

# NOISES FROM THE CENTER

Vol. 3, No 8

What's happenin' at the Senior Center

August 2014

Article by; Charlie Farrow

## Little Squam Lake

Every August in the 1950's the Farrow siblings, our Dad & his two sisters, Marion and Alice, along with various children, had a family reunion at Little Squam Lake in Holderness, NH. Marion lived in nearby Plymouth. Dad & Alice rented "rustic" log cabins on the water from Mr. Fletcher.

Nobody in his right mind would stay in those cabins today, which were a huge living room & fireplace, surrounded by two tiny bedrooms, a kitchen & bathroom. The utility lines were exposed; drinking water was at a well across the cove; the smell was damp pine. "Rustic."

The mattresses had sinkholes, literally. My sisters could climb out of them. We children slept together, separated by Kate's crib, brought from home lashed to the car's roof.

A narrow beach looked out to a pontoon raft. We weren't allowed to swim without a kapok life preserver, mine so bouyant I had to stretch to kick and paddle.

Anne & Kate wore their jackets even when playing in the rowboat tethered to the dock. They must have been going some place, though I don't know where. When the boys rowed, it was a competition to see who could get the boat spinning in one direction.

On the raft with Dickie Fletcher, the owner's son, and cousins Bobby & John, we cannonballed each other. My life jacket would jam around my neck. My cousins called me "Turtle."

We'd take the rowboat out fishing some, using helgramites for bait. Uncle Bob, Alice's husband, loved to go before dawn. We'd have the lake to ourselves, the surrounding hills an



*Senior Center, 15 Great Hillwood Road  
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endless sweep of green. It was one of the happiest times of my life. We never caught anything.

Back in, Aunt Alice made blueberry pancakes. Only real syrup in NH. We ate blueberries all day long. I had a V-8 can with a neck string. Wild berry bushes hung over most of the rocky shore. Continually regaining my balance on the cobbles, I could fill the can in an hour. My mother was also blueberry mad—pancakes, muffins, and Bisquik squares.

The water's edge fascinated me, with its endless, hypnotic slap of small waves. I didn't have to wear the life jacket on shore patrol. It felt good not to be different from the other kids.

Holding a white chamber pot, I shuffled along the cobbles, finding crayfish, miniature lobsters, whose bite hurt. I grabbed them on both sides of their carapace & put them in the chamber pot, marveling at their rusty red color and articulated bodies. I lifted the biggest, who fanned their tails & arched their claws, something live and dangerous in my hand.

The real fishing happened after dinner at the end of Fletcher's dock—a rickety weir that juttied out to deep water. Red worms dug from the leaf mould attracted dozens of perch & horned pout, which we released. Usually I shook the fish off but dreaded the pout because they often swallowed the hook.

The popular bass lure was the Jitterbug. We boys had a secret

hummock deep in the wetland, accessed by jumping from hump to hump, where we carved Jitterbugs with our jack knives. While shaping the green wood, we'd say, "I patent this design." Other than some whittled sticks, none of us finished a lure.

We played baseball with a sponge rubber ball, which sprayed the hitter when struck. The field was a sandy clearing in the pine forest. Dickie had a short temper, which disturbed my parents. They wanted a cheap cabin & perfectly behaved kids.

Dickie's grandfather listened to every game on the Philco & kept the box score, filling dozens of spiral notebooks with pencil notations.

There was a terrible Red Sox-Yankee rivalry in the 50's. Bobby and John lived in NJ and were rabid Yankee fans. We were from Boston and loved the Sox. But the Yankees won year after year after year. I had to duck & suffer when the topic came up. Aunt Marion's NH friends were traitors & asked me who played third base for the Yankees, or second base, or who caught. "Yes, Elston Howard, he's a pretty good catcher," they said.

Much of my life has been determined by those weeks at Little Squam. I was proud when I recognized some stretches of shore in Henry Fonda's "On Golden Pond." I'm addicted to fresh water swimming. I wear a PDF when paddling. As my father so clearly loved his sisters, I too love Anne and Kate. That time embedded in the natural world is where I am most comfortable today. And here at Rose Farm, where Debby and I combine both work & vacation, is a reaction to the strangeness I felt from living & working in one place, but relaxing somewhere else, hundreds of miles away.



