

NOISES FROM THE CENTER

Vol. 3, No 9

What's happenin' at the Senior Center

September 2014

Article by Charlie Farrow

John Giaconia — Hadlyme Stalwart

I was born in Springfield, MA, in 1922. My parents were Anthony J. Giaconia, who barbered, taught ballroom dancing, was a jack-of-all trades, & Ellen W. Stark, from the farming Starks on Beaverbrook Road in Lyme.

My sisters, Mildred & Marion, & I grew up in Longmeadow, MA, where I left school after 8th grade. (So much for school, John is one of the smartest people you'll ever meet.) I met Raffaella Capolla while working for the State and married her in 1944. We had two boys who live nearby. John's on Honey Hill & Mark on Brush Hill. I'm a widower now & have 5 grandchildren & 3 great-grandchildren.

At age 15 I moved in with my Grandfather Stark on Beaverbrook. I received a waiver & didn't have to continue school. Soon I was living on the corner of Macintosh Rd., there was a tea house there, & working as a general farm helper. I continued haying, milking, clearing land with the Sankows, the Machubas, all in Lyme, then went over to the Petersons' farm in Deep River.

I spent some time as a skinny kid in the Marines and was eventually discharged from Camp Pendleton in CA.

Back in Lyme, I lived on Joshuatown Rd. and did a lot of trapping around Whale Bone Cove, mostly mink & muskrat. I sold the pelts to local furbuyers.

Around 1943, a friend got me a summer job with the State checking the road oil that was being loaded into



*Senior Center, 15 Great Hillwood Road
Moodus, CT 06469*

trucks by the Q Bridge in New Haven. Ray Moore ran the scale house. He invited me over & Raffaella lived next door. We dated for a while & then got married.

In the fall I had a chance to continue with the State Highway Department. I worked for the Bridge Division out of the old garage attached to East Haddam's Town Annex & lived in Lyme. We lived with Minny Tucker on Joshuatown, but we wanted our own place.

Harold Hawthorne owned this piece of land we're on. I traded him a truck for it. I bought a Quonset hut in RI, which was actually designed to be a military barracks' bathroom. It was delivered & plopped down in the front of the lot.

Hood&Smith dug a cellar hole. I got a cement mixer driven by a one-lung engine—the engine is now in one of Ronnie Caminati's barns on Petticoat Lane—and made some cellar walls. Then I rolled the 16 x 36 foot hut with scrap steel pipe onto the foundation. It took an incredible amount of work to make the Quonset hut habitable & it was our home for 16 years.

In the early 1960's Ben Totten & I built the cape you see from the road now.

Like my father, I'm a jack-of-all-trades, master of none. (The author strongly disagrees. John is the master of everything he touches, everything he turns his mind to. For someone with so little formal education, he is a Renaissance man & was born 500 years

too late to be a Leonardo Da Vinci.)

I've always loved woodworking & have made or restored clocks, tables, chairs, corner cabinets, low boys, foot stools, & beds, both full-sized & miniatures.

I don't know how long ago I began collecting carpenters' hand tools, particularly planes, saws, drills & shapers. I now have 100's in all different sizes. Many times

I have to restore them. If it's a tool to shape wood, I have it, in spades.

Sometimes I need a power tool. That's why I have a cellar & studio stuffed with band saws, lathes, & drill presses. Ronnie gave me a band saw blade welder so I can repair my own.

I've collected a lot of other things—miniature creamers and sugar bowls, tiny tea sets, doll house furniture, pewter spoons, and on and on. I don't know why I did it. I've

got too much, but that's going to be my kids' worry.

I probably come to the Senior Center every day to get away from the clutter. I do enjoy the lunches. It's easy. I like the people I sit with. The food is good, & the price is right. You can't beat 2 bucks.



