

# Neighborhood Newsletter

**Fall  
2019**

Volume 10, Number 3

**INSIDE THIS ISSUE:**

Board and Committees	2
Committee News	3
Is it normal aging?	4
Dementia Conference	5
Family and Friends	6
Around the Clubhouse	11
At Home with Mary Theresa Lednum	13
Triking?	15
Anti-aging foods	16
Oktoberfest	18
Coming soon...	19
Woodstock	20
Book Clubs	21
Neighbors on the Go/ Travel Club	22
Ruth and doll-making	26
Did you know?	27
Household tips	28
Ever wonder why?	29
Made for smiles	30



***The KING***

*This issue's highlight - photos from Odette Haight's recent trip to Africa.*

**VOLC BOARD OF DIRECTORS**

**May 2019-May 2020**

**President, Len Krygowski**

**Vice-President, Eric Dean**

**Vice-President , Carolyn Aresu**

**Treasurer, Ray Krout**

**Corresponding Secretary, Mike Ostroski**

**Recording Secretary, Ray Whiteoak**

**Loretta Fitch, At-Large**

**Patti Abernethy, At-Large**

**COMMITTEES**

**Grounds Committee**

Patti Abernethy

Steve Brubaker

Don Doto

Lois Inglis

Christine Killian

Mim Krout

Linda Trach

Tom Skelly, ex-officio

**Beatification Subcommittee**

Mim Krout, Chair

Susan Brubaker

Don Doto

Christine Killian

Ruth Leaming

Linda Trach

Eric Dean, Board Liaison

Ray Whiteoak, Board Liaison

**Communications Committee**

Cheryl Werner, Chair

Carolyn Aresu

Steve Brubaker

Eric Dean

Sharon Dickol

Barb Doto

Mary Legreid

Mary Ohara

Mike Ostroski, Board Liaison

**Clubhouse/Activities Committee**

Mary Legreid, Co-chair

Wanda Search, Co-chair

Mary Ohara, Treasurer

Cheryl Werner, Librarian

Cheryl Ford, Activities

Christine Killian, Activities

JoanMarie Powers, Activities

Janet Sanders, Activities

Jean Skelly, Activities

Loretta Fitch, Board Liaison

**Garden Club Sub-Committee**

Don Doto - Coordinator

Gene and Loretta Fitch

Ruth Leaming

**Special Events Sub-Committee**

Cheryl Werner, Chair

Mary Legreid

Wanda Search

**Welcoming Committee**

Barb Doto, Chair

Susan Brubaker

Loretta Fitch

Odette Haight

Ruth Leaming

Cindy Lewis

JoanMarie Powers

Tom Skelly

Patti Abernethy, Liaison

**Architectural Review Committee**

Tom Skelly, Chair

Odette Haight

Brook Kortvelesy

Mary Legreid

Nancy Weldin

Carolyn Aresu, Board Liaison

**Contact information can be found  
on the VOLC website**

**<https://www.myvolc.org/>**



***Committees and individual residents are asked to contact Mary Legreid to schedule the clubhouse for meetings or other activities:***

***302-834-2378 or [mrlegried@gmail.com](mailto:mrlegried@gmail.com)***

***This publication is written by and for the residents of the Village of Long Creek.***

***Contact Cheryl Werner, Editor, with suggestions or comments.***

***302-834-1473 or [cherylwerner@verizon.net](mailto:cherylwerner@verizon.net)***



# VOLC Committee News

## Special Events Subcommittee

**Painting Party!** The 2nd VOLC painting party was held on September 14 in the clubhouse. Participants each produced a Field of Poppies. An enjoyable, relaxing afternoon was had by all.



*Top row from left - Pam Smith, Sharon Dickol, Cheryl Werner, Paula Kendrick, Paul Wellborn and Jean Skelly.  
Lower row - Betty Schinzel, Mary Ohara, Mary Legreid, and Mabel Chadwick. Not pictured, Laura Dickol and Kacie Perry.*

The Events team (Mary Legreid, Wanda Search, and Cheryl Werner) would love to hear your ideas for more events - both educational, like Sharon Dickol's presentation (see next page) and/ or for pure entertainment, like the painting party. Contact any member.

## ARC

Tom Skelly, chair of ARC, is happy to report that a new form for requesting ARC approval has been developed by the Committee. You can download it from the website to print and submit.

<https://www.myvolc.org/>

Go to Residents login, Documents and Forms, ARC Review Request Form.



## Is it Normal Aging or Something Else?

VOLC resident, Sharon Dickol, spoke on the topic of dementia on September 26, accompanied by slides, videos and handouts. Sharon has more than 30 years of experience in aging services, program and policy development, and services administration at the local and state level. She is an Advanced Professional member of the Aging Life Care Association, an organization that is nationally recognized for professional standards and ethics in care management for older adults. Additionally, she is certified by the National Academy of Certified Care Managers (NACCM), the recognized credentialing organization which assures individual competence to perform the full range of care management tasks.



Sharon founded AgeWise Solutions in 2013. The company website <https://agewisesolutions.com/> offers a multitude of resources and further information on all topics of aging. We are so lucky to have her as a neighbor!

Some significant takeaways from the evening:

- Depression, Delirium, and Dementia often exhibit similar behaviors and symptoms. The first two can be treated and resolved. Dementia has no known “cure.”
- Medications can create symptoms similar to dementia, but can be resolved by talking to your doctor to have them either eliminated or adjusted. Alcohol and/or recreational drugs can also cause problems.
- Stress and depression both create cortisol, a hormone that can cause symptoms and impair memory.
- Vision and hearing loss impair our ability to take in cues, making us feel less “tuned in.” Untreated, this can lead to retreat and isolation, and eventually to cognitive decline.
- Infections - especially Urinary Tract Infections (UTIs) - can cause symptoms mimicking dementia.
- Disorders of the heart and lungs, which regulate blood flow to the brain, can cause vascular dementia.
- Anxiety and insomnia add to the problem.

Sharon offered a handout from the Alzheimer’s Association entitled, “Know the 10 Signs.”

1. Memory loss that disrupts daily life.
2. Challenges in planning or solving problems.
3. Difficulty completing familiar tasks at home, work or leisure.
4. Confusion with time or place.
5. Trouble understanding visual images and spatial relationships.
6. New problems with words in speaking or writing.
7. Misplacing things and losing the ability to retrace steps.
8. Decreased or poor judgment.
9. Withdrawal from work or social activities.
10. Changes in mood and personality.

