



Sherborn LINK

MAY 2013

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Sherborn needs your input at the Town Meeting in May!



Spring is finally here and we are pulled in different directions—our activities, our families, our gardens and spring cleaning! But please reserve **Saturday, May 4 for Town Meeting, which will be called to order at 10 a.m.** in Linqvist Commons at the Dover Sherborn High School.

This year residents will vote on 36 Articles in addition to the Town Budget. Both the Annual Town Report and the Town Warrant have been posted on the website (www.sherbornma.org); a limited number of hard copies are available in the Selectmen's Office in Town Hall.

NOW is the time to read the warrant articles and review the financials. Ask questions and be prepared to voice your opinion at **Town Meeting on Saturday, May 4**. If you have never participated before, make this the year you become active in Sherborn town government. Encourage your friends and neighbors to join you and discuss the articles and how they will impact the Town today and in the future. Every resident has a voice and a vote...that is the beauty of Town Meeting. And it is a privilege that so many have fought and died to preserve. Set a good example for your (grand)children.

To learn more about the Candidates who want to represent you, plan to attend **the Council on Aging's Candidates Forum**, which will be held as part of our Drop-in Luncheon on **Thursday, May 2 at noon** at Pilgrim Church. There you can meet the candidates who are running in contested races (School committee, Tax Collector and Treasurer) as well as the candidate for Selectman. Find out their strengths and their visions for Sherborn's future.

See you there for the most important Sherborn event of the year!

THEN Vote! Tuesday, May 14—Annual Town Election (Town Hall) 7 a.m.-8 p.m.



Pizza and a Movie

features academy award winner, LIFE OF PI on **Sunday, May 5**. Pizza is served at 12:30 p.m. and the movie will start around 1:15 p.m. Call the COA to reserve your space 508-651-7858.



Look for us on the web at www.sherbornma.org under Town Offices. The Council on Aging has its own website with information on services, trips, special programs as well as the Drop-In Calendar and a complete copy of this newsletter and past editions.

Sherborn Council on Aging Board

- Sheila Bresnehan, Chairperson
- Sue Peirce, Vice Chairperson
- Doug Brodie, Secretary
- D. Paul Leitch, Treasurer

Board Members

- Phyllis Braun • Karen Lane • Jean Rosseau • George Shea
- Chris Winterfeldt

Associate Members

- Ann Bekebrede • Tricia Caldicott • Shelley Cantor
- Sonia Goldsmith • Ruth Johnson • Deborah Kennedy
- Ralph Lowell • Panny Nichols • Edna Roth • David Sortor
- Ruth Stewart • Ingela Svensson • Martin Waters

COA Staff

- Karen Juhl, Director • Laila Vehvilainen, Program Director
- Linda Bellefeuille, Elder Advocate • Nan Vaida, Elder Advocate
- Kathy Horigan Dye, Volunteer Coordinator

If you are a senior or care for a senior and want information on programs or services that may help you, a parent or a neighbor have a better quality of life, call 508-651-7858 or stop by the office (Lower level of Town Hall).

COA office hours

Monday, Thursdays & Friday, 8 a.m. – 4 p.m.
 Tuesdays and Wednesdays, 8 a.m. to 12 noon
 Late afternoon or evenings by appointment

Community News

Sherborn Arts & Crafts Fair
Saturday, May 11
9 a.m.– 4 p.m.



The Sherborn Arts & Crafts Fair returns to its traditional date on the Saturday before Mother's Day, which this year is **May 11**.

The Arts & Crafts Fair will feature close to 100 local artisans and crafters with a wide range of handmade items to sell. Fairgoers can also purchase annuals, perennials, herbs and vegetable plants donated by local nurseries and by some of Sherborn's best gardeners. Many of Sherborn's community organizations will also have booths with giveaways and information about programs and services.

Admission is free! Parking is available at St. Theresa and Pilgrim Churches.



At the Fair don't miss the **Annual Geranium Sale of the Boggestow Garden Club of Sherborn**. These outstanding

geraniums are hardy and come in a variety of spectacular colors at exceptionally low prices. For shady locations, New Guinea Impatiens will also be available in a range of gorgeous colors. Look for the BGCS display on the Town Hall lawn during the fair hours. All proceeds from the sale go to community improvement projects.

