

Message from the President: The Challenge of Replacing Bitsie

When Bitsie decided to retire from her job as Executive Director of HomeHaven on September 30th, 2017, the challenge of finding someone to replace her was the most important thing I have had to do during the first year of my term as President.

Bitsie was the life-blood of the organization for six and a half years and she has guided HomeHaven from infancy to adulthood so successfully that I worried that we could never replace her. Bitsie is the perfect role model for celebrating birthdays and turning each year of aging from a negative into a positive, which is one reason I love her. She takes seriously the message of Bill Thomas, a protégé of Atul Gawande. Bill Thomas has said that we “are not older adults. We are Elders: people who have valuable experience and wisdom under our belts. We can be valued and trusted to give good advice.”

Bitsie is the woman who changed us into a “hub and spoke” organization by developing five additional villages surrounding the original East Rock Village. By doing this, she also has grown the organization to 237 members, making it more viable financially.

What did I do with this challenge? I turned to my old friend Jane Jervis and asked her to lead a search committee to find Bitsie’s replacement. Jane, along with three other committee members—Hal Spitzer,

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Bitsie Clark, Lauri Lowell, and Peggy Atherton

A BIT from BITSIE:

Six and a half years ago, in March of 2011, I started work as the Executive Director at what was then called East Rock Village. At that time I joined a little band of 96 members over 55 years old who had been working for the last few years to start an organization like Beacon Hill Village that some East Rock neighbors had read about in the *New York Times*. I knew a few people who belonged to the Village but, although I was 79 years old, I had paid no attention to the issues surrounding aging and in fact had spent the previous eight years on the New Haven Board of Aldermen voting to close almost all of New Haven’s Senior Centers to “save money”!!! In that way I resembled the majority of American citizens and government officials whose attitude toward the elder population was uninterested and neglectful.

Boy did that change!! From the moment I was interviewed by the Board I realized these elders were some of the most dynamic, energized, thoughtful,

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Message from the President *continued from page 1*

Sheilah Rostow, and Wayne Meeks— did just that. I owe the four of them a debt of gratitude: they came up with three finalists. After the Executive Board, the staff, and the full Board met and chose our candidate, she agreed to serve as Executive Director beginning on October 1st. Her name is Lauri Lowell, and she has lived in the New Haven area for the past 25 years.

The mother of two sons, Lauri has a BA from Clark University, a JD degree from Rutgers University Law School, and a Master's in Social Work from New York University. She has most recently been a free-lance "geriatric care manager, helping seniors implement manageable systems that reflect their current interests and capacities. This has included organizing paperwork to make it more straightforward, reviewing living wills and health proxy documents, facilitating communication with adult children and organizing space for safety, ease and comfort."

Lauri has said she believes "no individual or group can thrive in his or her own separate silo, because we are social beings, interdependent upon one another." That belief is one of the main reasons that I, for one, feel that she is a great match for the HomeHaven Village community. I look forward to working with her as HomeHaven moves into its next stage of growth and development and as its members graduate from senior citizens to Elders with valuable experience and wisdom under our belts: people who are valued and trusted to give good advice.



Margaret "Peggy" Atherton

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Layout and design by PIROET

A Bit from Bitsie *continued from page 1*

and exciting people I had ever met. People who were looking at the future, who were paying attention to the looming specter of an increase in the elderly population for which the government and funding institutions were not the least bit prepared. But they were not just interested in PLANNING; they were just as interested in DOING! They wanted to use their teaching, social work, fund raising, administrative, caregiving, and artistic skills, and their computer and medical knowledge and skills to HELP OTHERS.

Over time, we took advantage of their enthusiasm by creating six Villages, all led by volunteers who put in enormous amounts of time recruiting new members, planning and encouraging them to take part in exercise programs, study groups, and an array of lectures, trips, and social activities that helped people make new friends and lead vital and interesting lives. Some of the most rewarding moments for me have been watching our members help each other in times of need: driving and escorting people who have lost their sight to doctors' offices or to classes at Gateway Community College; reaching out to comfort someone who has recently lost a spouse; or bringing good food to a member just out of the hospital.

