



Sherborn LINK

OCTOBER 2014

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Pizza & a Movie Returns

Join us on Sunday, October 5 for *Philomena*. Lunch is served at 12:30 and the movie will begin around 1:15 p.m.

Please call the COA at **508-651-7858** to reserve your spot!

Play an Active Role in the Democratic Process!

Witnessed in Sherborn on an election day: A couple arrived at Town Hall with their son and were greeted by friends outside the polling place. The parents revealed that the young man had reached his majority and would be voting for the first time. A flurry of congratulations were offered and words of welcome exchanged. The young man looked a little embarrassed at the fuss but mostly pleased. This was a rite of passage and deserved to be noted. Yes, he had studied the issues and knew who he would vote for. He was ready for active participation in democracy.

Most Americans say they value democratic government even to the extent that, rightly or wrongly, they support efforts to export it to other nations. Yet, unfortunately, town records in Sherborn show that participation at the basic level of town government does not support that view. Over the past 10 years, attendance at town meetings—the closest possible approach to true democracy—has averaged a meager 10 percent of the active voters in our town.

We can all prepare children to value democracy and, when their time comes, to fully participate. The best way to do this is by the example we give when we exercise our right to vote whenever called upon by the U.S. government, the Commonwealth or the Town of Sherborn. The parents of the new young voter had done just that.

Voting becomes personal and important when we know the people up for election and are familiar with the issues to be decided. We should keep abreast of what's going on in Sherborn by watching channels 8 and 22; get involved with town clubs, organizations and committees; volunteer in whatever area best suits our talents and get to know our neighbors. **An involved citizen is one who cares!**

The next opportunities to model the behavior of a democratic citizen will be at the **Massachusetts state election on November 4** and the **Fall Town Meeting**. At press time the date of the Fall town meeting has not been set, but **citizens** have petitioned for this meeting and a date in **October** will be selected. Watch DSCTV or attend a Selectmen's meeting to learn what will be on the Fall Town meeting agenda. **Take an active role...and vote!**



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

- Christina Winterfeldt, Chairperson
- Tricia Caldicott, Vice Chairperson
- Paul Leitch, Treasurer
- Sue Peirce, Secretary

Board Members

- Phyllis Braun • Sheila Bresnehan • Panny Nichols
- Jean Rosseau • George Shea

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- Bruce Gray • Gerri Hawn • Sonia Goldsmith
- Ruth Johnson • Deborah Kennedy • Ralph Lowell
- Ann 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 Viada, 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 at 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

About the same time as fall arrives so should your **REAL ESATE TAX BILL!** If for some reason it does not, please call the tax office (508-651-7856).

Payment is due by **Monday, November 3rd**, because November 1st falls on a Saturday, but I strongly urge you not to wait - to pay it as soon as you can - for two big reasons.

- The first big reason is... things happen, and if your payment is late it is **VERY** expensive, more than you are earning by keeping those funds in the bank.
- The second big reason is, by jump-starting the cash flow, you are really helping the Town avoid the cost of borrowing, which of course gets passed on to you, the taxpayer.

Finally, I want to strongly urge you to read **BOTH** the stuffers that accompany the tax bill.

- The first is from the tax office. This gives you information regarding websites, methods of payment and the various programs available through the Assessors.
- The second is from the Recycling Committee. This stuffer gives you important information regarding a new program that provides for disposing of food waste at the transfer station without adding weight and cost to the trash that we pay to haul away... thus saving your tax dollars (always a good thing) and if everyone participates, it could be a very **BIG** savings.

Thank you.

