



Medford Leas *Life*

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FITNESS AND AQUATICS DEPARTMENT: THE STAFF

by Kay Cooley

[Ed. Note: The second of two articles on the Fitness and Aquatics Department. The first described its philosophy, programs, and growth. This one highlights the staff.]

In 1995, Medford Leas, recognizing the importance of physical fitness to the health, wellness, and quality of life of older adults, established a modest fitness facility and hired a part-time staff person to direct it. That person was **Beverly Kannengieszer**, whose charismatic leadership, vision, creativity, boundless energy, and commitment to quality has spurred exponential growth of the department both in the number of residents served and in the breadth of programs offered. From herself and two volunteers, Beverly has grown the staff to four full-time assistants, a part-time assistant, two companions who also work as assistants, and numerous residents who volunteer. She has expanded service to six days a week on two campuses and increased the department's outreach to more than 160 residents a day.

Beverly has a B.S. in health & physical education and more than 25 years of experience working with older adults. In 1967, she began as a Certified Nursing Assistant (CNA) at the Philadelphia Protestant Home when she was still in highschool and then in college. After graduation, she eventually joined the physical education staff at Franklin and Marshall College in Lancaster, PA. In 1985, the Philadelphia Protestant Home added a pool and fitness center to its facilities and recruited Beverly to develop,



Beverly with Alice and Rachel Letchworth

implement, and coordinate their new Fitness and Aquatics Department. While at PPH, she also expanded the community outreach volunteer program, and added the Activities Department to her responsibilities. When she left for Medford Leas in 1995, she was managing a staff of eight full-time employees, three part-time staff, 80 community volunteers, and 125 resident volunteers.

Beverly makes her home in Doylestown with her partner of 20 years, Deborah Ballantyne, a lawyer in the Health Care division of the Philadelphia law firm White and Williams. Presently they share the house with six live-in and two outside cats. Beverly loves to tinker around the house and repair small items. Now that she has two new knees, she is back to her other favorite pastime, taking care of the yard and garden.

Marge Miller, Medford Leas' first Fitness staff assistant, began working as a CNA in 1997. Beverly saw her potential for fitness work and engaged her part-time to do strength training with residents in Haddon and Estaugh. After becoming a Fitness assistant, she enrolled in the

bachelor's/teacher's certificate program in PE/Health at Rowan University. There her exposure to youth opened a new avenue for her talents, and she now subs in physical education in the Voorhees school system. Meanwhile, at Medford Leas she works Wednesdays and fills in for absent staff members in the Fitness Center, while continuing to work full-time on the nursing floors. Marge enjoys sharing her knowledge of nutrition and good health habits with both old and young clients.

Never one to be idle, Marge currently is studying for her M.A. in library science (with a concentration in information technology) at Drexel U. She is the mother of Kimberly, 28, a Quality Assurance Associate in Denver, and Patrick, 24, an English teacher in Nagoya, Japan.



Walking on Water
Beverley, Ken, Ed, Marge, Rick, Floss

Rick Trandahl started at Medford Leas in Environmental Services in 1989. After five years he transferred to the Nursing Department and worked as a CNA on the midnight shift in Woolman and Estaugh. Seven years later he became a member of the Fitness and Aquatics Department, drawing on his prior experience as chief civilian manager of the main Ft. Dix gym. He still works at night on Estaugh and Woolman when a replacement is needed, even when he has put in a busy day in the Fitness Center.

In the Pools and Fitness Centers of both campuses, Rick can be found assisting residents or teaching classes. He cleans and maintains all the equipment, writes articles for the newsletter, and runs creative activities on Fitness Day. In

addition, he shares freely his wealth of knowledge about animals. There probably isn't a type of domestic pet that hasn't found a home in the Trandahl house and been cared for by Rick's wife Dawn, and his two children, Daphne and Gregory. Daphne, 13, is a successful member of the 4H Club and president of Crazy Critters. Gregory started kindergarten this fall.



Rick with Phyllis Carducci

In 2006, **Ken Roland** followed his wife **Jeannie**, a member of the Rehabilitation Department, to Medford Leas. In addition to assisting residents and teaching land and water classes on both campuses, Ken is responsible for filling in for Beverly when she is away. He co-conducts weekly staff meetings and attends Rehab/Fitness meetings with the Therapy staff. He maintains logs of resident participation and volunteer hours in the Fitness Centers, presents special activities on Fitness Day, and writes for the newsletter.

Ken's previous experience has enabled him to bring a therapeutic perspective to his fitness work. For 17 years he served as the Rehab Tech Supervisor at Healthsouth Rehab Hospital in Toms River, NJ, where he supervised 25 rehabilitation aides and worked closely with physical and occupational therapists. He attended the pre-physical therapist program at Atlantic Community College and in 2007 completed the CNA program at Burlington County Institute of Technology.

Ken is an Eagles and Yankees fan and a professional sports enthusiast. He and Jeannie live in Lumberton with their two daughters, Julianna, age 7, Kaitlyn, age 4, and Lulu, age 16 weeks, a yellow Labrador Retriever.

As the newest member of the Fitness and Aquatics Department, **Eddie Ellis** completed the roster of "Bev's Boys" in September 2006. In addition to his time with residents in the Fitness Center and Pools, Eddie conducts strength-training classes at 8:30 a.m. and 3:00 p.m. in the Activities Room, teaches special classes, and assists with organizing special events. He also participates in Fitness Day activities and writes for the newsletter.

