



Medford Leas LIFE

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“IT WAS A REAL SWELL PARTY”

by Dorothy Tillman

So, it rained a little. That wouldn't stop Medford Leas from celebrating with our residents, staff, and neighbors the 90th anniversary of the incorporation of the Estaugh Board, and the grand opening of our newly expanded Fitness Center, our beautiful Art Studio, and the colorful Sewing and Knitting Room.

So, at one point, it rained a lot. After the weather we've been experiencing all over the country, our Medford Leas staff was well prepared with Plan B. Seemingly without any fuss or bother, activities planned for outdoors were moved indoors. The 15 gallons of ice cream for “Make Your Own Sundae” were moved from the Back Porch Garden to the Colonial Room. The 800 hot dogs and hamburgers were cooked and eaten, and no one seemed to notice or care that it was raining.



Medford Leas looked beautiful as ever, with colorful balloons and gay flowers everywhere. Residents, staff, and neighbors

arrived with grandchildren who could have their faces painted with pretty flowers, ride a horse, and pet the animals in the Petting Zoo. One little boy even had an unexpected dunk in the swimming pool.



Cermonial Opening of the Fitness Center
Kitty Katzell, Floss Burdon, Ann Cronk, Bob Williams,
Helen Vukasin (hidden)

The morning started with the ribbon-cutting ceremony. At that moment, the sun was shining and it was hot, so a number of people moved back into the air-conditioned Fitness Room and watched and listened from there. **Bill Murphy**, Director of Operations, **Bob Williams**, Chairman of the Estaugh Board, and **Kitty Katzell**, President of the MLRA, spoke. And then the party took off!

The Art Studio had decorated the walls with paintings and photographs so the guests could enjoy the work of so many talented Medford Leas and Lumberton Leas artists as they went from room to room.

The Fitness Center was admired for all the new equipment and also for the big windows so you

can look out and enjoy the beauty of Medford Leas while walking the treadmill to nowhere (except a fitter self).

The Sewing and Knitting Room, filled with colorful yarns and fabrics, was a joy to see. Baby dresses, warm caps for infants when winter comes, all beautifully knit or sewed and in colors that were a joy to behold.



Sewing and Knitting: Joy Cronk, Nickie Stevenson

A special feature for the party was aprons reminiscent of lobster bibs – the idea of **Joy Moll** and **Wen Eby**, who adapted a pattern and sewed about 20 of them. Residents making things that will be of great use to other residents: that's the Medford Leas way!

The Berry Basket Quilters had their quilts on display all day. They were beautifully designed, perfectly executed, and unanimously appreciated. The Pinelands Garden Club and the Mt. Holly Garden Club had literature and lectures and the answers to lots of questions. These clubs hold many meetings here, and they indicated they loved the party and want to be invited back.

The library had prepared a special window display about the original Estaugh Boarding Home in Haddonfield, which was torn down a few years ago. There were old, faded photographs of the Home, a copy of its first annual report, and a fascinating list of things that were donated to the home, all made available by the Haddonfield Historical Society. The centerpiece was an

original watercolor painting of the Home by **Todd Butler**, based on the old photos and recollections of residents. Todd also provided note cards with a copy of his painting, which are being sold in the Gift Shop for the benefit of the Employee Scholarship Fund.

And, while all this was going on, Medford Leas was filled with the sound of music. The "Special Occasions" Barbershop Quartet wandered around singing their hearts out in the Colonial Room. The Merchant Street Band didn't want their instruments to get wet, so, understandably, they ended up playing great music in the swimming pool area. Except for the little boy who got dunked, nobody seemed to be swimming, but many people apparently felt it pleasant to sit and enjoy the indoor/outdoor feel of the pool ambiance.

All in all, a great day. Where else could you go to a party and have your blood pressure taken, get a hand massage, have **John Brzostoski** do a caricature of you, and be exposed to the work of so many talented artists, quilters, knitters, sewers – all Medford Leas residents?



*Aprons and Medford Leas Water Bottles:
Jim Muir, Dave Lewis, John Brzostoski*

I could go on, but all I can say is, "It was a real swell party" and we all had a really good time.

Ed. Note: For a related article on the history of The Estaugh, please see page 8 in this issue.

photos by Rick Trandahl

THANKSGIVING FOR HOMELESS

by Ellen Stimler

Thanksgiving Day for the homeless constituency of the Extended Hand Ministries comes on Sunday, November 28, when volunteers under the direction of **Bishop Barbara A. Davis**, a resident of Medford Leas, will serve a traditional meal and distribute additional food boxes to needy people in Mt. Holly, Camden, and Virginia. Turkeys donated by Medford Leas residents and unserved, leftover food from the Medford Leas kitchen will be an important part of these Thanksgiving operations.



In a recent interview Barbara explained that her Christian Community Center in Mt. Holly is now viewed as the "mother church" with extensions at Northgate 2 in Camden and at the Christian Community Center in South Hill, Virginia, about four hours south of Washington. Barbara is evaluating requests to open additional centers in Philadelphia and Trenton.