Nancy Hess, Tax Collector

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

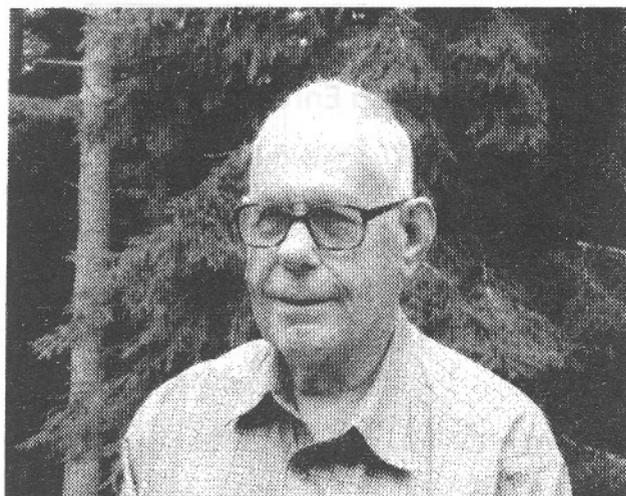
Local ticket cost: \$30 for a 10 ticket card

• **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

Eliot Taylor

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

Few would deny that Eliot Taylor is a central figure in the town of Sherborn. Not only does he live at the center of town, 30 North Main Street, but he has acquired an unofficial role in the functioning of the town. Who has not seen Eliot rise to voice his opinion at Selectmen's meetings and at Annual Town Meetings? That lone voice booming "No" following a chorus of "Yeas" at Town Meeting is testimony to the strength of his convictions about what is good for Sherborn.

Eliot's opinions are based on a lifetime of living and working in Sherborn. His parents bought the Dowse-Mann house (circa 1782) in 1935 when Eliot was just a few months old. He has lived there ever since occupying the same bed in the same bedroom overlooking North Main St. He attended Center School and ninth grade at Sawin Academy, but when Sawin closed, he finished high school in Framingham.

After high school, Eliot worked for George Pond taking care of chickens at his farm across from St. Theresa Church. Later he helped his father who was the school bus driver and custodian for Center School. Eliot also served as custodian for three Sherborn churches. Later he worked for Sylvania in Needham as an electrical inspector. Then back to Sherborn as the Route 1 mail carrier on Saturdays and a substitute on all other routes when needed. In this way he became thoroughly acquainted with Sherborn, its roads and houses, and the people who lived in them.

For the past 20 years, Eliot has been a courier delivering auto parts for a company in Natick. He is thankful that at 80+ years he can still lift and carry heavy loads 5½ days a week and is determined to keep young and strong far into the future!

When Eliot was about 13, he discovered a special talent: he could attract birds by imitating their calls. He first tried the two melodious notes of the chickadee and recalls that five chickadees responded. On the cliff behind Pine Hill Cemetery he was able to call forth a whippoorwill. At least 50 species of birds have been duped by Eliot's mimicry and that has hooked him on birds. He looks to identify them wherever he goes, which adds an additional benefit to his job as courier.

About 50 years ago, Eliot heard about a public meeting concerning a dog. He was curious and decided to attend. That meeting was the start of his spare-time career: attending public meetings. He is a regular at Selectmen's meetings and, depending on their agendas, takes in meetings of other boards such as Board of Health, Advisory and Planning. When allowed to speak, Eliot draws on his long-term knowledge of Sherborn to advise on what has been done in the past, what has proved unsuccessful, what should or should not be done based on Sherborn history as he knows it. He is not reluctant to be a lone voice. He has "seen it all" and believes he has the weight of knowledge and experience on his side.

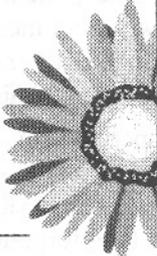
Eliot has been a bachelor all his life. His two siblings, an older brother and a sister are deceased, his sister as recently as 2013. But Sherborn's own curmudgeon remains vitally interested in the well-being of his community, glad to be here fighting to keep the beavers at bay, the outside lights out of his bedroom and the pavement on N. Main St. smooth enough so that the trucks don't keep him awake.

Ann Bekebrede

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LINK READERS SPEAK

Ridin' the Rails through Sherborn

By Virginia Connelly

If you go to the railroad bridge on Whitney Street and look down the tracks toward Holliston, you can almost see, on the left hand side, a clearing that was once a hobo jungle. During the despairing years of the Great Depression, thousands of men, and some women, left home and took to hitching free rides in the open box cars to distant cities and towns, either looking for work or perhaps roving aimlessly.