Sherborn Senior Transportation Service



Call: JFK Transportation Service: 508-653-4500

- **Hours of Services 6:30 a.m. to 6 p.m.**
- **Cost of Local Rides (each way):**
 Sherborn: 1 ticket
 Ashland/Dover/Natick/Framingham/Medfield/Holliston: 2
 Weston/Wellesley: 3 tickets
 Newton/Needham/Milford/Hopkinton: 4 tickets
Local ticket cost: \$30 for a 10 ticket card

• **Cost of Medical Rides to Boston:**

One Way - \$20 Round Trip - \$40

- **Tickets to Boston:** Special tickets are required for rides to Boston. These are available by mail or in person at the COA office at 19 Washington St.

For information, call the COA—508-651-7858.



One of
Sherborn's Notable Elders
Francis Heffron

- One of a series of articles profiling neighbors who have passed the eight-decade milestone and continue to live active, contributing lives. ■

If location influences destiny, then Fran Heffron was fortunate to be the son of the caretaker of a farm on Farm Road with access to open space and farm animals, especially horses. Growing up he loved riding horses and did so everywhere he could. His home was located next door to the firehouse on Farm Road and as a child Fran's excitement soared when the occasional fire alarm went off. He became a volunteer firefighter while he was still in high school and was ready for anything. Sometimes that meant having to push the old and poorly-maintained fire trucks to get them started.

Fran was a typical teenager who occasionally got into mischief, but mostly he enjoyed hanging out with his buddies at Sunshine Dairy and walking to the movies in Framingham. Like most of the young people in Sherborn he attended the barn dances at the Saltonstall farm. The confinement of school was not to his liking but joining the National Guard made it more acceptable. As soon as he was old enough, he and his brother enlisted in the navy. They were fortunate to be able to serve on the same ship, Fran as a shipfitter, a job that taught him a wide range of skills such as welding, mechanics and fire fighting. All would prove useful later in his life.

After completing his first tour of duty Fran planned to reenlist, but fate stepped in at a Halloween party. She was petite and perky Dora and it was love at first sight. Immediately any plans to reenlist were scrapped. The couple were married in 1956 and settled in Sherborn in a cozy house they built at North Main St. and Zions Lane, a convenient location just across from the firehouse. Inside the walls are lined with mementoes and photos of the life of the family including a picture of Fran's favorite fire truck.

Fran tried working at the General Motors plant in Framingham, but found it too confining. Being indoors all day was not for him. Instead he became a driver at Coan Oil Co. and then the head mechanic, a position he held for 50 years. Simultaneously he worked for the town of Sherborn as the fire inspector and a volunteer firefighter.

Eventually Fran was named Fire Chief by the Board of Selectmen, a position he held for 26 years. He saw his new position as an opportunity to make the fire department more efficient and responsive. Regular maintenance of the fire trucks became a top priority—no more coaxing to get vehicles underway while a fire was burning. Fran also welcomed the first woman, Shirley Ohl, to the volunteer force and appreciated the good job she did. His action opened the way for other women to follow. Over the years Fran became a sort of Sherborn celebrity—everybody knows his name.

Fran and Dora had four children, two girls and two boys who have been the focus of their lives, the center of all their activities. That continues to be the case now that the family circle has expanded to include 12 grandchildren and one great grandchild. All live in nearby towns making it possible to have frequent family celebrations that draw them all together to share the love that first sprang into being at a Halloween party many years ago.

Ann Bekebrede

Dear Friends,

The Friends of Sherborn Council on Aging wish to thank the members of our community who The Friends organization exists to help financially support Council on Aging programs. This year we were excited to fund two intergenerational programs at Pine Hill School, which brought seniors and students together to learn more about their heritage as well as how smart we are in different ways. We continued to help fund the COA's Lifetime Learning program as well as provided funding for transportation, respite care, special luncheon programs, and a scholarship award for a Sherborn high school senior who made a noteworthy contribution of service to the senior community. We are blessed to live in a community that values its members both young and old. We cannot thank you enough.