Eddie received his bachelor's degree in sport and recreation management in 2005 from Keystone College in Pennsylvania, which he attended on a four-year basketball scholarship. During college summers, he interned at the Swimming Facility and at Griffith Field House, both at Fort Dix, and at an outdoor recreation facility. Besides his basketball prowess, Eddie is known for an exceptional wardrobe of sneakers, which invariably are color coordinated with the rest of his fitness outfits. He lives with his parents, younger brother Terry, and Camella, a 4-year-old pit bull.

Without **Florence (Floss) Brudon**, a resident volunteer who keeps the office in order, the department's efficiency would be diminished. She does filing, folding, and other indispensable chores, and supplies energy to the staff from her desktop candy dish. Floss was the renowned Physical Education/Lacrosse coach at Moores-town Friends School for 50 years and knows the importance of teamwork in the department.



Floss takes an exercise break

CARNIVAL IN BLOOM

by Elsie Behmer

A good theme makes for a good flower show," said Carnival Flower Show co-chair **Lois Rickett**. "It should be general enough to inspire a large variety of entries and flexible enough to allow an exhibitor's imagination to soar."



With more than 175 entries in 25 classes, Carnival was a good show indeed!

Haddon resident **Marion Sandmann** and companion **Colleen D'Arcy** collaborated on the *Best in Show, Design*, a 14-inch circle of yellow, orange, purple and red entered in the *Carousel* class. Marion created the design and Colleen assembled it during the time set aside for assisted living residents to get their arrangements ready. This was Marion's first win.

Seven-year Lumberton Leas resident **Allen Lewis**' succulent won *Best of Horticulture*. Allen has wintered many of his 40-50 succulents in the greenhouse. For years **Debbie Lux** of the Landscaping staff has been urging Allen to enter one of his plants, but he never seriously considered it. "This year," he said of his winner, "it bloomed the best it has ever bloomed. The plant was telling me it was ready, that it wanted to go to the show. I was very, very surprised when it won, especially since I thought that succulents aren't particularly popular with judges."

Sue Dowling's *Best of Vegetable* arrangement of three gourds was a family project. Sue's husband **Austin** and her mother **Betty Wakeley** grew gourds in the Medford Leas community garden. "On the day of the show," Sue said, "we took a large box of gourds over and picked out the ones we wanted right on the spot. We played around with them until we liked how they looked on the plate. We wanted to do something that was fun and this was. We set out the 'unused' gourds for people to help themselves. They were gone in a flash," she said.



Every good show has a good symbol, an icon. This year's was "Sideshow," the beloved blue and silver carousel horse usually stabled in owner **Ellen Wiener's** living room. "Sideshow" was

carved in Kansas in 1915 and was part of the large collection Ellen had before she moved to Medford Leas.

Carnival's three co-chairs, Lois Rickett, **Joan McKeon**, and **Ellen Wiener**, have 22 years of experience organizing flower shows among them. They know more than a little bit about what makes a successful entry. Their advice:

"Bring something you're proud of," suggests Lois. "Look for the unusual...something that will attract interest in your presentation. Clean the container. Remove dead leaves. And," she chuckles, "come early."

Joan offers this. "Participate. The more you do it, the more you'll know what judges expect. Experience counts."

Ellen says, "Have courage. Don't be afraid to try. Just do it. Have fun." Finally, in the spirit of the Carousel, "give it a whirl!"

More pictures, and in color, on www.mlra.org

FLOWER SHOW WINNERS

by Ellen Wiener

There were 15 Blue Ribbons in Design and 34 in Horticulture. **Marion Sandmann** and **Colleen D'Arcy** took the grand prize in Design; **Susan Dowling** in Fast Food; and **Allen Lewis** in Midway. **Rona Keilin** won 13 blue ribbons in horticulture, and **Sandy Heath** won for educational exhibits.

FLOWER SHOW FACT SHEET

by Elsie Behmer

- The first Medford Leas Flower show was held September 27, 1978.
- Judges are State of New Jersey Garden Club certified, and often members of the Pinelands Garden Club, which meets at Medford Leas.
- **Lois Rickett** has been involved in running the flower show for 13 years.
- At least 30 volunteers are needed to run the show. Some do publicity and organize behind the scenes; others set up the day of the show; there are those who are proud to guard the doors during judging.
- Planning for next year's show starts the day after each show closes.

Until 1994, there was also a Spring Flower Show. Contact **Lois Rickett** (3111) for more information or to volunteer.



ESTAUGH BOARD MEMBER PAULA M. FAIRLEY

by Kay Cooley



Paula Fairley, who joined the Estaugh Board last year, believes strongly that “to whom much is given, much is expected.” So after her husband died in 2005, she resigned her job and began a new career as a full-time community volunteer. She is busier than ever serving on the Boards of Medford

Leas, the United Way of Burlington County, and Virtua Health System, where she is on the Quality & Safety and Human Resources Committees. As a member of the Moorestown Rotary Club, she co-chairs its Program Committee and, also in Moorestown, visits patients at the Lutheran Home. In addition, she supports a number of projects for children in Camden, NJ.

Prior to her full-time volunteerism, Paula had a successful business career. From 2001 to 2005, she served as Senior Vice President, Human Resources, at SES Americom in Princeton. From 1989 to 2001 she held a variety of executive positions in three GE businesses, ending as General Manager of GE Capital Markets. From 1987 to 1989 she was Director, Organizational Development, at Traveler’s Relocation Company and, from 1972 to 1987, Director of Human Resources and Training at Penn Mutual Life.

Paula has won several professional awards. In 2004, she was named the New Jersey Human Resources Person of the Year. In 2001, she won a GE Capital Summit Award for Innovation and Boundary-less Behavior, and in 2000 and 1999, GE Capital Pinnacle Awards for Outstanding Leadership.

