



# Sherborn LINK

**JUNE 2014**

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## **A Sherborn Treasure for 60+ years—Phyllis Braun: Volunteer of the Year**

*It all started with a chicken dinner.*

Phyllis Braun had the idea that seniors would enjoy the opportunity to get together and socialize, so using chickens from the Braun farm, a dinner invitation went out. As a result of this impromptu get-together the Senior Citizens Club was formed. This group paved the way for the Council on Aging and Phyllis serves on the COA board today. While generous of her time and talents on behalf of seniors, she is awarded this honor for her contribution to the entire Sherborn community.

Phyllis lives on the 50-acre Western Avenue farm that she and her husband Robert purchased in 1951. Phyllis and Robert raised chickens at first, then added sheep, organic vegetables and herbs. One of the first farms to use herbs rather than pesticides to combat insects, the Brauns were ahead of the curve in employing organic farming techniques.

In the late 1970s Phyllis started *Farmer Braun's*, a business centered on herbs and flowers (fresh and dried). She taught classes and created beautiful floral arrangements. She often received accolades from brides on the gift she had of bringing their visions to life. In the 1980s, she was featured on the PBS show, *Victory Garden*. And while the life of a farmer runs from sun up to sun down, Phyllis found time to raise her son, Robert, and be active in town.

A founding member of the Sherborn Garden Club, Phyllis welcomed and mentored gardeners whether young or old, novice or not. She also served on the DisAbility Committee and the Benevolent Society Board. Those who know her enjoy her tales of farm life and laugh with her as she shares her humorous stories of raising sheep. Her enthusiasm, willingness and great sense of humor make her a true Sherborn treasure. Thank you, Phyllis, for all you do!



### **Attention Friends of Seniors!**

The annual meeting of the **Friends** of the Sherborn Council on Aging is Wednesday, June 11 at 9:15 a.m. in the Selectmen's meeting room. All are welcome! *Please join us!*



**Look for us** on the web at [www.sherbornma.org](http://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
- Vice Chairperson, Chris Winterfeldt
- Doug Brodie, Secretary
- D. Paul Leitch, Treasurer

**Board Members**

- Phyllis Braun • Tricia Caldicott • Jean Rosseau • George Shea
- Sue Peirce

**Associate Members**

- Ann Bekebrede • 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 Forest and Trails**  
**Upcoming Events**

- ♦ **Saturday, June 28**– Rocky Narrows walk led by Laura Van Blarcom
- ♦ **Saturday, July 24**–Edible plants walk at Barber Reservation led by professional forager Russ Cohen

Contact Kelly McClintock for more information or to register at [kelly.mcc@comcast.net](mailto:kelly.mcc@comcast.net)

**Sherborn Garden Club**  
***Sherborn In Bloom***

Do you enjoy the beautiful daffodils that line the streets of Sherborn every spring? Do you want to support the Sherborn Garden Club’s efforts in spreading this golden yellow palate throughout our Town? If so, consider a tax deductible contribution to the Sherborn Garden Club. You can mail a donation (any amount is appreciated) to Lois Alexander PO Box 308, Sherborn MA 01770-0308. If you are looking to purchase spectacular bulbs to beautify your home, visit the Garden Club’s website at [www.sherborn-gardenclub.org](http://www.sherborn-gardenclub.org).

**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**  
 Virginia Connelly

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

In 1947 Virginia Barber married Lawrence Connelly and began what she considers her most important life's work: raising her family of five children. All five, Marc, Susan, Melissa, Peter and Amy graduated from Dover/Sherborn High School and went on to live fulfilling lives. Virginia is proud of their achievements including the six grandchildren they have given her. All live on the East coast, one as close as Holliston and they are happy that their mother, now a widow, has found a comfortable and hospitable home at Woodhaven.

But there is much more to the Ginny Connelly story. Born in Waltham just 90 years ago, Ginny went to Springfield City Library School and after graduation became a librarian at Needham Public Library and then at Boston University School of Nursing Library. It was during those years that she married Larry and they went west to Sherborn in search of a rural setting for their home. They bought 25 acres of land on Whitney St for \$3000 and built two houses there and a third house on Ash Lane (then Ash Street). Larry did much of the work himself, but his real job was with the Post Office. He was appointed Post Master in Sherborn and later was transferred to Holliston where he continued in that role until his retirement.