More information about these 10 signs can be found at <https://www.alz.org/>

Another handout listed the Medication classes that can interact to cause cognitive issues. The list includes many common medications that those over 60 are prescribed, such as anti-depressants, cardiovascular drugs, sleep, statins, and, of course, pain medications and chemotherapy drugs. The list is long. There are websites for checking drug interaction. One that Sharon uses is <https://www.drugs.com/>



**DELAWARE VALLEY CHAPTER  
DELAWARE DEMENTIA CONFERENCE QUALITY CARE & BEST PRACTICES**

To register for the Conference or to learn more about it, go to

[https://www.alzorg/delval/helping\\_you/conferences](https://www.alzorg/delval/helping_you/conferences)

**Thank You to Our Conference Supporters for Helping Educate  
Family Caregivers and Professionals!**



**WED., NOVEMBER 20, 2019 ~ 8:30 AM to 4 PM**

DEL-ONE CONFERENCE CENTER ~ DE TECHNICAL COMMUNITY COLLEGE

100 CAMPUS DRIVE, DOVER, DE 19904

If you've registered for the Conference and would like to carpool,  
contact Sharon Dickol.

# Family and Friends



The sign says it all! Above, Jim and JoanMarie Powers' son, John, poses a few days before leaving Saudi Arabia, having worked with SaudiAramco for five years. Hello, Chattanooga!



Above - Cheryl Ford (behind the others) joined with lifelong friends for five fun-filled days at Ocean City MD. Cheryl said they had such a good time, they may try to make it an annual event.



Center - The VOLC's newest resident - Annie Brubaker! Three months old!



Right - Tom and Jean Skelly at their Conrad HS 55th reunion. Tom arranged the event which was held at Delaware Park's At the Rail.



Left, The Tricarico family gathered in Cabo San Lucas, Mexico for the wedding of a close family friend. Young Maria (on left) was maid of honor. Her happy parents, Maria and Lenny, were guests, and they took the opportunity to make a vacation of the trip. After a full week of 5-star pampering, Maria and Lenny were reluctant to leave!

(Family Cont.)

# Happy Anniversary



*Fran and Sue Bifano celebrated their 50th wedding anniversary with family and friends at La Casa Pasta on August 24th. Guests came from places such as Colorado, Boston and Pennsylvania, as well as the VOLC.*



*As Sue and Fran cut their cake, they were supervised by son Craig and daughter Marcy.*

*A highlight of the event was the tribute written by one Bifano son and read by the other. As they say - there wasn't a dry eye in the house!*

*The valentine ended - "Fifty years of a lifetime lived as example... patience... kindness... love... compassion...integrity! For this we say thank you and we love you! -*

*Fifty Years....Here's to you Sue and Fran!"*

Dear Friends,

We'd love to share your important events! The next issue of The Neighborhood Newsletter will be published on January 1. Send any pictures with a brief explanation to:

Cheryl Werner at [cherylwerne@verizon.net](mailto:cherylwerne@verizon.net).



(Family Cont.)



**Lois and Nick Inglisa recently celebrated their 60th wedding anniversary with family and friends at Rosewood Farms in Elkton, MD.**

Lois says that one secret to their long marriage is that they pursue individual interests that give them some "space." Nick worked for Revlon for 30+ years and traveled a great deal of the time - always first class. He doesn't care to travel coach with Lois and the Cecil Travelers, which she enjoys often. Together, they have been to Spain and Italy, where they visited Nick's family. Lois says she had trouble understanding the language, but it was fun to hear Nick!

After 40 years, they sold their business and moved to the VOLC. Nick goes to the Newark Senior Center three days a week and the "Y" the other two. Lois works out at the Health

Center in Elkton twice a week and bowled for many years until she broke her arm last fall.

The second secret to their success?

Dinner out together every night! Says Lois - "Life is good here."



MRS. DOMENIC R. INGLISA

## *Lois Marie Mackie Weds D. R. Inglisa*

Miss Lois Marie Mackie, daughter of Mr. and Mrs. Henry M. Mackie, Elkton, became the bride of Domenic Ronald Inglisa, son of Mr. and Mrs. Angelo Inglisa, Reading, Pa., Saturday, September 12, in Rock Presbyterian Church, Fair Hill.

The Rev. James A. Junker, pastor of the church, officiated at the ceremony.

The bride was given in marriage by her father.

She wore a gown of white taffeta and imported rose point chantilly lace with shallow scoop neckline, long tapered sleeves and skirt with scalloped hemline. Her fingertip veil was held by a small crown. She carried a white prayer book with a white orchid and a cascade of pompoms.

Miss Constance J. Mackie, sister of the bride, was maid of honor in a light blue ballerina length gown of organza and taffeta with a satin cummerbund and sash. She wore a band of matching leaves as a headpiece and carried light pink rosebuds and pompoms.

The bridesmaids, Mrs. David A. Mackie of Elkton, Mrs. Warren Foraker of Newark, Del., and Miss Ann Inglisa, sister of the bridegroom, of Reading, Pa., wore gowns in darker blue identical in style to the maid of honor's and matching headpieces. They carried yellow rosebuds and white pompoms.

Thomas J. Ales, Claymont, Del., was best man. Ushers were David A. Macke, brother of the bride, Elkton; Stanley A. Lukas, Newark, Del., and Roger Wyatt, Wilmington.

The bride's mother wore a blue dress and a corsage of pink rosebuds and the bridegroom's mother, a beige dress and a corsage of yellow rosebuds.

Miss Betty Reynolds played the wedding music.

A reception was held after the ceremony in the Church House.

Mrs. Inglisa is employed by the Chrysler Corporation and Mr. Inglisa is a sales supervisor for the Hoover Company.

The couple took a wedding trip to Niagara Falls, N. Y., and will reside in Wilmington.

*Build a STRONGER AMERICA*

**Hire the HANDICAPPED**

Call Your Local Office of the State Employment Service

*(Family, Friends Cont.)*

**Odette Haight** recently traveled to Africa for safari with her friend, Mary. Over three weeks, they visited Zambia, Zimbabwe, and Botswana.

At right - Odette at Victoria Falls on the Zambezi River at the border between Zambia and Zimbabwe.

Canter - the safari vehicle. Odette reports they climbed in and out of this vehicle several times a day, beginning in early morning, searching for game. And find those animals they did!

Below, right - Odette and Mary. Temperatures varied - cool in the morning, very hot in the afternoon. You can see that the ladies had opposing tolerance and a very different take on appropriate clothing!

Below - Odette says that the overarching theme as she looks back at the trip is, "Yes, we really were that close!"





Along with the Lion (pictured on the cover), the “Big 5” of African animals are Water Buffalo (at left) the Leopard (below), the Elephant (center, approaching the vehicle) and (below) the Rhinoceros, being guarded from poachers below.



When asked if she'd do it again, Odette was quick to say, "Absolutely. The sights and experience were overwhelming. The beauty of the land and the animals was stunning."



around the



**HAPPY BIRTHDAY!**



July - Nancy Ferrara and Cathy Brindle



August, from left - Tom Skelly, Gary Legreid, Mary Ohara, Loretta Dougherty, Bob Anderson and Ron Dreibelbis



September - Nancy Halbedl, Christine Killian, Mim Krout, and Cheryl Werner



(Clubhouse cont.)

