA Business Meeting, the residents of Medford Leas voted overwhelmingly in favor of several changes in the MLRA Constitution. The changes had been recommended by the MLRA Long-Range Planning Committee and approved by the MLRA Board of Directors. The only amendment that led to some discussion before being approved was the proposal that the time given to newly-elected directors for the selection of a president and vice-president be extended to period of up to seven days, as against the present requirement that this vote take place "immediately" after the election of the new board members in April. All other changes were of the "housekeeping" type, making capitalizations uniform, changing "chairman" to "chair," and eliminating duplication of language.

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**NEWS FROM LUMBERTON LEAS**

by Helen Vukasin

Lumberton Leas residents gathered in the Community Center on May 13 for the Annual Residents' Meeting. The meeting's purpose was to elect three new Council members. The Lumberton Leas Council is a body of six residents serving for two years. Each year, three new members are elected to replace those ending their 2-year term. This is the end of the term for three pioneers who have served since the early days of Lumberton Leas and contributed to organizing the Council and the committee structure: **Don Kocher, Helen Vukasin, and Barbara Zimmerman.** The Nominating Committee Chair, **Milt Zimmerman,** introduced three candidates: **Julian Eysmans, Barbara Lewis, and Jack Mutschler.** There were no nominations from the floor and the slate was elected unanimously. These candidates along with incumbents **Ed Ferraro, Lucia LeConey, and John Sommi** will form the new Council.

The Lumberton Leas Chair, Don Kocher, reported on the many accomplishments of the past year, including completing the Community Center, the pool, the trails, and other venues. Visitors will be delighted to see the new gaily colored awning that will provide shade at the pool on hot summer days. They will also be able to enjoy the view from the front porch while sitting on the handsome and comfortable teak furniture.

The high point of the evening was a dramatic presentation dubbed on the program as *The Hysterical History of Lumberton Leas.* **Dorothy Rathje** wrote and very effectively presented *The Creation Story of Lumberton Leas,* being a biblical-language tale about the Estaugh's new campus in Lumberton from its agricultural origins to the completion of the project. "Go forth and multiply,' saith the Estaugh to the pioneer residents, but lo, the residents were past their prime and the Estaugh had to revise its strategy."

The evening would not have been complete without the group singing of *Home on the Leas,* with lyrics by **Carol Suplee,** to the tune of *Home on the Range.* The evening concluded with *God Bless America.*

Otherwise, Lumberton Leas is greeting spring. The lea is blooming, the bluebirds are nesting, and water aerobics classes have started in the pool.

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**NEWS FROM WOOLMAN COMMONS**

by Nancy Darling

The Out-to-Lunch Bunch has recently gone to two good restaurants. One, *Pompeii Gardens* in Hainesport, is indeed placed amid lovely gardens which are visible from the private dining room's three walls of windows. There was a large turnout on this occasion and all agreed the food was excellent and reasonably priced. A smaller group went to *Borson's Cafe* in Cherry Hill and enjoyed the mixture of traditional Jewish specialties and standard lunch fare. They had a private dining room, friendly service, and generous portions of good food.

Recent movies shown in the Commons Room include *My Best Friend's Wedding* and *Castaway.*

A committee, under the able chairmanship of **Dave Lewis,** is busy planning the Woolman Commons Open House to be held on May 31 for residents of the other two campuses. You may hear more about this event in the September issue.

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**BIRD CLUB REPORT**

by Louise Tompkins

With the onset of the Spring migration, Bird Club members have increased the frequency of their walks and trips. On April 24, a group walked around the meadow and woodlands of the Medford Leas campus. They had wonderful views of a **field sparrow**, its pink bill and rusty-colored cap the identifying features as it sang at the top of a tree.

On April 29, the Bird Club visited Lumberton Leas and, at the group's request, made a second visit on May 6. The varied habitats, the river edge of the Rancocas, meadows, and woodlands, lend themselves to a great variety of birds. In all, 29 species were seen. It was especially pleasing to hear the haunting call of the **wood thrush**. Later that same week, the group visited Bear Swamp on May 10. This wooded, wet area near Medford is known as a good spot for seeing **prothonatary warblers** (golden swamp warbler). They did see the **prothonatary**, a **blue-winged warbler**, and also the **common yellow throat**.

Finally, on May 16, 20 residents formed a caravan to travel down to the Cape May Bird Observatory's Center for Research and Education. From there, they traveled to Reed's Beach on the Delaware Bay Shore to see the annual onslaught of horseshoe crabs laying their eggs and shorebirds feasting on those eggs. The group was especially pleased to see the **red knots**, and the beautifully marked **ruddy turnstone**. After a picnic lunch, they drove further up the Delaware shore to Thompson's Beach, a beautiful marsh. There, hidden among the grasses, they spotted a **clapper rail**.

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**TRIP TO BRIGANTINE WILDLIFE REFUGE**

by Gertrude Marshall

On a summer-like day, April 19, a group of 32 Medford Leas residents set off for the Jersey Shore in the Leas bus, a "short trip" arranged by **Mary Toda**. They arrived at the Noyes Museum just south of the Forsythe Wildlife Refuge and, for an hour or so, enjoyed the art and craft work there. This museum was established in 1973 by Fred & Ethel Noyes who had run the old Smithville Inn.

Around noon, the group rode over to the refuge and ate their bag lunches. They could hear cardinals, Carolina wrens, purple martins, and pine warblers singing. After viewing a short movie about salt marshes at the refuge office, they set off on the 8-mile drive along the causeway. With the guidance of **Elmer Rowley** and **Wayne Marshall**, they saw numerous geese: Canada, brant, and a few laggard snow geese, as well as one Canada goose family with four tiny goslings. There seemed not to be a duck in the refuge, all having gone north to breed. But there were other birds of interest: a pair of Forsters terns and also two ospreys on a platform nest, both pairs exhibiting courtship displays. Spring is here! And just as the ride ended, John, the driver, spotted an American bittern in the reeds, a fairly rare bird. In all 33 species were seen.

The drive down and back was through areas of pine forest, as well as along lawns filled with pink and white dogwood, magnolia, shadbush, and azalea in bloom. The ride itself was a treat at this peak of the flowering season.

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IN THE NEWS

On April 25, the Burlington County Times reported on the Burlington County Red Cross annual awards dinner, at which over 100 of the 1500+ volunteers were honored. Among those honored was Florence Sawyer, who received the Lifetime Achievement Award.