In Mt. Holly, meals are served at the Christian Community Center four days a week. On the other three days of the week, off-site distributions of food, clothing, and furniture are made where needed, much of it donated by Medford Leas. In Camden, Barbara said, there is a great need for food and clothing among the residents of Northgate 2, a high-rise building next to the Benjamin Franklin Bridge tolls. Volunteers from Mt. Holly go down there and distribute prepared food, canned goods, fresh produce, and clothing at different times on four days each month.

The site in Virginia came about through a family, the Stigalls, who were in Barbara's congregation when she was the pastor of the Mount Moriah Methodist Church in Mt. Holly. Herman Stigall, who grew up in South Hill, VA, decided to open a Christian Community Center down there on the model of the Mt. Holly one, and the Mt. Holly community has been supporting it with donations ever since.

Barbara is still committed to finding a suitable site in Mt. Holly for a shelter large enough to provide not only temporary housing and meals but also additional services to enable the residents to become self-supporting.

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VID-U TO CONTINUE

by Kitty Katzell

For many years, **Elsie Lisovitch** bought videotapes from The Teaching Company and ran a program identified on the Medford Leas calendar as Vid-U. Recently, she had donated to MLRA tapes that she had already shown, and our Video Library was formed.

When Elsie died, on September 26, everyone wondered what would happen to the Vid-U programs. They were currently in the midst of *The Bible and Western Culture* and there were five lessons to go in that series. Then, too, Elsie always came up with another series.

Well, the series will continue, and there will be more to follow. Arrangements have been made for other residents to run the tapes with the last five lessons. The first of the remaining lessons was shown on September 30, and the others will follow on the Thursdays in October. Beyond that, four additional series are on order: *The United States and the Middle East: 1914 to 9/11* (24 lectures starting in November); *The Conquest of the Americas* (24 lectures); *The Americas in the Revolutionary Era* (24 lectures); and *Europe and the Wars of Religion: 1500-1700* (24 lectures).

MEDFORD LEAS IMPROVEMENT PLAN

by Kitty Katzell

The Auditorium was full; people were even standing at the back of the room. The occasion was a meeting on September 16 at which **Miller Biddle**, Chairman of the Conceptual Design Committee (CDC), was going to bring residents up to date on the status of plans.

First, he noted that the recent staff changes had not slowed the planning process. The Estaugh Board had been very impressed with the work of the CDC and was being guided by their recommendations. Since March, when CDC submitted their report, further work has been done on the schematic design, overseen by CDC, which made it clear that some modifications will be necessary to make the project viable, both functionally and economically.

Through the design process it became obvious that areas in the Community Center would have to be integrated with the new Healthcare Center. That means that construction work in the Community Center cannot be delayed to a separate later phase since it would be far more costly to do so. The design now shows the new Healthcare Center, the Community Center, the Fitness-Wellness-Aquatics Center, and some 100 new residential units laid out in neighborhoods on the Medford campus. The exact number and location of the new residential units will be determined later, based on financial analysis of the total project.

Following Dr. Biddle's remarks, illustrations of the designs were projected on the screen as he explained them. The same designs have been posted in the Atrium and the Wellness Center so that residents may examine them more closely.

Dr. Biddle commented on several special features of the designs:

- More privacy and appropriate placement in the Healthcare Center;
- Improved space and variety in dining areas, with formal, informal, take-out, and self-service;

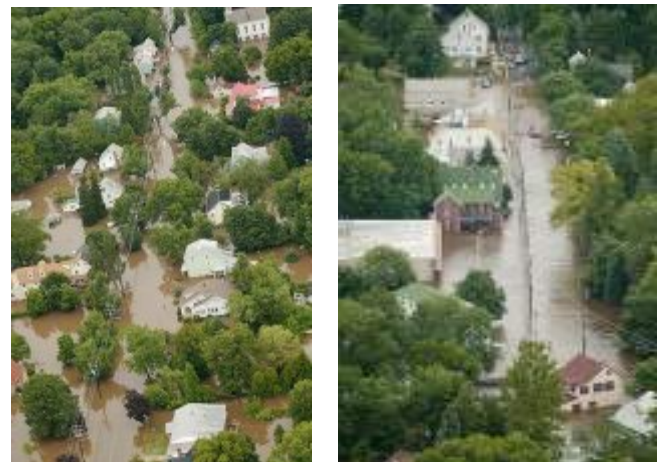
- Improved patterns for food and laundry traffic;
- A space-adjustable multipurpose area;
- New hobby and recreation areas;
- Fitness and Aquatics areas, expanded to serve residents at all levels of ability.

The session closed with a "virtual" moving air view of the new Community Center, Healthcare Center, and Fitness-Aquatics area.

QUAKERS AID FLOOD VICTIMS

by George Rubin

They came in pickup trucks, vans, and cars. Nine members of the Friends Disaster Service (FDS) arrived on Sunday, September 26 from Ohio to rebuild two homes destroyed by the July flood.



photos by Tina Markoe-Kinslow, Courier Post Staff

Left: Intersection of Creek Rd & Main St., Lumberton.

Right: The large building with the flat roof is the Lumberton firehouse. The home of Sigrid and Dallas Barennan, 547 Main Street is partially shown, bottom right, light roof.

The FDS was organized by Quakers in 1974 to help rebuild the town of Xenia, Ohio, after it was destroyed by a tornado. Since then, they have sent teams all over the country.