# PAJAMA PARTY 2019!

CAN WE SAY 102 (PJS) AND 56 (BOOKS)???

GOOD GOING, VOLC!!!



Pizza!



Ice cream!



PJs!

*Every child has the right to wear fresh, clean pajamas to bed and to enjoy a bedtime story that fires their imagination.*

*From the Pajama Program Good Night Bill of Rights*



Left - Mary Le-greid, and the rest of the Activities Committee, arranged for the traditional pj party ingredients (pizza and ice cream!) and thanked residents for their generous donations.



And Friends!



Stan Sanders and Friends

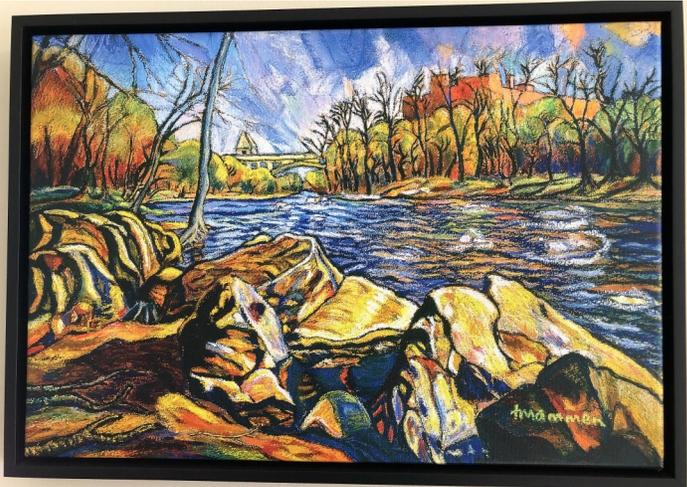
# At Home

With Mary Theresa Lednum

*A life filled with color...*

Mary Theresa Lednum (or MT for short) is right at home in the VOLC and the Glasgow area, having been born in Delaware. When it came time for a look at the 55+ communities, she had to be persuaded that this community was right for her. When she finally did come to visit, the sales agent told her that, unbeknownst to her, her son, John, had just been by. He chose a lot and a home design that he thought would be perfect for her. And, when she saw them, she knew he was right! She sold her family home to her daughter and bought the lot and home John had chosen!

After 42 years of marriage, MT's husband, John Sr., died of complications from exposure to Agent Orange during his tour in Viet Nam. Her nursing experience came in handy while she cared for him in his last years of life. She worked forty five years as an ER, OR and Radiation/Oncology nurse at Christiana Care, her career culminating in her being named Clinical Director of Wilmington Hospital Health Center.



In her stint as ER nurse, Mary Theresa vividly recalls caring for rape victims. Early on, in that capacity, she was asked to speak to an audience of Wilmington's Chamber of Commerce executives, along with Jessica Savitch of NBC News, and a Captain with the Delaware State Police. She left that session with a never-to-be-forgotten life lesson. In addition to making sure to lock the front of the house when working out back (as MT's neighbor, Debra Puglisi, learned in the tragic event she described in her book, *Shattered*), she began warning people to be more observant. When you leave the house, notice - were the windows closed? Were the shades up or down? Was there anything on the front

lawn? When you return, look first. Is your house the way you left it or is something different? This tip became habit for MT, and sure enough, it came in handy the time she returned home to find something askew and knew enough not to enter. Burglars had already taken things from her home, and would likely still be there if she had gone right in.



When MT retired, a friend, a hospital surgeon, gifted her with a painting he created especially for her. It is full of sunshine and the bright, bold palette of nature and features such landmarks as the Wilmington Hospital on the Brandywine River and the Washington Street Bridge. She used it as inspiration for the colors in her new home, such as the blue curio cabinet in the great room that she painted with blue chalk paint. It's just one of the furniture restoration projects she's tackled. In every room, you find deliberate splashes of orange, blue and yellow.

Now retired for five years, MT has carved out a pleasant routine and lifestyle for herself. She spends much of her time caring for family - her elderly parents and four active grandchildren (she has two children) who, fortunately, all live close by. She exercises regularly and maintains close friendships.

With her friend, Skip, who retired from DuPont and the Air Force, she has traveled extensively to Europe, including river cruises on the Rhine and the Danube, and to Paris, London and Normandy. They've spent time in such US locations as Lake Placid, Bar Harbor and Savannah/Charleston. In winter, they rent a condo for a month in Madeira Beach, Florida. Skip introduced MT to hiking, and they have spent weeks exploring eleven western national parks, including Grand Canyon, Zion, and Bryce. She calls these her favorite spots - offering a spiritual experience, as well as being beautiful and challenging.

It's clear from MT's property that she loves flowers and gardening. There are flowers in-ground, some climbing a trellis and others bursting from colorful pots.

They are found in front of the house, surrounding the deck and on the patio she's added for pure relaxation. They even hang in planters over the kitchen sink! The color scheme continues - warm, bold and bright!

Asked if she's happy in the VOLC, Mary Theresa says, "Yes, it's the perfect place for me! My son knew it before I did."





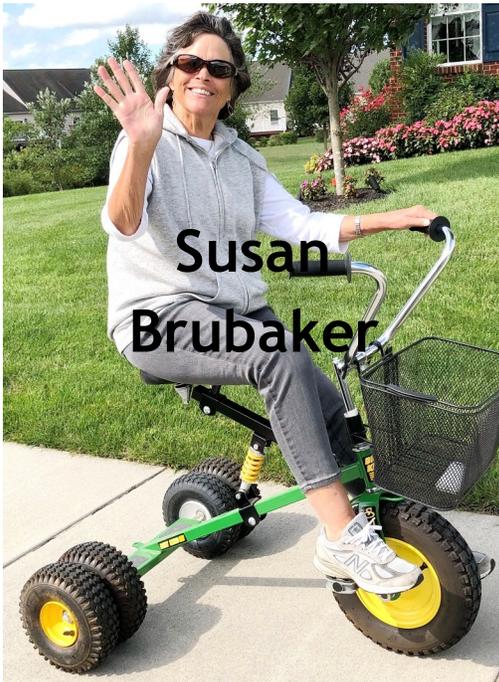
On a tricycle built for two???