Through HomeHaven I have learned so much about growing older—how to avoid the downsides and how to make the most of the wisdom and experience that comes with a long life. I have loved my job so much and had such a good and rewarding time doing it, but I have also learned a lot about when it is time to change circumstances in order to stay healthy, happy, and productive.

I am moving to Whitney Center where I don't have to walk a block to my car, climb a bunch of stairs, think up and try to cook a dinner every night, but where I will still have lots of people around to talk with and learn from. I will see you all at the Annual Meeting to wrap up the year and start our excellent new Executive Director Lauri Lowell on her new adventure of leading one of our region's great nonprofits.

My deepest gratitude goes out to our fantastic board, excellent staff, terrific village leaders and committees, and to every one of HomeHaven's wonderful members who have made my life so rich and rewarding during the these last six and a half years.

AVE ATQUE VALE



Frances T. "Bitsie" Clark, Executive Director

MEET OUR MEMBERS: A Conversation with Betsy Barnston

by Patty Langdon

Betsy Barnston opened the door to her spacious home in her signature pink sweater. Her rooms are full of unusual art, handsome furniture, and many charming roosters. Born Elizabeth Hahn, German for rooster, Betsy has been a lifelong collector of the birds.

Betsy grew up in New Haven and Hamden, attending Worthington Hooker school until her science teacher said that one would be poisoned by eating tomato sauce cooked in an aluminum pan. Her mother decided that was *not* the science she wanted her daughter to learn and quickly transferred her to The Day School, a private school for girls. Betsy's happiest childhood memories are of family times at her grandfather's home in Woodmont, where she didn't have to wear frilly white pinafores and could play football with her many cousins and enjoy a big dinner with a house full of relatives. She also loved her summers at Camp Tapawingo in Maine, learning tennis and making many new friends. A strong believer in single sex education, Betsy attended Connecticut College for Women, marrying after her junior year. The couple lived in New London while she completed her degree and they eventually moved back to Hamden. Betsy is a wonderful cook and started her own catering business when the children were young. The kids would help with many of the food preparations and loved the experience. She later became very involved with the Ridge Road School in North Haven and helped to inaugurate and promote its Integrated Day program.

Betsy has four children—Jim, now living in Massachusetts; Julie, who has Down's Syndrome and is in a group home, helping others to button their coats; Katie, a therapist in San Diego; and Tom, who lives in New Haven and comes to dinner every Monday. On the road from baker to banker, Betsy went into social work for the state of Connecticut. When her rich uncle asked her to be executor of his estate, she started getting interested in finance. She received her Executive MBA from UNH on her daughter's 21st birthday. Remembering advice she'd heard at a conference—"Remerchandise your skills!"—she came up with the idea of starting a program counseling women on various aspects of finance. (The year was 1974, before the Equal Credit Opportunity Act was passed.) She approached Paul Johnson, then president of CT Savings Bank. As luck would have it, Paul had just received a phone call from a rich widow asking for help, and he hired Betsy on the spot. Under his

mentorship and that of Andy Delgrego, president of Lafayette American Bank, Betsy rose quickly, starting an investment management division at CT Savings, then at Lafayette, becoming head of its trust department and later of all retail banking divisions.



Ever ready for new adventures, Betsy started a successful investment management business with two partners at Smith Barney, working there and at UBS Financial Services until she was over 78. Her eyes light up when she talks about her career and she only retired because she wanted to try new things.

She met Jack Barnston a year or two after her divorce from her first husband, and it is clear that he was the love of her life. They were married for 32 happy years. Their families meshed beautifully, his four with her four. Betsy is close to his children and his grandchildren, keeping up the relationships after Jack died in 2010.

