



Powderhouse Senior News

MAY / JUNE 2013

BERLIN COUNCIL ON AGING • BERLIN • MASSACHUSETTS 01503

BERLIN COUNCIL ON AGING SERVICES AND PROGRAMS

MISSION STATEMENT OF THE BERLIN COA

Our mission is to enhance the quality of life of seniors in the community by providing services, which include nutrition, health screening, education and other programs to meet their needs.

- **Meals on Wheels (MOW)** - Meal deliveries will resume on the day after Labor Day and each Tuesday & Friday thereafter through June. Please call 978-838-2215 for further information.
- **SHINE Program (Serving the Health Information Needs of Elders)** is a counseling service providing information and assistance for Health Insurance, Medicare, Medicaid, etc. For further information call 800-243-4636 option #3 to make an appointment with SHINE counselor.
- **"Powderhouse Senior News"** - a bi-monthly newsletter mailed to each senior household in Berlin with information on health, legislative issues, and other topics of interest to elders.
- **Blood Pressure Screenings** - twice a month - 1st Thursday of the month from 9:30 to 10:30 A.M. at First Parish Church. 4th Tuesday of the month from 9:00 to 10:00 A.M. at Northbrook Village Community building.
- **Private transportation** for medical appointments. Please call 978-838-0157 for further information.
- **Council on Aging Members:** Jim Connor, Chairman; Bill Lowe, Vice Chairman; Carolyn Landry, Secretary; Joyce LaMotte, Member; Sally Bergen, Treasurer; Ken Harrold, Member. **COA meetings** every 4th Wednesday in the Town Office Building from 9 - 10 AM.
- **Senior Citizens Association Officers:** President; November-Hazel Miele, December-Madeline McTague, Vice President; Denise Davis, 2nd Vice President; George Cedar, Recording Secretary; Open, Corresponding Secretary; Barbara Halloran, Treasurer; Joyce LaMotte, Asst. Treasurer; Millie Blenkhorn.
- **Senior Citizens Association Meetings:** at First Parish Church on the 1st Thursday of each month except July and August. Blood Pressure screening by VNA 9:30 - 10:30, followed by business meeting and program or entertainment and lunch is served (\$5.00) at noon.

BERLIN SENIOR CITIZENS IN REVIEW

Unfortunately, Thursday, March 7th, the day of our Berlin Senior Citizens' monthly meeting... it SNOWED! We had to cancel our Life Care of Acton special health program and free of cost meal. Thanks to Jackie Wasmer, Director, who has succeeded Ben Moore, Life Care of Acton will re-schedule the meeting and the meal in the fall. Details will be forthcoming.

Dora Cummings, president of the month, conducted the meeting. The speaking program was represented in two parts:

The Berlin Fire Department was well represented at the April 4, 2013 monthly meeting by George Pendergast and Don Richer. Both firefighters addressed the need for the future acquisition of an Aerial Ladder Truck. George stated that since November 2012, the town of Berlin does not have a quint aerial ladder truck because the body & aerial of their truck was 31 years old along with the cab/engine chassis being 17 years old and cannot be retrofitted up to code. The need of an aerial ladder truck is imperative for the Berlin Fire Department in order to conduct rescue of victims and/or trapped firefighters; for fire operations, access to roofs and ventilation of buildings of heat, smoke and toxic gases. Currently, the Town must rely on mutual aid from other towns **if and when available!** Don Richer discussed details of the Fire Department's research for acquiring a new aerial ladder truck. George explained the cost and funding factors without the possibility of raising local taxes. Everyone was given a three page fact sheet. To obtain a fact sheet or for further information contact the Berlin Fire Department @ 978-838-2444. Mass. Public Health Nurse, Tamara Beardard of the Nashoba Associated Board of Health provided an informative discussion about diseases most commonly

spread by insects such as **Ticks** and Mosquitoes. She spoke of Prevention including types of clothing to wear, sprays to use (DET), and what to do when a tick is found on your skin. She discussed various diseases such as Lyme disease, Babesiosis, Anaplasmosis, Tularemia and Rocky Mountain spotted fever as a result of being infected by a bug or an insect. Hours from dusk to dawn are when mosquitoes bite. Nurse Tamara provided a 10 page Fact Sheet of information and gave everyone a "Tick Remover" kit along with her instructions of How-To-Grasp-&-Pull-the-Tick-Out.