### August Birthdays

- 1 Lawrence Fraser
- 2 Daniel O'Mara
- 3 Robert Schulz
- 4 Lucille Landry
  
- 5 Audrey Martin  
Corrie Paardenkooper  
Greg McHone
  
- 6 Dot Parker
- 7 Helen McNutt
  
- 8 Joan Soboleski  
Robert Noble
  
- 9 Henry Novinski
- 10 Bruce Pfau
- 11 Joan D'Amico
- 12 Pearl Ollayos
  
- 20 Louise Cathran  
LeRoy Heinrich
  
- 22 Stuart Palmer
  
- 24 Lia Shea  
Valerie Laming
  
- 25 Carol Parker
  
- 26 Dottie Daigle  
Ruth Neudecker
  
- 27 Suzanne Lasalle
- 28 Debby Farrow
  
- 31 Lia Wiernasz  
Glenn Grube

### Birthday and a Movie

Is it your birthday this month? If so, come celebrate with us....**on us**....for free. Our birthday party includes lunch, home-made birthday cake, and a movie.

Birthdays are not meant to be a secret, but, they are meant for surprises. Our surprise every month is the flavor of the cake and the movie selection.

This month's birthday party is: **Monday, August 25<sup>th</sup>.**



### DOOR PRIZE

Sign in every time you come to the Center to be included in the drawing.

**June Drawing:** Linda Shea, 2 free breakfasts at *Diane's* in Westchester

Drawing is held on the last day of each month.

### Driving Duo

Ed Gubbins & Mickey Pear make the 'wheels go round & round' & keep the seniors on the move! Ed drives the shoppers & the day trippers. Mickey drives to medical appointments, whether it is the dentist, the physician or the therapist.

The best part, they do more than "just drive". If needed, they assist their passengers, helping them in & out of the vehicle, walking them to the door & carrying packages. Both Ed & Mickey are life time residents of East Haddam who have made a habit of giving back to the community.

So, the next time you see them, give them a special thank you!



### Mark Your Calendars

### Shopping Every Other Tuesday

**Beginning in August**, the bus will go shopping **every other Tuesday**. The number of people utilizing the bus has been steadily decreasing. If the demand for shopping increases, more days will be added to the schedule. See dates & destinations below. Fee: \$3.00. East Haddam Food Bank will continue to be included.

#### Tuesday Bus Schedule:

August 5: Cromwell: Walmart, Xpect, Aldis

August 19: Old Saybrook: Walmart, Stop-Shop, Ocean State Job Lot

### August Game Night

Games are not just for kids! Come alone or bring your own group. Play cards or any number of board games. Billiards table is available as well as horseshoes. Better than the television version: we will have food and there will be no commercials! Free and open to all.

**Tuesday, August 19<sup>th</sup>: "Make your own sundae": 6 pm – 8:30 pm.**

### Bingo



**Bingo** will be held this month on **Thursday, August 21<sup>st</sup>.**

Lunch and bingo for \$5.00 or just bingo for \$3.00. Please sign up in advance.

#### Senior Services Coordinator: Brad Parker

Assistant: Susannah Griffin

Café Manager: Peg Ziobron  
Program Coordinator &  
Trip Coordinator: Alice Sabo

Ed Gubbins; Bus Driver & social media guru  
Medical Car Driver:  
Mickey Pear

Noises Newsletter Editor:  
Beth W. Schondorf  
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Kitchen; 860 873-5197

Email; [Seniors@easthaddam.org](mailto:Seniors@easthaddam.org)

#### Center Hours

**8 am - 3 pm weekdays**

THANKS,  
FRIENDS!

- Hildie Aitken: condiments
- Sophie Blaschik: playing cards
- Barbara Boluck: paper plates
- Suzanne Bostelman: soda
- Wilson Brownell: copy paper
- East Haddam Leos: cash donation
- Sharon Fritz: creamer
- Sally Hungerford: condiments
- Lucille Landry: 5 lbs. coffee
- Bhavna & Vijay Mehta: doz bagels
- Pat & Jim O'Brien: coffee & cream
- Loretta O'Mara: soda
- Alice Sabo: paper, candy, coffee
- Eric Zembruski: copy paper
- Jansky Rubbish Removal: since 1973

## Knitters Knead

### Kyarn

The knitting group is seeking  
*worsted weight yarn.*

We have a new project  
underway.....a fundraiser to  
benefit the Senior Center.

**All donations will be greatly  
appreciated.**



## What is “Wellness” ?

Many think of wellness as the opposite of being sick. The *Visiting Nurses of the Lower Valley* want to remind us that **Wellness is .....**

**A Choice** - a decision you make to move toward optimal health

**A Process** - a developing awareness that there is no end point, but that health and happiness are possible in each moment, here and now

**Efficient Channeling of Energy**- energy received from the environment, transformed within you, and sent on to affect the outside world

**An Integration of Body, Mind and Spirit**- the appreciation that everything you do and think and feel and believe has an impact on your state of health

**The Loving Acceptance of Yourself**- It is about assuming charge of your own life, living in process and channeling life energy. It is about choices. It is about a Way to Wellness in a supportive, meaningful environment and community.

