



Medford Leas *Life*

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March 2016

COURT APARTMENTS TO GET HEATING AND VENTILATION UPGRADE

by John Sommi

Long-anticipated improvements in heating and air-conditioning in the Courtyard Apartments could begin early this summer when management completes an HVAC energy study and attempts to obtain a grant for the project from the state of New Jersey.

The capital budgets for the coming two years each contain \$3.2 million for the project. PSE&G has already agreed to run the requisite gas lines to Medford Leas at no cost, considering their return on the additional gas sales. The design for the campus supply line has already been completed. A contractor for the project must still be selected and the requisite contracts signed.

Over 200 apartments will be upgraded with this project. Each Court will be treated as a single unit, with the new system installed above the apartment ceilings, with vents sited to provide uniform heating and cooling throughout. As part of the renovation additional ceiling insulation will be installed, further increasing energy efficiency.

The new fuel will produce considerable savings on winter heating costs and year-round provision of hot water, all currently employing electricity as their energy source. There is no intention of providing gas appliances in resident kitchens.

Management is very eager to begin the project. The present noisy unit ventilators will be left silent, but in place until an apartment is vacated.

GARDEN ROOM REDO

by Suzanne Frank

Spring is around the corner, right? But autumn is not far behind in the harvest-time atmosphere of a beautified and transformed Garden Room. A modest update encompassing colors that reflect autumnal shades on the walls, the carpeting, the wooden ceiling and the decorations will impress diners. And, an inspired idea, the addition of movable planters will help in creating special spaces and privacy when needed.

“We were feeling that the Garden Room needed to be more congruent with other areas,” **Jen Zdunczyk**, director of Dining Services, related, “and we’ve had success with the colors and décor in the Colonial Room and the redevelopment areas of Haddon and John Estaugh.”

According to Jen, the last refurbishing of the room was in 2007, so some modest decor upgrades such as carpeting, wall paint, new window treatments and sconces were in order. “With the help of **Debbie Lux**, our horticulturalist, we will have some greenery to get the garden back into the Garden Room.”

The team at Medford Leas has been working with Suzanne O’Connell Interior Design, which has worked with Medford Leas recently on several Community Building projects. Jen expects to complete the first phase of this modest redo by Easter.

In the next fiscal year, which runs from April through March 2017, Jen anticipates updates to heating and air-conditioning by replacing equip-

ment and changing ducts. The ceiling will be leveled out and a phenomenally attractive feature will be added – a new acoustically sound wooden ceiling, which comes with perforations that are conducive to conversation and great for those with hearing deficits.

Jen anticipates that this first phase of upgrades should not interfere with regular dining hours. The work will be done off hours and in a pinch, perhaps the Garden Room will be closed for only a day or so. Hooray for Jen for having led the decoration of the Colonial Room in 2008, and now for leading the multitask endeavor of freshening up the Garden Room!

In addition, there are plans to make the patio terrace a more user-friendly area, so that residents will want to be outside enjoying the splendor of the arboretum.



MAE LUNDIN 101, FITNESS HONOREE



photo by Dana Jones

Mae Lundin, 101, was given a Centennial Lunch by the Fitness and Aquatics staff on January 21.

The celebration honored her continuing attendance in the Fitness Center.

Betsy Pennink

Medford Leas Life is an activity of the MLRA and is supported by residents' contributions to the Activities Fund.

REMEMBERING HELEN VUKASIN

by Beth Bogie

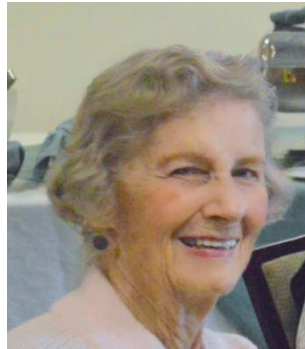


photo by Margery Rubin

There is nothing to equal going through past issues of *Medford Leas Life* to make one realize how generously and enthusiastically many residents have given of their time and experience in shaping the cultural life of Medford Leas. One of these people without a doubt was **Helen**

Vukasin, who passed away on January 16. This newsletter and Medford Leas residents were the beneficiaries of her interest in many fields, but especially the world of art.

Soon after arriving at her new home on the Lumberton Campus in 1999 – she was one of the Lumberton “pioneers” – she announced an approaching Medford Leas exhibit of works by two artists from the area where she had lived, New Paltz and Mohonk, NY. By October 2002 she was turning out her monthly column, “Art Gallery News,” and she did so for the next 12 years. In January 2015 she shared a last byline with her successor columnist **Joyce Linda Sichel**.

Early on, Helen not only wrote the columns, but also did a great deal to create and nurture artistic activities. As Joyce Sichel wrote in a piece in the January 2016 *MLLife*, welcoming Helen to her new apartment on the Medford Campus, “Helen had a large role in planning the design of the Lumberton Community Center. She also used her strong artistic sense to form the Gallery Committee to create exhibits in the main Medford Leas Gallery. She and **Alice Culbreth** sought out artists by attending art shows in the area and convincing good artists to mount shows for us.”

Helen contributed to many aspects of life at Medford Leas – MLRA, *Leas Lit*, Leas Forum and representing Medford Leas with the CCRC state organization ORANJ – but we are especially grateful for her contributions to *Medford Leas Life*, through which she enriched our lives with the work of artists in all forms of art.

PATHWAYS TO LEARNING IN MARCH

by Beth Bogie

Two of the first steps in March on the *Pathway to Learning at Medford Leas* will introduce residents and visitors to two individuals from the local community who are experts on our national park system and on organic farming.