Members of the Coordinating Committee for this project living at Medford Leas include **MaryLou Morrow, Jean Nicholson, Rona Keilin, and Joyce Haase.**

Representatives from FDS came to Medford and inspected some of the damaged houses. Their final decision was based on the overall damage to the home and situations where the residents were elderly or handicapped or did not have the resources to go back into their homes without help.



The team of eight men and one woman worked on the rebuilding of the homes of the Brennans on Main Street in Lumberton and the Carharts on Hilliards Bridge Road in Vincentown. Most of the team stayed at the Medford Friends Meeting, the rest at a local

motel. The team staying at Medford Friends Meeting slept on cots loaned by Medford Leas. They also had a number of meals at the Medford Leas Coffee Shop, donated by Medford Leas, and were able to use the showers in the pool area.

Bill Lawson, the leader of this group of volunteers, is also the pastor of the Trinity Friends Church in Lisbon, Ohio. He said, "Most of the volunteers are retired, but some have taken off this week from work, to be part of the crew. We have found the people here very accommodating and helpful."

Sigrud Brennan, whose house in Lumberton is being rebuilt said, "I don't know what we would have done without the help of FDS. To know that we will be in our own home again shortly is a real blessing." While sitting on the porch with Dallas Brennan, one could hear the sound of hammers and saws finishing up a new kitchen and a new bathroom. Dallas said, "This is more of a gift than I ever thought would happen. When FDS leaves my family and I can move back into the house and hopefully have it totally complete by November.

The team finished work on Friday, October 1. They packed up for the long drive home to get ready to go out again wherever they are called

ART GALLERY NEWS

by Helen L. Vukasin

Again this November the Art Gallery Committee will sponsor the Annual Exhibit of the South Jersey Camera Club. The show will feature monochrome prints by its members.

The Club meets regularly on the third Tuesday of the month in the Medford Leas Auditorium. The opening reception will be held on Tuesday, November 16 at 7:00 p.m. The photographers will discuss their work. The regular meeting featuring "Seasons of the Pines" by Bob Birdsall will follow the reception.

At the Lumberton Leas Gallery, the Second Annual Staff Exhibit opened with a gala reception on October 15 from 4:00 to 6:30 p.m. The work will be on view through January 15, 2005.

Contributors to the show include: **Judy Braddy, Howard Dodson, Heather McInerney Foor, Beverly Kannengieszer, Lenny Oman, Dr. Joel Porter, Dr. Keith Quinton and Dr. Christine Torigian.** The exhibit includes acrylics, oils, and photographs.



Ohh! That tickles

photo by Robert Chapman
South Jersey Camera Club

WHO'S NEW

Anita Walters Goldworth, who moved into Apartment 171 from Upper Montclair, NJ, graduated from NYU Law School and passed the New York State bar in 1946, at a time when women in law were a rarity and when help-wanted advertisements were allowed to say, "No women, blacks, or Jews need apply."

Anita did get hired by a couple of law firms but didn't get much meaningful work to do. She yearned for a job "with a social purpose." She found a position at the national headquarters of the Girl Scouts of USA and there wrote manuals and newsletters and was on the editorial board of *American Girl* magazine. Her next move was to join the headquarters staff of Hadassah, the Women's Zionist Organization of America, as house counsel, promoting the wills and bequests program and advising chapters on legal problems.

After seven years in that job, Anita married Sam Goldworth, a psychologist who had a 14-year-old daughter from a prior marriage. Anita stayed home to care for her stepdaughter and a newborn baby boy. The family moved to Upper Montclair.

When her son was in school, Anita was offered her dream job as Director of Equal Opportunity and Affirmative Action at Montclair State College, which she held for 20 years until her retirement in 1993. In this position, her job was to increase representation of women and minorities in the faculty, administration, and staff. During her tenure, she was a founder and president of the New Jersey Association for Affirmative Action in Higher Education, a professional organization for people in her field. Anita and Sam divorced in 1981.

In her retirement, Anita served on the Montclair Civil Rights Commission, started a small business, "The Write Consultant," to help people prepare letters and documents, and volunteered as a writing coach in elementary schools to improve students' writing skills.

by Ellen Stimler

MEET OUR DIETITIAN

by Ellen Stimler

Anna Marie Dotsey has been at her desk in the Dining Service office since November 2003, but very few residents have had a chance to meet her. She works Wednesdays and Thursdays, when her days are packed with meetings and activities.



She is concerned about the appropriate diet of every resident, not only those in the skilled nursing units, and she has input in the menu choices available in all dining areas.

Before coming to Medford Leas, Anna Marie held positions at the Kennedy Hospital, the New Jersey University of Medicine and Dentistry, and Cooper Medical Center. She has a master's degree in health education from St. Joseph's University; she is a registered dietitian and a certified diabetes educator. On the days when she is not at Medford Leas, she works at a medical daycare center and is a consultant on diabetes education. She lives in Cherry Hill with her husband and two children.

Anna Marie says she really likes Medford Leas because she is able to work with the same professionals all the time in an ongoing relationship, as contrasted with a hospital setting, where this is not possible. She feels the psychology of food and eating is a very important aspect of her job. For example, she noticed that one resident was not eating well and losing weight when her beloved nursing aide was absent; fortunately, the aide came back soon. She also made sure that residents in Woolman and Estaugh got to savor the fresh summer corn and tomatoes when they are offered in the main dining rooms.

