



# Powderhouse Senior News

SEPTEMBER / OCTOBER 2012 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 #2 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 978-838-2500 for further information.
- **Council on Aging Members:** Jim Connor, Chairman; Bill Lowe, Vice Chairman; Carolyn Cashin, Secretary; Sally Bergen, Treasurer. **COA meetings** every 4th Wednesday in the Town Office Building from 9 - 10 AM.
- **Senior Citizens Association Officers:** Hazel Miele, President; Madeline McTague, Vice President; George Cedar, 2nd Vice President; Mary Ellen Matthew, Recording Secretary; Corresponding Secretary; Joyce LaMotte, Treasurer; Millie Blenkhorn, Asst. Treasurer.
- **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.

(978)-838-0157

## Berlin 1870 Town Hall Upcoming Events

**Community Coffee/Knitting resumes**  
Wednesday, September 5 9:00-11:00am

**Wetland Delineation Refresher Workshop**  
Thursday, September 6 9:00am-3:30pm  
Cost: \$90 for Member, \$150 for Non-Member. Hours toward CEUs available. Contact: administrator@amws.org or see [www.amws.org](http://www.amws.org)

**Next to Normal**  
Presented by Flyleaf Theater  
September 7, 8, 9 September 13, 14, 16

Next to Normal is an emotional, groundbreaking rock musical about a wife/mother struggling with delusional bipolar disorder. The family realizes that "normalcy" is not always attainable, but striving for next to normal may be enough. Mature audience recommended.

Tickets Only \$10 for Berlin residents, \$18 adult, \$15 students/seniors  
For tickets go to [FlyleafTheater.com](http://FlyleafTheater.com)

## BERLIN SENIOR CITIZEN'S INITIAL MEETING:

**THURSDAY, SEPTEMBER 6, 2012**  
The start of another season of the Berlin Senior Citizens Association (BSCA) will commence on Thursday, September 6, 2012, 10:30 a.m., @ the First Parish Church, Central Street, Berlin, MA. All lunch meetings will be held in the Church hall throughout the year, with the exception of the final meeting on June 6, 2013. The last meeting, June 6th, @ 10:30 a.m., will be held, as usual, at the Berlin Country Club.

Bob Lowe's Catering service will provide the monthly meals together with desserts by Lorraine Cedar. Members cost continues to stand at \$5.00 each month. Meal reservations are required.

The 2012/2013 year will be an eclectic and rare experience. Due to the fact, that the elected office for President of

BSCA went unfilled, seven previous BSCA Presidents have volunteered to conduct the ten monthly meetings during the coming season. **Helen DiMuzio** will preside as "President" for the initial and closing meetings: **September 6, 2012** and **June 6, 2013**. **Mary Diggins** will conduct the **October 4th**, meeting. **Hazel Miele** will preside over both the **November 1, 2012** and **March 7, 2013** meetings. President of the Month, **Maddy McTague** will preside over both the **December 6th** and, the **May 2, 2013** meetings. **January 3, 2013**, **Joyce LaMotte** will act as the President of the Month, followed by **Val Bradley** on **February 7, 2013**. President of the **April 4, 2013** meeting will be Dora Cummings.

The 2012/2013 season entertaining programs... promises to be instructive, historical, inspiring, and most of all, FUN. All business meetings begin promptly at 10:30 a.m., so be on time. Also, bring a friend or relative. Anyone 55 years or older is eligible for membership. We really need new members. The cost of membership is only \$5.00 per year. Speaking of Membership, September is the month that Dues are due. Treasurer, Joyce LaMotte will be on hand to accept everyone's membership \$5.00 annual payment on 9/6/12. We look forward to seeing you.

## SPEAKERS & TOPICS

Berlin resident, **Joyce LaMotte**, current Berlin Senior Citizen Association elected Treasurer, and former President of BSCA will be the featured speaker on **Thursday, September 6, 2012, @ 11:00 a.m.**, First Parish Church, following the business meeting. Ms. LaMotte's presentation concerns **"THE STONE WALLS OF BERLIN"**. Carolyn F. Landry, Editor of the COA Powderhouse Newsletter, toured the highways and back roads looking for the perfect "stone wall" photos, and found some great stonewalls

**October 4, 2012, Skip Nelson**, an authority concerning **"Model Airplanes"** will discuss his interest in making and flying remote controlled model airplanes.