Jennifer Bulava, Park Naturalist for the Burlington County Park System and known to many residents here, will bring a multimedia presentation about the sys-

tem of U.S. National Parks as they celebrate their 100th anniversary. **America the Beautiful: A Celebration of our National Parks**, on Wednesday, March 23, includes photographs of stunning landscapes and wildlife in the many parks Jennifer visited since 2000. Thirty-five of the parks, including Acadia, Everglades, Grand Canyon, Yosemite and Great Smoky Mountains, will be featured along with information on trip planning. Medford Leas is fortunate to have been chosen as a venue for this presentation. The Philadelphia Flower Show will also be featuring the National Parks Centennial.

Another neighbor, who will tell us **The Story of the 1895 Organic Farm**, on Tuesday, March 29, is South Jersey resident Kim Batten, owner of 1895 Organic Farm since 2000. Many residents shop at her farmstand or visit her at her stand at the Burlington County Farmers' Market on Centerton Road in Moorestown. She is a farmer who is part of the most rapidly growing segment of the nation's changing agricultural landscape. The number of farms operated by women doubled between 1982 and 2007, according to the U.S. Department of Agriculture. Kim and her husband purchased their 14-acre farm in 2000. After three years of preparation, 9.5 acres were certified as organic. Learn how Kim manages her farm and the stringent requirements to become organic.

Both programs will begin at 10 am in the Medford Leas Theater; no fee will be charged. The registration deadline for both is March 18.

Under the *Pathways* umbrella in March are other programs: meeting of the **Native Plant Society**, on Saturday, March 5; **Great Decisions** discussions of world affairs (see p. 7); and **Leas Forum** talks, one on historic restoration and another on botanical quilts (see p. 9). In addition, our own Ken Roland, Fitness & Aquatics manager, will be providing a **Balance Training Workshop** at the Medford Senior Center on Friday, March 25.

Please refer to the spring *Pathways* guide for more details about these and other programs in the months to come.

SAVE THE DATE! **EVENING IN THE ARBORETUM** **April 30, 2016**

***In Support of the Barton Arboretum and
Nature Preserve at Medford Leas
With special focus this year
On Restoration of the Pinetum***

ELEGANT EVENING

Enjoy delectable culinary creations.

SILENT AUCTION

*Bid on beautiful horticultural plantings,
photographic prints and decorative objects.*

SUPPORT THE ARBORETUM FUND

*By attending the Evening: \$90 per person,
or a donation to the Arboretum Fund – or both!*

HOSPITALITY

*Bring family or friends
Tour the Arboretum*

IN MEMORIAM

Elizabeth "Betty" Donahue January 29

CONSCIENTIOUS OBJECTORS' TALES

text and photo by Betsy Pennink

On January 9 two residents who were conscientious objectors (COs) during World War II retold the story of their wartime experiences, in particular in an infamous mental hospital in Philadelphia.

The Leas Forum lecture began with a recording of a presentation given originally by **Neil Hartman** and **Warren Sawyer** at the Arch Street Quaker Meeting House in 2012.



Warren Sawyer and Neil Hartman

Neil described his struggle with the Selective Service to be classified 4E, or conscientious objector. After many rejections he succeeded, and in 1943 he was drafted to a CPS (Civilian Public Service) camp in North Dakota. From there he applied to the Philadelphia State Hospital at Byberry, agreeing that he would be a volunteer attendant two days out of the week.

The Army was having problems with the hepatitis A and B viruses, and Neil allowed himself to be exposed to both at the University of Pennsylvania. He recovered each time, and underwent a liver biopsy by C. Everett Koop, a young intern. Koop, who later became U.S. Surgeon General, said in an interview long afterward that he wasn't sure the young men had understood their risk of death. Neil explained in the same interview that he "wanted to prove that he was willing to take risks on his own body," rather than hurting others.

At the end of the war, when COs were allowed to go overseas, Neil became a "sea-going cowboy," accompanying Jersey cows to countries such as Poland and Czechoslovakia.

Warren's description of his work at Byberry was chilling, all the more because his diary of his three and a half years has been preserved and he was able to read from it. He joined the CPS and began by fighting forest fires and building a national park in North Carolina. In July 1942 he volunteered to go to Byberry.

The hospital had several buildings and, though built to hold 3000 patients, it now had 6100, with only 18 doctors where there had been 85. One attendant was responsible for 500 patients instead of the usual 25. The paid attendants used cruel means to maintain discipline, but did little else, while the "working patients" did everything, such as laboring on the farm and unloading a coal car. The whole place, including the medical staff, was very "lackadaisical." Warren and Neil were limited to "custodial care" in the Day room, which meant mainly stopping fights.

No records were kept; 90% of the patients never saw a doctor and an occasional nurse might bring a pill or check on an injury. Ninety percent never had a visitor. The living conditions were terrible. There were no sheets, no pillows. A letter-writing campaign was initiated by the COs to call attention to the desperate situation. No relatives would write, so the COs signed the letters "a concerned person." The letters went to numerous local publications. Eventually an article appeared in *Life* magazine, with photos taken by Charlie Lord, another CO, who smuggled in a camera.

Recently there has been increased interest in the COs. NPR (National Public Radio) has won an award after interviewing Neil and Warren. *The Burlington County Times* reported on the January presentation and another interview is planned by the Armed Forces Heritage Museum in Fort Dix. Luckily, for the sake of history, Warren's diary is preserved in the Swarthmore Peace Library.

A question from the audience on the overall acceptance of COs reminded us of the stigma that so many of them carried. Neil has found that Quakers considered them "heroes, which is much better than being called a yellow-belly" by others.

MEDFORD LEAS SINGERS: A SPECIAL PALM SUNDAY CONCERT

text and photo by Betsy Pennink

The walls of the Theater are going to resound with the sounds of "Hallelujah" on Palm Sunday, March 20, when the Medford Leas Singers give their polished performance of the famous Hallelujah Chorus from the Messiah oratorio by George Frideric Handel. The concert will be at 3:00 pm and will take the place of Vespers.