Paula spent her childhood in Roanoke, VA, then moved to Philadelphia and attended the Philadelphia High School for Girls. She earned her B.A. at Temple University and her M.A. at Antioch. She has many interests, among them travel, tennis, painting, and music. Besides participating in choral groups, she manages the successful band, *Urban Groove*. She has three children and four grandsons and lives in Moorestown.

Asked what she saw as the assets and challenges for Medford Leas, Paula responded: “I decided to accept the invitation to join the Medford Leas Board because I found it to be a well-run organization with excellent people and strong organizational values.

“I believe that a challenge for us is preparing the organization for the future...there may be a tendency to be complacent and stay with the status quo. I believe it’s important for each board member to become more knowledgeable about future entrants and their desires for retirement living. Medford Leas will have stronger competition in the future if the focus on the changing needs of future residents is not actively addressed.

“With a strong visionary like Dennis as the CEO, we can be cutting edge. The Board must continue to support him and allow him to move the organization forward.”

ENERGY NOTE OF THE MONTH

Maintenance staff will soon be replacing the screens in apartment entry doors with storm panels. At the same time, they will check to see if insulation is needed around the edges of both the storm door and the front door. The work will be done even if the resident is not at home

Any resident who does not wish to have the screens removed may contact **Jim Wolosin** (Ext. 3299) and the work can be delayed or cancelled.

Your Resource Conservation Committee

LIFE IN THE NINETIES

by Ellen Stimler

Mary Howarth, 92, who looks and acts years younger, pursues the lifestyle recommended by gerontologists by keeping mind and body active every day.



photo by Margery Rubin

Although her eyesight is impaired by macular degeneration, she still volunteers in the Large Print Library, where she selects her reading material. Currently, she is enthralled by a series of 13 books by Ellis Peters about England in the 12th century. She has read six volumes and is determined to finish the seven remaining ones. For more brain exercise, Mary does the Sudoku puzzle in the *Philadelphia Inquirer* every day. Other regular activities include letter-writing to her many friends (with a felt-tip pen), cooking her own meals with ingredients she brings home from the lunch buffet, and interacting with her very large family.

Mary and her husband, Jack, a manager of a building materials firm, raised five children in a large home in Medford Lakes. At age 44, Mary started on a second career, running a state-certified nursery with a friend. After Mary had her certificate in early childhood education from Glassboro (now Rowan University), the two

friends opened the nursery in a brand-new building and eventually worked with over 150 children and ten teachers. "It was all so much fun," Mary reminisced. She sold the nursery to one of her teachers after 25 years, and the school is still in operation today.

Jack died in 1991, and Mary moved to Medford Leas in 2000. She feels extremely fortunate that all but one of her five children live just a 10-minute drive away. Ten of her 12 grandchildren and all seven great-grands also live within the area.

LUMBERTON TRAIL WALK

by Kitty Katzell

There will be a guided hike of the trails on the Lumberton campus starting from the Lumberton Leas Community Center at 9:30 a.m. on Tuesday, October 16. The hike will be led by Ted Gordon, a noted Pine Barrens botanist, naturalist, and historian.

Mr. Gordon is widely recognized as a teacher, conservationist, and field trip leader. He has explored the natural history of the Pine Barrens and once estimated that he had driven every sand road in search of lost towns and endangered plants. He is a past president of the Philadelphia Botanical Club and was a governor's appointee to the Pinelands Commission from 1998 to 2002.

Readers are invited to join the hike, prepared to learn from this great teacher. The hike is being sponsored by the Trails/Site Committee of Lumberton Leas.



photo by Maggie Heineman

MLRA AND ITS ACTIVITIES

by Kitty Katzell

Every resident of Medford Leas, on its two campuses, is automatically a member of the Medford Leas Residents Association (MLRA), and only Medford Leas residents are members.

One of the unique characteristics of Medford Leas is that all of its numerous activities and programs are made possible by the volunteer participation of residents, that is, MLRA members. Unlike many other retirement communities, Medford Leas has no Director of Activities. **Gerry Stride**, Director of Community Life, directs some activities for residents in assisted living and nursing units, but those residents also participate in the activities produced and directed by MLRA, such as concerts, movies, bridge, and lectures.

The Main Bulletin Board in the Atrium has a four-page list of MLRA's current Committees and Activities. It is through this volunteer structure that every program or activity has been initiated, developed, operated, and financed by resident volunteers. Financing is through the Activities Fund for which residents, at an MLRA business meeting, annually approve the budget and authorize guidelines for contributions to cover the projected expenses.

MLRA provides a wide range of opportunities from which residents may choose programs that suit their individual interests and lifestyles. No one should feel overwhelmed by the multitude of opportunities nor pressured to do anything that one does not truly wish to do. It is, however, important to realize that replacements for those who are conducting the programs must come from newer residents, so it is essential that newer residents become involved in the committees.

The variety, vitality, quality, and nature of the many activities are impressive. In the aggregate, they make up one of the most satisfying aspects of life at Medford Leas. Without resident volunteers to direct and maintain them, staff would have to be hired at residents' expense or the programs would cease to exist.

OF PHOTOS AND PHOTOGRAPHERS

by Kitty Katzell and Maggie Heineman

For the past 16 years Ruth Huysman has been the official photographer of new residents moving to Medford Leas. After the photos were displayed in the Atrium she placed them in the albums in the Main Library. A year ago her new resident photos became part of *Medford Leas Life*.



With her retirement, three people will replace Ruth! **Margery Rubin**, staff photographer for this newsletter, will take pictures of newcomers on the Medford campus and **Rolfa Rogers** will take those on the Lumberton campus. **Harriet Bussey** will post the pictures in the albums.