**LUNCH @ \$5.00**

September 6th – Ham, Potato Salad, Baked Beans and Tossed Salad plus bread rolls.

October 4th -----BBQ Chicken, Roasted Potatoes, Fresh Vegetables, Salad, & rolls. Dessert is also included with meals.

**Dora M. Cummings,  
Legacy Award**



"If it needs to be done, Dora has already done it!" That was the comment from Jim Connor after presenting the

2012 Legacy Award to Dora Cummings. Whether it is with her family, her church or her outside interests, if Dora is going to do something, you know it will be done and done right. She has held many positions at the First Parish Church from teaching Sunday School to serving on the Stewardship Committee to baking up a storm for the bake table at the Friendship Village Fair. For two years she served as vice-president and then president of the Berlin Senior Citizens. The Council of Aging occupied a lot of her time for ten years during which she was director for eight years, produced the "Powderhouse Senior News" and delivered Meals on Wheels. She also served on the Berlin Historical Commission.

Growing up in a small town like Berlin

brings a sense of responsibility for one's neighbors and Dora has taken this very seriously. Over the years she has arranged rides for seniors needing to go to doctor appointments and for other reasons.

For many years, she was a familiar face at Coldwell's Inc. Just inside the door of the showroom, there sat Dora with her wonderful smile and the right answer to every question.

I was privileged to have Dora as my next-door neighbor for many years while we were growing up in Berlin and I enjoyed spending time with her. Probably I got in the way at times but I still remember sitting on her bed watching her draw people - she made them seem so real. I was in awe of her talent.

Dora was the middle child born to Earle and Hazel (Brewer) Wheeler and lived on West Street with her brothers Norman and Donald. After graduating from Hudson High School, she married Alton Cummings of Hudson in 1951 and they had three children Cathy, Wayne and Lynn. Unfortunately Al and Wayne have passed away but she so enjoys having Cathy and Lynn close by along with her two grandchildren – Gregg and Erin. Her spare time interests are

**Schedule of Community Activities**

**SEPTEMBER**

**Sept 6TH: Senior Citizen's Meeting @ FPC**

- 9:30 AM Blood Pressure
- 10:30 AM Business Meeting
- 11:00 AM Entertainment
- 12:00 Noon Lunch

**Sept. 3rd Labor Day**

**Sept. 16t** St. Joseph's Annual Fall Fair Rain or Shine Home made donuts, coffee Chicken Barbeque tickets: ½ chicken \$8.00; ¼ chicken \$5.00; Harvest Booth – baked pies Attic Treasure

**Sept. 17th** Rosh Hashanah

**Sept. 22nd** First Day of Autumn

"No spring nor summer beauty hath such grace. As I have seen in one autumnal face.".....John Donne

**Sept. 25th** Keep Well Clinic 9-10AM

**Sept. 26th** COA Meeting

9-10 @ Town Office Building

**Sept. 26th** Yom Kippur

**Sept. 29th** Full Harvest Moon

If lunar gardening, harvest when the Moon is between full and new, And in a dry sign (Aires, Gemini, Leo, Sagittarius, or Aquaius).



**OCTOBER**

**Oct. 4th Senior Citizen's Meeting @ FPC**

- 9:30 AM Blood Pressure
- 10:30 AM Business Meeting
- 11:00 AM Entertainment
- 12:00 Noon Lunch

**Oct. 8th**

Columbus Day

**Oct. 23rd**

Keep Well Clinic 9-10AM

**Oct. 29th**

Full Hunters Moon

**Oct. 31st**

Halloween

**SEPTEMBER BIRTHDAYS 2012**

*"Everything I know I learned after I was thirty."*

- 5TH Louise Janda
- 11th Joseph Dinez
- 13th Shirley Lipka
- 20th Mario Cacciolo
- 25th Ruth Wheeler
- 26th William Tervo