*Author Unknown*

## The Senior Center is Air Conditioned!



Our hours are 8<sup>am</sup> – 3<sup>pm</sup>, Monday through Friday. If, or perhaps we should say when, there is a

heat wave, we will stay open later because we are a community “cooling station”.

Keep in mind that we serve lunch every day (just reserve yours by noon the day before). So, come on down to stay cool.



## Seeking Line Dancing Volunteer Instructor

Have you been thinking of a way to give back to the community? The East Haddam Senior Center is looking for a volunteer instructor to teach us the moves and the grooves! Please call Brad at 860 873-5034.

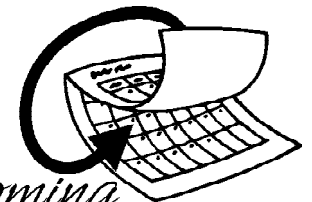


## Senior Center Trips

Two fabulous trips that take advantage of the great outdoors. Call for more information. All trips are open to the public.

**Newport Lighthouse Tour:** Aboard the very comfortable catamaran Millennium, view the 10 lighthouses & islands of Narragansett Bay. Departs Quonset Point, RI at 1:00 pm. 90 minute tour. \$32 per person. Lunch at local restaurant (dutch). **Thursday, September 11<sup>th</sup>.**

**Pumpkin Festival, Keene, New Hampshire:** This is a trip everyone should take at least once! The “tall tower of pumpkins” and the “Grand Pumpkin Illumination” (30,000 pumpkins!) are so magical that “Charlie Brown” turns orange with glee. Bring your own carved pumpkin to include in the display. Outdoor band shell with live entertainment. Street performers. Food & Craft Court. Yankee Candle store. Spend the day enjoying nature. Lunch at Chandler’s Restaurant. Call the East Haddam Senior Center to reserve your spot on the bus: 860-873-5034. \$82.00 per person. **Saturday, October 18<sup>th</sup>.** Bus departs the Senior Center at 9:00 am. Estimated return is 9:30 pm.



*Coming  
Next Month*

## Mark Your Calendars

There are **two events** coming up in September; details will appear in the September Newsletter.

1. **Health Fair** at Chestelm – Sat, Sept 13<sup>th</sup>, 10 - 2
2. **Senior Center Picnic** - Wed, September 24<sup>th</sup> at noon.

## Hearing Screening & Seminar

Two day event at the Senior Center. Thursday, **August 7<sup>th</sup>**: hearing & wax screening. Must call for appointment. Monday, **September 8<sup>th</sup>**, 1:30 pm: Seminar: discussion will include how to protect your hearing. Virginia Gaudio Duclos, "All Ears Hearing Aid Service, Inc."

## Flea, Tag, & Bake Sale

The Senior Center will be hosting a town wide yard sale at Heritage Park. **Vendors are needed.** Space will be available for \$10.00. Tables not provided. Contact the Senior Center for information.

The Senior Center will be selling baked goods, hotdogs, & beverages. Those wishing to volunteer the day of &/or wish to bake for the sale, sign up or call. **860-873-5034. Heritage Park, Sat, Aug 16<sup>th</sup>, 8<sup>am</sup> – 2<sup>pm</sup>.**

Senior Center  
15 Great Hillwood Rd  
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It's that time again! For more than 20 years, the Lions Club has been hosting a **FREE Chicken Barbeque** for East Haddam Seniors.

Though this event is free, **tickets are required.** They will be available at the Center beginning August 11th. **Sunday, August 24<sup>th</sup>, 12 noon – 2 pm.**



## Medical Decisions

On July 14<sup>th</sup>, Nurse Deborah Ringen of the Visiting Nurses of the Lower Valley, led a discussion regarding "Medical Decisions: When They Count Most". The gist of the talk is that 50% of people won't be able to participate in their own end-of-life decisions because they will not have created an "Advanced Health Care Directive". This Health Directive is the way to make health care wishes known if unable to communicate: allows a person to state instructions for future health care decisions, appoint a healthcare agent, and appoint an attorney-in-fact for health care decisions.

Deborah has graciously offered to meet at the Senior Center, privately and confidentially, with anyone who would like help with this process. Simply call the Senior Center to arrange this appointment.