In this issue the Flower Show photos are those most interesting when printed in black and white. But on the MLRA website, mlra.org, there is a slide show with more than three dozen color photos of the Flower Show taken by **Mike Carrell** and **Kitty Katzell**.

Other slide shows on the website include "Lumberton Meadow in the Rain," "The Brain Gym," "2007 Dog Show," and Margery's photos of the 2005 and 2006 Holiday Shows. The Website Committee would welcome more photos of the Lumberton and Medford campuses, to be displayed either in a photo essay format or as slideshows. Contact **Maggie Heineman** at 518-8906.

Four short video clips have been installed on mlra.org, two by **Martin Klaver** and two by **Mike Carrell**. One featuring **Rona Keilen** on the farm is lots of fun. Mike's coming attractions are "Community Day" and "Artists in the New Studio."

MUSIC, MUSIC, MUSIC

by Ellen Stimler



Nannette Hanslowe returned at the end of June from a Biennial Convention of the National Federation of Music Clubs (NFMC) in Salt Lake City, filled with enthusiasm for the young musical talent all over the United States. Under her chairmanship of the Young Artist

Committee of the NFMC, 14 young musicians competed this year in auditions in four categories: piano, strings, woman's voice and man's voice.

There are rules for the entrants. They have to be American citizens and not yet under professional management. The singers must be between 25 and 36 years of age, the instrumentalists between 18 and 30. By February 1, all have to have submitted a tape or CD of a program lasting 30 minutes, in which they present music of various periods and styles, proving that they are ready for a concert career. The recordings are sent to the chairmen of the relevant categories.

These young people find their way to the auditions through the activities of the local, "grass roots" music clubs in many states and from schools such as the Juilliard School of Music in New York City. The individual state Federation of Music Clubs are then asked to help in paying for their trips, which includes transportation, meals, lodging and an accompanist.

Once they have arrived at the convention/competition, they compete in the semifinals: a full recital program with at least 10 minutes of music by a contemporary (20th century) American composer. A panel of three judges each audition. Nannette insisted that one of the three be a conductor to give a better perspective. This year's judges came from the Salt Lake City area and were mostly professors at universities, who still perform.

Of the seven pianists competing in June, two went on to the finals. Each chose Rachmaninoff's First Piano Concerto as their offering. Nannette describes their different approaches: the girl, passionate from the start; the man, building up to a crescendo of emotion. They won first and second prize in the finals. In the string category, only one out of three made it to the finals. A violinist, he won first prize in the finals. Both male singers, a baritone and a tenor, won in the finals, as did the only woman singer, a soprano. (Sometimes the judges do not award prizes at all if they are not content with the level of talent.) The prizes included \$10,000 checks and a presentation at the Winners' Concert, but most valuable of all, two years of booking engagements by the NFMC.

Nannette keeps in touch with many of the young musicians and is interested in their careers. She herself has a musical background in piano, singing and choral conducting. She was a member of the Music Club of Ithaca, NY, for 46 years and is a firm supporter of the NFMC. It was chartered by Congress and is the only non-governmental organization member of the United Nations. It may be the largest philanthropic musical organization in the world. It was founded by the wife of the founder and first conductor of the Chicago Symphony, Rose Faye Thomas. It was influential in the founding of ASCAP, the American Society of Composers, Artists, and Publishers, which protects copyrights. Not one photocopy of music is allowed at the auditions!

IN MEMORIAM

Hermia Horsting	August 26
Margaret Melstrom	August 30
George Heller	September 4
Anneliese Solomon	September 6
Conard Mercer	September 7
Olga Clement	September 9

MOSCOW, THEN AND NOW

by Jean Stratton

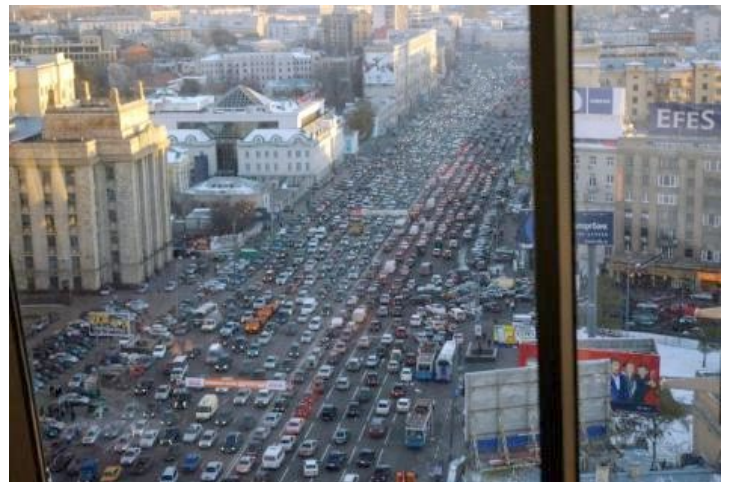
My curiosity was piqued when I saw an opportunity to travel to Russia again. I had been there in 1990, when it was still the Soviet era, although Gorbachev was encouraging reforms with *Glasnost* and *Perestroika*. At that time, we had arrived in Moscow on a May morning. The only color in the landscape was the yellow from the myriad dandelions among the tall grass in the many unkempt parks. It was a dreary looking city with massive, unattractive, grayish apartment and office buildings. What few cars, buses, or trolleys we saw were rusty and dusty. The people looked grim and unsmiling. Inventory in the shops and markets was very scant. People in long lines were seen in front of grocery stores, hoping for food to buy. We tourists were allowed to shop in attractive Intourist stores, but our guides were not permitted the opportunity. Also the guides were very careful about what they told us as we toured. The bus driver might have reported them for disclosing something unpleasant about the Communist regime. There was a lack of trust everywhere. We liked our guides, and we sensed that some change was about to take place.