On April 26, the Courier Post carried an article on the front page of its "Home & Garden" section with a banner headline: Living in an arboretum, by Kim Mulford. It included three color pictures and an excellent article about Medford Leas and the Gardens Collaborative, which is holding "the World's Largest Garden Party" during the month of May. As part of that observance, Medford Leas will host tours of the Arboretum on May 4 and May 19.

On April 28, Bernice Ahlquist was recognized for 22 years of faithful service as the librarian at Trinity Presbyterian Church in Cherry Hill.

The May 9 issue of The Central Record carried an article about Arbor Day in Medford in which they reported that Medford Leas had donated a flowering crabapple tree that was planted on the front lawn at the Allen School. John Siminski, Director of Landscaping, was quoted in the item.

The Inquirer Magazine of Sunday, May 12, mentioned Medford Leas in an item about the Gardens Collaborative. Medford Leas is the only New Jersey site in the Gardens Collaborative.

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HOW'S THAT AGAIN?

submitted by Doreen Lee

A recent notice of the regular meeting of the Low Vision Group announced that it would have a speaker from the New Jersey Department for the Visually Repaired.

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EVEN BIRDS LIKE LIVING HERE

by Ellen Stimler

We know that many species of birds like the Medford Leas environment, and some of them even choose to make their homes here to raise their young.

Court 11 seems to be a preferred location for robins. One of them has laid four eggs in a natural-materials wreath hung outside the door of the Ricketts' apartment. Lois says she and Allyn try to be as gentle as possible as they come and go, but nevertheless, the mother leaves the nest and waits on the roof until the commotion subsides. Lois looks forward to becoming the grandmother to four little robins. A similar nest was built a few years ago in an artificial wreath outside Apt 115.

Another nest with four baby robins has been watched by everyone who comes to the Front Desk. This nest is in a tree in the atrium, visible from the receptionist's seat. On one of the days when there was a heavy rain, Gail Cole watched the parent robins spread their wings over the nest to protect the little ones.

Liliane Reynolds, in Apt. 182, has been watching a dove's nest in a pine tree in her court. The mama dove was sitting there faithfully until one day Liliane noticed she had gone, so she peeked into the nest and discovered two eggs. Soon mama returned, but only for a day. For some reason, she flew away and has not returned. Liliane reports that there is only one egg left in the nest. "I'm not a bird expert," she says, "so I can't explain what might have happened, or the feathers I found scattered along the way."

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**CRYPTOGRAM**

by Russell Hill

Here is the solution to the May Cryptogram:

WHAT, POPE, THE TWITNAM BARD,  
WHOM DENNIS, CIBBER, TIBBALD PUSHED  
SO HARD . . .  
WHO DARED TO WOO  
AND THEN TO LIBEL WORTLEY-MONTAGU.  
(Henry Austin) DOBSON

Most solvers found this difficult. Following are those who solved it: Lydia Andrews, Ruth Blattenberger, Mort Bregman, Don Davis, Euseba & Warren Kamensky, Kitty Katzell, Helen Peterson, Betty Preston, Doris Salati, Florence Saawyer, Ellen Wiener, and Marie Winton.

Four years ago, I tried Cryptograms in three languages: French, German, and Latin. This was popular, at least with those who knew one or more of the languages, so for June, we're doing it again. You can work on them all summer. Below are three puzzles, each with a different code. Submit answers to one, two, or all three.

French

SLRP SLRHFT ELKD  
JLK MFNF, . . .  
DLKQNBNGFN JFP  
PFKQGJFKQP, JF  
JBNGFN MLRN SLRP FQ  
CLK MLRN JLG?  
CBHTBD

German

CMGP JRL HGPQRLS  
PCK CVHB RPFLZ  
NLHKLZ DUCKS RX  
TVRHG PLLERVJLFEMGP  
JLF QLVK.  
NLJLFRGC JLGHGB

Latin

BCSETN CF VEQPSKH  
NCPJTYHKT B  
ECNJVQTK HKMH. VCB  
KPMVQ PQ WVKSH  
KPMPT EQ NCQTKEVC  
KPSEC.  
WVKSVY

Put solutions in Box 45 by August 15.

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## THE FITNESS CENTER

by Dorothy Tillman

When we first came to see Medford Leas, while visiting the Health Center my husband overheard an elderly lady complaining to her friend. "The trouble with Medford Leas," she said, "is that they won't let you die." It was enough to make us consider turning around and going home.

But wait. There's more.

Exercising for health was emphasized. A number of people swam (or paddled around) in the pool. Some sat on chairs and raised their arms and stretched their legs. And, whatever else it accomplished, it made you feel very virtuous and pleased with yourself.

And then they hired **Beverly**.

She started off slowly, I'll admit. But suddenly, instead of raising your arms five times, you were doing ten, and trying to ignore Beverly's exhortations to try for 15. "You'll feel better," she said. "It will make your quality of life in the Golden Years much better."

And where did it all lead? To the Fitness Room, that's where, fully equipped with treadmills, bicycles, rowing machines, etc. etc. etc. They also have weights, so that if you start to feel good with a one pound weight attached to your ankle, someone's right there ready to add half a pound or so, lest, heaven forbid, you don't keep working harder.

And you know what? It works! After a couple of weeks of two or three sessions a week, you really do feel better. I'm not saying you don't moan and groan and complain that it's hard, boring, whatever -- but you feel better. The Golden Years seem a little less tarnished.

Residents can come on their own and, if they have a partner, use the equipment at any time. And they do. I was astonished to learn how many residents who know how to work the machines and are capable of handling things themselves are down there at 7:00 in the morning, working away, getting fit as a fiddle.

Many, however, are referred by the Health or Physical Therapy Departments for assistance after a stroke, heart attack, surgery, or just a general need for strengthening muscles and heart to prevent a fall, a major problem, as we all know. Beverly works out a plan for them and five days a week **Rick Trandahl** is there to help with machinery and seeing to it that the program for you is being followed. And, of course, upping the ante and making it a little harder this month (or week) than it was the last time.

Rick has been at Medford Leas for 13 years. For five years, he worked in Environmental Services and then he spent seven-and-a-half years in nursing (and anyone who has been in Woolman and has wakened at night with a problem knows how gentle and kind he can be). He started with the Fitness Department in August, 2001, and brings many years of experience working with residents.