Pam Smith and Paul Wellborn

*TRIKES TRENDING?*  
*Some are thinking about it. (or not)*  
*Others take the plunge.*



Lau Yang



Susan Brubaker



Lenny Tricarico and Mugsie



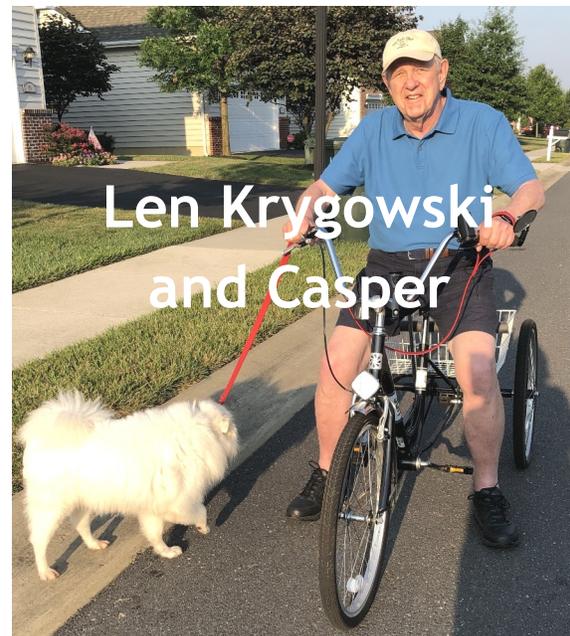
Bernard Aresu, self proclaimed VOLC Tour de Trike winner!



Loretta Fitch



Martyanne Grabusky



Len Krygowski and Casper



## Would you rather add years to your life or life to your years? There are anti-aging foods that may help you do both.

Diet appears to play a role in free-radical damage (which alters cell functioning), inflammation, [and gut bacteria](#). It also affects the length of telomeres—protective caps at the end of chromosomes. These factors can have an impact on conditions like heart disease, type 2 diabetes, stroke, hypertension, respiratory disorders, cognitive decline, and infection.

“We’re trying to target the biology of aging to delay the onset of age-related diseases and extend the number of healthy, active, productive years,” says Nathan LeBrasseur, Ph.D., director of the Healthy Aging and Independent Living Program at the Mayo Clinic. “Diet can play a major role in that.”

Though [following an overall healthy diet](#) is most important, research suggests that incorporating certain anti-aging foods may give you an extra boost. Here, six foods to consider:

### Beans

Beans are rich in protein, fiber, vitamins, minerals, and plant polyphenols that have protective benefits, especially for your heart. A large research review in the American Journal of Clinical Nutrition found that eating four half-cup servings of beans, peas, lentils, or tofu per week was linked to a 14 percent decrease in the risk of dying [from ischemic heart disease](#) (when the arteries of the heart become blocked). Beans are a good source of soluble fiber, too, which helps lower levels of LDL (“bad”) cholesterol and triglycerides.

### Hot Peppers

If you can tolerate them, chilies are good for [your heart and waistline](#). A large study published in the journal PLOS One found that people who ate hot red-chili peppers regularly were 13 percent less likely to die from any cause over a 19-year period compared with those who didn’t.

Capsaicin, which gives peppers their heat, may also help improve blood flow, boost metabolism, and protect against bacteria that have been linked with inflammation and diseases.

“Inflammation is the nail in the coffin of conditions like heart disease, rheumatoid arthritis, inflammatory bowel disease, type 2 diabetes, cancer, and more,” says Carin Kreutzer, Ed.D., R.D., an assistant instructional professor of nutrition at the University of Southern California Leonard Davis School of Gerontology. “[Many plant foods](#) have phytochemicals that reduce the inflammatory response at the cellular level.”

In addition to green and red chilies, cayenne, jalapeño, and Tabasco peppers all contain [high levels of capsaicin](#). Sweeter peppers have less of that compound.

Studies of supplements [have had mixed results](#), and experts advise getting your dose with fish instead. Try for 8 ounces per week of sustainably farmed or wild-caught low-mercury fish, such as Atlantic mackerel, Pacific sardines, freshwater (farmed) Coho salmon and wild-caught salmon, and sablefish (black cod) from Alaska.

(FOOD cont.)

## Nuts

Research suggests that nuts may be tiny packages of healthy goodness. For example, consider a New England Journal of Medicine study that followed almost 120,000 men and women for 30 years. Study volunteers who ate at least [an ounce of nuts](#) (about 23 almonds, 18 cashews, 12 macadamia nuts, or 14 walnut halves) daily had a 20 percent lower risk of dying from several conditions—especially cancer, heart disease, and respiratory problems—during the study period. Even those who downed nuts two to four times per week had a 13 percent lower risk of dying.

Nuts are high in [monounsaturated fat](#), which helps lower LDL ("bad") cholesterol. Studies have also shown that their antioxidants may keep blood vessels supple (hardened arteries are a sign of heart disease) and improve the body's use of insulin. Nuts have about 160 to 200 calories per ounce, but in the study above, frequent nut eaters weighed less than those who abstained.

## Chocolate

It really may be that good for you. A study of nearly 21,000 adults published in the journal Heart found that those who ate the most chocolate ( $\frac{1}{2}$  to  $3\frac{1}{2}$  ounces daily) had a 25 percent lower risk of dying from heart disease and were 23 percent less likely to have a stroke over an 11-year follow-up period. Flavonoids in chocolate may improve blood-vessel function, which can lower blood pressure and clotting. It's high in calories, sugar, and saturated fat, though. Dark chocolate has more flavonoids and less sugar [than milk chocolate](#).

## Whole Grains

Despite carbs' bad reputation in many circles, research shows that [whole grains](#) (instead of refined carbs like white bread and white rice) reduce your risk of cancer, type 2 diabetes, heart disease, obesity, infectious disease, and respiratory problems. A review of 45 studies found that people who ate seven daily servings of whole grains were far less likely to have those conditions or die from any cause during the study periods. Even one or two daily servings may have a benefit.

When it comes to anti-aging foods, whole grains are among the best. "They're the [total nutrient package](#)," says researcher Penny Kris-Etherton, Ph.D., R.D., a distinguished professor of nutrition at Pennsylvania State University. "They have antioxidants, B vitamins, fiber, polyphenols." These substances, she says, help reduce heart-disease risks.

## Fish

Fatty fish is high in inflammation-fighting [omega-3 fatty acids](#), which may help protect the heart and brain. Some research has shown a significant 33 percent drop in the risk of sudden heart-attack death in people who ate two or more servings per week.

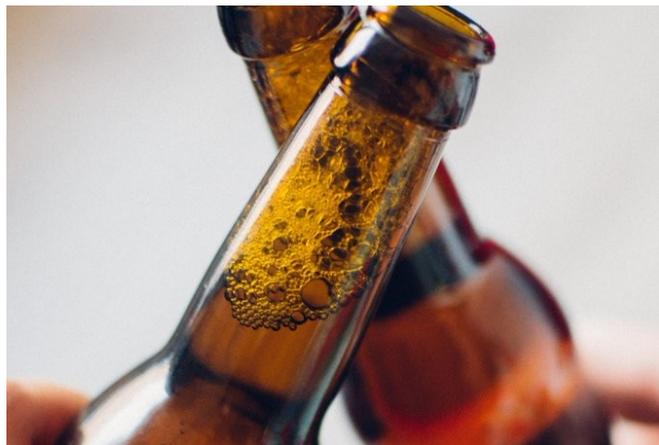
Some interesting preliminary research shows that people with cognitive impairments [who supplemented with](#) EPA and DHA—omega-3 fatty acids found in certain types of fish—had less telomere shortening over time, Kris-Etherton says.