HAPPY BIRTHDAY

September Birthdays

- 3 Robert Schulz
- 4 John Davis
John Gibson
Phil Snow
- 5 Linda Poland
- 6 Deborah Camp
Charlie Farrow
- 7 Nancy Geysen
- 8 Dwight Hawes
- 10 Susan Rodimon
- 11 Peter Dean
- 14 Brad Parker
- 15 MaryAnn Snow
- 16 Stan Huntley
Carol Thody
- 17 Walter Golec
Marian Lang
Gwen Riggio
Nancy Veronneau
- 19 Kay Novinsky
- 20 Celia Delehanty
Pauline Tripodi
- 21 Hildie Aitken
Brenda Diaz
- 22 Richard Parker
- 24 George Giesey
Bruce LaChance
- 25 Harmon Bentley
- 27 Bernice Leaghty
- 28 Bernie Kane
- 29 Paul Antaya
Joan Davis
Marion Holcomb
- 30 Alice Richards
- 31 Robert Gauvin



Birthday and cake and a movie – what could be better!

This month's birthday party is **Monday, September 29, 1:00 pm**.

Each month, we celebrate those who celebrate a birthday. Open to all, whether it is your birthday or your "un-birthday", said the Mad Hatter to Alice.



One Year
and
Counting!

A note from Brad Parker: As many of you know, I just completed my first year as Senior Services Director. It was an exciting and fun-filled year for me. I am looking forward to bigger and better things for the Senior Center. I want to thank everyone for the surprise party to celebrate my first year. Everyone's support and friendship is greatly appreciated.

Flower Fairies



Many have asked 'who is responsible for the fabulous flower garden' at the end of the drive, under the "Senior Center" sign. We have received many compliments, including "it has never looked so good".

Plants were donated by Staehlys and the Senior Center Club. Dot Parker donated flowers as well as her creativity and muscle as the garden caretaker. Thank you all for beautifying the Center for all to enjoy!



Tuesday Shopping Schedule

Fee: \$3.00.

If desired, the bus will stop at the E H Food Bank.

- September 2: Glastonbury: Shop Rite
- September 16: Cromwell: Walmart, Xpect, Aldis
- September 30: Willimantic: Price Rite, Ocean State



The July winner is: Rosalie Hoffman. A most appropriate winner this month because July is her birthday month! Rosalie won a \$10 Gift Card to *Hilltop BBQ Restaurant* of Moodus.

Bingo



Bingo will be held this month on **Thursday, September 18.**

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/ Trip Coordinator :
Alice Sabo

Bus Drivers:
Ed Gubbins & Darlene Dunbar

Med Car Driver: Mickey Pear

Noises Editors/Publishers:
Brad Parker &
Susannah Griffin

Layout: Beth Schondorf

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Center Hours

8 am - 3 pm weekdays



August Donations

Peg Blake: coffee
 Wilson Brownell: printer
 Diane Collins: yarn
 Jovita Cozean: lotion/soap
 Sherrie Crompton: coffee/sugar

Leona Gowac: books
 Helen Gregor: yarn
 Marian Grey: knitting materials
 Carol/Dick Harrington: veggies- lots!
 Pat/Jim O'Brien: coffee
 Lenore Roberge: copy paper
 Nancy Smith: coffee
 Harold Young: veggies
 Jansky Rubbish Removal: since 1973

Everest

During the summer months, the Senior Center was fortunate to have Everest Peacock, a high school junior, spend two months with us as a volunteer, our first-ever long-term, daily volunteer.

Everest quickly became a member of our family, helping everyone and anyone do anything that was needed to be done. She served lunch, provided lessons in cell phone and computer literacy, assisted with event and trip planning, watered the flowers, proofed and copied the newsletter, and assisted with the usual office chores. We have conferred upon Everest the status of "Honorary Member of the EH Senior Center until the age of 50". Everest was a joy to have around; we will miss her.

Fuel Assistance

The CT Energy Assistance Program/Community Renewal Team (CRT) will be accepting applications for fuel assistance from Sept. 2014 – Apr. 2015. Call 860-347-4465 to schedule an appointment at the Middletown Office. Or, you may come to the Senior Center in Oct. to fill out the application form. Please call the Senior Center after September 22 for details and to schedule an appointment.

Flea + Tag + Bake = SUCCESS

What a day...gorgeous weather and beautiful people! For our first ever, summer yard sale we "did good". We have so many to thank: organizers, set-up/breakdown crew, bakers, contributors (items), sellers, vendors, and shoppers!

A very BIG thank you to the Leo volunteers who helped direct parking and did all the heavy lifting.