COMING EVENTS

The next Berlin Senior Citizens' meeting will be held Thursday, May 2, 2013 at the First Parish Church. Madeline McTague will preside as president of the month, starting promptly @ 10:30 a.m. . Alysse Farlow will announce the Nominations of BSCA Board Offices. **The Berlin School Students' Music and Chorus** will be featured. Lunch reservations are required; cost = \$5.00.

The **June 6, 2013** meeting, @ 10:30 a.m., will be held at the Berlin Country Club. Helen DiMuzio will preside as president. Entertainment will be, **the Calliope Young At Heart Performers**. Bob Lowe's summer barbecue dinner will be featured along with dessert by Lorraine Cedar. Cost = \$5.00. Reservations are required. Contact Joyce @ 978-838-2920 or Hazel @ 508-485-8135 for reservations or cancellation.

Submitted by:
Hazel D. Miele

(978)-838-0157

MAY 2013 BIRTHDAYS

"Wherever you go, go
With all your heart."

May 7 Ronald Plutnicki
May 12 Margarerite Krackhardt
May 12 June Coolidge
May 16 Anna Renzoni
May 20 Fran Gill
May 21 Roger Wilkins
May 22 Sylvia Wheeler

ANNIVERSARIES 2013

May 6 John & Barbara Halloran
May 24 George & Lorraine Cedar

JUNE 2013 BIRTHDAYS

June 7 Barbara Krackhart
June 7 Barbara St. John
June 12 Eva Yeiter
June 15 Carol Wilkins
June 17 Marge Pond
June 18 Alice Murphy
June 22 Eric Coolidge
June 24 George Cedar
June 26 Fran Schultz
June 27 Sally Bergen
June 27 Pat Wheeler
June 30 Faith Linzee

ANNIVERSARIES 2013

June 1 Roger & Carol Wilkins
June 10 Lee & Vera Mungeam
June 18 Doug & Eileen Heifner
June 27 Ron & Mary Plutnicki
June 28 Ed & Shirley Lipka

OBITUARIES

Gone, but never forgotten

Nancy Savoie
Barbara Neunaus
Virginia Wheeler
Val Bradley



Schedule of Community Activities

MAY 2013

*"The bluebird carries
The sky on his back"
....Henry David Thoreau*

- May 1 May Day**
May 4 Senior Citizens Meeting
FPC
9:30 Blood Pressure
10:30 Business Meeting
11:00 Program
12:00 Lunch (\$5.00)
May 6 ANNUAL TOWN MEETING
Berlin Middle School, South St.
Monday, May 6, 2013 @ 7:30 PM
SPECIAL TOWN MEETING
Monday, May 6, 2013 @ 7:00 PM
**May 12 Mother's Day- "All things that have
root in the ground Are alive, and
bloom in the sun."—Emily Pfeiffer**
**May 23 Blood Pressure @ Northbrook
Village 11:00-12:00**
May 24 COA Mtg—9-10 @ Town Office Bldg
May 25 Full Flower Moon
7:00am-10:00am Troop 1 Boy
Scouts Pancake Breakfast @FPC
9:00am: The H Wallace Woodward Post
No. 162 will hold a brief Legion
ceremony @ South Cemetery
12:45pm: Parade will form at the
Berlin Memorial School, proceed
Up South St. to the Old Burying Ground.

The Legion will have "Poppies" for
sale. In case in inclement weather
services will be conducted at the
Berlin Memorial School.

JUNE 2013

*"The strawberry, hides its modest face
beneath the mantling leaves"
...Rev. Dr. John Bidlake*

- June 6 Senior Citizens Meeting**
BERLIN COUNTRY CLUB
9:30 Blood Pressure
10:30 Business Meeting
11:00 Program
12:00 Lunch (\$5.00)
**June 4 Flag Day, Honor the Veterans,
Fly the Flag**
June 16 Father's Day
June 21 Summer Solstice
June 23 Full Strawberry Moon
**June 25 Blood Pressure @ Northbrook
Village 11:00-12:00**
June 26 9-00am – 10-00am COA Meeting
Town Office Building
*The Council of Aging does not meet in
July or August. Meetings will resume on
Sept. 25th, 2012 Senior Citizens: No
meetings in July or August. Meetings
will resume on Sept. 1, 2012*