The 16 dedicated members of the Singers have been rehearsing weekly under the direction of Christine Bass, daughter of the late **Gwen Crawley**. What a talented conductor Chris is! Standing at the piano in the Gathering Room, alternately singing the parts herself, she works on each group (sopranos,

altos, tenors and basses) until they have mastered the challenging music. Her years of experience are visible in her handling of the singers, encouraging and humorous, but at the same time, rigorous.

Chris is the distinguished director of the Temple University Women's Chorus, after having served 22 years as choral director at Cherry Hill High School West, where she built their choral department from 60 singers to over 320. Some years ago, through her mother and **Chuck Woodard**, she brought her two accomplished choirs, the West Singers and West's Chamber Singers, to Medford Leas to sing during the holidays.

In 2013 Chris came to Medford Leas to direct a group of resident singers in the performance of a song written by the late **Bart Bartholomew**. Inspired by her leadership, the group has grown into the Medford Leas Singers, and Chris has been their conductor for over a year. In spite of her many

activities, she makes time for this work in honor of her mother.

The program on Palm Sunday will include more than the Hallelujah Chorus. The Singers will perform two intricate pieces with counter melodies. One is "Shenandoah" combined with "Deep River." The other is the Shaker song "Simple Gifts" combined with "This is my Father's World." In the latter, **Marion Norcross** will play the oboe part. Chris is going to sing some of her solo repertoire.

Danielle Peterson, Therapeutic Recreation, will be the accompanist for the Singers. In addition she and **Nannette Hanslowe** will play the first and second movements of Mozart's Sonata in D, with Nan at a second piano.

In addition to leading monthly singalongs for Assisted Living residents, the Singers recorded songs for the Therapeutic Recreation Department. **Marcy Stevenson** then combined the audio recordings with videos of lyrics scrolling across a screen. This makes it possible for Therapeutic Recreation to offer singalongs to residents when there is no pianist or song leader available.

Providing entertainment and fellowship for residents in Assisted Living is one of the Singers' three goals. The others are to provide an opportunity for residents to sing in four-part harmony, and to perform at MLRA meetings and other social functions. Their pleasure in creating music is only matched by our pleasure in listening to it.

LET'S TALK GARDENING

continues...

Topic: **What's Up With Soil?**
(in the Medford Leas "Farm" gardens)

Experienced Medford Leas "Farm" gardeners will discuss how they get their soil ready for the planting season.

Bring any seeds you would like to swap!

March 20 – Lois Forrest Nature Center
2:00 pm

Light refreshments. Join us!

FITNESS AND AQUATICS

THE RIGHT CLASS FOR YOU...



How do you know if you're attending the correct fitness class? Is it challenging enough? Can you keep up? Are you tired upon completion and unable to perform your normal tasks of

the day? Or do you feel refreshed? After a few months of attending, do you feel stronger? Weaker? Are you maintaining your functional level? How is your balance? Back? Should you be stretching? These are some of the questions you should be asking yourself about your fitness program. The Fitness and Aquatics staff believes sharing the goals established for each class may assist you in deciding which class to attend, or if you're in need of a change, a challenge, or a shift of emphasis. The following information includes the levels of the classes and their goals.

Smart Start: High Level Class

The class utilizes Therabands and weights for upper and lower body strengthening; exercises are performed both seated and standing.

Forever Fit: Low to Moderate Level Class

This class is 75% seated and uses Therabands and weights for strengthening exercises.

Haddon 2 Strength Training Class: Low to Moderate Level Class

Exercises are performed seated using hand weights and Therabands. There is minimal stretching, twisting or bending.

Balance Training: Moderate to Advanced Level Class

Exercises are performed seated, standing and moving between the rows in the Theater. All the seats are bolted to the floor for extra safety.

Aqua Motion Class 9:20 am: High Level Class

Individuals must feel comfortable enough in the water to participate in class without individual assistance.

Water Aerobics Class 2:15 pm: Moderate Level Class

Individuals must feel comfortable enough in the water to participate in class without individual assistance.

IFT (Integrated Fitness Training): Moderate to Advanced Level Class

Exercises are performed both seated and standing, using arm and ankle weights.

Posture Class: Low to Moderate Level Class

This class is 75% seated and uses Therabands.

Gentle Stretching Class: Low Level Class

This class offers head-to-toe stretching.

WATER VOLLEYBALL is a High Level Activity.

To develop strength, improve aerobic conditioning, improve reflexes and hand-eye coordination, improve lateral and forward body movement, develop cooperation and team spirit, and enhance community relationship.

WATER WALKING is at Various Levels.

Programs include range of motion, strength, balance, flexibility, and walking movements and patterns. You **do not** have to be able to swim to participate, and the level varies according to your ability.

The Medford Leas Fitness and Aquatics staff hopes this information will enable you to select a fitness class that challenges your physical abilities, and will motivate you to continue or start your fitness program. Please call x3312 for a schedule.

Kenneth J. Roland Jr.
Fitness & Aquatics Manager

MINI-MYSTERIES AT MEDFORD LEAS

by Judy Kruger

Q: How much coffee is used daily in the Coffee Shop?

A: "Probably 200-300 cups, but it is hard to tell exactly, because people come in all day long."—**Vilma Aldovar**, Dining Services Supervisor, Coffee Shop

LIVELY MIXED MEDIA ART SHOW

THE LEAS ART GALLERY SCENE

by Joyce Linda Sichel

Sherry Dellaria-McGrath, an artist in many media, will be mounting a show she calls “Inkwork” in Medford Leas Main Gallery outside the Theater for the months of March and April. Her work is seen in many New Jersey art shows and she is an active member of several arts organizations.