Anna Marie has also made it her mission to see to it that residents with diabetes or other food-restricted conditions can be placed on an unrestricted diet as much as possible. She says she watches what residents in the skilled units enjoy eating at recreational events and then tries to see to it that they get those foods at other times. She praises the excellent presentation and the atmosphere in which food is served at Medford Leas and the healthy meal choices available to all residents.



SERVICE IN THE DINING ROOM

by Maggie Woodard

Christe McGowan became our Dining Room Supervisor on July 14. She has worked in CCRCs for 20 years and came here from Pennswood, where she was in charge of their Coffee Shop. A chef for 15 years, she says this is a challenging position for her because it is the first time she has been in charge of seated dining services. She hires and trains new wait staff, including hosts, hostesses, and leaders, and deals with all private and catered parties. In the latter case, she assigns and schedules staff and makes sure that everything works out well.

She immediately changed the dress code because the dress was so varied. Now all wait staff wear black tuxedo pants and white oxford shirts. Her top priority now is to hire new staff. Since she arrived, 35 wait staff left for college; 70 are needed for maximum flexibility in scheduling. Next year, she will start the hiring process earlier. After full staffing is accomplished, she will concentrate on developing more efficiency. Hiring new staff takes time, since applicants must make two visits to Virtua Hospital in Mount Holly for drug testing (required by law), a physical, and TB testing, in addition to interviews.

Six hostesses and one leader greet residents, assign tables if needed, direct wait staff work flow, circulate around the dining rooms to make sure that everyone's needs are being met, and deal with possible problems. There are presently five hostesses: **Krissy Kellett, Jennifer Tetrault, Karen Grover, Christine Timmins, and Kristi Evans**. In addition, there are some hosts who work when they are home from college. A leader functions like a hostess except that she works during the day and does some serving. **Lydia Gregario** is the only leader.

Christe, the hostesses, and the leaders train new wait staff in the dining rooms. Each trainee receives a folder with instructions in addition to on-the-job training. They are assigned to an experienced person and shadow that person for five days. They must learn the location of food supplies, how to write orders on pads, including abbreviations used, how to reset a table, how to load a tray, how to keep trays balanced with food, and proper etiquette. It takes about a month for them to be able to write up orders, for it is a complicated task. On a small page, each person's menu choices must be recorded, with special notes if cutting meat is desired, half portions ordered, sauces eliminated, etc. When training is completed, they work in teams: one is the writer and one the runner, who brings the food to the table.

In addition to the student wait staff, there are veteran staff members who serve breakfast in the Coffee Shop, luncheon in the Garden Dining Room, and dinner in the Activities Room. They are: **Sue Callahan**, 18 years with Medford Leas, **Karen Roberts**, 7 years, and the leader, **Lydia Gregario**, 7½ years. When they were asked for their thoughts about working here, their common response was: "I love this job – it's the residents!"

Lorraine Lapollo, Director of Dining Services, wants residents to know how very much she appreciates the patience of the residents and gracious support they give to new wait staff trainees.

WHAT IS "THE ESTAUGH"?

by Kay Cooley

*Sources for this article are "The Estaugh Corporation and Medford Leas," by **Marianne Steely**, Marketing Manager, and articles in the September through December 1985 issues of Medford Leas Life.*

In September, the 90th anniversary of The Estaugh Corporation was celebrated at Medford Leas' first annual Community Day (see related article on p. 1 in this issue). What is The Estaugh: A boarding home? A corporation? A Board of Trustees? The term "The Estaugh" refers to all of these.



The Estaugh

watercolor by Todd Butler

"The Estaugh" was the name first given to a residence, one of a type called a "boarding home" that members of the Religious Society of Friends in the mid-nineteenth century had begun to establish in various locations for the care of elderly Quakers and non-Quakers. Members of the Haddonfield and neighboring Meetings founded the Estaugh in Haddonfield in 1911. Its mission was "to establish, maintain, and provide a comfortable home where members of the Society of Friends and others associated with them may be suitably cared for and to raise funds for its support."

For nearly three years, the group of Friends managed the boarding home, assisted by the

resident director it hired. In 1914, the group reorganized The Estaugh into a not-for-profit corporation called The Estaugh Corporation. Eleven members of the group became the first Board of Trustees.

For over 50 years, The Estaugh Boarding Home prospered at several locations in Haddonfield until, outgrown and obsolete, it closed on November 1, 1966. In 1969, a new Executive Board of Trustees was appointed, with the mission of finding property and opening a much larger facility providing total care for residents. In the same year, the 90-acre Mickle farm and two smaller adjoining properties in Medford Leas were purchased, and ground was broken in 1970.

In 1971, the first resident moved into what was the beginning of Medford Leas Continuing Care Retirement Community, owned by The Estaugh Corporation and operated by its Board of Trustees.

Why the name Estaugh? John Estaugh was an eminent Quaker and member of the Haddonfield Friends Meeting, who had come to America from England in the early 18th century. He married Elizabeth Haddon, likewise a talented Quaker leader who had preceded him across the Atlantic. Among other talents, both were known for their skill in ministering to the illnesses of their neighbors, Friends and Indians alike. So it seemed appropriate to give the name Estaugh to an institution dedicated to caring for the health of the elderly.