# GETTING READY FOR OKTOBERFEST

OCTOBER 5, 5 PM

CLUBHOUSE



Barrels of beer have long been associated with the celebration of the German Oktoberfest. So, one might assume that the Germans are big beer-drinkers, and that assumption would be correct. However, the title of the country which drinks the most beer goes to the Czech Republic. Austria and Germany come third and fourth, Poland fifth and Ireland sixth.

International Beer Day is a celebration on the first Friday of every August; this year it was observed on August 2nd. Since its inception 10 years ago, International Beer Day has grown from a small localized event in the western United States into a worldwide celebration spanning 207 cities, 80 countries and 6 continents. Specifically, International Beer Day has three declared purposes: to gather with friends and enjoy the taste of beer, to celebrate those responsible for brewing and serving beer and to unite the world under the banner of beer, by celebrating the beers of all nations together on a single day. Of the 10 most popular beers in the world, half are nearly unknown in the United States.

Far and away the most popular beer in the world is Snow, made in China. Snow more than doubles Budweiser's sales by volume. Snow, Budweiser, Tsingtao, Bud Light, Skol, Heineken, Harbin, Yanjing, Corona and Coors round out the top ten. Beer remains the alcoholic beverage of choice among Americans who imbibe alcohol. While 43% of Americans who drink alcohol say they prefer beer, 32% say wine and 20% say liquor.

Some fun facts about beer:

1. The builders of the Great Pyramid of Giza were paid with a daily ration of beer. (That explains why it took them 20 years to complete it and an additional 10 years to build a stone causeway that connected it to a temple in the valley below!!)
2. In the 1980s, a beer-drinking goat was elected mayor of Lajitas, Texas. (Yup)
3. *Cenosillicaphobia* is the fear of an empty beer glass. (Don't let it happen to you!)
4. At the Wife Carrying World Championships held in Finland, first prize is the wife's weight in beer.
5. After he won the Nobel Prize, Niels Bohr was given a perpetual supply of beer piped into his house.
6. George Washington insisted his continental army be permitted a quart of beer as part of their daily rations. (Now, that's a general!)
7. The Code of Hammurabi decreed that bartenders who watered down beer would be executed.
8. During WWII, a bear named Wojtek joined the Polish army. He transported ammunition and sometimes drank beer.



# Coming events... Mark your calendar!

## Details to follow...

*Doll making - Friday, October 4, 9-12*

*Oktoberfest - Saturday, October 5, 5 PM*

*Safe Driver Refresher Course - Saturday, October 12, 9-1*

*Halloween Happy Hour/Birthday Celebration - Friday, October 25, 6 PM*

*Painting Pallets - November 9, 1 PM*

*Clubhouse Decorating Party - Saturday, November 30*

*Community Christmas Party - December 8, 3 PM AT the Rail*



### October

Ginny Pelachick	1st
Jo Ann Skidmore	2nd
Susan Brubaker	7th
Bill Chan	8th
Maria Tricarico	9th
Susanne Getty	14th
Lenny Tricarico	17th
Stan Sanders	21st
Sam Ferrara	30th
Barbara Doto	30th

# Coming Birthdays!



### December

Odette Haight	3rd
Janet Sanders	3rd
Pete DeArmas	4th
Nick Inglis	8th
Mike Ostroski	8th
Martyanne Grabusky	17th
Debora Johnson	18th
Jim Powers	20th



### November

Wanda Search	3rd
Brenda Simmons	12th
Nancy Weldin	12th
Gene Fitch	24th
Jean Pokropski	26th
Barbara McNamee	30th

You can always find the latest calendar at the community website

[myvolc.org](http://myvolc.org). Click on Activities.

# Woodstock 50!!!

## Were you at Woodstock?

**Mary Legreid** - "No, I did not attend. Here is why....."



Not to mention all the people. I don't do people in those numbers!"

**Sue Bifano** - "Nope! We were too busy canceling, rescheduling, canceling and finally having a wedding!!"



**Cheryl Werner** - I was a sophomore in a local state college and none of my close friends wanted to go to Woodstock. I was excited by the idea and wanted to go, but I was scared too. A friend of an acquaintance said there was room in his car and I could go with them. I told my parents I was going. By then, the news media was playing it up, and everyone knew about what the festival was turning into, including my Dad. Dad said, "If you go, don't come home." I didn't go.

**Tom Skelly** - Would have loved to attend, but couldn't - was serving in the First Cavalry Division in Vietnam, in the jungle along the Cambodian border. Even if I wasn't in Vietnam, I probably would have been in the service somewhere, since so many young men were being drafted or joining the services to try and avoid being sent to Vietnam.

PS - I have spoken to a few guys who actually were there (even though so many people who weren't there claim to have attended). They told me it was crowded, wet/muddy, drug filled, and lacked basic human resources, but they had a great time anyway. They didn't think it was an iconic event at the time.



# Book Clubs . . .

It's a proven fact that here are lots of readers in the Village of Long Creek!!! One look at the return basket in the clubhouse and you'll know it's true.

And so it follows that we have - not one - but two - community book clubs:

The first meets every 4th Wednesday of the month at 2 PM in the clubhouse. If you're interested in joining, we'd love to have you. Contact Janet Sanders at 302-836-1059.

This year's reading choices include:

The Luncheon of the Boating Party, Vreeland

The Woman in Cabin 10, Ware

The Christmas Train, Baldacci

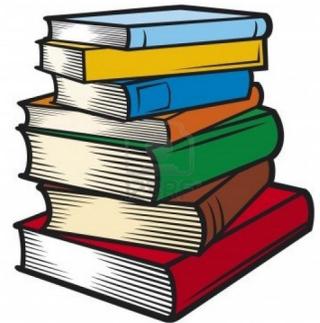
Before We Were Yours, Wingate

The Nightingale, Hannah

Ordinary Grace, Krueger

Freud's Mistress, Mack

Summer of '69, Hildebrand



The second club meets on the second Tuesday of each month at a local restaurant. Book discussions are held over leisurely meals and maybe a glass of wine.

If interested in joining, contact Nancy Weldin at [neweldin@aol.com](mailto:neweldin@aol.com) or on her cell at 302-547-5390. Choices have recently included:

Before We Were Yours, Wingate

Setting Free the Kites, George

Firefly Lane, Hannah



**Here's to us!**

Recently, one of the builders of the VOLC was driving through our community and commented to a resident that our community was the best-looking of all their communities. "And," he said, "you can quote me!"