Ms. McGrath says that she gets her inspiration from nature. Much of her work is in the landscape genre, including acrylic paintings of lakes, oceans, trees and sky in brilliant color. She also focuses on animals, especially cats, drawing and painting them in many imaginative ways. (She and her husband also share their home with four living cats.) Her works in ink, scraperboard and water media again focus creatively on animals and scenes based on nature. Her exciting and dramatic colors are sometimes three-dimensional and many glow. You will surely want to see this lively exhibit. The opening reception for Ms. McGrath will take place outside the Theater on Tuesday, March 1, at 3 pm.



The Lumberton Campus Gallery space continues to showcase Joe Costanza’s arresting nature photography, and the Art Studio Gallery space is still running the winter show of resident art and photographs. Watch this column for news of the coming spring show by residents.

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MLRA MEETING TO PRESENT TALK ON DIET AND NUTRITION

Lisa Hartman, Medford Leas nutritionist, and **Leslie Firicano**, speech therapist, will speak to residents on “Diet and Nutrition for Seniors” and on swallowing difficulties, at the MLRA general meeting on March 21.

GREAT DECISIONS BEGINS IN MARCH

by Dorothy and Len Cebula, co-chairs



Many residents look forward to attending the Great Decisions series. Says **Ruth Podolin**, “I look forward to it each year. This is one of my favorite activities here.” It gives many people

a chance to understand the underlying historic and policy foundations that drive political action at a time when brief sound bites from talking heads are a popular source of information.

This year, the first four programs of the Great Decisions series focus on many of the complex problems generating strife in the Middle East. The second half of the eight-program series addresses other critical issues that affect life around the world. Starting on Thursdays in March at 10:30 am, the programs will cover:

- Shifting alliances in the Middle East – March 3 with **Jay Wilder**,
- The rise of ISIS – March 10 with **Len Cebula**,
- The future of Kurdistan – March 17 with **Judy Atwood**,
- International migration – March 24 with **Toby Riley**,
- Korean choices – March 31 with **Bill Smith**.

Residents are encouraged to listen, learn and discuss these pressing issues while offering opinions to policy makers that could help shape U.S. foreign policy. All programs are held in the Medford Leas Theater. The series is supported by the Medford Leas Residents Association Activities Fund and presented through the efforts of residents acting as moderators, committee members and theater support services.

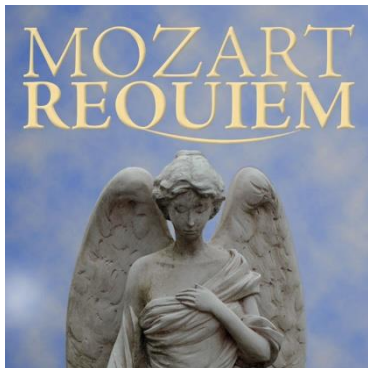
LEASMUSICAST: MOZART REQUIEM AND SACRED ARIAS

by Beth Bogie

Two different performances of works by Wolfgang Amadeus Mozart will be presented by Leas-MusiCast on Saturday, March 12, at 2 pm.

The first, the *Requiem in D minor*, opening with two arias for sopranos, will be performed by the Berlin Philharmonic conducted by Claudio Abbado, with the Swedish Radio Choir and soloists Rachel Harnisch, Karita Mattila, Sara Mingardo, Michael Schade and Bryn Terfel.

This live recorded performance was held on July 16, 1999, in the Salzberg Cathedral as a memorial concert on the 10th anniversary of the death of Herbert von Karajan.



Mozart was composing the Requiem in Vienna when he died on December 5, 1791. The piece had been anonymously commissioned by a Count Franz von Walsegg-Stuppach, who is believed to have planned to pass off the

Requiem as his own. The unfinished Requiem was completed in 1792 by his assistant Franz Xaver Süssmayr, but leaving the way open for many other completions, and much mythology. Constanze, Mozart's widow, is responsible for a number of stories surrounding the work, including that Mozart believed he was writing the Requiem for his own funeral. He was 35 when he died and, despite illness, had just completed two operas that summer, *The Magic Flute* and *The Clemency of Titus*, which had sapped his strength.

The second part of the program, **Mozart's Sacred Arias**, was held on June 11, 2003, as part of the Saint-Denis Festival in France. It is produced by French ensemble *Les Talens Lyriques* and its director, Christophe Rousset, with the solo voice of soprano Sandrine Piau. Her voice, alternating with

parts for the orchestra only, appears almost as another instrument and in perfect harmony. The program takes place in the 12th century Gothic Basilica of Saint-Denis, which has hosted the Saint-Denis Festival for 37 years.

Christophe Rousset's love of 18th century music and his mastery of the harpsichord eventually led him to form *Les Talens Lyriques*, a vocal and instrumental ensemble, in 1991. He surrounds himself with singers and instrumentalists belonging to "the new baroque generation." He is an expert on 17th century music as well, with a passion for voice and opera, a discoverer of original scores, and a soloist and chamber musician. He has made numerous recordings.

French soprano Sandrine Piau is a renowned figure in the world of baroque music and has performed regularly with celebrated conductors and at international music festivals.

The recording of this concert honored the 250th anniversary of Mozart's birth.

Sources: DVD liners, Wikipedia. *The Guardian*, *Encyclopedia Britannica*

LUCKY SEVEN MUSIC VIDEOS

Thursdays in the Theater at 7:10 pm.

Mozart's 7th Concerto for three pianos with Georg Solti, Daniel Barenboim and András Schiff is an example of the surprising music one can discover on YouTube. Solti was born in 1912, Barenboim in 1942, and Schiff in 1953.