The few years that these vagrants wandered through this rural farming community is within the memories of long-time Whitney Street residents, now retired to other states. They recall several trains a day passing through Sherborn on the way to Boston slowing for the approach to Framingham, thus offering an opportunity for the hoboes to jump off safely.

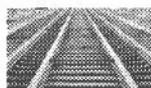
These drifters were not entirely unwelcome as they walked along the roads hoping to trade chores for food. They were glad to dig a garden or chop firewood for a meal and often stamped out fires along the tracks that had been started by sparks from the steam engines. And their temporary neighbors smile, remembering hearing the tramps singing softly to harmonica accompaniment on a summer evening.

The hobo code was not to steal, particularly from each other, although they were not above helping themselves to the occasional vegetable patch or an item or two from a clothesline. It was their habit to warn the tramps that came after them about the neighborhoods by carving symbols on trees and rocks, alerting them to a vicious dog, a generous housewife or a grumpy farmer with a shot gun.

Riding the rails was not only dangerous, it was illegal. The railroads hired brutal guards called "Bulls" to keep the hoboes out of the open box-cars by whatever means necessary, and hundreds of them lost limbs and lives by falling or being pushed under the train wheels.

That period is over now. The grass has grown high in the clearing, saplings and underbrush have encroached on the site and not an ember remains from the long forgotten campfires. However, what does remain is the knowledge that Sherborn played an active part in the country's Great

Depression by accepting these homeless strangers into its midst.



Don't Wait Until It's Too Late!

Medicare Open Enrollment

October 15 – December 7

Medicare plans change every year!

This is the time to decide on your coverage for 2015.

SHINE Can Help!

SHINE counselors provide *free* Medicare counseling.

Call 508-651-7858 and ask for an appointment with Sonja, our SHINE counselor.

You can also call SHINE at **1-800-AGE-INFO (1-800-243-4636)**, then press or say 3. Once you get the SHINE answering machine, leave your name and number. A volunteer will return your call within 2 days.



The Town of **CodeRED**

Sherborn uses the **Emergency No-**

tification System to update residents if a community wide disaster or weather emergency should arise.

Chief Thompson urges citizens to log onto the town's website at www.sherbornma.org and follow the CodeRED link on the bottom of the page. Those without Internet access may call **508-653-2424** Monday through Friday from 9 a.m.-4 p.m.

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Victoria Haven

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(781)762-0858



For more information, go to www.rehabassociates.com

or call the home of your choice!!

Lifetime Learning Opportunities....It's not too late to Enroll!

If you are just returning to Sherborn from your summer adventures, it's not too late to enroll in some terrific courses which have yet to begin! We are pleased to introduce Erika Reitshamer, our Opera Instructor, and welcome back our treasured returning faculty.

Conversations with Maud: Justice

Fairness—it's something we struggle with in our lives and as a country. Living in any society requires a hard look at some of the most basic questions of our response to the needs of others and our own desires. A lot of philosophers have worried and wondered about justice also, and we will look at what some of them had to say.

Instructor: Maud is a Professor of Philosophy Emerita at Wellesley College and Omsbudwoman for the college. She is the author of numerous publications and a sought-after speaker throughout New England.

When: Thursdays, 10:30 a.m. – noon, Oct. 2, 16, 30, Nov. 13

Where: Sherborn Town Hall, Room 204A

Cost for four sessions: \$40

Buddhism: Introduction to its teaching and practice

Interest in this ancient religion is growing in the modern world. This course will explore the historical roots of Buddhism: (1) the oldest religion in human history—Indian background and the Silk Road; (2) the Buddha's struggle, search and awakening; (3) later development in Tibet, China, Korea and Japan—from buddhahood to bodhisattvahood, from meditation to devotion and (4) how Buddhism may inform and inspire today's world.

Instructor: Jim Kodera was raised in Japan. He has taught at Oberlin College and Wellesley College. In 1986, he became the first Asian-American ordained priest in the Episcopal Diocese of Massachusetts.