MAY RECIPE 2013**Rhubarb Strawberry Granita**

Fresh rhubarb and strawberries make this
sweet and icy dessert such a treat. You'll love
how quickly it comes together and that it's
prepared without any special equipment. —
Christen Royce, Weatherford, Texas.....8
Servings Prep: 15 min.+ freezing

Ingredients

- 3 cups water
 - 1 cup plus 2 tablespoons sugar
 - 1 cup diced fresh or frozen rhubarb, thawed
 - 1/2 cup halved fresh strawberries
 - 2 tablespoons orange liqueur or orange juice
 - Fresh mint leaves and orange peel strips, optional
- Fresh rhubarb and strawberries make this sweet
and icy dessert such a treat. You'll love how
quickly it comes together and that it's prepared
without any special equipment. —Christen Royce,
Weatherford, Texas

Directions

- Bring to a boil. Cook and stir until sugar is
dissolved. Strain; discard
- Pulp and seeds.
- Transfer syrup to an 8-in. square dish. Stir in
orange liqueur; cool
- To room temperature. Freeze for 1 hour; stir
with a fork. Freeze 2-3
- Hours longer or until completely frozen, stirring
every 30 minutes.
- Stir granita with a fork just before serving;



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Thomas M. Hamilton, Funeral Director

spoon into dessert

- Dishes. Garnish with mint and orange peel if desired. Yield: 8
- Servings.

Nutrition Facts: 1 serving equals 128 calories, trace fat (trace saturated fat), 0 cholesterol, 1 mg sodium, 31 g carbohydrate, trace fiber, trace protein.

JUNE RECIPE 2013

Creamy Asparagus Chowder Recipe Prep:

10 min. Cook: 30 min.

Yield: 10 Servings

Ingredients

- 2 medium onions, chopped
- 2 cups chopped celery
- 1/4 cup butter
- 1 garlic clove, minced
- 1/2 cup all-purpose flour
- 1 large potato, peeled and cut into 1/2-inch cubes.
- 4 cups milk
- 4 cups chicken broth
- 1/2 teaspoon dried thyme
- 1/2 teaspoon dried marjoram
- 4 cups chopped fresh asparagus, cooked and drained
- Salt and pepper to taste
- Sliced almonds
- Shredded cheddar cheese
- Chopped fresh tomato

Directions• In a Dutch oven, saute onions and celery in butter until tender. Add garlic; cook 1 minute longer. Stir in flour. Add the potato, milk, broth and herbs; cook over low heat, stirring occasionally until the potato is tender and soup is thickened, about 20-30 minutes.

VINTAGE POSTCARDS

As a collector of vintage postcards, mainly of the towns of Athol, MA and Orange, MA, I recently received a postcard dated posted 1906, of A Glimpse of Miller's River and State Road, West of Orange, MA. The postcard was addressed to a family living in Cottage City, Mass. This town was unfamiliar to me, so I did a little digging, which revealed that "The Town of Oak Bluffs is a

resort town on the northeast shore of the island of Martha's Vineyard, Massachusetts. Originally incorporated in 1880 as Cottage City, in 1907 the town's name was changed because of the growth in the year round population and the changing face of the resort required an acknowledgement the town was not just "Cottage City" any more."

The postcard was purchased on Ebay, and was mailed to me from out of state. It's amazing to find vintage postcards on EBay of the two towns, Athol and Orange. The postcard was mailed from the Orange Post Office, Aug. 27, 1906 to "Cottage City, Mass, when I purchased it on EBay, and it was mailed from out-of-state to me. "What goes around, comes around."

Submitted by Carolyn Landry, Editor



KNITTING AT THE 1870 TOWN HALL WEDNESDAY'S FROM 9 TO 11

Experienced knitters and beginning knitters meet to knit, share knitting patterns, ask for help with their projects and have friendly discussions. If you are interested in joining come anytime Wednesday morning, we have patterns, yarn and knitting needles and someone that will help you get started with a beginners scarf or hat.

If you have any questions call Louise at 978-838-0328.