March 3: Beethoven Symphony No. 7

March 10: Dvořák Symphony No. 7

March 17: Sibelius Symphony No. 7 and

Mozart Concerto No. 7 for three pianos

March 24: Dixieland Jazz

Maggie Heineman

GUEST ARTISTS SERIES PRESENTS WIND SYMPHONY

by Joe Costanza



The March concert presented by the *Guest Artists Series* will feature The Wind Symphony of Southern New Jersey, a unique ensemble of 42 brass, woodwind and percussion instruments. Founded as the Cherry Hill Symphonic Band in 1965 by Lucien Caillet, the Wind Symphony plays a variety of band, popular, jazz and light classical music. The program includes compositions by Rossini, Berlioz, Fauré, Verdi, as well as contemporary composers. The concert will take place in the Theater on Sunday, March 13, at 2:30 pm.

The Wind Symphony is conducted by Robert Streckfuss, who assumed its leadership in 1977. Under his direction, the ensemble toured Austria and the United Kingdom, performing at the Royalty and Empire Exhibit at Windsor Castle, where they were honored to play Malcolm Arnold's Four Scottish Dances. Drawing its members from the Delaware Valley, the Wind Symphony represents varied professions and musical backgrounds including jazz, orchestral, music theater and chamber music. The group has played with soloists as diverse as David Bigler of the Philadelphia Orchestra and the renowned Stan Kenton. The Wind Symphony recently issued a second compact disc featuring a selection of favorites and original works for wind instruments.

The *Guest Artists Series* of monthly live concerts is presented by the Music Committee chaired by **Marion Norcross** and funded by the MLRA Activities Fund. In April the *Guest Artists Series* will present "April In Paris," a concert featuring songs for soprano and bass with piano accompaniment.

LEAS FORUM IN MARCH

Enjoy spring with two programs reflecting history and recognizing renewal.

Overview of Historic Restoration – March 12, with Ted Nickles, founder of Nickles Contracting, Inc.

What issues are critical to architects as they tackle the challenge of restoring historic structures? Find out how an architect who specializes in restoration solves problems with a goal of maintaining historic credibility and current standards. Architect Ted Nickles will share stories of his experiences in restoring structures such as the Mt. Holly Quaker Meeting House; Drumthwacket, the New Jersey Governor's Mansion in Princeton; the Sweeton House (1950) in Cherry Hill; and Lucy the Elephant in Margate.

My Garden of Quilts: Botanical Textiles – March 26, with Karen Devers, certified quilt appraiser.

Combining a love for vintage quilts and celebrating the start of spring, you can learn about flowers in the history of quilts by viewing many fine examples. Karen Devers, an award winning quilter, shows her love of quilting and gardening in this presentation of antique, vintage and contemporary botanical quilts. She has been involved with quilting for over 20 years and is a teacher, designer and an American Quilter's Society (AQS) certified quilt appraiser. She presently works and teaches at The Village Quilter quilt shop in Mt. Holly, NJ.

Both Saturday programs will be presented in the Medford Leas Theater at 11:00 am. Funding for these programs is provided by residents' contributions to the MLRA Activities Fund.

Dorothy Cebula, chair

Emergency: Call 3666
or 0 for Reception Desk
Obtain decal sticker for your phone
with emergency number
at the Reception Desk.

MEDFORD CAMPUS 29TH ANNUAL BIRD CENSUS

by Robert Koch

On January 13, a cold blustery day, the Medford Leas Birders met at the Lois Forrest Nature Center at 8 am to commence sightings and listings. Our group included **Joe Costanza, Dino Fiabane, Marie Gleason, Robert Koch, Kay Smith, Miriam Swartz** and **Louise Tompkins**. While the temperature never got out of the 20s, the bright sun slowly began to warm the day and rouse the birds. A couple of early arriving birders were treated to the sight of a Bald Eagle flying towards us at just above tree level and offering some excellent views of this magnificent bird.

While the garden area did not prove very productive, the vegetative cover and bright sun along the edges of Rushmore brought us Chickadees, Titmice, House Finches, Juncos, White-throated Sparrows and wonderful looks at a Yellow-bellied Sapsucker feeding in brilliant sun on a conifer.



White-breasted Nuthatcher

photo by Joe Costanza

We moved on to the Woods Cottage, where the feeders drew in many Goldfinches and the trees nearby held White-breasted Nuthatches, a Brown Creeper, Northern Flicker and a heard but not seen Red-

bellied Woodpecker. We ended our day at Bridlington with a large flock of Starlings swooping in coordinated movement from one landing place to another in the trees. At Bridlington as well as other areas the most dominant birds were Robins, which at times were almost like gnats flying overhead and landing in the trees around us.

In all, we had three more species and a couple of hundred more birds than last year's count.

Birds seen and/or heard: 27 species; 800-900 individuals:

Northern Cardinal (4)	Bald Eagle (1)
Carolina Chickadee (9)	American Goldfinch (35)
Brown Creeper (1)	House Finch (40)
American Crow (3)	Northern Flicker (1)
Mourning Dove (4)	Canada Goose (4)
Blue Jay (3)	Dark-eyed Junco (25)
N. Mockingbird (2)	Nuthatch, WB (2)
American Robin (300-500)	Sapsucker, YB (1)
House Sparrow (3)	Song Sparrow (1)
White-throated Sparrow (15)	Euro. Starling (100+)
Tufted Titmouse (10)	Turkey Vulture (3)
Yellow-rumped Warbler (6)	Cedar Waxwing (1)
Downy Woodpecker (4)	Carolina Wren (1)
Red-bellied Woodpecker (1)	

LUMBERTON CAMPUS 17TH WINTER BIRD CENSUS

by Robert Koch

A cold (upper 20s) sunny but windless day greeted the Medford Leas Birders at the start of the count on January 20. Participants were **Ethel Cebra, Dino Fiabane, Robert Koch, Al Migdal** and **Miriam Swartz**. **Ann Campbell** and **Joe Costanza** added feeder data.