When all of the Connelly children had reached school age, Ginny became the Sherborn correspondent for the Framingham News, the newspaper of note for the area at the time. Her job was to attend local government meetings in Sherborn and write them up for publication in the next day's paper. Looking back on those years, Ginny recognizes that the same issues surrounding change and development in Sherborn that are being debated so vigorously today were equally inflammatory 40 years ago. Only the participants at the meetings were different.

Ginny also wrote bi-monthly Sunday features highlighting outstanding Sherborn residents and events in town. She enjoyed her newspaper work but after 15 years had to give it up because of difficulty with hearing. However, she continued to write for her own enjoyment—essays on the Sherborn way of life and family stories for her children.

Ginny is always generous with her time and energy. She served on the Sherborn Board of Library Trustees and on the Massachusetts State Library Commission. She was a member of Board of the Natick Visiting Nurses Association and took part in programs to help immigrants prepare for ESL classes. At St. Theresa Church she taught CCD classes and found it particularly satisfying to have followed one class from third grade through the year of their confirmation.

When Larry retired, the couple moved to Vermont, but after a few years they missed Massachusetts and wanted to return. Unfortunately, real estate prices in Sherborn had risen precipitously, so they settled in Sturbridge. Larry died there seven years ago, leaving Ginny adrift. She decided to move back to the place where she still had ties to many people and abundant memories of the past. Woodhaven was the perfect place for her.

Today Ginny is an amazing nonagenarian. Her mind is quick and active, her outlook cheerful. She has a ready, engaging smile and a wry sense of humor. Ginny was present at the contentious 2014 town meeting; it must have taken her back to her days as a correspondent but she probably was grateful that she did not have to write a report.

*Ann Bekebede*

The Friends of Sherborn Council on Aging wish to thank the members of our community, The Friends organization exists to help financially support Council on Aging programs. This year we were excited to fund a Valentine's luncheon for singles; two special musical entertainment programs for Drop-In luncheon, the kick-off Bocce FUNdamentals program as well as to continue to financially support the COA's ever-popular Lifetime Learning program. We are also proud of the scholarship program we fund every year which acknowledges a special Sherborn DS High School student that has given generously of his/her time and talents to our seniors in town. We are blessed to live in a community that values its members both young and old. Thank you so much for your ongoing support.

Sincerely,

*Jan Morgan, President, Friends of the COA*

**Honor Roll Membership-2013-14**

**Friends of the COA**

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

**BENEFACTOR**

Anonymous

**PARTNER**

Wilfred & Ann Bekebrede

Helen Braithwaite

Bob & Andrea Brennan

Jay & Sheila Bresnehan

Judy Brodtkin

Jim & Thurza Campbell

Pat & Douglas Cassell

Judy & Hugh Cohn

Judy Cook

Raymond & Therese Grenier

Brent & Serena Hall

Barbara Hammel

John & Jacqueline Herrold

Michael & Deborah Kennedy in Memory of  
 George & Beverly Bond

Linda Klockner & Jim Byrnes

A.D. Sinclair

Rosemary & David Sortor

Katharine R. Sturgis in Honor of  
 Bess Rowell's 100th Birthday

Sally Tipton

Tom & Sheila Urmston, Jr.

Neil & Ellise Wallace

Hol & Joanne Whitney

Charles & Winifred Williams

Christina Winterfeldt In Memory of  
 Albert & Margaret Brennan

Linda & Brooks Zug

**PATRON**

Michael & Mary Barbara Alexander

Catherine Beach

Henry & Jane Cosman

Leonard & Jean Drew

Joan & Alan Dunn

Scott & Judy Embree

Marjie Freeman in Memory of  
 David C. Freeman

Stephen & Ann Garzone

Therese C. Geoghegan

George Hardman

Ron & Diane Haskins in Memory of  
 Ollie Schaller

Nancy & Frank Hess

Frank & Diana Hoek

Thomas & Susan Hunt

Betsy & Robert Johnson

Natalia & Egils Kaktins

Burton & Lily Levin

Laraine & John Marthinsen in Memory of  
 Walter Danielsen

Christos & Mary Ann Metrakas

Panny & Lou Nichols in Honor of  
 Jan Morgan

**PATRON (continued)**

Edward & Jane Perry  
 Margo Powicki  
 Cornelia Clark Roberts  
 Dwight & Margaret Robinson  
 Robert & Nancy Rosenthal  
 Lanny Rubin  
 William & Erica Scatchard  
 Grace Shepard  
 Slater & Susan Smith  
 Ingela & Goran Svensson  
 Joseph & Helen Szczebowski  
 Jane & Bill Vaughn  
 Dorothea Widmayer  
 Ted & JoAnn Wong