By the end of August 1991, Yeltsin announced in the Russian parliament building that he was "signing a decree suspending the activities of the Russian Communist Party." Gorbachev followed, issuing decrees ending Communist rule.

Now, 17 years later, Bud and I arrived in Moscow in July 2007 by riverboat after two weeks traveling from St. Petersburg along waterways. Moscow seemed to have been transformed. There are new buildings, some of the old ones now with colorful façades of pale yellows, blues, greens, even pinks. Our guide told us there were 100,000 cars in 1990; now there are about 4,000,000. They may be small, but they are no longer rusty and dusty; lots of color. We could see evidence of free enterprise in the number of automobile dealerships as we toured both Moscow and St. Petersburg. There are many eye-catching electric billboards, small and large, with rotating advertisements. Gone are dandelions and

unmowed parks. In July 2007, the parks and the city are well tended. There are colorful flowerbeds everywhere, with vibrant colors of marigolds, ageratum, begonias, and impatiens.

I sensed that in Moscow there is now more freedom of speech, freedom to travel, free enterprise, and a general feeling of lightheartedness and motivation. The gloom one felt in 1990 had vanished. That is not to say that the politics of Russia are running smoothly. Our guides were able to talk freely about some of what was happening. While there may be turmoil in the government, the oppression of the Soviet era is gone. The economy appears to be going well. Putin is curbing some of the excesses that occurred under Yeltsin. According to the professor who lectured on this trip, there is now a need "to know that the rule of law is supreme."



Moscow Traffic – Day & Night – 11/05/2006

from www.eglobe1.com

LE CERCLE FRANÇAIS

by Carol Suplee

“French speakers” who speak some French and want to maintain their fluency and others who speak some French and want to increase their facility in the language are invited to join *Le Cercle Français*. All levels of fluency are welcome!

Participants share stories based on a theme they have chosen. They might read French poetry or newspaper articles, view a film, chat about the issue of the day, or share stories about family and travel adventures. It's fun and it exercises their brains. *C'est bien, n'est-ce pas?*

The group meets on the first and third Wednesday of every month at 3 p.m. They will be meeting in the new Arts and Social wing in October.

Those interested may call **Colette Bartholomew** (Medford campus, 3650) or **Carol Suplee** (Lumberton campus, 518-6808). *Nous serons heureux de vous voir.*

A PARTY FOR JANE HUNTER

by Ellen Stimler

Jane Hunter was the guest of honor at a special luncheon on August 21, with eight gentlemen who had been students in her eighth grade English class at the Junior High School in Elkins Park, PA. Dick Feaster, one of Jane's former students, arranged the party at the Indian Chief Restaurant.

When the Feasters came to Medford Leas, they had no idea that Jane Hunter was Dick's former English teacher, Miss Jane Thierolf. They discovered this after a number of dinners together and an exchange of their backgrounds. Dick then contacted his group of seven other school alums who had been meeting regularly all these years. They agreed to meet with Jane for lunch. Two of the guests came all the way from Florida to reconnect with “the prettiest teacher” of their school years.

FLYING HIGH AT 92

by Ellen Stimler

Margo Hinman thinks that this summer's trip to Alaska will be “her last big trip.” In August, Margo, 92, and her granddaughter, Shannon, flew to Juneau. There they boarded the 96-passenger ship, *Spirit of '98*, for a nine-day cruise through the Inland Passage to Ketchikan. The weather was perfect, bright sunshine every day, and Margo felt well throughout the cruise. The most exciting part was an optional helicopter ride over the scenery and a walk on the rough surface of a glacier, which Margo watched from the copter. They also paddled in a rubber raft down a river and went into Glacier Bay National Park in a small boat to observe the calving of the glaciers.

ART GALLERY NEWS

by Helen L. Vukasin

The first exhibit, **Fabric Art**, in the new Medford Leas Art Gallery, will hang for the month of October. The opening reception is being held on October 9, 3:00-4:30 p.m. in the Art Gallery. The Art Studio Gallery will mount a new resident art exhibit following the move to the new Art Studio space.

The artist, Janet Cebular, creates what she calls collages in fabric. “For some time my artistic work has been doing collages in handmade paper. Recently, this led me to creating collages in fabric. This introduced many new challenges. There are many beautiful fabrics available that allow me to use them like paint on a brush. Fabric art is like a puzzle putting small pieces of fabric together to create a picture.”

The Lumberton Art Gallery will show the brilliant watercolors of Victoria Brush, daughter of **Bev** and **Stan Brush**, through October.

Meanwhile, resident artists have been selected to show their work in various galleries in southern New Jersey. **Rita Keiper** had two paintings in the Willingboro Art Alliance exhibition in September

and won an award for one of them. **Alice Culbreth** was chosen to create paintings for the Pink at Perkins exhibit October 13 to November 25 at their two galleries in Moorestown and Collingswood. Two of Alice's paintings are in the Collingswood Perkins Gallery and one is in the Moorestown Gallery. Alice also has one painting in the show at Smithville Art Gallery and three paintings hung in the Hammonton Art Center. During the summer **Jean Nicholson** had three paintings in the exhibit of views of the Jersey Shore at the art gallery in Virtua Hospital, Mt. Holly.

MEDFORD LEAS LIBRARIES

by Kitty Katzell

Medford Leas has many libraries.

- The Main Library adjoins the Lounge, off the Atrium.
- The Large Print Library is opposite the entrance to Haddon I, near the bank of elevators to the third floor.
- The Books-on-Tape Library is in the Low Vision Center, near the Pharmacy.
- The Videotape Library is in Park Place, near the entrance to the Garden Dining Room.
- There's another library upstairs in the Community Center on the Lumberton campus.