As we set out, we saw about a dozen deer scamper across the marsh by the Rancocas Creek and one trying to flee across the thin ice on the canoe outlet stream to the Rancocas. A Red-tailed Hawk and a Great Blue Heron were also seen in the marsh by the Kaydee Trail. The Great Horned Owl that has been roosting by the Holly Trail in an Atlantic Cedar was found but not in its usual place. Keen spotting by one of our party picked it out amidst the branches of another nearby cedar.

A Bald Eagle was spotted from the Willow Trail soaring high above the Rancocas and a second Bald Eagle was seen flying over the marsh by the Kaydee Trail in the afternoon. The Red-bellied Woodpecker was seen and heard quite often as were Juncos, White-throated Sparrows, Robins, House Finches and 2,366 individual birds (Canada Geese and Robins are estimates). A beautiful red fox was a delightful coda to the day.



White-throated Sparrow
photo by Joe Costanza

Compared to last year the number of duck species seen was down with only the Mallard representing the duck waterfowl.

Birds seen and/or heard: 34 species

- | | |
|-----------------------------|-------------------------|
| C. Goose (1,200-1,500) | Kingfisher (1) |
| Mallard Duck (63) | Northern Flicker (2) |
| Ring-billed Gull (23) | Red-bellied WP (10) |
| Bald Eagle (2) | Downy WP (8) |
| Cooper's Hawk (1) | American Crow (33) |
| Red-tailed Hawk (1) | Fish Crow (4) |
| Turkey Vulture (6) | Blue Jay (10) |
| Black Vulture (20) | Carolina Chickadee (13) |
| Great Horned Owl (1) | Tufted Titmouse (5) |
| Mourning Dove (15) | Hermit Thrush (1) |
| American Robin (300-500) | Carolina Wren (9) |
| Yellow-rumped Warbler (2) | N. Mockingbird (8) |
| E. Starling (2) | Redwing Blackbird (2) |
| Grackle (43) | Am. Goldfinch (21) |
| House Finch (66) | N. Cardinal (18) |
| Song Sparrow (9) | House Sparrow (3) |
| White-throated Sparrow (36) | Dark-eyed Junco (49) |



CALLING ALL GARDENERS!

The gardening season is almost here. Our community garden, known as The Farm, is behind the Lois Forrest Nature Center. Plots of all sizes are available, including small ones perfect for growing a few tomato plants or a patch of zinnias. In addition, this year we have four "table-top" raised beds on one of the tennis courts. These are designed to be accessible to folks with difficulties getting up and down, as well as those needing wheelchairs, walkers or scooters.

So, if you don't already have a plot at The Farm and would like one, or if you would like a different plot or one of the new "table-top" beds, please contact Perry Krakora (x3694) or Susan Dowling (x3672).

LEARN ABOUT MEDFORD LEAS AT NEWCOMER TALKS

by Tammy Gerhart
director, Resident Services

A new series of six meetings arranged by the New Resident Orientation Committee (NROC) is about to begin. NROC was formed three years ago to revive an orientation program for new residents to help familiarize them with the different departments within Medford Leas and introduce them to key staff members and their roles. Resident Services directs NROC and heads a group of resident volunteers from both campuses: **Barbara Trought, Davis Henderson, Janet Sprague, John Speirs, Kay Cooley, Marilyn Flagler and Mary Allan.** Meetings take place every other month on a Wednesday at 10 am in the Holly Room. Established residents are welcome to join newcomers, if they'd like a refresher, and coffee and refreshments are served. The scheduled dates and topics appear below:

Mar 30 Gerry Stride, **Therapeutic Recreation**
Ken Roland, **Fitness & Aquatics**

May 25 Jen Zdunczyk/Christine Stevens
Dining Services
Abby Loftus, **Finance**

July 27 **MLRA** "Job Fair"

Sept 28 **Health Services & Wellness Team:**
Lisa Heinkel, Health Services
Mary Ann Flatley, Residential Health & Wellness
Tammy Gerhart, Resident Services
Cathy Martin, Social Services
Dr. Andie Iannuzzelli, Medical Director

Nov 16 Jane Weston, **Community Relations**
Marie Cox, **Human Resources**

Jan 25 Walt George, **Maintenance**
2017 Russell Pepe, **IT**
David Whitfield, **Environmental Services**
Julie Smith, **Fire & Safety**

**WHO'S NEW –
MEDFORD CAMPUS**

photos by Margery Rubin



Cornelius (“Corky”) McGlynn is no stranger to Burlington County. Before moving to Apt. 103 in the Courts several weeks ago, he lived and worked in the area for more than 50 years. Corky and his late wife Edith resided in Medford Lakes. He was employed at the Lumberton

School, first as the principal and then as the superintendent.

Corky proudly admits that he was born in the front bedroom of his grandparents’ home in Plains, PA. He lived in that small town near Wilkes-Barre until graduation from high school in 1945. He then enlisted in the Army and was assigned to the job of jeep driver in occupied Japan. One of his more memorable jobs required him and his interpreter to travel through remote mountainous areas in search of information about U.S. airmen whose planes had been lost during the war. Although he was not able to locate remains, he was able to occasionally get information that would be of consolation to families.

When he was discharged from the service, Corky enrolled at Mansfield State Teachers College (now Mansfield University) in northern Pennsylvania. On his first day of class, he met Edith, and they quickly became very close. Rather than separate from each other for the summers, they both stayed at the college and took summer classes. This strategy allowed the couple to graduate in three years.

In 1951, Corky and Edith married and moved to New Jersey where they both taught in Piscataway and then Plainfield school systems. Corky completed his master’s degree at Rutgers while teaching. He was then invited to consider an appointment as principal of the Lumberton School by the Burlington County Superintendent of Schools. The McGlynn’s moved to Medford Lakes

and Edith raised three children before taking a position as teacher in the Medford Lakes schools.

Corky spoke proudly of his three daughters and their families. Two daughters, Lee Anne and Leslie, live in Medford, and the third, Lynn, lives in Washington, DC. He enjoys spending time with his grandchildren and great-grandchildren.