**ANNIVERSARIES –**

- 2th Robert & Madeline McTague
- 13th Robert & Marlene Williams

**OCTOBER BIRTHDAYS 2012**

- 3rd Lynda Nelson
- 11th Jeanne Snay
- 16th Dorothy Germain
- 20th Judy Duff
- 20th Joyce LaMotte

**ANNIVERSARIES –**

- 10th Benedetto & Hazel Miele
- 26th Bill & Trudy Tervo
- 28th Eric & June Coolidge



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## OBITUARIES

### *Gone, but never forgotten*

Gone, but never forgotten

Philip R. Scott – May 10, 2012

David Baldwin – July 9, 2012

Evelyn (Spaulding) Knorr – July 20, 2012

David Hill – Aug. 6, 2012

## FORMERLY OF BERLIN

Violet (Stone) Harrower – July 1, 2012

Curtis L. Forbes – July 2, 2012

The above birthday and anniversary names are of people who have joined the Berlin Seniors Association. If you would like your name included, please call Joyce LaMotte 1-978-2920 or email Carolyn Landry: lmememom@charter.net

## SEPTEMBER RECIPE

### *Summer Squash Mushroom Casserole Recipe* **Ingredients**

- 2 medium yellow summer squash, diced
- 1 large zucchini, diced
- 1/2 pound sliced fresh mushrooms
- 1 cup chopped onion
- 2 tablespoons olive oil
- 2 cups (8 ounces) shredded cheddar cheese
- 1 can (10-3/4 ounces) condensed cream of mushroom soup, undiluted
- 1/2 cup sour cream
- 1/2 teaspoon salt
- 1 cup crushed butter-flavored crackers (about 25 crackers)
- 1 tablespoon butter, melted

### **Directions**

- In a large skillet, saute the summer squash, zucchini, mushrooms and onion in oil until tender; drain.
- In a large bowl, combine the vegetable mixture, cheese, soup, sour cream and salt. Transfer to a greased 11-in. x 7-in. baking dish. Combine cracker crumbs and butter. Sprinkle over vegetable mixture.
- Bake, uncovered, at 350° for 25-30 minutes or until bubbly. **Yield:** 10 servings.

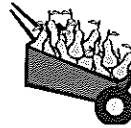
**Nutritional Facts** 2/3 cup equals 234 calories, 16 g fat (8 g saturated fat), 36 mg cholesterol, 564 mg sodium, 14 g carbohydrate, 2 g fiber, 8 g protein. Originally published as Summer Squash Casserole in Simple & Delicious May/June 2009, p37

## RECIPE FOR OCTOBER

### **Zucchini Cupcakes Recipe**

*Prep: 20 min. Bake: 20 min. + cooling*

*Yield: 18-24 Servings 20 20 40*



### **Ingredients**

- 3 eggs
- 1-1/3 cups sugar
- 1/2 cup canola oil
- 1/2 cup orange juice
- 1 teaspoon almond extract
- 2-1/2 cups all-purpose flour
- 2 teaspoons ground cinnamon
- 2 teaspoons baking powder
- 1 teaspoon baking soda
- 1 teaspoon salt
- 1/2 teaspoon ground cloves
- 1-1/2 cups shredded zucchini
- **CARAMEL FROSTING:**
- 1 cup packed brown sugar
- 1/2 cup butter, cubed
- 1/4 cup 2% milk
- 1 teaspoon vanilla extract
- 1-1/2 to 2 cups confectioners' sugar

### **Directions**

- In a large bowl, beat the eggs, sugar, oil, orange juice and extract. Combine dry ingredients; gradually add to egg mixture and mix well. Stir in zucchini.
- Fill paper-lined muffin cups two-thirds full. Bake at 350° for 20-25 minutes or until toothpick inserted near the center comes out clean. Cool for 10 minutes before removing to a wire rack.
- For frosting, combine the brown sugar, butter and milk in a saucepan. Bring to a boil over medium heat; cook and stir for 2 minutes or until thickened. Remove from the heat; stir in vanilla. Cool to lukewarm.
- Gradually beat in confectioners' sugar until frosting reaches spreading consistency. Frost cupcakes. **Yield:** 1-1/2 to 2 dozen.