We received many positive comments: perfect location, spacious space for vendors, plenty of parking, delicious hotdogs, good use of Heritage Park. We anticipate that next year's event will be even bigger, better, and more successful! All monies will go towards Senior Center activities.

Hints For Your Health

Summer has ended. School has begun. Everyone's schedule is changing. September stress is upon us. Sports, school, and community activities will soon be keeping us all busy. Don't forget to save time for rest and relaxation to avoid stress and fatigue, which can cause headaches, upset stomach, appetite changes, decreased motivation, irritability, and anger. To make matters worse, bad habits begin: eating unhealthy foods, skipping meals, watching television, drinking alcohol, and smoking. To effectively manage stress, identify your stress signals, note how your body is feeling when you are stressed, and counter act the stress by taking a deep breath, drinking a glass of water, exercising, taking a walk, and eating healthy. Continue your spiritual practices and accept help from friends and family. Here's to a healthier life!

Adapted from an article by Deborah Ringen, RN, Visiting Nurses of the Lower Valley.



Please sign up for all events!
 Stop in or call.

- Hebron Fair: Friday, September 5
- Hearing Seminar: Monday, September 8
- Newport Lighthouse Tour: Thursday, September 11
- Coast Guard Concert: Sunday, September 14
- BIG E trip: Monday, September 22
- Senior Center Picnic: Wednesday, September 24
- Line Dancing with Mimi Perotti: Thursdays, Sept. 25 and Oct. 23
- Pot Luck Dinner: Monday, September 29
- Pumpkin Festival Trip: Saturday, October 18
- Connecticut: Medicare Information Seminar: Monday, October 20
- Card-making with Liz & Marie: Date to be determined
- Ham & Bean Dinner: Saturday, October 25
- Bingo Night: Wednesday, October 29

Seniors Fed by Lions

Once again, the Lions Club has honored the Seniors of East Haddam.

On Sunday, August 24th, the annual Chicken BBQ was held at the Senior Center. Over 125 Seniors enjoyed the community atmosphere and friendship of the Lions Club members.

We thank all the Lions for a wonderful day and for being such excellent cooks!

Picnic Time!

Did you know that September is “National Senior Center Month”? This year’s theme is “Senior Centers: Experts at Living Well”. So, we will do just that with a picnic. Entertainment provided by Comedian - Puppet Master - Ventriloquist – Real Nice Guy Larry Noiva, who has been thrilling audiences for 50 years. **Wednesday, September 24, noon time.**

Free, open to all who are fifty years young and older. **MUST sign up** by Friday, September 19.

Hearing Seminar

Virginia Gaudio Duclos of *All Ears Hearing Aid Service, Inc.*, will explain the “who, what, where, when, and why” of hearing. At the Senior Center. All are welcome. Monday, September 8, 1:30 pm.

Senior Center
15 Great Hillwood Rd
P.O. Box 623
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Senior Center Trips

All trips must be paid for in advance. Call the Senior Center for additional information and to sign up.

We have been promoting the **Pumpkin Festival** (Keene, NH) for several months. This trip is sponsored by the Friendship Bus Tour Company. If we are not able to fill our portion of the bus, the trip will be *canceled*. If you have any interest in joining this trip, please call the Senior Center by September 30. Everyone we have spoken to who has attended this festival has rated it *Five Stars*. \$82.00 per person. Bus departs the Senior Center at 9:00 am. Estimated return is 9:30 pm. **Saturday, October 18th.**

- **Hebron Fair:** Free admission for seniors. \$5.00 for bus which will depart the Senior Center at 11:15 am. Will leave the fair at 4:00 pm. **Friday, September 5.**

- **Concert: Guardians Big Band** at the Coast Guard Academy: Concert is free; bus is \$5.00. Bus departs the Senior Center at 12:45 pm. Concert is 2:00 – 3:30 pm. **Sunday, September 14.**

- **The BIG E** (Eastern States Exposition, Springfield, MA): Please sign up & pay by September 5. Bus is leaving the Senior Center at 8:30 am; approximate return 5:00 pm. \$17.00 includes bus & entrance fee. **Monday, September 22.**