Sincerely,

Jan Morgan, President, Friends of the COA

Honor Roll Membership-2012-13

Friends of the COA

Gift categories: Benefactor: \$500 or more;
 Sponsor: \$250-499: Partner: \$100-249:
 Patron: \$50-99: Member: \$35

BENEFACTOR

Anonymous
 Gene & Gay Crowley

PARTNER

Wilfred & Ann Bekebrede
 Bob & Andrea Brennan
 Judy Brodtkin
 Pat & Douglas Cassell
 Judy Cook
 Bob Delaney
 Sally & Roger Demler
 Raymond & Therese Grenier
 Susan Gulesian in Honor of Sally and
 Carl Redd
 Brent & Serena Hall
 Richard & Rebecca Killigrew
 Linda Klockner & Jim Byrnes

Janet Morgan
 Katharine Sturgis in Honor of George Shea
 Donna & Thomas Trainor
 Sally Tipton
 Neil & Elise Wallace in Memory of Sandy King
 Hol & Joanne Whitney
 Andy & Rhodie Whittemore
 Dudley & Sally Willis
 Christina Winterfeldt In Memory of
 Albert & Margaret Brennan

PATRON

Michael & Mary Barbara Alexander
 George & Maggie Balaschak
 Carolyn Barber
 Catherine & Gary Beach
 Peter & Mary Bertschmann
 James & Thurza Campbell
 Jill Carroll
 Judy & Hugh Cohn
 Doug & Jenn Collins
 Henry & Jane Cosman
 Helen & Tom Cuddy
 Joan & Alan Dunn in Memory of Sandy King
 Scott & Judy Embree in Honor of "Nipmuc Loggers"
 Kim & Bruce Freedman
 Marjie Freeman in Memory of David C. Freeman,
 41 + yrs of happy marriage
 Mike & Jeanne Guthrie
 Barbara Hammel
 Donna & Jim Harmon
 Dick & Gerri & Hawn
 Nancy & Frank Hess
 Martha D. & Elliot F. Honan
 Lynn Jameson
 Mr. & Mrs. Robert Johnson
 Natalia & Egils Kaktins

PATRON (continued)

Burton & Lily Levin
Nancy & Barry Levy
Pat & Dick MacKinnon
Karen & Kevin Masterson
in Memory of Arlene Meldrum
Christos & Mary Ann Metrakas
Beverly & Heimar Niit
Mrs. H. R. Powicki
Dwight & Margaret Robinson
in Honor of the COA Board
Robert & Nancy Rosenthal
Peggy Sacuto
Suzy Sayle
William E. Seymour
Grace Shepard
David & Rosemary Sortor
Peggy & Dick Spellman
Tom Urmston
Bob & Jennifer Van Dore
Jane & Bill Vaughn
Dorothea Widmayer
Charles R. Williams
Lauren Wirth
Ted & JoAnn Wong

MEMBER

Anonymous
Janet Barnet
Leslie & David Barnet

MEMBER (continued)

Kathleen Bernard
Cherry & Donald Brewster
Judy Davis
Mary M. DeBlois
Sonia Goldsmith
Megan Hall
Eileen Hoagland
Marcia Hutchinson
Ruth C. Johnson
Michael J. Kickham
The Krebs Family
Paula Levine
Coralinda C. Lincoln
Charlotte E. Ludington
Joe Meaney
Christopher Morss
Panny Nichols
P. Ocampo
Maryanne Ouellet
Erik Purins
Jean Rosseau
Irene Rossi
Edna S. Roth
Lanny Rubin & Elizabeth Stasser
Goran Svensson
The Walsh Family in Honor of
Chuckie & Charlie Blaney's good works
Lindy Williamson
Elisabeth Wineberg

MAY 2013

Our volunteers are an integral part of ALL the programs the Council on Aging offers. Join us on **Thursday, May 23** as we celebrate our COA volunteers for their commitment, enthusiasm, and energy to Sherborn's seniors.