Residents may borrow materials from any of the libraries, but everyone should follow the posted procedures in each location for checking things out and returning them. The general rule is that most can be checked out for 30 days, but new releases should be returned within two weeks. Older items can be renewed, but recent issues often have readers waiting.

NEW BOOKS ON TAPE

by Myra Binstock

Fiction

- Fraser, Antonia *The Cavalier Case***
 Niffenegger, A. *The Time Traveler's Wife***
 Rice, Luanne *Cloud Nine*
 Sparks, N. *The Rescue*

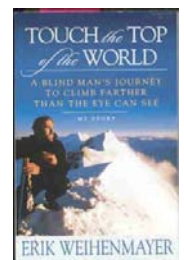
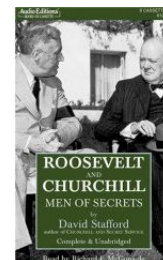
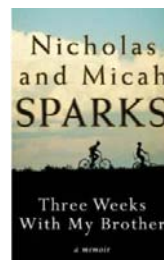
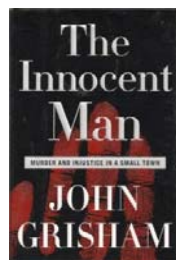
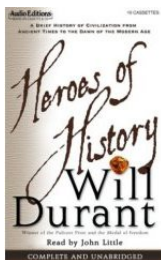
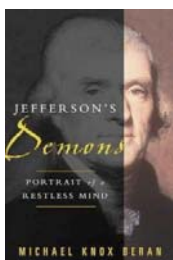
Non-Fiction

- Beran, M. *Jefferson's Demons*
 Durant, W. *Heroes of History*
 Riva, M. *Marlene Dietrich by her Daughter***
 Grisham, J. *The Innocent Man: Murder and Injustice in a Small Town*
 Sparks, N. & M. *Three Weeks with My Brother*
 Stafford, D. *Roosevelt and Churchill: Men of Secrets*
 Weihenmayer, E. *Touch the Top of the World*

Mystery and Suspense

- Cannell, S. *The Tin Collectors*
 Clark, M.J. *Hide Yourself Away*
 Coulter, C. *Riptide*
 Evanovich, J. *Eleven on Tops*
 Evanovich, J. *Ten Big Ones*
 James, P. D. *The Lighthouse***
 Kellerman, J. *Gone*
 Lescroart, J. *The Motive*
 Ludlum, R. *The Lazarus Vendetta***
 O'Shaughnessy, P. *Unfit to Practice*
 Palmer, M. *The Society*
 Perry, A. *Death of a Stranger***
 Rosenberg, N. *Conflict of Interest*
 White, S. *The Program*
 Woods, S. *Reckless Abandon*

**Donated



PAPER MAP TRUMPS GPS

by Colette Bartholomew

When my cousins from France last visited me, we were living in Apartment 638 in Rushmore, but since then we have moved into the Courts to Apt. 650. To help them find our new apartment, I sent them one of our Medford Leas campus maps. With a red marker, I indicated how to get to Parking Lot E and then to our Apartment #650.

However, my cousins rented a car with a GPS (Global Positioning System) that can direct the driver to any address in the country. They used the GPS instead of my directions to get to our new home. Not finding #650, the GPS must have figured that 650 would be close to 648 in Rushmore, so the device put a locator dot on Medford Leas Way. Unfortunately, that dot "located" a spot deep in the woods, nowhere near any houses.

My cousins felt lost and bewildered. By this time it was late at night. Finally, they looked at my map and realized that #650 was nowhere near #648. Disregarding their fancy gadget, they turned around, drove to Parking Lot E, and found us waiting with dinner at the real #650. So much for modern technology!

GOLF OUTING

By Kitty Katzell

In the past, there was the Conte Classic, an annual golf outing of residents and staff that was started by **Bill Conte** of the Maintenance staff. That was then; this is now. On October 15 will be the first of what may become an annual Golf Outing and Auction hosted by Medford Leas. This fundraising event will be held at the Deerwood Country Club on Woodlane Road in Westampton. The proceeds will benefit the Medford Leas Reserve Fund, which provides assistance for residents who have outlived their financial resources.

Word and enthusiasm spread fast and eighteen captains came forward and each guaranteed a foursome. The cost for a foursome is \$600. Only

25 foursomes can be accommodated. Those who don't play golf can attend the banquet the evening of the outing for \$35, but space is limited

A variety of donated items will be auctioned, including i-Pods, a weekend at Long Beach Island, golfing equipment, a fishing trip for 10, gift certificates at popular restaurants, and works of art.

Resident golfers and staff have worked together with Medford Leas' business partners and friends to plan and organize the outing and the auction. Committee members are **Wil Britten, Bill Conte, Jim Cox, Sandy Green, Bill Murphy, Ben Paradee, Mort Yeomans, and Milt Zimmerman**. Major sponsors are Herbert J. Sims & Co., gold; Corporate Synergies, silver; Ernst & Young, James Gibson Martin AIA, and Wachovia Bank, bronze. Liberty Toyota and Lucas Ford are sponsoring holes-in-one.

CHAIRVILLE SCHOOL

by Ellen Stimler

Gerry Stride, Director of Community Life, received an announcement from a teacher in the Chairville Elementary School in Medford, inviting senior volunteers to participate in a great variety of the childrens' activities.

The initiating teacher, Ms. Susan Poros, described the project this way: "The program is designed to enhance the children's education by providing the opportunity to meet and work with seniors who are willing to share their life experiences. No educational background of any kind is required, just a willingness to make some young friends."