**Marge Miller** comes on Saturdays from 12:30 to 2:30 for those who haven't managed to fit in their 3x weekly. She began with the Department in April of 1999 and is now going to college studying Health Physical Education and Recreation. She is willing and helpful and does her part in urging you to do a little more -- or do it a little faster -- or use a heavier weight. I think you get the idea.

**Debbie Grigg** started with the Fitness Department in January of 2001. Debbie is a Licensed Physical Therapy Assistant and brings wonderful knowledge and patience to the Department.

(continued on next page)

A Fitness staff member goes to Lumberton Leas to work with residents there on Tuesday, Thursday, and Saturday. The equipment is the same but their center is larger. And they do have that outdoor swimming pool!

Since it is dealing with a smaller population, the space at Woolman Commons is not as great and equipment is therefore limited. Some residents go to Medford Leas or Lumberton Leas to take advantage of the equipment and the staff's help. Also, once a month a fitness staff member goes to Woolman Commons to offer assistance.

A busy day for the Fitness and Aquatics staff includes a Fitness Class at 8:30 (average class size 42 residents); Fitness Center with 50 residents needing assistance from 8:00 a.m. to 3:30 p.m.; in the Pool, an aquatics class with an average of 12 residents and then one on one or small groups, sometimes totaling an additional 15 residents. This means that on an Awesome Day, they coach around 120 athletes!

The Fitness Center at Medford Leas is staffed on Monday, Wednesday, and Friday from 8:00 a.m. to 12:30 p.m. and 1:30 to 3:30 p.m.. On Tuesday and Thursday, it is staffed from 8:00 to 9:30 a.m. and 1:00 to 2:30 p.m., and on Saturday, from 12:30 to 2:30 p.m.

The Lumberton Leas Fitness Center is staffed on Tuesday and Thursday from 1:30 to 3:30 p.m. and on Saturday from 10:00 to 11:30 a.m. The Woolman Commons Fitness Room is staffed for two and a half hours once a month.

Are you too old to do this? Ask **Ann Burr**. She doesn't come to the Center but goes to a Strength Training Class the Fitness Department offers. But what does she know? She's only 102. It is truly inspiring to see little, old, white-haired ladies bicycling away as if they hope to reach their children in California by nightfall!

So come out and join the late-blooming athletes!

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## WAVE AFTER WAVE

by Doreen Lee

No doubt everyone has spent hours watching waves somewhere, either on a sandy beach where wave followed wave in gentle sparkling succession or perhaps some rocky shore where the waves crashed and thundered. Each wave was unique and some carried treasures, maybe a lovely shell or perhaps a bottle with a message inside. Sometimes one found a finely polished stone worn to a wondrous smoothness by the sand and water. Once I picked up a tiny piece of frosted green glass, only about half an inch long, but so shaped by its time in the sea that with a little imagination one could see a Madonna and Child. This came at a major transition in my life and was very important, so that even four decades later I still have that little treasure safely stored in a box.

When we were on the waiting list for Medford Leas, I always read *Medford Leas Life* with the greatest interest, and looked forward to getting to know some of those interesting people. However, by the time we arrived here, some of those good people were no longer very active, having left their treasures to add to the life here. In due time, our generation became active and made our various contributions to the corporate life of the community. Some left wonderful gifts and some, like my little Madonna and Child, the kind of contribution which was special in some unexpected way.

Now many of us, after 14 or so years, are ready to quietly drift with the tide and leave the busyness to younger people. Just as when we became active we did some things differently, so we must be prepared that a newer generation will also do things differently. Just as waves wash gracefully back into the sea, so can we also let go and enjoy new ways of doing things.

As the book of Ecclesiastes (Ch. 3, v. 1) puts it, "To everything there is a season, and a time to every purpose under the heaven."

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## WHAT'S NEW IN MAGAZINES

by Ellen Stimler

You thought when you went to see Shakespeare's *Hamlet* or read it as a play, you heard or read the same words every time. Wrong! Apparently Shakespeare's manuscripts for the play are in many versions and many pieces, with dates uncertain, and many scholars have made it their life's work to come up with the most authentic text. The history of these endeavors is chronicled in *The New Yorker* (5/13/02) by **Ron Rosenbaum**, who is writing a book on the subject. The focus of this article is the 1982 Arden edition of the play, edited by Harold Jenkins. In his version, Laertes, whose father has been killed by Hamlet, says "Thus diest thou." In the 1604 Quarto text, Laertes says "Thus didst thou," and in the 1623 Folio version, it is "Thus diddest thou." Jenkins claims that he brought back the word Shakespeare originally wrote with his own hand -- before it was "corrupted" through carelessness in the printing house or the theater. In any event, this is just one of hundreds of unresolved textual enigmas in the play, which is described as "a blended text, an artificial conflation of the differing printed texts from Shakespeare's time and afterwards." Before the 1982 Jenkins edition, Arden had published a *Hamlet* edited by Edward Dowden, a Victorian scholar, and rival versions were available from Oxford, Cambridge, and Norton publishers. The Jenkins version is described as a 600-page compendium in which the actual text of the play is sandwiched between 150 pages of erudite introductory material and 150 pages of "longer notes" that could not be accommodated by the voluminous footnotes in the text.

**Implanted defibrillators** that jolt erratic heart beats back into regular rhythm can significantly reduce the occurrence of sudden death among patients who have had a prior heart attack and continue to suffer from heart beat irregularities, according to a study reported in *Science News* (4/27/02). In the study over a 2-year period, one group of patients was treated with conventional drug therapies while the control group had

defibrillators implanted after an initial heart attack. During the 2-year period, 20% of the standard-treatment group died, but only 14% of the defibrillator group. According to the article, over half of the deaths of established heart disease patients are from disorders of heart rhythm, which interferes with the pumping mechanism of the heart and circulation. Experts now believe that they have a mechanism that can significantly reduce sudden death on account of an irregular heartbeat condition. (Contributed by **Bud Stratton, M.D.**; the magazine will be in the Medford Leas Library.)