MANY THANKS TO ALL!

Beverly Kannengieszer, Director of Fitness & Aquatics, **Marianne Steely**, Marketing Manager, **Gerry Stride**, Director of Community Life, and **Jane Weston**, Director of Marketing and Community Relations, would like to thank all staff and residents who worked together so effectively on Community Day to make it a great success for all those who came to enjoy the activities.

CHALLENGES FOR QUAKER CCRC'S

by Doris Allebach and Doris Shamleffer

On September 17 a group of Medford Leas residents, staff, and Estaugh Board members attended the annual meeting of Friends Services for the Aging (FSA) at Friends Hospital in Philadelphia, where they met people from Friends communities in several states and learned about the challenges confronting Quaker CCRC's and some possible solutions.

FSA began 13 years ago "as a wary collection of staunchly independent organizations in the Philadelphia area," recalled Executive Director Warren Witte, "to explore what they might do together." It has since developed into a mature organization with members in other parts of the country and active partnerships with The Brethren and Mennonites.

The members of FSA are united by common Quaker values. Friends' belief in the inherent dignity of all people, regardless of their circumstances or condition, led Friends as early as the 18th century to develop programs that would allow elders to live in dignity and security. FSA now enables the various communities for the aging to maintain their independence but collaborate in programs for the benefit of all.

Warren Witte reported on the year's highlights, including the establishment in June 2004 of the Peace Church Risk Retention Group, a liability insurance company that insures 18 FSA members, including Medford Leas, and 25 long-term care providers. The company emphasizes aggressive risk management as a requirement for participation. Other areas of cooperation are the compliance and privacy program, and practical assistance in routine purchases of food, office supplies, and paper products. FSA also conducts leadership development and training courses and is exploring the potential for a natural gas purchasing group.

Paul Lacey, Professor Emeritus at Earlham College and Board Chair of the American Friends Service Committee, gave the keynote address,

The Challenge of Sustaining the Spirit of Quakerism in Friends Organizations. He raised a number of issues such as the tension between the cost of providing care and meeting needs of less affluent people; meeting responsibility to staff and containing costs to residents; training staff and Board members and maintaining simplicity in the service of justice. Many of these challenges were explored in workshops where people from various CCRC's were able to share their experiences.

Afternoon workshops were offered on Quaker Values at the Board Level; Admissions & Marketing Challenge; Articulating Quaker Values; Leadership Transition Planning in Friends Organizations; Quaker Values & How they Affect Human Resources.

In one workshop, the CEO of one CCRC told about their successful diversity program centering on their art gallery. Their exhibits have emphasized the work of minority artists, and they auctioned off works donated by those artists, which attracted more minority viewers and potential supporters.

Another success story was about an African-American nursing intern in a long-term care unit. Using her awarded scholarship money, she completed her education and eventually returned to the same CCRC as head nurse.



Photos from the FSA website
<http://www.fsainfo.org>

MARY MIDDLETON, NONAGENARIAN

by Sumi Kobayashi



Mary Middleton, 92, for many years played a vital part in the life of the Medford Leas community. Because of her years of office experience she was part of the original team that kept the residents' copier on the third floor of Haddon running smoothly. They kept the machine

supplied with paper and toner (ink), kept track of the money collected, and responded to calls for help from frustrated users who ran into trouble. The 80-plus committees, which add so much to the quality of life at Medford Leas, would be at a loss without this important piece of office equipment, as would many residents

She has retired from that "job," but she has taken up cross-stitching again, which she had learned when she was younger but had dropped for a few years. She does counted cross-stitch, which is a special technique relying on counting stitches rather than merely following a printed pattern. She and others created Christmas angels using this art form, which will soon be brought out again to celebrate the holidays.

Mary is a birthright Friend – that is, she was born into a Quaker family in the Midwest. She grew up in Evanston, IL, and was a member of Young Friends of Chicago. She was active in Girl Scouts. In 1935 she showed her adventurous spirit by bicycling with a friend from southern Indiana to Chicago. They put their bicycles on a train to the starting point, and the two girls cycled to Chicago alone.

Mary met her late husband Hugh at Young Friends in Chicago while she was a student at the University of Chicago where she earned a Master of Education degree. They were married in 1942 and were together for 62 years. Hugh spent most of his working years in various capacities

with the American Friends Service Committee. They traveled extensively in the United States and abroad and camped in most of the national parks of the U.S. She and Hugh both liked music and had season tickets to the Philadelphia Orchestra for many years.

They moved to Medford Leas in 1979. Today Mary is less active than she used to be, but she has a computer and enjoys sending and receiving e-mail. She also likes to play games on the computer, mainly solitaire. What better way to stay young at heart than to keep up with 21st century technology?



BIRDERS PUZZLE OVER NESTS

by Sally Miller

Medford Leas birders got together to share ideas about abandoned nests they had collected. What puzzles!

One tiny nest was so firmly implanted in a bush that it had to be cut out to share at the meeting. Strangely, it contained not only twigs, leaves, and pine needles, but also lots of cotton fibers. Someone had hung out a plastic mesh onion bag filled with cotton to help the birds. Goldfinches, which usually nest late in the season when fluffs from thistle seed are available, had used the cotton to create this sturdy home.