So, thanks to Board members, past and present, and all committee volunteers over the years, who work hard to keep our neighborhood looking good.

**In fact - the best!**

# NEIGHBORS ON THE GO

## A SUBGROUP OF THE VOLC TRAVEL CLUB

A happy group traveled with DE Express to Atlantic City for boardwalk fun and the show, **Jersey Boys at the Hard Rock Hotel.**

*From left, Cheryl Werner, Kay, next to her friend, Cheryl Ford, Bon Greenblatt, Debbie Carr and Christine Killian.*



Neighbors on the Go is an email group managed by Christine Killian. Any member can post an outing to the group. Most are local trips, with transportation by car. First Monday luncheons are organized by Christine Killian through this group. She even arranges the carpools! (See more on page 25.)



From left - Nancy Weldin, Patti Abernethy, Cheryl Ford, Jean Skelly, Odette Haight, Cheryl Werner, and Christine Killian.

A VOLC group also traveled with DE Express to New York City for lunch and the Broadway show,

## Come From Away.

The musical tells the story of the town of Gander on the island of Newfoundland, Canada, where seven thousand weary, confused airline passengers descended when their planes were diverted on 9-1-1.

City-goers enjoyed lunch at places such as Carmine's and Junior's Cheesecake, and wandered Times Square and the pedestrian malls.

If you'd like to be added to the Neighbors of the Go email list, just contact Christine Killian.

[jckillian@verizon.net](mailto:jckillian@verizon.net)



# Travel Club - Baltimore



The VOLC Travel Club journeyed to Baltimore on September 11. The day was beautiful, and most travelers focused on two main attractions - the Memorial to the victims of the 9/11 terrorist attacks and the Aquarium.

At Baltimore's World Trade Center, outdoor memorials include the centerpiece 22-foot-long steel artifact from the first tower, consisting of three twisted and torn amalgamated steel columns. The white marble base features a timeline of the day's attacks. Each September, the shadow of the Baltimore building aligns with the time marks on the stone.

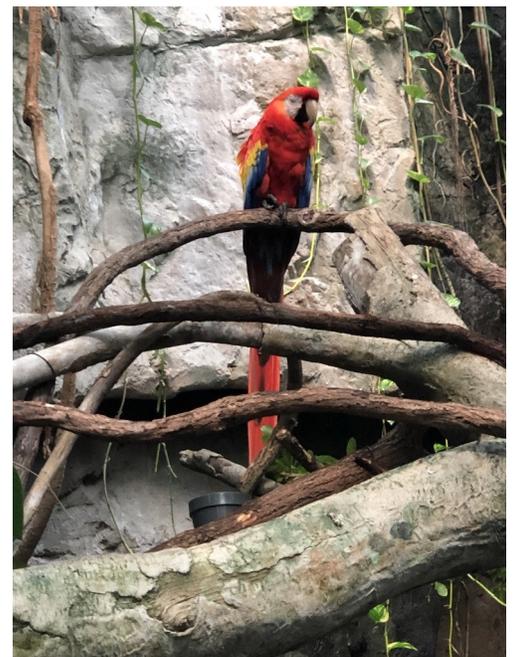


Three limestone artifacts from the Pentagon and a large black granite monolith representing those lost in the Shanksville, PA crash are also featured. Additional artifacts from the Twin Towers and the Pentagon, along with items from the Flight 93 National Memorial in Shanksville, Pennsylvania are part of the Memorial's accompanying exhibit at the Top of the World Observation Level on the 27th floor of the World Trade Center.

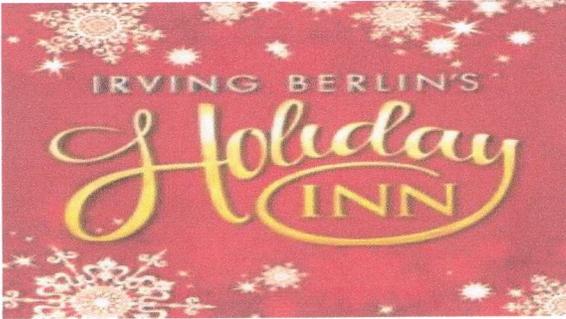
Many members also took advantage of the senior discount tickets to the National Aquarium, where shark hunting, puffin feeding, and the rainforest display were favorites. The Aquarium seeks to educate the public about threats to our oceans and the wildlife that dwell in them.



Trolley rides, cruises, lunch and shopping completed a busy and most enjoyable day. Many travelers expressed a desire to return.



The next scheduled Travel Club trip is to the Dutch Apple Dinner Theater in Lancaster, PA on December 28th. For details, see the next page.



Join your VOLC, VRLC & VOFM Neighbors

For a Matinee Lunch Buffet and the showstopping Musical: **Holiday Inn**

At Dutch Apple Dinner Theatre, Lancaster, PA

**Saturday, December 28<sup>th</sup>, 2019**

*A Whole Year of Holidays in One Wonderful Musical*

Cost: \$ 85.00 pp includes Transportation, (DE Express) Lunch Buffet, Show and Gratuities

\*\*\*\*\*

Time Frame: **Village of Long Creek 8:45AM - 5:45PM**

**Pick-up and return to VOLC Clubhouse, 130 Devalinder Drive, Newark De 19702**

Lunch Buffet is served at: 11:45AM Show time: 1:15PM Depart for home: 4:00PM

\*\*\*\*\*

Irving Berlin's HOLIDAY INN tells the story of Jim, who leaves the bright lights of show business behind to settle down on his farmhouse in Connecticut... but life just isn't the same without a bit of song and dance. Jim's luck takes a spectacular turn when he meets Linda, a spirited schoolteacher with talent to spare. Together they turn the farmhouse into a fabulous inn with dazzling performances to celebrate each holiday, from Thanksgiving to the Fourth of July.

This joyous musical features thrilling dance numbers, laugh-out-loud comedy and a parade of Irving Berlin songs, including "Blue Skies," "Steppin Out With My Baby," "Heat Wave," "Cheek to Cheek", "Easter Parade", "White Christmas," "Shaking the Blues Away" and many more. This year-round romance is sure to delight any audience.



\*\*\*\*\*



**At the Dutch Apple Dinner Theatre, the show is just part of the ambiance**

Enjoy an authentic lunch buffet that includes a full salad bar, classic American favorite entrees, potato and vegetable side dishes and a heavenly dessert buffet with an ice cream sundae bar, iced tea, hot tea and coffee. There is always a fish entrée on the buffet as well as Gluten free items. Full- service cash bar available. There are no obstructed views within the theatre and no steps and is completely ramped for easy wheelchair access. Want to know more go to: DutchApple.com

Call or e-mail Christine Killian: 302-454-1098 ..... jckillian4@verizon.net

Get out while you can! 😊 It's later than you think!