**A writer-researcher on the "character of cats"** concludes that the socializing traits of domestic cats are "inherited culturally" rather than genetically. In an article summarizing the findings reported in a soon-to-be published book of the same title, **Stephen Budansky** (*Atlantic Monthly*, 4/03/03) speculates that the Egyptians were the first to capture large numbers of wildcats for domestication and that, ever since, cats have acquired sociable traits as a kind of cultural knowledge that is passed on from mothers to kittens. The author got started on this research because he has a cat which he says behaves like a dog, following him wherever he goes. On the other hand, there are cats that still behave much like the African wildcats from which they are descended, roaming in groups around a food source, cooperating in raising their young, and having almost no contact with humans. He also points out that most of the genetic ancestors of other domesticated animals, like dogs, sheep, cattle, and goats, are either extinct or on the endangered-species list, whereas the wildcat is in neither category. Further, these other domesticated animals' behavior has drifted genetically so far from their wild counterparts that they now qualify as biologically distinct species. On the other hand, specimens of a wildcat and a domesticated cat are still so similar that even experts have difficulty telling them apart.

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**RECYCLING**

by Kitty Katzell

A recent PIW to the MLRA Board requested an article in *Medford Leas Life* "about what should or can be recycled." The following material is copied from a publication issued by Medford Township in 2000, under the heading "Recycling is Easy!"

**HOW TO PREPARE PAPER RECYCLABLE**

- Place in brown paper bags or tie with string or twine.
- Never place in plastic bags.
- Never tie with wire or tape.

**ACCEPTABLE**

Newspaper -- Cardboard -- Magazines -- Phone Books -- Paperback Books -- Computer Paper -- Office & School Paper -- Gray-color Cardboard (cereal boxes).

**NOT ACCEPTABLE**

Pizza Boxes -- Hardback Books -- Envelopes with Windows or Labels -- Soiled Paper/Cardboard -- Large Amounts of Shredded Paper -- Food Contaminated Paper/Cardboard -- Foil or Plastic Coated Paper/Cardboard.

**HOW TO PREPARE RECYCLABLE BOTTLES & CANS**

- Rinse clean, then place in recycling container
- Flatten plastic milk, water & soda bottles
- Throw away lids & caps
- Never place in paper bags or boxes
- Never place in plastic bags
- Never flatten beer & soda cans
- Never break glass

**ACCEPTABLE**

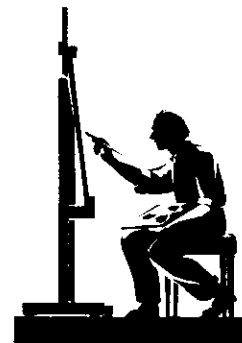
Glass Bottles -- Glass Food Containers -- Aluminum Cans -- Steel Cans -- Empty Aerosol Cans -- Plastic Bottle #1 & #2 only

**NOT ACCEPTABLE**

Clay or Plastic Flower Pots -- Crystal -- Plastic Bags -- Aluminum Foil -- Plastic Bottles #3, #4, #5, #6, & #7 -- Ceramic Mugs or Plates -- Drinking Glasses -- Ovenware -- Light Bulbs -- Mirrors -- Window Glass -- Plastic items that are not a bottle, such as Plastic Tubs, Trays & Lids -- Motor Oil, Paint, or Pesticide Containers.

Let's all consider those things that CAN be recycled as things that SHOULD be recycled and do our part to help the environment. And remember, too, that it's always important not to waste water.

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**IN THE GALLERY**

by Dorothy Tillman

The artist for the June Art Gallery exhibition is **Esther Missel**, whose unusual specialty is the painting of tall ships. Esther and her husband, Fred, are longtime residents of Moorestown and we are sure that many of her Moorestown friends who are residents here will be happy to greet her at the artist's opening reception on Tuesday, June 4, from 3:00 to 4:00 p.m.

Esther is listed in *Who's Who of American Women* and in *Who's Who in America*. She paints mainly in oils and acrylics, and her subjects include, in addition to the tall ships, rural landscapes, flowers, portraits, historical sites, and commissioned homes.

(continued)

She has exhibited widely -- in the Newman Gallery in Philadelphia, the Mystic Seaport Museum in Connecticut, in galleries in Annapolis and Newport, and in the rotunda of the House Office Building in Washington, DC.

Medford Leas is fortunate to have this opportunity to see her and her work. So come on June 4 to greet an old friend or meet a new one, and share some punch and cookies. Everyone is invited -- even those not from Moorestown.

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**GENE & BEULAH LINK HONORED**

by Ed Dreby

On Saturday, May 18, **Gene & Beulah Link** were feted at a brunch in the Colonial Dining Room to celebrate their founding of the Medford Leas Opera Group eight years ago. Gene recently retired after having directed the group's activities, essentially single-handed, since its inception. On hand were **Hap Haskins**, who has assisted Gene during recent years, and **Esther Woodward** and **Philetta Lobo**, who are the new chairs. They are already busy getting things lined up for the people who will attend the Philadelphia Opera Company next season. Also on hand at the brunch were some 25 opera lovers who have been part of the Opera Group.

Following tributes to Gene by his fans, Gene referred, in his remarks, to his favorite opera composer, Verdi, who, late in his life, wrote one of his most popular operas, *Falstaff*. Gene felt that we should all strive, in our later years, to emulate Falstaff, an opera that is filled with good humor.

As a further tribute to Gene and Beulah, a *Eugene & Beulah Link Opera Shelf* (an Opera Link, if you will) is being established to house books, librettos, video cassettes, CDs, and other opera reference materials. A committee will be working out the details of the Opera Shelf to carry on the activities started by Gene and Beulah to make the opera experience satisfying to residents.

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**EMPLOYEE OF THE MONTH**

**Betty Jo Difrank** was March's Employee of the Month. Betty Jo has worked in the Environmental Services Department since 1998.

April's Employee of the Month was **Kimberlie Hinkle**, who is on the staff of the Health Services area. Kimberlie has worked here since 1996, and is studying computers at Burlington County College.

Congratulations to Betty Jo and to Kimberlie, and many thanks for your good work at Medford Leas.

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**DONATED TALKING BOOKS**

Myra Binstock, Librarian

Mystery & Suspense

- Cornwell, P. *Post Mortem*
- Grafton, S. *P is for Peril*
- Kellerman, J. *Dr. Death*
- Patterson, J. *Cradle & All*
- Sandford, J. *Chosen Prey*

Fiction

- Hill, S. *Mrs. de Winter*
- Waller, R. *Border Music*

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**SAFETY TIPS**

by Reece Haines

The New Jersey Drivers' Manual states that Pedestrians and Joggers should always walk or jog off the roadway and **FACE** traffic. Those riding bicycles should ride **WITH** the traffic. Skate-boarders and roller-blade users should also ride **WITH** the traffic.