A resident at Lumberton Leas saw what looked like a huge clump of mud on the drain pipe next to her front door. She observed Barn Swallows flying around in an agitated fashion. Later, able to look inside their nest, she saw a soft lining of carefully woven straw.

At the end of the summer, a birder found under her deck a dome-shaped nest made of roots, grass, leaf remnants, and plastic from ShopRite

bags. She remembered having seen Carolina Wrens prancing around the deck, warbling anxiously whenever people were about, trying to divert attention from their brood. A nest of pine needles, moss, lichen, and other plant fibers was found in a hanging plant. It still contained four small white eggs covered with purplish specks and blotches. Was it the home of a Wren or House Finch? An expert birder decided it was the nest of a Wren. These birds will nest almost anywhere. A resident had just parked his motor home. Looking up a minute later, he noticed that Wrens were snooping around under the covering of the propane tank, preparing to move in.

One nest was a lovely square shape. Tree Swallows had nested in a Bluebird box, weaving a bowl of grass and lining it with chicken feathers and Easter basket straw.

Robins built a nest of mud, grass, pine needles, and leaves. Larger birds, Crows or Grackles, drove them off so the nest was abandoned. Another Robin was more successful, building and building to create one surprisingly long, thin nest.

A mess of twigs hung suspended from the fork of a tree. Two residents watched as Mockingbirds brought more twigs, then grass and pine needles to weave into the cracks. As the birds settled into the nest they formed a cup to receive their eggs. Up in a holly tree lay a sparse collection of twigs. Mourning Doves usually make do with such a minimum, but close inspection showed a lining of grass and twine. Inside were remnants of shell and some seeds. It probably was also a Mockingbird nest.

Nesting materials were returned to the wild for birds to recycle.

If you can't figure out a puzzle for yourself and there isn't an expert around, go to the Internet with what you know about the behavior of birds in your area and the structure and materials of the nest in question. Summon up Google for the answer and for images.

NEW COUNTY LIBRARY ACCESS

by Bob Hambleton

The Medford Leas Administration has provided a computer station in the Medford Leas Library to provide direct access via the Internet to the Burlington County Library on-line site. It is located at the far end of the Library, next to the window.

Using the system, it will be possible to access the library catalog, the research databases and any of the other services offered. However, it will be necessary to have a Burlington County library card (BLINC) to reserve a book and have it delivered via the Bookmobile on its regular Monday stop. A BLINC is also needed to get into any of the databases available on line or to participate in the inter-library loan system.

Library cards may be obtained by registering at the Bookmobile or any other BLINC branch locations, such as the Pinelands branch in Medford.

More detailed instructions to get into the system are provided at the computer. We hope that residents will find this a useful addition to the Library.

Of course, residents who have Internet access on their own computers can access the Burlington County Library system without leaving their apartment. The homepage of the MLRA website at www.mlra.org has links to the Burlington County website, including one that goes directly to the "login" page for requesting books.



"NEVER HIT THE SAME KEY OVER AND OVER...THEY HATE THAT!"

THE FLY AND I

by Kay Cooley

My antipathy for insects is congenital. My mother disliked and feared them, and so have I much of my life. My attitude has been, "If it flies (or crawls), it dies."

Since moving to Medford Leas, I have had to sharpen my defenses. On the second day in my new court apartment, I picked up my bathroom scale only to find a cricket under it. Equally startled, we both jumped. Against beetles, spiders, and U.B.'s (unidentified bugs) that have also invaded my territory, I have a common defense – a BugStik from the Vermont Country Store. The offender is sucked up into a tube, from which, once placed over a disposal area, it can be expelled.

At first, my disposal area was always the toilet, which meant death by drowning for the bug. However, I now try to dispose of my quarry outdoors, giving it a second chance. This transformation was brought about by a fly.

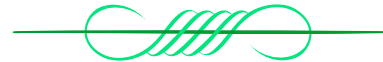
One day one of this species penetrated my apartment. From the moment it entered, it buzzed me. It followed me from room to room, frequently landing on my skin, and then flying off again. I tried to get rid of this annoying pest. But the BugStik couldn't catch it, so, after repeated failures with rolled up newspaper, I bought a fly swatter at the Thrift Shop and brought it home. But I didn't use it.



I began to wonder if the fly's buzzing was in reality a need to contact, a mute pleading to respond to its affection. From a pest it became a pet and conferred the same sense of companionship as a dog or cat. I named it Robert, and whenever he appeared, I greeted him.

For a week or so this lasted, this sense that now there were two of us sharing the experience of living in the apartment. Then one day upon my return, no fly came to greet me. I felt lonely. I missed Robert. I hoped he had found his freedom in the great outdoors. In his departure he left behind a gift for me – a respect for insects.

Ernest Holmes, founder of Science of Mind, has a motto for such transformations of the mind: "Change your thinking, change your life."



HOW TO USE THE THRIFT SHOP

by Kay Hill

The Thrift Shop was first established to provide an orderly outlet for residents' excess possessions for the benefit of employees, to whom gifts by residents was and still is forbidden.