Corky was surprised to see all the connections among the friendly residents at Medford Leas. In a recent issue of *Medford Leas Life*, he read about a new resident who lived in Dushore, PA, the same small borough that his wife’s college roommate called home. He is also pleased with the many dining invitations he received from neighbors in his Court. He finds the warm and open feelings relaxing, while he feels no sense of pressure about participating in activities here. Recently, Corky has been visiting the Fitness Center as he explores his new home. He still enjoys visiting the local Dunkin’ Donuts where he has been a frequent visitor for many years.

Dorothy Cebula

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**Katherine (Keen) Smith** moved into Apt. 28 on December 1 from Moorestown, to the great pleasure of her friends at Medford Leas. She was already much admired as a crusader in Moorestown in the field of environmental issues.



Kay grew up in Yeadon, Delaware County, PA. After graduating from high school, she got a scholarship to Temple University, where she earned a BS in education, with a major in mathematics. She met her future husband, Allan Smith, in a math class. He was a veteran and was at Temple on the GI Bill. They were married in 1954, right out of college.

Al worked in Philadelphia for a small electronics firm that became UNIVAC, makers of commercial mainframe computers. He went on to join RCA in Camden, and the Smiths moved to Moorestown.

Meanwhile Kay was busy caring for her daughter and two sons. A member of the League of Women Voters, she became interested in environmental issues. In New Jersey she met **Steve Yanai's** late wife Esther, who was equally concerned. Together they, among others, formed a group called Save the Environment of Moorestown, or STEM.

STEM is a very successful citizens' advocacy group that offers educational programs and opportunities for open-space stewardship projects. The group promotes recycling and open-space preservation. This led to the establishment of "Sustainable Moorestown," an organization whose mission is to "stimulate people to prevent degradation of the environment at all levels, citizen, commercial, industrial and governmental," says Kay.

Shortly after they met, Kay and Esther set out to create a natural resources inventory for Moorestown, analyzing the land to determine whether it was right for development (including roads) or should be preserved. After 15 years, in 1990, the Moorestown Environmental Advisory Committee was created to provide environmental input on important issues.

In 1972 Kay received an MS in life science and nutrition at Rutgers University, majoring in biology, physiology and physics. She began teaching labs and non-major courses at Rutgers and stayed for 20 years, before moving to the Community College of Philadelphia.

Al died in 2004. Fortunately their children live nearby. Their daughter Becky is in Moorestown, son Allan is in Shamong, and son Dan is in Robinsville. Kay loves the outdoors and has already joined the Medford Leas Trails Committee.

**Betsy Pennink**

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Pat (Sheedy) Baxter, who moved into Courtyard Apt. 52 on December 7, has finally come inland after living near the Atlantic Ocean since 1956. She will be recognized by many Medford Leas residents for the businesses she and her family have owned in Beach Haven. Additionally, Pat's aunt

Mary and uncle **Thomas Cunningham** lived at Medford Leas years ago.



Pat was raised in Columbus, NJ, and trained as a teacher at the College of New Jersey (Trenton State Teachers College). She taught first grade, then reading and math, for 25 years. Another Medford Leas connection was a Columbus teacher, the late **Bessie Lippincott**, who

retired here.

Still enthusiastic about teaching reading, Pat says her theme is "I can cook it or teach it to read." Once settled, she may consider volunteering as a reading coach at a local school.

Pat married Barry F. Baxter, a shore native. The family raised their three children in Beach Haven, where Barry built their storm-proof house. He had lived through the 1944 hurricane on the island, "which really was more disastrous than Hurricane Sandy, even though that storm displaced me for four months." After working as a boat captain and a commercial fisherman, Barry with Pat bought and ran the 12th Street Snuggery Dock marina and boat rental business. Post retirement, they spent 25 winters in Stuart, FL. Continuing the family's nautical adventures, the Baxters cruised on their own boat around Florida and twice up the East Coast inland waterway all the way to Beach Haven. Barry died in 2009.

Also avid cooks, the Baxters, with son Barry, were partners in a cafe called "Barry's Do Me A Flavor" in Beach Haven. Pat still loves to cook the recipes she made at the cafe. See her if you have a longing for pot roast, or stop in at the cafe, now owned by her son, next time you are down at the shore.

Besides her son, Pat has a daughter in West Creek, NJ (across the bay from Beach Haven), and a daughter in Woodcliff Lake, NJ.

Looking back, Pat notes "I was very fortunate in my life to always have jobs I liked." An outgoing

person, Pat is already working in the Gift Shop here. She will also enjoy helping to carry out other Medford Leas activities once she gets her land legs.

Judy Kruger



Bill and Janice (Rundle) Trucksess moved to Courtyard Apt. 281 on January 8 from Moorestown and their long-time home on Creek Road. Thanks to **Peg Scott**, Bill's sister, and **Janice Saibel**, from the Lumberton campus, they became acquainted with Medford Leas.



Bill has been a South Jersey resident his entire life, having been born in Haddonfield. A graduate of Lehigh University, with a major in industrial engineering, he eventually joined the Philadelphia Sign Company, a firm his dad had begun while a young man of only 18.

The firm grew to manage all the theater marquees in the area. Bill served as a sales and service engineer, before becoming president of the corporation.



Janice, originally from Glen Ridge, NJ, grew up in Moorestown, attending public school from kindergarten through high school. She later attended Colby Junior College in New Hampshire. Following college Janice became a top model in Philadelphia for clothing and appeared in fashion shows.

She and Bill originally met while in high school, reconnected after college and married in 1955. They have three daughters, two in California and one, fortunately, nearby in Pennington, NJ.

Her dad, "Skeet" Rundle, was both an artist and an engineer. He painted covers for music albums for

Victor Talking Machines and later designed television sets and portable radios. They enjoy having several of his paintings in their apartment.