New Jersey requires those riding bicycles, skateboards, and roller-blades to wear helmets approved by the American National Standards or the Snell Memorial Foundation.

Please spread the word.

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**IN THE DISPLAY CASE**

by Hana Stranska

May ushered in a display of **FANS** of tremendous, eye-catching variety in size, color, material, and design: some made of sandalwood, some of lace, others embroidered with tiny glittering stones. Some oriental, others Spanish, you name it. The fans have been loaned by residents, and the quantity supplied makes it possible to have a second fan show which will be on display from early June to mid-July, according to **Todd Butler** and **Cynthia Mott** of the Display Committee. Future shows are planned exhibiting objects from Mexico and from Burma.

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**FROM THE HEALTH CENTER**

by Wendi Ruddy

On June 19, **Dr. Mitchell Rubin** will give a lecture in the Auditorium on *Dizzyness and Vertigo*. There are no lectures scheduled during July and August.

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**WHO'S NEW AT MEDFORD LEAS**

The grand piano taking the spotlight in **Apt. 654** of **Mary (Thorn) Cullen** lets you know that music is a big part of Mary's life. She started piano lessons at five, taught piano, and has played in chamber music ensembles and accompanied lieder singers. A vocalist herself, she also sang in two choruses and founded a madrigal group in Ithaca, NY, where she has lived for 50 years. She expects to join the **Leas Madrigal Singers** and a South Jersey choral group. She's also hoping to link up with others to form a chamber music ensemble.

Mary grew up in Palmyra, NY, graduated from Smith College, and married a graduate student at Cornell who went on to join the faculty of the New York State School of Industrial and Labor Relations. In 1962, the couple separated and **Mary** was hired by the Cornell Music Department and eventually became manager of the department's concerts. Some years later, Mary decided on a career change and earned a master's degree in Experimental Psychology.

She got a job as editor-in-chief of a magazine on employee relations published by the School of Industrial and Labor Relations. After her retirement, she did free-lance editing and even took a stab at politics in 1996, organizing a small group of Nader supporters who polled 9% of the vote in the city of Ithaca. Mary has three children and four grandchildren. An important member of her Medford Leas household is her dog, Mikey, a Bichon.

by Ellen Stimler

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**Margaret (Pomeroy) Melstrom, Apt. 47**, already knows many residents who, like her, are members of the Cherry Hill Unitarian Church and volunteers at Contact Exchange in Haddonfield. Margaret grew up in California, where she graduated from the U. of California with a degree in English. She taught in three California locations before marrying Donald, a chemical engineer working for Shell Chemical in Berkeley. They started a family in that area before Shell transferred Donald to Houston for six years, then back to Southern California, and finally to Mantua, NJ. They bought a house in Cherry Hill and Margaret recalls the difficulties in adjusting to snowy winters and the claustrophobia of being shut inside because of bad weather.

When their four children were all in school, Margaret went back to teaching at Cherry Hill High West. Donald died in 1972 and Margaret retired early. Since then, she has done volunteer work with Contact, Samaritan Hospice, Literacy Volunteers (working with foreign adults), and the Unitarian Church. She enjoys travel and has been to 35+ Elderhostels, the latest in Holland just before she moved here. Unfortunately, none of her children or four grandchildren are within easy visiting distance.

by Ellen Stimler

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**Joan (Murphy) Lloyd, Apt. 197**, came from her home in Weston, CT, to stay with her daughter in Bryn Mawr in order to look for a Quaker retirement home. The first week back at her former Radnor Meeting, she ran into her old friend **Ruth Blattenberger**, who recommended Medford Leas. Now, only eight months later, she is happily at home in her studio apartment.

Joan's entire working life was in media: magazines, radio, TV, advertising, and public relations. Her most interesting career experience started when she and her husband left their jobs in New York City to start a TV magazine in Wilkes-Barre, her husband's home town. They launched *TV Scoop* in six months, and it was an immediate success. One year later, they agreed to become the first franchisees of Walter Annenberg's nation-wide *TV Guide* and published the local edition for 15 years. Meanwhile they also raised four daughters and enjoyed success beyond their wildest dreams.

Joan's life changed dramatically in 1969 as a result of a marriage breakdown. She and her four daughters moved to Bryn Mawr. Joan did public relations and radio commercials and became a Quaker, at the invitation of **Douglas Steere**. Ten years later she moved to Weston, CT, and joined the Wilton Meeting. At that point, at age 63, she got the most important and best-paying job of her life as marketing director of a trade magazine, *Inside Print*, which she held for five exciting years. In her retirement, she has written a book, *Listen Love, Your Soul Is Speaking*, and hopes to set about getting it published.

by Ellen Stimler

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**John & Barbara (Matthias) Murray, Apt. 282**, found out about Medford Leas through a long friendship with **Ed & Miriam Ward**. Barbara spent her early childhood in the home of Ed's mother in Merchantville as a result of depression-caused problems in her own family, which she was able to rejoin in her teens. A few years ago, Barbara and Miriam discovered they were distant cousins through a joint ancestor. After graduating from high school, Barbara went to work for AT&T, where she met and later married John. She quit her job to devote full time to raising three children who have given them four grandchildren. Barbara is a trained water safety instructor and used to help out as pool volunteer at Medford Leas for many years while they were on the waiting list. As soon as John can spare her, she will go back on Beverly's water exercise team.

John has been nursing a painful lower back caused by heavy lifting and tennis, which has interrupted his active lifestyle. He grew up in Delanco, graduated from Palmyra High School, and served in the infantry during WW-II. Getting to Germany toward the end of the war, he was in the first contingent to cross the Rhine on the Remagen Bridge and he was in a German prison camp for three weeks before the final liberation. After his marriage, he continued to work at AT&T until retiring as associate manager in 1988.

by Ellen Stimler

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**Louise Schaeffer, Apt. 135**, came to us from Lawrenceville, NJ, where she has lived since 1990. She was born and had her schooling in Trenton at public school and Ursinas College, where she earned a BS in Biological Sciences. In 1951, she started her career as Library Assistant at Trenton Public Library. After her marriage in 1952, she took five years off to have her family (Eric & Karen). In 1964, she became paraprofessional librarian at Princeton University, where she worked for the next 33 years in the Library of Biological Sciences.