Originally it was a very small room with a small stock except when a death brought a large donation ranging in size from a complete wardrobe to all the contents of an apartment. In the latter case the sale was held in the apartment. As Medford Leas grew, so did the Thrift Shop, but the original purpose remains the same: service to residents in disposing of articles which may then be purchased by other residents and staff.

How best to use the Thrift Shop to maximize convenience for purchasers and the shop's staff? Contributions may be made at any time by depositing them in the contributions box against the wall facing the Haddon Greenhouse. This box

is cleared daily and the contents placed in the appropriate saleroom. Please do not leave them with the receptionist in the Atrium. If your donation is too large or heavy for you to deliver, fill out a work order at the Reception Desk for Maintenance to pick up and take to the Thrift Shop.



If you prefer to give items to us personally, bring them in on Monday morning between 8:00 and 10:30 a.m. We cannot sort, price, and display things that come later and they must be stored for the next week. By 11:00 we are tired and hungry and eager to quit for the day.

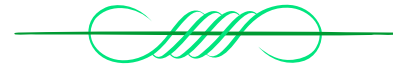
Please do not bring donations when you come to shop.

The Shop is open for sales on Tuesdays from 10:30 to 12:30 and on alternate Wednesday evenings from 7:00 to 8:30 p.m. The dates are posted on the Thrift Shop doors, available from the receptionist, and announced on the Voice and on Channel 2.

Furniture is usually sold at bid. The bid forms are on the side of the box that is in the corner outside the Kitchen Bazaar at the far end of the furniture corridor. To make a bid, fill out the form fully, bidding as much as you are willing to pay for the item and, to prevent a tie, add an uneven number of pennies, i.e. \$5.13. Bids are collected from the box on Tuesday at 12:30, and the winners are notified. If you don't hear from Treasurer Jan Durbin, you did not win. Don't call her; she'll call you if you won. If there is a tie, Jan will tell the

high bidders to put in higher bids in the box if they are willing to compete. Their bids and no others will be considered the next Tuesday.

If you are not already a frequent shopper, come visit us next Tuesday, ask questions, and buy. Your credit is good.



WHO'S NEW

Annie Bennett Foxworth, Apt. 242, was born on a farm in Bury, Quebec. After graduating from MacDonald College, she taught elementary school until her marriage in 1944 to Robert, an American who had joined the Royal Canadian Air Force before Pearl Harbor. After the start of the war, Bob joined the U.S. Marine Corps; he served as a pilot from 1942 to 1969, when he retired with the rank of colonel.

The couple moved 26 times, sometimes for brief periods, during their marriage. Four of the Foxworth children were born in three different states; the fifth was born in England. Annie's favorite location was the French Riviera.

The family moved to Mt. Laurel, NJ, when Bob was transferred to Philadelphia in 1967. Robert retired from the Service two years later and then worked with an educational consulting company until his death in 1991. Annie had a job as manager and tax preparer at H & R Block in Moorestown for 25 years.

Annie's children are all married, and there are nine grandchildren. Every summer the whole family vacations for a week at some interesting place in the U.S. This past summer all 24 of them were together in Narragansett, RI.

Currently Annie does volunteer tax preparation with AARP in the Mt. Laurel Library. She enjoys gardening, bridge, and reading.

by Margaret Melstrom

HOWARD KRIEBEL MEMORIAL

by Kitty Katzell

When **Howard Kriebel** died, the Arboretum Committee immediately set about planning a memorial of some sort in his honor. Howard had spent most of his life involved with the field of forestry. He had a master's degree in forestry and a Ph.D. in forestry genetics, both from Yale. For over 50 years, he was affiliated with Ohio State University's Agricultural Research and Development Center. He had been a lifelong promoter of international cooperation in forestry research and a member of the Executive Board of the International Union of Forestry Research Organizations.



As a lasting tribute to him, Medford Leas recently dedicated in his honor a trail that Howard had personally tended in the wooded section behind Rushmore. As a further tribute to his dedication to the Arboretum, the Estaugh is seeking gifts to help fund an Arboretum record-keeping program. The Arboretum Committee plans to install computer software programs that will enable staff and resident volunteers to create maps of the entire campus, using the latest Global Positioning System to locate and update tree map information. Medford Leas will put up some seed money to start the program, but tax-deductible contributions to the Arboretum Fund in Howard's memory will enable this work to be maintained.

Checks for the Memorial Fund should be made out to Medford Leas Arboretum Fund, with "Kriebel" on the memo line, and placed in an envelope addressed Arboretum Fund and left at the Main Desk.

WHO'S NEW

John (Jack) and **Isabelle McVaugh** had barely finished moving into Rushmore Apt. 644 when they returned to their primary residence in Scottsdale, AZ, where they expect to remain until next spring. Back in Arizona, they started and are still involved in a major non-profit organization called Arizona School Choice Trust, which gives scholarships to low-income children to attend schools of their choice. Arizona is among a number of states that facilitate such programs by giving donors a tax credit for a portion of their contribution to the Trust.

Jack is the brother of **Ed McVaugh**. **Jack Allen's** first wife, Ruth, was Jack McVaugh's sister. Isabelle's parents, **George** and **Isabelle Ewing**, were residents at Medford Leas for about 15 years, and **Jean Robbins Stratton** is one of Isabelle's oldest and closest friends.