When: Fridays, 1:30 – 3:00 p.m., Oct. 3, 10, 17, 31

Where: Sherborn Town Hall, Room 204A

Cost for four sessions: \$40

Opera for Everyone!

Come listen and learn about three world famous operas, Giuseppe Verdi's *Aida*, Giacomo Puccini's *La Boheme*, and Georges Bizet's *Carmen*. You'll learn of Verdi's pleas for liberty, Puccini's sad tale of jealousy and poverty, and Bizet's tragedy of obsessive love. Even if you are familiar with these masterpieces, this course will give you fresh, in-depth insights.

Instructor: Erika Reitshamer, a life-long opera lover, was born and educated in Germany. She has lectured on opera and great singers of opera for years, served as Vice President of the Boston Wagner Society and was active in the formation of the Boston Lyric Opera Company.

When: Wednesdays, 10:30 a.m.– noon, Nov. 5, 12, 19, Dec. 3 and 10

Where: Sherborn Town Hall, Room 204A

Cost for five sessions: \$50

Jack Craig: Songs of World War I and World War II

In WWI the differing opinions about our participation showed up in contrasting songs like *I Didn't Raise My Boy to Be a Soldier* and *It's Time for Every Boy to Be a Soldier*. In WWII songwriters used their creativity to help Americans cope on the home front with sentimental songs like *I'll Be Seeing You* and patriotic songs like *This is My Country*. Although *It's Been a Long, Long Time* since the wars, let this program take you on a *Sentimental Journey*.

Instructor: Jack Craig is a musician who plays and sings the songs he discusses as he tells the story behind the music. A music educator for years, Jack now delights and educates senior audiences all over New England.

When: Fridays, 1:30 p.m., Nov. 7 and 14

Where: Woodhaven community room

Cost for two sessions: \$25 (\$40 per couple)

OCTOBER 2014

Best Wishes, Laila! We will bid a fond farewell to Laila Vehvilainen at Drop-In Luncheon on **Thursday, October 2**. She has served us so well for 9+ years. She is moving on to the Longfellow Sports Club, where she will be the Director of Active Aging. We wish her well!

Sun	Mon	Tue	Wed	Thu	Fri
Woodhaven Community Room Polarity Yoga Party & Drop-in Bridge	Sherborn Town Hall Lifetime Learning Classes unless otherwise noted	St. Theresa's Church Exercise Pilgrim Church Drop-in Luncheon	1 10 a.m. Polarity Yoga 1 p.m. Whichcrafters	2 10:30 a.m. Maud 9 a.m.- Exercise w/Linda 12 noon - Drop-In Lunch 4:30 pm- Pain Course	3 1:30 p.m. Buddhism Party Bridge 7 p.m. RSVP!
5 Pizza & a Movie (Philomena) 12:30 RSVP	6 FLU CLINIC 10 a.m. Walk 10:30 Finance 12:30 COA Lunch 2 pm Mahjongg	7 9:15 a.m. Exercise w/Linda 1:30 p.m. Short Stories	8 10 a.m. Polarity Yoga 1 p.m. Whichcrafters	9 9 a.m.- Exercise w/Linda 12 noon - Drop-In Lunch	10 1:30 p.m. Buddhism
12	13  HOLIDAY COA Office Closed	14 9:15 a.m. Exercise 10 a.m. Walk 1:30 p.m. Short Stories	15 10 a.m. Polarity Yoga 1 p.m. Whichcrafters	16 10:30 a.m. Maud 9 a.m.- Exercise w/Linda 12 noon - Drop-In Lunch	17 1:30 p.m. Buddhism
19	20 10 a.m. Walk 10:30 Finance 12:30 COA Lunch 2 pm Mahjongg	21 9:15 a.m. Exercise 1:30 p.m. Short Stories	22 10 a.m. Polarity Yoga 1 p.m. Whichcrafters	23 9 a.m.- Exercise w/Linda 12 noon - Drop-In Lunch	24 12:00 p.m. Lunch and Bocce 1:30 p.m. Buddhism
26 Shared Sunday 12:30 p.m. RSVP	27 10 a.m. Walk 10:30 Finance 12:30 COA Lunch 2 pm Mahjongg	28 9:15 a.m. Exercise 1:30 p.m. Short Stories	29 10 a.m. Polarity Yoga 1 p.m. Whichcrafters	30 10:30 a.m. Maud 9 a.m.- Exercise w/Linda 12 noon - Drop-In Lunch	