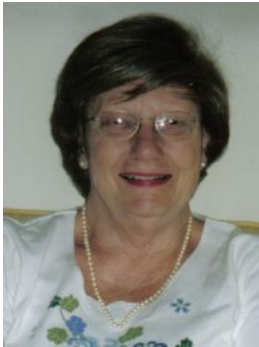
Ms. Poros listed 17 possible activities at the school for senior involvement, including reading to the children, listening to them read their work, telling stories, teaching something, or playing an instrument.

The project description, with a sign-up section at the bottom, is available at the Front Desk.

WHO'S NEW

photos by Ruth Huysman

Walter and Dolores "Lori" Haworth lived in Burlington Township for 30 years before moving to 112 Woodside Drive. Walter was born in Philadelphia and grew up in Haddon Township, NJ, where he attended Collingswood High School. At Rutgers University, he majored in history, English, and education. After two years in the Army Medical Corps, in 1957 he began his teaching career at Cherry Hill High School West when it was known as Delaware Township High School.



Lori spent her early years in Pennsauken, NJ, and attended Moorestown Friends School. Following graduation from Oberlin College, where she majored in psychology and French, she taught remedial English at schools in Massachusetts. In 1961 she entered the Masters program

in French at Middlebury College, VT, and spent one year of the program at the Sorbonne in Paris. On her return from France, she met Walter at Cherry Hill High School West, where she was teaching French and he was assistant principal and later principal. They were married in 1965.

After two years in Vienna, Austria, where he filled a position at the American International School, they returned to the U.S. so he could complete the doctoral program in education that he had begun at Temple University. He had already received his masters in history and a doctorate in administration.



In the mid-70s, Lori and Walter settled in Mayville, NY, with their two children. There, Walter was Superintendent of Central Schools, and Lori and a friend established the Hurlbut Developmental Pre-School, which they directed for three years. When

the Haworths moved to Burlington Township, NJ, Walter became Superintendent of the township schools and Lori taught English as a second language in a program she established in Evesham Township. They both retired in 1993.

Lori has taught piano and has been a guide at the Philadelphia Museum of Art. She is a committee worker at the Unitarian Universalist Church in Cherry Hill. Walter is active in the Rotary International Youth Exchange Program, a Trustee of the Burlington City Library, and president of the Burlington Township Community Arts Foundation.

Doris Brown

P. Ulf and Eva Gummeson left Sweden in 1952, lived briefly in Riverton, NJ, then in Moorestown, NJ for 43 years before coming to 227 Woodside Drive. Ulf was born in Dalarna Province, in north central Sweden. In 1942 he entered the Department of Mining and Metallurgical Engineering at the Royal Institute of Technology in Stockholm, but his schooling was interrupted by service as a P51D Mustang fighter pilot in the Swedish Air Force during WWII. He returned to classes after the war and graduated in 1951 with a Master of Science degree. About that time, he and Eva met at a friend's party.

Eva was born in Malmö, in the southern part of Sweden, and grew up in Stockholm where she attended the Lyceum for Girls, specializing in English, German, French, and Spanish. Her schooling continued in Aix en Provence, France, where she tutored students in English and German while attending classes. Returning to Sweden, she studied at the Barlock Institute for International Business Communications and became executive secretary to the president of St. Eric's International Trade Fairs, Inc.



Following their marriage in 1952, Ulf and Eva were sent to America, where Ulf would oversee the construction of the first U.S. iron powder plant for Höganäs AB, a leader in the powder

metallurgy (P/M) industry in Sweden. Ulf became plant manager of the new operation called the Hoeganaes Sponge Iron Corp. Hoeganaes grew rapidly and today is the world's largest steel powder producer. Ulf served as president from 1958 to 1968.



Following 10 years in Weston, MA, with the Nuclear Metals division of Whittaker Corp. and New England High Carbon Wire Co., they returned to Hoeganaes Corp. There Ulf served as Vice President of Research and Development until his retirement in 1990. At the 1996 World Congress on

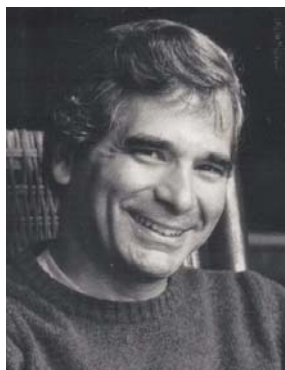
Powder Metallurgy & Particulate Materials in Washington, DC, Ulf was awarded the prestigious Powder Metallurgy Pioneer Award, which recognizes individuals who have been active in the pioneering development and advancement of the P/M industry. He is a director of the Powder Metallurgy Research Center, Worcester, MA, and in this way is still active in the industry.

With her two sons in college, Eva returned to work for Honeywell Corp. in Waltham, MA, for two years, before the family returned to New Jersey in 1978. She is a member of the Moorestown Auxiliary of Cooper Hospital and the New Jersey Committee for the Philadelphia Orchestra. Her favorite diversion is needlework. Ulf is interested in photography and enjoys expository writing. He has finished a history of the P/M industry as it relates to Hoeganaes Corp.

Doris Brown

Peter McCord, 79 Woodside Drive, was born of Quaker parents in the Germantown section of Philadelphia. A graduate of Germantown Friends School, he received his B.A. in liberal arts from the University of Pennsylvania. He served in the Second Army Corps, and in the Army Reserve for six years as Staff Sergeant during the Vietnam War. Following the war he married and moved to Cranford, NJ. While employed in the Litigation Division of the Home Insurance Co. in East

Orange, NJ, he earned a law degree from Seton Hall School of Law and then joined the Union County Prosecutor's office, where he served as Prosecuting Attorney for 30 years, retiring in 2002.