## BERLIN LIONS CLUB

The Berlin Lions club is always looking for new members with new ideas to help out our community.

Thank you .

## IN THE GARDEN: PET PHOTOGRAPHY

Learn how to take outdoor pictures of your dog from this talented photographer. Bonnie Nance

Source: Birds & Blooms Magazine

More than 30 years ago, I checked out a library book that changed my life. How to Photograph Cats, Dogs, and Other Animals, by Walter Chandoha, really resonated with me. With my background in art and love for animals, I knew it was something I wanted to try.

As a professional photographer, I've been taking pet pictures in the garden for decades and specializing in it for the past 10 years. It comes naturally to me: I work in my garden just about every day, and my dog, Ben, is always with me.

A few years ago I got an email from Walter Chandoha complimenting me on my work, and I was excited to tell him that he was the one who started it all! Now I'm hoping to pass along some of my knowledge to others, the way his book passed along so many ideas to me. Here are my top tips for taking pet photos in the garden.

Keep your camera handy. You never know when dogs are going to do their best stuff. You don't want to be dead-heading your flowers with your camera in the house when they start being particularly cute. Keep it nearby at all times so you can capture the moment naturally.

Shoot at your pet's level. I have a selection of benches, chairs and little tables I like to use, all yard sale finds. It helps to put yourself at eye level with your subject. This also helps prevent escapes!

Use bribes. Treats are a good way to get and hold a dog's attention. Let's face it: Most dogs would rather take a nap than pose for a portrait. So use lots of praise and your dog's favorite treats to get the picture you want.

Know when to stop. If your dog is hot, thirsty or just bored, it's time to stop the session. Never get mad or impatient; a dog will pick up on this, and then the session is over. You want this to be fun for both of you. If you really need to get a specific shot because those Knockout roses are in bloom and it's going to storm tomorrow, try taking a break.



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*The Berlin Powderhouse Senior News*

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Walk the dog around the house a few times, give it a drink and then try again. If you force it, the final product will suffer.

Keep it simple. If you have a friend or family member to help you, things will go a lot smoother. But use only one person: Six people making squeaking noises at the same time will get any dog to run for the house! Use a helper your dog knows and trusts so you can stay behind the camera. When Maggie or Molly moves for the sixth time, your helper merely eases her back into position so you can snap your shot right away.

Don't give up. Patience and persistence will pay off with beautiful images. Just keep shooting away. Modern digital cameras let you take hundreds of pictures in a matter of minutes. Simply delete the ones you don't like and use the ones you do.

## **THIS DAY IN HISTORY SEPT. 9TH**

### **American Revolution**

Congress renames the nation "United States of America", 1776  
Civil War

Yankees capture Chattanooga, 1863

**California becomes the 31st state in record time, 1850**

This Day in History Oct. 9th

### **American Revolution**

Lord Dartmouth orders British officers to North Carolina, 1775

### **Civil War**

Union cavalry defeat Rebels at the Battle of Tom's Brook, 1864

### **Old West**

Hoover Dam begins transmitting electricity to Los Angeles, 1936

## **TASTE OF BERLIN**

The First Parish Church will be hosting a "Taste of Berlin" on Sept. 10th, from 5:00-7:00 PM. The Outreach Committee is sponsoring this event to benefit the Berlin Food Pantry.

The tickets will be \$8.00 per person. The menu will be spaghetti, salads, and desert.

**Quotable Cat – A cat lover's compendium of observations on the felicitous feline**

....Lisa A. Rogak

- Cats are forbidden from drinking beer.  
....Law in Natchez, Mississippi
- To bathe a cat takes brute force, perseverance, courage of conviction – and a cat. The last ingredient is usually the hardest to come by. ....Stephen Baker
- Anyone who has ever known a cat really well feels that this cat is superior to most Harvard professors in brain power.  
....Gladys Tabor



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