1870 TOWN HALL UPCOMING EVENTS

Contra Dance with Berlin Country Orchestra
Caller - Dan Pearl
Saturday, May 4, 8:00pm
\$5 per person - \$12 family

Meet & Greet Scott Hawkins - Candidate for Selectmen
Sunday, May 5, 4:00pm - 5:30pm

Flyleaf Production - Falsettos
June 14, 15, 21, 22 @ 8:00pm
June 16, 23 @ 2:00pm
Tickets are \$10 for Berlin residents

Community Coffee & Knitting
Wednesday @ 9:00am - 11:00am

Regular Fitness Classes:

Zumba
Tuesday @ 9:30am
Wednesday @ 11:30am
Saturday @ 8:30am

Zumba Toning
Thursday @ 6:30pm

Pilates
Wednesday @ 9:00am

Yoga
Thursday @ 9:00am
Friday @ 9:30am
Senior Special - \$10 drop-in

Please visit our website at
www.Berlin1870TownHall.org for additional information on any of the above.

QUOTES

MAY PROMISE
Winter's worst
Is safely past;
Window sashes
Lift at last;
Sleeves grow short
As day grow long;
Nights will soon
Have cricket song
.....author unknown

We are all a little weird and
Life's a little weird,
And when we find someone whose
Weirdness is compatible with our,
We join up with them and fall in
Mutual weirdness and call it love.
...Dr. Seuss

POLICE CHIEF SEARCH SUB-COMMITTEE

The Board of Selectmen is looking for individuals who are interested in serving on a sub-committee to assist with the selection of the next Police Chief. If interested, please submit your name and contact information to the selectmen's office, 978-838-2442 or at selectmen@townofberlin.com.



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The Berlin Powderhouse Senior News

Council on Aging

Berlin, Massachusetts 01503

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the reading mother

BY STRICKLAND GILLILAN

I had a Mother who read to me
Sagas of pirates who scoured the sea,
Cutlasses clenched in their yellow teeth,
"Blackbirds" stowed in the hold beneath.
I had a Mother who read me lays
Of ancient and gallant and golden days;
Stories of Marmion and Ivanhoe,
Which every boy has a right to know.
I had a Mother who read me tales
Of Gelert the hound of the hills of Wales,
True to his trust till his tragic death,
Faithfulness blent with his final breath.
I had a Mother who read me the things
That wholesome life to the boy heart brings—
Stories that stir with an upward touch,
Oh, that each mother of boys were such!
You may have tangible wealth untold;
Caskets of jewels and coffers of gold.
Richer than I you can never be—
I had a Mother who read to me.

ANNUAL TOWN MEETING

Monday May 6, 2013 @ 7:30 pm
[Meeting Notice] [Warrant]

SPECIAL TOWN MEETING

Monday May 6, 2013 @ 7:00 pm
[Meeting Notice] [Warrant]

Teenage Vampires not your Cup of Tea? Check out these Great Movies for Grownups

'Quartet'

Dustin Hoffman's directorial debut is a charming concoction set at a British retirement home for musicians and singers. It should be enough to simply list the fantastic actors who make up the singers in the quartet of the title — Maggie Smith, Tom Courtenay, Pauline Collins and Billy Connolly — to convince you that you should see it, and soon.

Courtesy BBC Films

'Les Miserable's'

The well-loved stage musical of Victor Hugo's classic tale makes a rousing transition to the movie screen, with Hugh Jackman and Russell Crowe in the iconic roles of Jean Valjean and Inspector Javert, respectively. The singing is uniformly impressive, the CGI-aided staging gigantic; watch for Colm Wilkinson, 66, the original Valjean from the 1986 stage production, in a small but key role as a kindly bishop.

Laurie Sparham/Universal Pictures/AP

'The Best Exotic Marigold Hotel'

It's a trifle, really — but what a trifle! A

Who's Who of seasoned British thespians forms an impressive ensemble in this breezy story of retirees who, for disparate reasons, move to India to take residence at the neglected hotel of the title. Unexpected adventures and connections loom, plus a refreshing message: Growing older is far more rewarding than just getting older.

Fox Searchlight/Everett Collection

'Lincoln'

Steven Spielberg has directed hit movies about aliens, sharks and dinosaurs, but Lincoln might be his most impressive trick. He turns a legislative procedural into something downright thrilling, featuring astounding work from Daniel Day-Lewis, Sally Field and Tommy Lee Jones.

Everett Collection

'The Best Exotic Marigold Hotel'

It's a trifle, really — but what a trifle! A Who's Who of seasoned British thespians forms an impressive ensemble in this breezy story of retirees who, for disparate reasons, move to India to take residence at the neglected hotel of the title. Unexpected adventures and connections loom, plus a refreshing message: Growing older is far more rewarding than just getting older.

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