**MEMBER**

Janet Barnet  
 Allyn & Mark Callahan  
 Joanne Cunningham  
 Judy Davis  
 Mary M. DeBlois  
 Megan Hall  
 Marcia Hutchinson  
 Barbara Keough  
 Michael & Nancy Kickham  
 Paula & Sheldon Levine  
 George Lewis  
 Coralinda C. Lincoln

**MEMBER (continued)**

Donald C. Morrison  
 Christopher Morss  
 Beverly & Heimar Niit  
 Nancy Parsons  
 Barbara Wands  
 Elizabeth Wineberg

**GET INTO SHAPE  
 WITH WATER  
 EXERCISE THIS SUMMER!!**



Get into shape this summer with a morning water exercise class! Working in collaboration with the Sherborn Council on Aging, the Longfellow Sports Club will provide water exercise options this summer at its outdoor pool.

Water exercise classes:

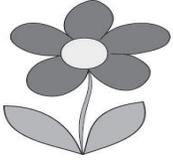
- ◆ ***Aqua Cardio, Tone and Stretch***, Wednesdays, 7:55-8:55 a.m. June 18-August 20.
- ◆ ***Gentle Joints Plus Core***, Fridays, 7:55-8:55 a.m. June 20- August 29—*no class July 4th.*

Cost: \$10/class. Call the COA office for more information or to register.

# JUNE 2014

**Garden Parties begin this month.**  
 Make sure you check the Drop In calendar on the next page to see the location of our Thursday luncheons. *Please RSVP if attending!*

Sun	Mon	Tue	Wed	Thu	Fri
1	2 12:30 Lunch w/ COA @ Woodhaven	3 9:15 a.m. Exercise w/Linda	4 10 a.m. Polarity Yoga 1 p.m. Whichcrafters	5 9:15 a.m.- Exercise	6 Party Bridge 7 p.m. <b>Reservations, please!</b>
8	9 12:30 Lunch w/ COA @ Woodhaven	10 9:15 a.m. Exercise w/Linda	11 10 a.m. Polarity Yoga 1 p.m. Whichcrafters	12 9:15 a.m. Exercise	13
15	16 12:30 Lunch w/ COA @ Woodhaven	17 9:15 a.m. Exercise w/Linda	18 10 a.m. Polarity Yoga 1 p.m. Whichcrafters	19 9:15 a.m.- Exercise 12 noon - Drop-In Lunch	20
21	22 12:30 Lunch w/ COA @ Woodhaven	23 9:15 a.m. Exercise	24 10 a.m. Polarity Yoga 1 p.m. Whichcrafters	25 9 a.m.- Exercise w/Linda 12 noon - Drop-In Lunch 1:30 - Drop-In Bridge	26
27	28 12:30 Lunch w/ COA @ Woodhaven	29 9:15 a.m.. Exercise	30 10 a.m. Polarity Yoga 1 p.m. Whichcrafters	<u>Woodhaven Community Room</u> Polarity Yoga Party & Drop-in Bridge	<u>St. Theresa's</u> Exercise <u>Pilgrim Church</u> Drop In Lunch



## JUNE DROP – IN CALENDAR

Drop-In is held every Thursday at 12:00 noon in Pilgrim Church. Lunch is served from 12:00-12:30 p.m. followed by a presentation or activity. Call the Council on Aging at 508-651-7858 for more information

**June 5 Spring Woodland Garden Party**

Jean Rousseau, 159 Nason Hill Rd, will be host this party. Gardens and backyard are on a hilly slope. Please wear appropriate shoes! Lunch provided by Girl Scouts and Mary Kate Sharpe. ***Please RSVP to the COA. at 508-651-7858.***

**June 12 "Enjoying the Peonies" Garden Party**

Enjoy peonies in bloom at the Willis' home at 177 Farm Road! The garden party will be organized and hosted by Sally Willis and Joan Dunn. Lunch provided. Please bring chair. ***Please RSVP to the COA at 508-651-7858.***

**June 19 Summer Bingo and *Music to Set the Mood***

Retired teacher and music aficionado Frank Ruscitti will be playing a variety of music from the 1930s, 40s, 50s and beyond during lunch.