(continued)

Louise's marriage ended in divorce in 1970, and she retired in 1997, but continued library work as a volunteer in the Hopewell, NJ library. Louise has three grand- children (one adopted). Her main interest is classical music. She sings in her church choir, plays handbells, and has played the piano since she was six, and has studied at Princeton's Westminster Conservatory. Now she would like to find a partner for piano duets. In addition to her love of music, Louise likes to read and to swim.

by Hana Stranska

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### WHO'S NEW AT LUMBERTON LEAS

**Barbara Zimmerman** chairs a group that is assembling an album of pictures and biographies for residents of Lumberton Leas. In the process, they found some of their neighbors had never been reported in *Medford Leas Life* so we are publishing several at this time.

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**Bob & Jan Durbin** live at 2 Woodside Drive - 609-702-1014. Bob was born in Mineola, NY, attended high school in Scotch Plains, NJ, and earned his bachelor's degree at Rutgers. Automobiles fascinated him early on, so when he was drafted into the Army following graduation, he opted for motor pool duty, but the Army placed him in dental technician training and he served at a NIKE post outside Boston. After the war, he was hired by General Motors in their Motors Insurance Division. Following several years in the insurance field, he became Insurance Industry Consultant for Automatic Data Processing's Collision Estimating Services Branch in CA. He was able to stay in NJ, where he and Jan married and raised their two children. Bob's hobby is restoring antique cars and interesting notable non-antiques. He has owned over 100 autos. His present projects include a '34 Chevy convertible, a '35 Packard convertible, and a '38 Buick sedan.

He and Jan enjoy Elderhostels, trips to Europe, and their second home in the Poconos, where they improve their skills at skiing, kayaking, and bridge playing.

\*\*\*\*\*

**Anna W. Fisher (Ann)** (112 Woodside Drive -- 609-267-4925) moved here from Eayrestown Road in Lumberton. A native of Burlington County, she worked in a Mount Holly bank in her youth and later assisted her husband, John, in his CPA practice. She has been a member of the GFWC Woman's League of Mount Holly for over 50 years, and is also a member of the Col. Thomas Reynolds Chapter DAR. She belongs to the First Presbyterian Church of Mount Holly and volunteers there. Her two children have given her three wonderful grandchildren.

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**Tula Floridis** (143 Woodside Drive, 609-702-9492) was born in Ann Arbor, MI, was schooled there, and met her future husband, George, at the University. After the birth of her two daughters and several career moves in the Detroit area, they moved to Medford Lakes and George worked at RCA in Cherry Hill until retirement. George then became involved in consulting work until the Big Retirement in 1995, when they discovered beautiful Lake Keowee, in the South Carolina foothills of the Blue Ridge mountains. George passed away three years later and Tula returned to Cherry Hill, where her younger daughter lives. Another daughter lives in the Salt Lake City area. Tula has been a forever-volunteer -- 17 years at Shawnee High School, and four at the intensive care unit at Oconee Memorial Hospital in Seneca, SC. She was a long-time choir member at Cathedral of the Woods, is a less-than-serious golfer, a serious music lover, and currently is seeking Mah Jong players.

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**Hugh Jenkins** (187 Woodside Drive; 609-518-0036) moved here from Moorestown, NJ. He was born in Lancashire, England, and, as an "Army Brat," moved every year. At age 14, he passed the exam for the Army Technical School (Boys) and enlisted in the British Army in Ferozepore, India, as an electrician's apprentice. Commissioned into the Royal Engineers in 1944, he went to India and joined the 2/44 Indian Airborne Division. Discharged in 1947 with the rank of Captain, he emigrated to Canada, where he earned a BAsC. in Electrical Engineering from the University of Toronto, and, after much moving around, wound up working for Campbell Soup Co. in Camden, NJ for 30 years, retiring in 1990 as Manager, Electrical Engineering. His wife, Ruth, died in 2001. He is the father of Philip and Chris. Philip and his wife, Athena, live in Delanco and are the parents of Hugh's grandchildren, Alexandra and Cameron.

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**Wes & Mary Kerr** (171 Woodside Drive; 609-261-3008) came here from Mt. Laurel, NJ. Wes attended Cherry Hill Schools and graduated from Merchantville High School. Following service in the Army Air Force, he attended the University of Pennsylvania, Wheaton College, and the University of Illinois. He subsequently served as a teacher and administrator in Maple Shade and Cherry Hill. He is presently occupied with his grandchildren, but finds time for golf at the Moorestown Field Club.

Mary is a graduate of Moorestown High School, The College of New Jersey, and the University of Pennsylvania. She was a teacher and principal in both Maple Shade and Moorestown. She has also served some 65 years as an organist at Our Lady of Good Counsel in Moorestown and has played for weddings at the St. Thomas Moore Greek Orthodox Church in Cherry Hill. Along with Wes, she spends most days with the grandchildren. While Wes golfs, she reads and practices piano.

\*\*\*\*\*

**Henrietta Kwiecinski** (79 Woodside Drive; 609-518-3570) moved from Ocean City, NJ. She and her husband, Henry, were born in Philadelphia. Early in their married life, they moved to Ridgewood, NJ. Soon after WW-II, they moved to HoHoKus, NJ, where they lived with their two sons until retiring. Ocean City became their retirement home. Henry served in the Navy during WW-II in the Pacific Arena, and remained in the Navy as a reservist. He was on the faculty at Ridgewood High School first as a teacher and then in administration. He died in 1996.

Henrietta was on the faculty in Glen Rock, NJ, in the elementary grades. In the '60s, Glen Rock was the first district in NJ to initiate a class for neurologically impaired children. Henrietta was approached by the Board of Education to develop teaching methods and conduct a class of eight students. After several years, she became a Learning Consultant and a member of the Child Study Team until retiring in 1979. Henrietta has six grandchildren, and one great-grandchild. Her present interests include reading (biographies & mysteries), needlepoint, knitting, and bridge.

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**Katherine (Kaye) Martin** (39 Woodside Drive; 609-518-7866) was born and raised in Frankford, PA. She attended Temple University and earned a BS in Education and an M.Ed. in Health and Physical Education. After several years of teaching, she became certified as a speech and language pathologist. She worked with the deaf and hard of hearing, children with speech problems, and those with hearing disabilities. Kaye is a life member of the American Speech and Hearing Association and the American Physical Therapy Association. She used to sail with her brother, John G. Martin, the architect who designed Rushmore. Her nephew, John G. Martin, Jr., is the architect who designed Lumberton Leas. Kaye enjoys knitting, sewing, reading, gardening, and the seashore.