# First Monday Lunch Club



Neighbors on the Go have been enjoying First Monday lunches at local restaurants. They've enjoyed fare at Woody's Crab House in NorthEast, MD, JB Dawson at the Christiana Mall, and the Outback at Possum Park Plaza.

Neighbors on the Go is an email group managed by Christine Killian. Any member can post an outing to the group. Most are local trips, with transportation by car. Christine organizes the monthly First Monday luncheons and arranges the carpools. Next up - an authentic Amish luncheon!

If you'd like to be added to the email list, contact Christine Killian. [jckillian@verizon.net](mailto:jckillian@verizon.net)



Get out while you can!  
It's later than you think!



**Ruth Leaming** was recently awarded the Christiana Care Behaviors Award by Volunteer Services on behalf of the ACE (Acute Care for the Elderly) Unit.

The citation reads:

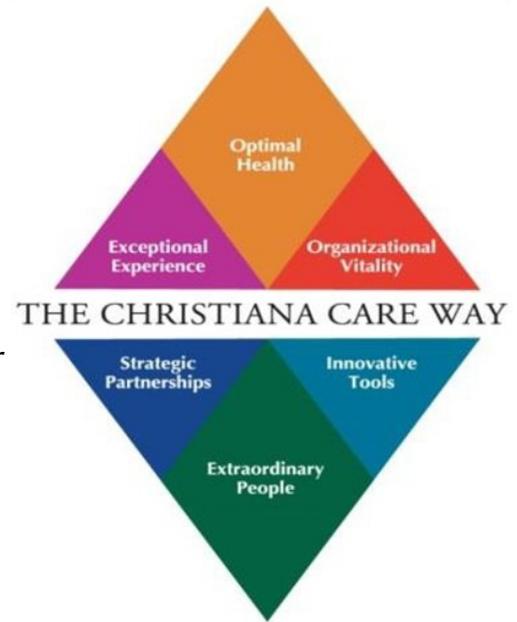
*“Volunteer Services would like to recognize Ruth for her outstanding service to the ACE Unit Department. Per Gaynelle Kahigian, Program Coordinator, “Ruth is an amazing person and marvelous volunteer here on the ACE Unit. She ‘loves’ talking with our patients and goes above and beyond to bring joy to their lives. The one thing that Ruth has brought to the ACE Unit is her love of sewing (She is a quilter), arts and crafts. Specifically, Ruth has made several ‘comfort dolls’ and brought them in to be given to some patients who live with dementia, are on hospice care, or would enjoy having a comfort doll.*

*Our patients who have received the dolls have said these things: ‘I feel so safe having her near me.’*

*‘Oh my, her arms are long enough to go around my neck- just like my daughter did when she was a baby.’*

*‘The clothing is beautiful and must be handmade- I used to sew very well.’*

*So thank you Ruth- it is a pleasure to have you as part of our team on the ACE Unit. Ruth is a treasure! On behalf of Volunteer Services we would like to thank you for exceeding the patient’s and family’s needs. Your service is greatly appreciated. Your behavior demonstrates our core values of Love and Excellence. Thank you!”*



Below - A sampling of the dolls Ruth has produced.

Center - Lois Inglisa, Loretta Fitch, Janet Sanders, and Joan Dreibelbis stuff arms and legs.

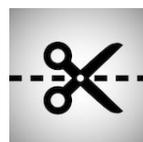


Below - Ruth (left) instructs Maria Tricarico on her patterns during the first VOLC session.



Ruth has invited volunteers from the community to join her. The doll-making sessions will take place every First Friday of the month - in the clubhouse - from 9 AM to 12 PM.

Come and join the fun!  
No sewing skill needed!



## *Did You Know?...*

...that the flu shot is free for people with Medicare, once per flu season, as long as you get it from a doctor or from other health care providers (like senior centers and pharmacies) that accept Medicare?

... that Zantac is the object of a major recall? CVS has become the latest retailer to suspend the sale of the heartburn drug being investigated for links to cancer. It follows concern in several countries over the presence of impurities in Zantac. Canada and France have already announced Zantac recalls. The US and the European Union are investigating.

...that the C & D Canal connects the Delaware River with the Chesapeake Bay? Nancy Weldin sent along this fascinating video from Maryland Public Television about the Canal. It's 13 minutes long.

<https://video.mpt.tv/video/chesapeake-and-delaware-canal-gateway-to-the-world-w69up9/>

... that if one has a membership to the Delaware Art Museum it has reciprocal agreements with other museums in the US? From Carolyn Aresu - "When our friends visited from Houston in March, the four of us went to the Philadelphia Art Museum for free. We used our DE membership while our friends used their Houston MFA membership. We were very happy about that. Thought I'd pass this along."

...that you should beware of Black Friday specials? From Consumer Reports - Black Friday door buster specials, available in limited quantities and often from lesser-known brands, are designed to get you into a store so that a retailer can sell you a pricier model - usually a TV - instead.

... that studies have shown that coffee can be good for you? The benefits are probably due to the anti-inflammatories and ant-oxidants found naturally in coffee. It is now believed that these benefits are also present with decaf!

... that the holiday season is the most lucrative time for scammers and scheming charities? Before you donate, check one of the online websites for information, such as:

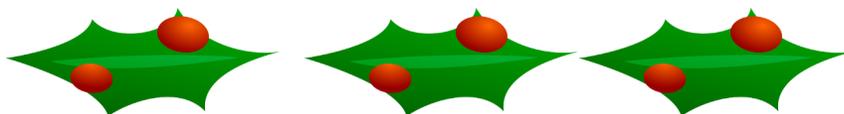
Charity Navigator

<https://www.charitynavigator.org/>

Or

Charity Watch

<https://www.charitywatch.org/>



# Household Tips

**Clearing a clogged toilet** - Nancy Weldin recently read this method for clearing a toilet without using harsh chemicals. She remembered it as being successful in her prior home. Since toilet tissue is usually the clogging culprit, this easy recipe should work.

Just pour some **dishwashing detergent** into the toilet bowl, followed by very hot water and let it sit. Eventually, the toilet paper "softens/shreds" and you can plunge or flush it down. Repeat if needed.

The article, published in a local community newsletter, also suggested that you may need a new plunger. They recommend a newer "**Master Plunger**" which can be found in home improvement centers for less than \$10. It is highly rated, light weight, can be used on ANY style toilet and is easier to use with little strength. You just turn the handle a 1/4 turn to open the valve, insert into the bowl, turn the handle to close and plunge.