Sun	Mon	Tue	Wed	Thu	Fri
St. Theresa's Exercise Pilgrim Church Drop In Lunch	Woodhaven Community Room Polarity Yoga Party & Drop-in Bridge	Woodhaven (Continued) Pizza & Movie Whichcrafters Podiatrist w appt.	1 10 a.m. Polarity Yoga 1 p.m. Whichcrafters	2 9:15 a.m.- Exercise with Linda 12 noon - Drop-In Lunch	3 Party Bridge 7 p.m. Reservations, please!
5 Pizza & Movie 12:30 p.m. Woodhaven Comm. Room	6 12:30 Lunch w/ COA @ Woodhaven	7 9:15 a.m. Exercise 1:30 p.m. T.S. Eliot	8 10 a.m. Polarity Yoga 1 p.m. Whichcrafters	9 9:15 a.m.- Exercise w/Linda 12 noon - Drop-In Lunch 1:30 —Drop-In Bridge	10
12 Shared Sunday Dinner 12:30 Reservations, please!	13 12:30 Lunch w/ COA @ Woodhaven	14 9:15 a.m. Exercise w/Linda 1:30 p.m. T.S. Eliot	15 10 a.m. Polarity Yoga 1 p.m. Whichcrafters	16 9:15 a.m.- Exercise with Linda 12 noon - Drop-In Lunch	17
19	20 12:30 Lunch w/ COA @ Woodhaven	21 9:15 a.m. Exercise 1 p.m. iPad Class @ Holliston Sr. Ctr. 1:30 p.m. T.S. Eliot	22 10 a.m. Polarity Yoga 12:30 p.m. Podiatrist 1 p.m. Whichcrafters	23 9 a.m.- Exercise w/Linda 12 noon - Drop-In Lunch 1:30 —Drop-In Bridge	24
26 Shared Sunday 12:30 p.m. Reservations	27  COA office CLOSED	28 9:15 a.m.. Exercise 1 p.m. iPad Class @ Holliston Sr. Ctr. 1:30 T.S. Eliot	29 10 a.m. Polarity Yoga 1 p.m. Whichcrafters	30 9 a.m.- Exercise w/Linda 12 noon - Drop-In Lunch	31

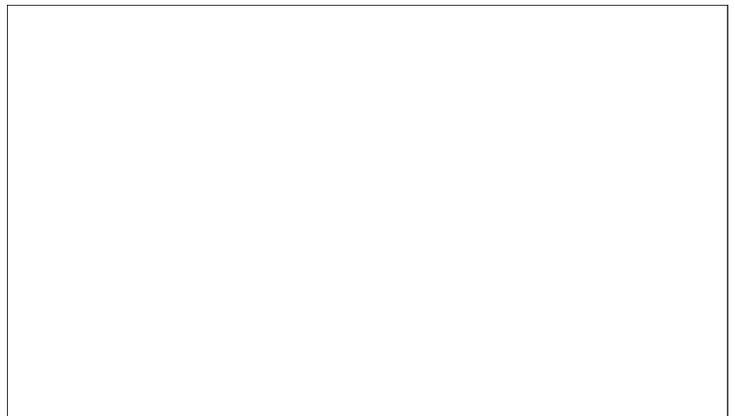
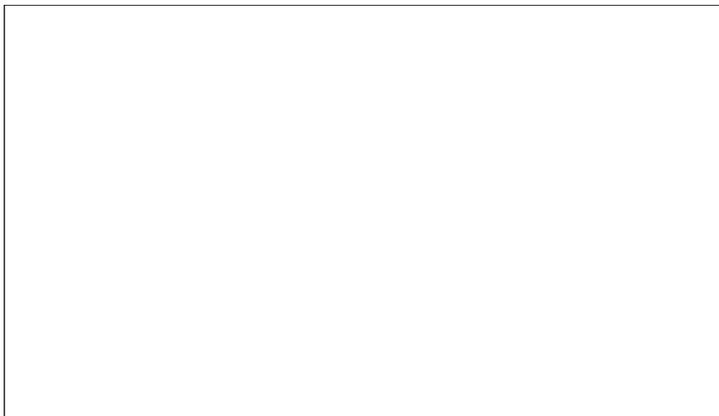


SHERBORN COUNCIL ON AGING DROP – IN CALENDAR

Drop-In is held every Thursday at 12 noon at Pilgrim Church. Lunch is served at noon; presentation/activity begins at 12:30 p.m. Questions? Call the COA: 508-651-7858.