Pete was active in the Cranford United Methodist Church as Chairman of the Education Committee and the Board of Trustees. He was a member of the Union County Bar Association and the Prosecutors Association, and taught law to recruits at the Union County Police Academy in Scotch Plains and the NJ State Police Barracks at Sea Girt.

Pete is a reader of history and fiction, and records reflective thoughts and anecdotal material in a daily journal. He also enjoys gardening, but birding provides him the most pleasure. His knowledge of avian migratory patterns, habitat, songs, and behavior has led to volunteer work as a nature advisor at the Moorestown Friends School. Four of his five daughters live nearby, giving him the opportunity to develop close relationships with his five grandchildren. Pete wrote an original story that he compiled into a booklet, illustrated with his own bird photographs, as a gift for his seven-year-old grandson.

Doris Brown

William and Maryann Beitel moved to 80 Woodside Drive on the Lumberton campus from Yardley, PA. Maryann was born and raised in Mt. Holly and spent summers in Medford Lakes. Her mother, **Kathleen Wessel**, was a resident of Medford Leas for eight years before she passed away in 2001.



Maryann began teaching English classes at Rancocas Valley Regional High School shortly

after receiving her degree in Secondary Education from Chestnut Hill College in Philadelphia in 1956. She later taught in Hamilton Township, NJ, when she and Bill settled in Morrisville, PA, following their marriage in 1960. When their five children were in high school, Maryann obtained additional certification from Trenton State College and taught elementary classes in Ewing Township, NJ, until her retirement in 1995.



Bill grew up in Trenton, NJ, and graduated from Trenton Catholic Boys High School in 1949. After serving on submarines in the Navy during the Korean conflict, he began working at Beitel Displays, Inc., a company in Lawrence Township, NJ, owned by his father. The company specialized in the

design, construction, dismantling, and storage of trade show exhibits. After his father retired in 1974, Bill ran the company, which took on the New Jersey Lottery as a customer in 1978. Bill developed a drawing machine for *Pick 6*, and by 1992 Beitel Displays was the world's largest producer of "winning number ball-drawing machines." Bill retired in 1998. He does not play the lottery games.

The Beitels have 13 grandchildren who live nearby. Maryann enjoys theater, music (she plays piano), reading, and bridge. Bill designs and crafts stained glass pieces. He is an avid salt-water fisherman who looks forward to fishing while vacationing on Long Beach Island, NJ. The Beitels have traveled extensively, most recently in the eastern European countries.

by Doris Brown

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Phyllis Berger Orta, Apt. 216, found out about Medford Leas from Lili Wronker, who had stayed in the same apartment complex in Queens, NY, where Phyllis lived before coming to Medford Leas. Phyllis is very happy in her new home and

enjoys socializing with the many new residents she has met.

Phyllis grew up in Brooklyn and graduated from the local high school. After completing a business course, she worked briefly for a factoring company and then started a lifelong career at Revlon. She worked in the Credit, Advertising, and Accounting Departments prior to her marriage in 1960 to Louis Orta, a teacher, whom she had met on a double date.

Phyllis stopped working while taking care of their son, Andrew, until Andy was no longer coming home for lunch. At that point she decided to go back to Revlon and was able to get a part-time job until that department moved to New Jersey. Phyllis' final job was as manager of Corporate Affairs. She retired in 1993, and Louis died three years later.



photo by Margery Rubin

Andy is married, and Phyllis now has two grandchildren, 10 and 12, living in Illinois. Phyllis is a "people person" and expects to do some Committee work here. She also wants to start a garden outside her apartment and keep up her joy of cooking.

by Ellen Stimler

MARGARET MELSTROM

by Ellen Stimler

With the death of **Margaret Melstrom**, *Medford Leas Life* lost a valued member of its editorial committee. Margaret joined the staff shortly after moving to Medford Leas in April, 2002. She enjoyed interviewing new residents and preparing their biographies for our "Who's New" feature. Having worked as an English teacher at Cherry Hill West High School for many years, Margaret contributed many helpful suggestions during our editorial meetings. She will be missed.

OCTOBER CRYPTOGRAM

by Betty Donahue

JCUBVGTGQQ YCGQ TCV MURMXQ**GPBTHG DCCYTGQQ, GAFBVX,****HCKJUMBQMTHG, CW DWMVBVFG,****SFV BV KMIGQ KMT MJJGMW****CFVRMWHYUX MQ ZG QZCFUY SG****RBVZBT.****--NGMT YG UM SWFXGWG**

Here is the solution to the September cryptogram by Ellen Stimler:

AT SOME TIME EVERYONE HAS REFLECTED ON LIFE'S CROSSROADS AND WONDERED WHAT THE OUTCOME WOULD HAVE BEEN HAD WE CHOSEN DIFFERENT PATHS. Ed. Note: From the foreword of a collection of essays on old age, edited by Sandra Haldeman Martz.

The correct solution was received from 32 readers: **Ken Anderson, Miriam Angle, Mary Barth, Ruth Blattenberger, Marion Burk, Jody Cardona, John Caughey, Anne Cree, Gwen Crawley, Liz Dill, Betty Donahue, Louise Evaul, Mary Fenimore, Mickey Gray, Herb Heineman, Barbara Heizman, Hugh Jenkins, Sally Klos, Mary Ann Metzger, Alice Norcross, Helen Peterson, Betty Preston, Warren Reeves, Doris Salati, Florence Sawyer, Peg Scott, Louise Stiles, Miriam Ward, Fran Werrell, Ellen Wiener, Gladys Wynkoop.**

Please put your solution in an envelope in Box 116 by October 10 or send it by email to estimler@medleas.com. Always happy to get new, interesting cryptograms.

MEDFORD LEAS LIFE

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



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