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OCTOBER DROP – IN CALENDAR

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

October 2 **Arm Chair Travel: "The Remote Tribes of the Philippines"**

Sherborn resident and photographer Jim Nelon will share brief readings and a show from his soon-to-be-published book on remote tribes in the Philippines, including Tawi-Tawi, the Batak tribe on Palawan and the Ifugao tribe in Northern Philippines.

Laila's farewell luncheon

October 9 **Comedy Show: "A Taste of New England Humor"**

Comedian David Shikes, Brookline native and current New Hampshire resident, volunteers to entertain us with wicked good New England humor. Shikes, a retired bookseller, enjoys bringing his comedy to seniors throughout New England.

Lunch: Soup by Grace Shepard and New England chef salad

Oct 16 **Healthy Eating Tips and Demo**

Come, see and taste demo on preparing quick and healthy meals by corporate chef from Senior Living Residences.

Blood pressure clinic at 11:30 a.m., provided by Natick VNA and sponsored by the Sherborn Board of Health.

Program and lunch sponsored by COMPASS at Hopkinton

Oct 23 **Home Safety and Fall Prevention: The Safe Home Tour**

This presentation by Stacy Greenspan of *Make it Safe, LLC* will examine some of the more common hazards that lurk in our homes. It contains important information about fall prevention, emergency egress, fire safety and maintaining a safe home.

Lunch provided by the Evelyn and Peter Liffiton

Oct 30 **Halloween Celebration with ECDC Preschool at 12:30 p.m.**

As a special treat, we will be joined by the local preschoolers from ECDC who will be all dressed up and eager to show off their Halloween costumes. Lunch provided by ECDC parents.

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

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FLU CLINIC



Monday, October 6

Who: All Adults 18 and older

Where: Town Hall, Room 204A

When: 9:30 a.m. until 11:30 a.m.

What to bring: Medicare Card & any
Supplemental Medical Card

Please call the Board of Health at
508-651-7852 for an appointment.

Please have your Medicare and
supplemental insurance cards handy
when you call in for an appointment.

**Postal Patron
Sherborn, MA**

November 4:

STATE ELECTION

7 am—8 pm Town Hall

Governor, Lt Governor

Senator in Congress

Representative in Congress

Attorney General

Secretary of State

Treasurer ~ Auditor

Senator in General Court

Representative in General Court

District Attorney

Register of Probate

Don't miss this

opportunity

to choose your leaders!



"Walktober" Schedule

Fall walks are in full gear... Come join the Sherborn COA as we walk the trails of Sherborn or nearby locales.

We are still continuing the "Fall Challenge" which you can do at your own pace. Every time you walk 10,000 steps, you earn a raffle ticket. Register at COA and pick up pedometer & walking logs. Congrats to Summer challenge winners: Lucy Almasian,

Charlie Blaney, Marie Elwell and Betsy Johnson. Thank you to Dowse's Orchard, Silverwood Farms and Sweet Meadow Farms for gift card donations.

This month we will rotate our walking days between Monday and Tuesday so please read schedule carefully. The time remains the same, 10 a.m. (If you want to carpool, please be at the COA office by 9:40 unless noted to come earlier)

- Monday, Oct. 6- Sherborn walk with Chris Tullman, Sherborn Forest and Trails
- **Tuesday**, Oct. 14- Noanet Woodlands walk in Dover
- Monday, Oct. 20- Wellesley walk with Shelley Cantor
- Monday, Oct. 27- Shattuck Reservation walk in Medfield.

Schedule is subject to change due to weather conditions. **Please call the COA to preregister or e-mail coaprogram@sherbornma.org**