Jack and Isabelle met at the George School during their high school years and were married a few years after graduation. Jack served in the military police branch of the U.S. Army and then went to the University of Pennsylvania under the GI Bill, earning a degree in civil engineering. He eventually joined his family's construction company, which built the original courts at Medford Leas.

Jack and Isabelle lived in Riverton with their two daughters and a son. They now have three grandchildren. Their son Jay lives in Sedona, AZ. Daughter Sally is a classics professor at Agnes Scott College, and their daughter Mary is a nurse practitioner. During the Riverton years, Isabelle served on the Westfield Friends School Committee and the Riverton Library Board and was also involved with Girl Scouts. Jack was on the Burlington County Planning Board and the Property Committee of the Westfield Friends Meeting.

by Ellen Stimler



CRYPTOGRAM

by Russell Hill

Here is the solution to the October cryptogram:

HE LOOKED UP THREE WORDS IN A
DICTIONARY: ESCHATOLOGICAL,
MALEFICENT, AND TELEOLOGY

The correct solvers were: **Mort Bregman, Florence Brudon, Marion Burk, Betty Donahue, Lorretta Elkin, Louise Evaul, Mickey Gray, Barbara Heizman, Herb Heineman, Euseba and Warren Kamensky, Helen Peterson, Betty Preston, Liliane Reynolds, Doris Salati, Fran Werrell, Ellen Wiener, John and Marie Winton, Gladys Wynkoop.**

Here is the November cryptogram:

CJ WPMJQU, LJ RXJSMZ,

ZLX AMS VL OU NPUNMPUS,

WLP M QLLB'R VLXP LP M

YMRVPLJLGCQME LPYZ LP M

OMQQAMJME

A MESSAGE TO CRYPTOGRAM SOLVERS

Some solvers have handed in their solutions on small slips of paper, which are easily lost or mislaid. In order to correct this situation, solvers are requested to place their solutions into an envelope, addressed to Medford Leas Life, and place that envelope on the Medford Leas Life shelf, which is the second from the top to the left of the Atrium mailboxes. Thank you for your cooperation.

Deadline is November 10.

Russell Hill received the following verse from Hana Stranska:

For shame! I shout --
You've left me out!
But if you can do this to a poet,
The least she can do is to let you know it!

Russell replied:

Hana's so clever
I must endeavor
To leave her out never
Again.
(Also several others who were left out.)

**WIMBLEDON CROQUET AT
PENNSWOOD**

by Mary Lou Mullen and Warren Sawyer

Medford Leas croquet players who traveled to Pennswood, a Quaker CCRC in Newtown PA, for play with residents there had a brand-new experience: Wimbledon croquet on a court about twice the size of the one back home. The rules were different, too, and there were only six instead of the customary American nine wickets.

But the new friends at Pennswood explained everything, and instead of playing Pennswood against Medford Leas, it was decided to match each Medford Leas player with one from Pennswood. Two games were played, and each group won one game. The third tie-breaker game had different rules, and only one wicket was played. At the end of play, cookies and punch were brought out to the teams.

"This Wimbledon game was much more interesting and challenging," in the opinion of Warren Sawyer, one of the Medford Leas group. The others were Janet Sholl, Florence Brudon, Barbara Ballou, and Mary Lou Mullen. Several of them said they'd like to go back for more of the Wimbledon croquet and eventually maybe join the league now made up of Pennswood and two other retirement communities.

NEWS FROM LUMBERTON LEAS

by Doris Brown

About 100 Burlington County veterans were honored at a ceremony on Sept. 11 at Rancocas Valley High School. Among those present were residents **Chuck Lassen** and **Hank Schnepf**, veterans of the U.S. Army. High ranking military personnel from all branches of the service, local political representatives and U.S. Marine veteran Tom Lamaine, a member of Channel 3 weather service, were distinguished presenters of this tribute conveying "thanks" to our vets.

Two of our 8 cluster groups welcomed the fall season in style. **Bob and Ruth Rosvold** hosted an ice cream party at Jimmies and Ice Cream in Medford on September 13. **Dan Seeger** presented outstanding digital photos which he took in and around San Francisco while there on a job assignment. He also received birthday congratulations. **Claire Engle** and **Nancy Stevens** were welcomed back from their vacation. **Gladys** and **Jim Cox** hosted cocktails and hors d'oeuvres at their home on September 22. Following a short meeting the group enjoyed a buffet dinner at the Medford Lakes Country Club.

Our energetic tennis players and their guests gathered at the Community Center on Sept. 12 to watch the televised U.S. Open Tennis Final Competition. The deserving winner was the Swiss champion, Roger Federer. Unfortunately, America was not represented. Afterward an outstanding buffet supper, prepared by wonderful cooks in the group, was enjoyed by all.

VISIT TO DALÍ EXHIBIT

The MLRA Gallery Committee has reserved a private, guided tour to the Dalí show at the Philadelphia Museum of Art. When you get your 2005 calendars, be sure to mark Tuesday, April 19 for our visit to this blockbuster exhibit. A flyer with all details will be placed in residents' mailboxes next February.

MEDFORD LEAS LIFE

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**Deadline for submissions:
10th of the month preceding publication**