**11:30 a.m. Blood Pressure Clinic** by VNA nurse and sponsored by the Sherborn Board of Health.

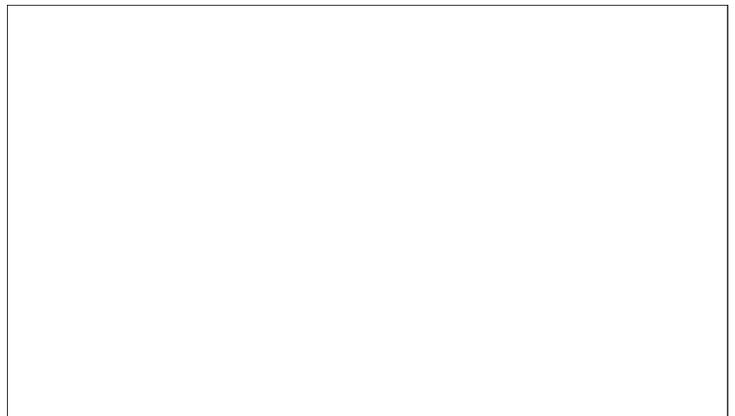
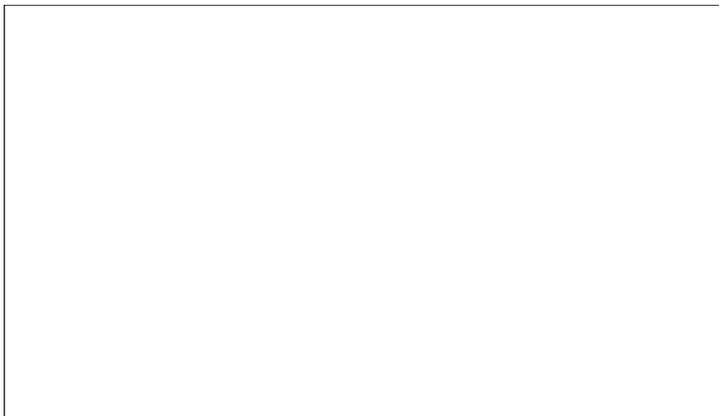
Lunch provided by Evelyn and Peter Liffiton

**June 26 Arm Chair Travel: Iceland**

Come enjoy the wonders of this Nordic island! Jim Nelon will describe this adventures in this unique land; its beauty juxtaposes glacial rivers with volcanic lava formations.

Lunch: Sandwich smorgasbord and salads

***Special Thank You to Roche Bros. and BJs for their donation of baked goods***



## June Walks

Come join the Sherborn COA as we walk the trails of Sherborn or nearby locales.

This month we are introducing some new venues as well as continuing with some favorite spots. We will rotate our walking days between Monday and Tuesday at 10 a.m. so *please read schedule carefully-*

- ♦ **Tuesday, June 3 - Hale Reservation, Westwood with Evelyn Liffiton**
- ♦ **Monday, June 9 - Bailey Trail, Sherborn with Peter Brockway**
- ♦ **Tuesday, June 17- Broadmoor Audubon, South Natick with Kelly McClintock**
- ♦ **Monday, June 23 - Rocky Woods, Medfield**

Schedule is subject to change due to weather conditions. **Please call the COA to preregister or e-mail [coaprogram@sherbornma.org](mailto:coaprogram@sherbornma.org)**



There is no charge to participate in this program thanks to funding through

## Calling all Volunteers

Are you a student wondering how you can make a difference this summer? Is your family considering hosting a summer luncheon but you don't know what is involved? Are you newly retired with an hour or two a week you can spare to help out? Have you planted a garden and can't eat your tomatoes (or lettuce ) fast enough? The COA has the answer!

*We are looking for people to help us this summer.* Our Volunteer Coordinator can match your interests and time constraints with any number of projects we have hanging fire OR propose something to us which you think will be beneficial to our seniors. Call Kathy at 508-651-7858 and we'll make your



## SAVE THE DATE: FRIDAY, JUNE 6

*Come learn what the Town will be working on over the summer and into the fall.*

Come have **Breakfast with Selectman Mike Giaimo on Friday, June 6 at 8:30 a.m.**

Come join us for breakfast and an interesting dialogue about all things Sherborn. Bring your questions, we'll have coffee and breakfast food to keep you fueled and ready to



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