- May 2** **Get to Know the Sherborn Candidates!** Come listen to those who are interested in representing you. Learn about their qualifications, interests, and thoughts about Sherborn’s future.
Lunch: Sandwich platter and salad by Kristina Grace
- May 9** **Arm Chair Travel Lecture: *Adventures in Antartica***
Polly Leland-Mayer shares the highlights of her trip to the Earth’s southernmost continent.
Lunch: Arroz con pollo (chicken and rice) by Nan Vaida and salad by Sue Peirce & Panny Nichols
- May 16** **Health Lecture: *Technology and Health: Getting the Information You Need***
Catherine Federico, a registered dietitian and nutrition professor at both Regis College and Newbury College, and Sherborn resident will talk about a federal law requiring that hospitals and physician practices make health information available electronically to patients by 2014. She will discuss how to access this information using technology through iPad or computer technology
Blood Pressure Clinic: 11:30 a.m. provided by the VNA and supported by the Sherborn Board of Health
Lunch provided by Peter and Evelyn Liffiton
- May 23** **Volunteer Appreciation Lunch—12:30 p.m. to 2:30 p.m. at the Community Center.** We are pleased that the students of Dover-Sherborn High School will once again be entertaining us with their musical talents. **Please RSVP to the COA**
- May 30** **Spring Concert: Sherborn Music Makers**
Join us for spring concert, featuring the music from the '20s to the '70s with a special section from the '50s, including *Steppin’ Out with My Baby, I’ve got You Under My Skin,* and *Sugertime.*

Thank you to Roche Bros. and BJ’s for their baked goods donation!



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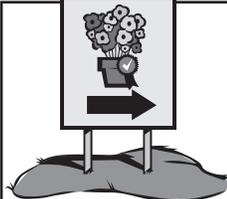


**COA Celebrates
Our Volunteers and
Our FRIENDS!**

Our Volunteers and the FRIENDS of the COA make a huge difference! They supply the energy, enthusiasm, and financial support so the COA can offer the type of programs and services the seniors in Sherborn desire.

Join us as we celebrate those who give so generously of their time and talent on **Thursday, May 23** at 12:30 p.m. for the COA's Annual Appreciation Luncheon. We want to say "Thank you" for all you do for the COA and Sherborn's seniors!

**Postal Patron
Sherborn, MA**



***Garden Parties:
Hostess Needed!***

Summertime is a special time at the Council on Aging. Our Drop-In Luncheon program moves from Pilgrim Church outside to the Gardens of Sherborn. Seniors love being outside and it is such a treat to dine al fresco with our friends and neighbors.

Won't you consider hosting one of our garden parties? It's EASY!! All you provide is the venue—the COA provides the drinks and desserts and the seniors bring their own sandwiches. It's a fun time for everyone and you'll never meet a nicer group of people! Call Laila at 508-651-7858 for details or to reserve a date this summer. We have openings for June, July or August.

Spring and Summer Trips



A Historical Outing The Sherborn Historical Society will host an informative discussion on Sherborn's Bullard Family and an interesting tour of the property at Bullard Memorial Farm, Bullard Lane, Holliston on **Sunday, May 19 at 2 PM**. Come join us and view the farm's magnificent early home and outbuildings. There is no cost to attend, but space is limited. To register, contact George Fiske at gffiske@gmail.com or Karen at the COA (508-651-7858).

Sunday, August 4—Tanglewood Our popular day trip to Tanglewood returns! We will leave Sherborn Town Hall in the morning, have lunch at the Red Lion Inn in Stockbridge and head to Tanglewood to listen to a concert by Yo Yo Ma and the Boston Symphony Orchestra. The program includes Stravinsky's *Fireworks* and *Rite of Spring* as well as Dvorak's *Cello Concerto*. The cost of the trip will be \$105 per person (transportation, lunch and concert ticket). Call the COA to reserve your spot! Seating is limited.