\*\*\*\*\*

**Henry & Claire (Poth) Walters** (51 Woodside Drive, 609-267-9229) moved here from Pt. Pleasant Beach, NJ. They were both born in Newark, NJ, and attended different high schools there. They met a few years later through a mutual friend after Hank had served four years in the Navy as a Machinist Mate 1st Class and while Claire was employed as a sales representative for ITT in Clifton. They married in 1950 and moved to Pt. Pleasant where Claire began her wedding planning service as a bridal consultant, which she pursued for 26 years. Hank was employed as Sales Representative for Breyers Ice Cream Company.

Being creative individuals, they also became actively involved in buying, remodeling, and selling old homes, including a run-down hotel in Pt. Pleasant Beach, which they bought and managed for 13 years. Claire admits that without her parents' help in managing the hotel during the summer season, that venture would have been difficult. While handling the Ocean Spray Hotel business, they moved to Pt. Pleasant Beach, where Claire was president of the Chamber of Commerce of Pt. Pleasant Area for a year. In addition to all these enterprises, Claire and Hank raised two children.

Claire's first love is design and she has used this talent remarkably in their Lumberton Leas home. She also likes to read and play the piano. Hank is a skilled carpenter. He enjoys time with the computer, reading, and bowling.

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**TWILIGHT**  
by Sally Burrowes

Pink-boned sky is fading,  
twilight taking over.  
Pricks of flyers' lights  
defy the stars.

\*\*\*\*\*

**KATE KWIECINSKI LEAVES**

Kate Kwiecinski served as Assistant Director of Medford Leas from October of 1986 through April of this year. During her years of service, she served as Licensed Nursing Home Administrator and as Coordinator for Medford Leas' CCAC Self-Evaluations and Accreditations. She was responsible for the development and ongoing implementation of the general orientation program for new employees, the certificate of need and conversion process of some of the licensed areas to one of the first Assisted Living facilities in New Jersey, supervision of the Dining Services Department, and the incorporation of intergenerational activities with residents living in the licensed units.

Kate also served on various committees for Medford Leas and participated actively with AAHSA and CCAC, where she served on committees and was a presenter at several Annual Meetings. She is a member of the Legislative Task Force of the New Jersey Association of Non-profit Homes for the Aging, and has been active with Friends Services for the Aging. With her considerable writing skills, she developed a broad range of communications with residents, staff, the waiting list, and the general public.

Kate's plans for the immediate future are uncertain, but it seems certain that she will be valued as a consultant or executive at other CCRC's.

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**IN MEMORIAM**

<b>Pearl Sharp</b>	<b>April 17, 2002</b>
<b>S. Dean Caldwell</b>	<b>April 20, 2002</b>
<b>Sarah Ewing</b>	<b>May 11, 2002</b>

**PRAYING MANTIS**

by Jane Benjamin

A praying mantis  
will tackle  
any adversary.  
She displays no fear,  
Even known to  
devour her beloved -  
No anniversary here!

All four inches of  
her green bravery  
Dared to attack  
the stick I carried.  
She made her  
first move,  
Undaunted, unharried,  
Arms upraised  
and fists ungloved.  
Could this be knavery?

While flaunting  
proof of  
the truth  
of Life,  
Never did she yield!  
Some of Life's battles  
are decided on  
The smallest of fields.

\*\*\*\*\*

**FOLLOW-UP**

In last month's *Medford Leas Life*, **Rose Cruikshank** wrote about her research of a Tibetan Tea Bowl in the Thrift Shop. The highest bidder for the bowl was **Mary Jo Christiansen**. Mary Jo is one of the nurses in the Health Center. At press time, we had not been able to reach her.

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**WHAT ARE YOU DOING?**

by Kitty Katzell

Volunteering is one of the best ways to be aware of all that's going on around Medford Leas, and there are so many ways to get involved. When you volunteer, you get to use the knowledge, skills, and abilities that you developed over the years. You make new friends. You have fun. You get to use your brain. You can be of service.

With all that's going on at Medford Leas, there must be some activity that piques your curiosity or arouses your interest. Maybe you're just tired of doing what you've been doing and want to try something new. You should never feel that you have to stay with an activity forever. If you quit one and start another, you give someone else the chance to fill the spot you vacated. You're always free to walk away and try something else, but not in the middle of the year, please.

What would you like to do? Not sure? Look around. Check the Bulletin Boards. Browse through the Committee List on the Main Bulletin Board. Review the Committee Job Descriptions which you'll find in the Medford Leas Library. Go into the Library and stand with your back to the Atrium windows. There are two notebooks at about knee height. One is Committees' Job Descriptions; the other is their Annual Reports. Both provide helpful information.

Once you've identified some things you might like to do, contact the Committee Chair whose name appears on the Committee List on the Main Bulletin Board. Or you can contact a member of the MLRA Board to find out where you're needed or how to get involved.

One of the areas where volunteers are always needed is in the Health Center. You can help by delivering mail, changing the water on flowers, pushing wheelchairs to events in the Community Center, reading to people, playing Scrabble or other games, etc. etc. etc.

So, don't just stand there. Do something!

**IF TIME IS MONEY**

by Hana Stranska

Time is money, you've heard it said,  
But statistics and polls are turned on their head  
When time is wasted; there's loss not gain --  
How much money goes down the drain?

Have time-studies proved that more is less?  
How did they explore cost-effectiveness?  
Does "nine-ninety-nine" seem cheaper than "ten"?  
Is ninehundredninety-nine--ninety-nine less than a  
thousand, then?

Think of the time it takes just to say it!  
Has anyone stopped to consider and weigh it?  
Think of the thousands and millions on the floors  
Of the tens of thousands of department stores,

Where "ninety-nine-ninety-nine" is quoted ad  
infinitum --

By the time it's been said, the shopper no longer  
wants the item.

Perhaps that's why the floor staff can never be  
found;

You look high and low; they're never around.  
When they see a customer, they scurry like mice.  
Is it to avoid being asked a price?

Are people really fooled to such an extent  
That the wasted time is thought money well  
spent?

Perhaps those experts should re-think the  
situation,

With enormous benefit to the nation.

Let our prices call a spade a spade,  
The relief to most of us would be great!  
Collateral advantages there may be many:  
It might even hasten the demise of the penny.