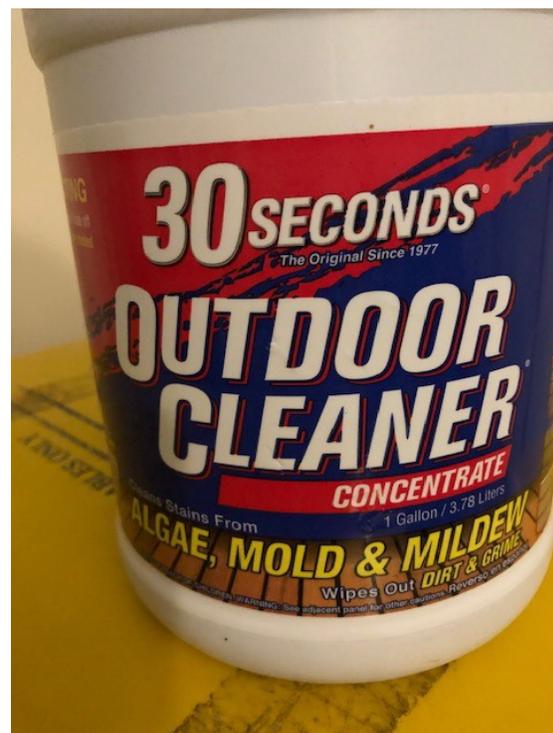
**Cleaning outside objects** - Patti Abernethy sends this tip along. **Don't take more than 30 seconds to remove algae, mold, mildew, dirt and grime.**

Did you hear about 30 Second Outdoor Cleaner? A family member told me how well it works as he uses this to clean his siding. He says that he does not even have to scrub using it. So, I bought it at Home Depot for about \$10/gallon and bought a larger sprayer (not a huge one). I mixed 50-50 water and solution from 30-Seconds Outdoor Cleaner and began to spray the angel in front of my home. I have a north exposure and the angel wings and the front of the angel were more brown/black than gray. I sprayed the angel wings and the angel herself and went on to do something else. I came back in 10 minutes and my angel was clean and fully

gray again--not black anymore. WOW! I then sprayed my hose holder (even a lighter gray) that was full of spots that even the Mr. Clean Magic Eraser would not take off. Dirt began to roll off it. It looks new again. I went on to the white part of the mailbox--sparkling white again using this spray.

My back stairs off the porch were to be repainted and they had to be cleaned. I sprayed 30-second cleaner on them and in 2 minutes I used the hose and all the dirt came off--no brushing needed at all. Same for the balusters and rails.

The liquid has 5% industrial bleach, so wear gloves. The smell is only momentary and gone as it does its work! You will be delighted in the "newness" of what you cleaned! - Patti



# EVER WONDER WHY...

Submitted by Patti Abernethy

...Markets make the sick walk all the way to the back of the store to get their prescriptions while healthy people can buy cigarettes at the front?

...People order double cheeseburgers, large fries, and a DIET coke?

...Banks leave vault doors open and then chain the pens to the counters?

...We leave cars worth thousands of dollars in our driveways and put our useless junk in the garage?

...The sun lightens our hair, but darkens our skin?

...Women can't put on mascara with their mouth closed?

...You don't ever see the headline 'Psychic Wins Lottery'?

...'Abbreviated' is such a long word?

...It is that doctors and attorneys call what they do 'practice'?

...Lemon juice is made with artificial flavoring, and dish washing liquid is made with real lemons?



...The man who invests all your money is called a broker?

...The time of day with the slowest traffic is called rush hour?

...There isn't a mouse-flavored cat food?

...Noah didn't swat those two mosquitoes?

...They sterilize the needle for lethal injections?

...Why they don't they make the whole plane out of that stuff they use to make the indestructible black box?

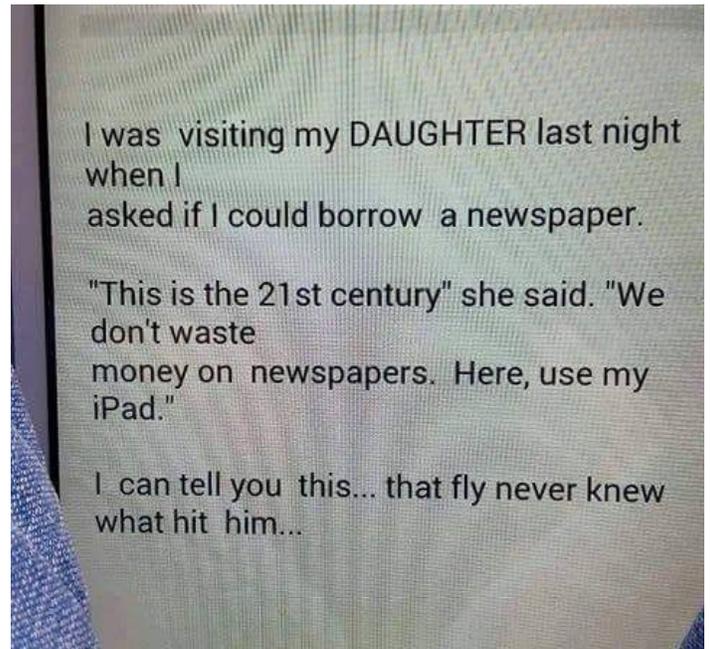
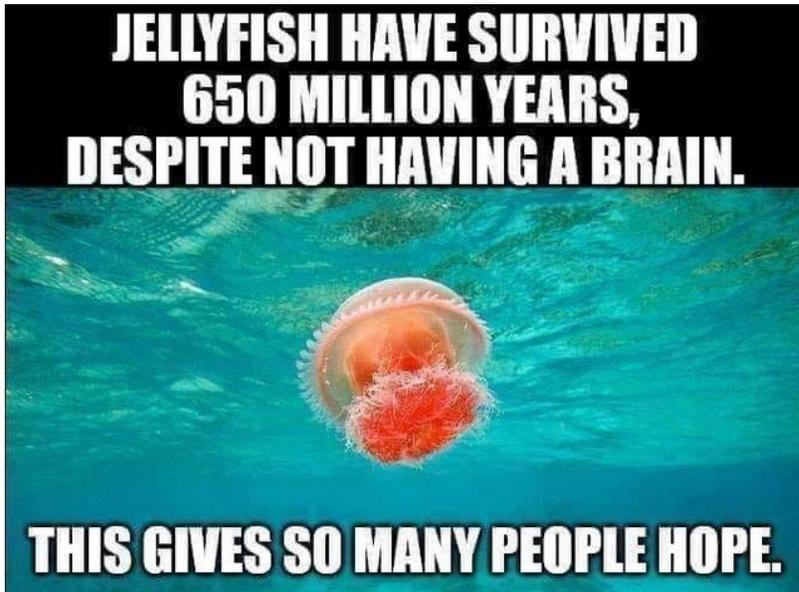
...Sheep don't shrink when it rains?

...Why they're called "apart"-ments when they're all stuck together?

...If flying is so safe, why they call the airport the terminal?



Ya Gotta Laugh from Barbara Strasser



The emotional support dog after I get done telling it my problems.