They spent their summers in Cape May, where Bill was Commodore of the Yacht Club, and the girls competed in various regattas, "keeping them busy and out of mischief."

Janice and Bill are very happy with their apartment, with no entry steps and all on one floor. The arborium outside their windows is a special treat. They are also very pleased with the many nice people and wonderful staff they have met in Medford Leas.

John Sommi



Bob and Pat (Maguire) Fitzgerald recently made 636 Rushmore Court their sixth home in Medford. They moved to the township in 1960, a few years after their marriage. They noted that one of their former Medford homes was built by another current resident, **Fred Pond**.



Bob grew up in Moorestown before taking a position with RCA. He then started taking evening courses at Rutgers Camden. Eventually he was able to attend day school, majoring in history. It was there he met Pat. Bob worked in several RCA departments including Materials Management as well as Computer and Corporate Purchasing for 21 years. He then left RCA to start his own business as a sales representative for various technology firms. After retiring in 1993, Bob worked part-time for a few years. He also served in the New Jersey National Guard. Bob was a volunteer at the Cathedral Kitchen in Camden, and during the 1970s he was a member of the Medford Township Board of Education.

Pat lived in Camden before graduating from Camden Catholic High School. She then enrolled at Rutgers as a chemistry major. After marrying Bob,



Pat worked at Smith Kline & French in Philadelphia as a chemist. When Bob was transferred to North Jersey for a time, she worked there in an RCA physics lab. After raising her two children, Pat earned a master's degree in library science from Glassboro State College (now Rowan University). She then worked at two schools

in Pemberton Township before taking a position as librarian in the Medford Schools, where she remained until retiring in 2002. Pat served as the Holocaust Studies representative for the school district and was active in the New Jersey Association of School Librarians.

The Fitzgeralds love to travel. They recall several trips to Ireland as well as river cruises in Europe and Russia. They took a vacation to Alaska and were particularly inspired by a cruise down the Chilean coast and around Cape Horn. Pat and Bob explored Grand Canyon, the Tetons, Yellowstone and the Canadian Rockies and the length of the U.S. West Coast. For five winters, they visited Port Aransas, TX. They continue to summer at the New Jersey Shore, initially at Wildwood and then in Brigantine.

Pat and Bob have two children who both worked at Medford Leas as teens. Their daughter Deborah lives in St. Davids, PA, and son Patrick in Washington, DC. They have three grandchildren.

Bob is an enthusiastic outdoorsman and is looking forward to obtaining a gardening plot at the Medford Leas Farm. He is a hunter and fisherman who also enjoys canoeing and kayaking. He attributes his love for the Pine Barrens to his maternal ancestors, including a Hessian general who remained in the area after the Revolutionary War. Pat participates in Questers and is an avid reader. She is a member of a longstanding bridge club and de-

lighted to be joining two other members – **Gen Farnath** and **Eileen Danielenko**.

The Fitzgeralds enjoy the Walnut Street Theater and the Philadelphia Orchestra, and have also attended the live concerts in the Medford Leas Theater. Both Pat and Bob are very interested in current affairs and are looking forward to the Great Decisions series.

Dorothy Cebula

WELCOME TO THE COURTS

John (Jack) Osborn moved from the Lumberton Campus to Apt. 75 in the Courts on December 29. He and his late wife **Elaine (Seeger) Osborn** were married 66 years until her death in 2009. During his 14 years on the Lumberton Campus he was one of the woodworkers, doing large and small projects for the community and for the Craft Show. In his apartment he utilizes many of his handmade pieces of furniture.

Jack was born in England, raised in Bermuda, graduated from Cornell in 1941, and flew for the Royal Canadian Air Force during World War II in both the European and Pacific theaters. He keeps models of the planes he flew in his new apartment. He also has a collection of antique maps.

His career with Campbell Soup Co. began in Canada in 1945. Ten years later he was transferred to the General Office in Camden and lived in Moorestown, except for three years when he was in Italy assisting in the establishment of new Campbell facilities in Europe. He retired in 1985 and taught computer languages at Burlington County Community College for eight years.

Long-time friends **Karin Sannwald** and **Ben and Shirley Paradee** helped make his move a pleasant one, while Medford Leas staff and Court neighbors helped to make it a "painless" one.

Joyce Linda Sichel

MARCH CRYPTOGRAM

by Herb Heineman

QODFW Y MBIHOVC AHORRYDX IBLK
 ZF, WMKV WMK DYOV PYUK XBIV WB
 FBYL ZF, YVX VBI AKQBCK WMK KNK
 PYV QBPZF — PDBPZF.

Identify the author:

HOHSY DBCKDF

BCXKV VYFM

Y. Y. UOHVK

Below is the solution to the February cryptogram.

WINTER CAME DOWN TO OUR HOME ONE
 NIGHT QUIETLY PIROUETTING IN ON
 SILVERY-TOED SLIPPERS OF SNOW, AND WE,
 WE WERE CHILDREN ONCE AGAIN.

CHRISTINA ROSSETTI
BILL MORGAN, JR.
 EMILY DICKINSON

The correct solution was received from the following readers:

Catherine Barry, Ruth Blattenberger, Mary Chisholm-Zook, Alice Culbreth, Doris Curley, Barbara Fiala, Harry Forrest, Neil Fowser, Linda Gaylord, Yolanda Guastavino, Barbara Heizman, Pat Heller-Dow, Sue Isaacs, Jane Mahorter, Doris Q. Murray, Betty Preston, Peg Scott, Joanne Thomas, Ellen Wiener, Barbara Zimmerman. Fourteen correctly identified the author.

Please send your solution via campus mail to **Herb Heineman**, 121 WSD, Lumberton, or email it to hsheineman@gmail.com by March 10.

MEDFORD LEAS LIFE

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