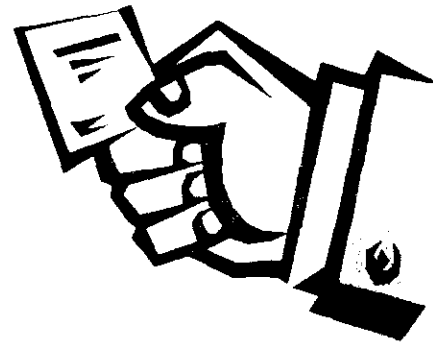
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**JUNE CALENDAR HIGHLIGHTS**

- 1 - Wild Flower Walk (also 15 and 29)
- 1 - Movie: *Citizen Kane*
- 2 - Friends Meeting for Worship  
(also 9, 16, 23, and 30)
- 2 - Vespers: **Rev. MaryJane Inman & Bell Choir**, Trinity Presbyterian, Cherry Hill
- 3 - Movie: *Moulin Rouge*
- 4 - Gallery Reception for **Esther Missel**
- 5 - Bird Club Meeting
- 6 - Vid-U (also 13, 20, and 27)
- 6 - Water Color Class Exhibit & Reception
- 6 - Concert: **Hilary Hahn**, violin with piano
- 6 - Folk & Line Dancing
- 7 - Bus to Philadelphia Orchestra (also 6/14)
- 7 - Music Video: *Swinging with Duke*, Wynton Marsalis & Jazz Orchestra
- 8 - Leas Forum: *History of the U.S. Capitol Building*, **Bill Busheng**
- 8 - Movie: *The Country Girl*
- 8 - Concert: Do-Re-Mi Music School
- 9 - Vespers: **Rev. Frank Spadafora**, Providence Chapel, Reformed Episcopal, Mt. Laurel
- 9 - Concert: **Rachmaninov Trio**, piano, violin, and cello
- 10 - Instrumental Celebration with Children
- 12 - Bus to Ballet, Philadelphia
- 15 - Movie: *Orchestra Wives*
- 16 - Vespers: **Father Joseph Tedesco**, Medford St. Mary of the Lakes Roman Catholic Church, Medford
- 17 - Art Studio Open House
- 17 - MLRA Business Meeting
- 18 - Bus to Cruise around Manhattan
- 18 - Bereavement Group Meeting
- 18 - Violin Trio: Musical Interludes
- 18 - Catholic Mass
- 18 - South Jersey Camera Club
- 19 - Lecture: *Dizziness & Vertigo*, **Dr. Mitchell Rubin**
- 20 - Moorestown Music Makers "Americana"
- 21 - Cruise: Philadelphia Harbor
- 21 - Protestant Communion
- 21 - Video: *Diamonds Project: Part I*, New York City Ballet

- 22 - Leas Forum: *Wake Up to Rip Van Winkle*, **Kate Carruthers Henry**
- 22 - Movie: *The Misfits*
- 23 - Vespers: **Rev. James Reese**, Presbyterian (USA) Retired
- 26 - Caregivers Support Group
- 26 - Family History Group: *Military Records*
- 29 - Movie: *Evil Under the Sun*
- 30 - Vespers: **Rev. Harold Facey**, Methodist, Retired

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**BULLETIN BOARDS**

There are four bulletin boards in the Community Center that display information for residents. They are supervised by the MLRA Bulletin Board Committee.

Atrium Bulletin Board

Left Section: Obituaries, notices of memorial services, and notes of appreciation.

Material may be posted by residents. It should be dated, and generally should be removed after two weeks.

Main Section: Notices of events sponsored by MLRA and the Administration, including roster of MLRA Board and Committee Chairs; Low Vision resources, monthly calendar, daily menus, and information about MLRA committees and activities.

Material is posted and removed by the Bulletin Board Committee.

Bulletin Board between Gift Shop and Coffee Shop

Left Section: Arboretum Committee displays.

Material is posted and removed by members of the Arboretum Committee.

Central Section: Notices of external events and opportunities, such as concerts, festivals, and trips.

Material is posted and removed by the Bulletin Board Committee.

Right Section: Personal resident-to-resident messages; e.g. items for sale, post cards from traveling residents.

Material may be posted by residents; it should be dated and generally should be removed after two weeks.

Bulletin Board on Bank Wall

Space on the left is reserved for the Health Care Issues Committee; space on the right is for the Citizens Committee.

Informative material from other sources may be posted with the permission of the appropriate committee chair.

Bulletin Board on Haddon Ground Floor opposite the elevators

Left Section: Business cards and services notices.

Center Section: Copies of menus, monthly calendar, and activities.

Right Section: Transportation information.

Unless otherwise indicated, all material for bulletin boards is submitted to the Bulletin Board Committee for posting by placing it on the Bulletin Board shelf next to the Front Desk. MLRA Board policy prohibits the posting of political and activist material.

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**MY WORD**

by Kitty Katzell

This will be the last issue of *Medford Leas Life* until September, so we're giving you plenty to read while you're relaxing at the Shore or on your patio. This will also be the last issue of *Medford Leas Life* for which I will be the editor. I've been in this role for the past nine years and it's time for a change. Thanks to all the readers who have let me know they liked what I did. Thanks, too, to all the writers who made this newsletter the lively, interesting, entertaining medium that it is. And to those who worked behind the scenes: proofreading, distributing, keeping records, printing, and mailing. You've all made the job easier for me, and I've really enjoyed it. I should add that this decision was made several weeks before my husband's recent injury.

For the future, the continuing editorial staff are working out plans and reorganizing duties so that "your favorite publication" will continue without interruption. Watch for it in September.

I'll see you around.

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MEDFORD LEAS LIFE

**Ex Officio:** Sam Howarth, MLRA President and Sponsor

**Editorial Staff:** Kitty Katzell, Managing Editor; Kay Cooley, Nancy Darling, Doreen Lee, Gertrude Marshall, Ellen Stimler, Hana Stranska, Dorothy Tillman, Maggie Woodard

**Proofreaders:** Kay Cooley, Gertrude Marshall, Florence Sawyer, Hana Stranska, Ellen Stimler, Maggie Woodard

**Distributors:** Leigh Colver, Berenice Finkelstone, "Pete" Johnson, Mary Lou Mullen, Mary Toda, Ginette Weld

**Business Manager:** Charlotte Peck

**Recorder:** Florence Sawyer

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*Medford Leas*

MEDFORD, NEW JERSEY