A curious woman, Betsy attends classes as much as she can. She has been going to Long Boat Key in Florida for 15 years and now stays for three months during the winter, taking courses, attending theatre, and enjoying friends. She serves on the investment committees of the Jewish Foundation, the Mary Wade Home, and the Children's Center of Hamden, and on two boards. Being an only child, she likes to be with other people and this is one of the reasons she joined HomeHaven. She loves the many activities, the talks and learning experiences. She is a member of the Finance Committee and part of the Hamden Village Core Team.

***"When the bold branches
Bid farewell to rainbow leaves —
Welcome wool sweaters."***

- B. Cybrill



IN MEMORIAM

FRED E. J. LINTON

(1938-2017)



HomeHaven extends condolences to the family and friends of Fred Ernest Julius Linton, who passed away peacefully on September 2 at the Connecticut Hospice with his wife by his side. He was the beloved husband

of 26 years to Barbara Mikolajewska, whom he met in Poland. Fred was born in Italy on April 8, 1938, the only son of Jewish parents who were escaping from Hitler's Germany to the United States. Before they got visas for the US, they spent a few months in Ecuador. When they came to the US, they lived in New York City. Fred studied mathematics at Yale and earned his PhD from Columbia University. After graduation he accepted a position at Wesleyan University as a professor of mathematics, where he spent his entire career. He worked on category theory and was a highly-respected mathematician who participated in numerous scientific conferences and discussions.

Fred enjoyed international folk dancing both at Yale and Columbia. While at Wesleyan, he helped start the folk-dance group 'Ajde' in New Haven, which studied and performed Eastern European folk dances and music. Many years later, the group began holding reunions at a country house in Vermont, where they rent the local town hall for more dancing.

Fred had a very active and curious mind, and after retirement he was still busy solving mathematical and computer science puzzles. Numbers never left his mind. He loved classical music and traveling, for vacations as well as on sabbaticals from Wesleyan. He designed covers and formats for self-published books that he and Barbara produced together. His interests extended to Indian literature and philosophy, and he wrote and gave talks on the logic of Buddhism. Together with Barbara, their website, The Lintons' Video Press, published 12 volumes of the Polish translation of the Sanskrit epic poem, the Mahabharata.

HomeHaven Helps

by Jane Jervis

This feature for our Newsletter describes ways in which HomeHaven has helped our members. All names have been changed to protect privacy. If you would like to be interviewed for this feature, please contact Jane at hh.jervis@comcast.net.

Jacaranda

A woman of incisive intelligence and broad experience in the New Haven non-profit world, Jacaranda (not her real name) was part of the earliest group of neighbors in East Rock who dreamed of starting a village. Instrumental in founding the organization that would become HomeHaven, she was one of a small group that shaped policy, set up structures, participated in hiring executive directors, organized events. She had never been part of starting an organization from scratch, and took great satisfaction as East Rock Village grew and spread beyond its original borders.

Her world was shattered by a diagnosis of metastatic cancer, starting a year of surgeries, hospitalizations, rehabilitation at Gaylord, and finally home care and Hospice. Mostly managing her own care, Jacaranda called on her friends, sister, and children to help as needed. But throughout that time she remained connected to HomeHaven. Members visited her often, wherever she was, and committees came to her for meetings at Yale New Haven Hospital, at Gaylord, and at her home in Hamden.

In control to the very end, Jacaranda designed her own memorial service — specifying the music, readings, speakers, design of the program, invitees, and even what the pastor would wear. She died, too young, after a very few days at Hospice.

DRIKA PURVES

We are saddened to learn that Drika Purves of East Rock Village died peacefully, with her husband Alec by her side, on Tuesday evening September 19. She had been courageously battling heart disease for years. Our next issue will include a remembrance of Drika's life. If you wish to make a donation in her memory, Alec asks that you consider New Haven Reads. Drika was a staunch advocate and volunteer for New Haven Reads.



SEPTEMBER GALA

It was a GALA evening indeed, starting with a reception in the inviting lobby of the SCSU Adanti Student Center where HomeHaveners met and mingled before moving into the auditorium. Delicious food and drink as well as information about its At Home program was provided by Seabury. Vince Giordano and the Nighthawks lived up to their billing and more! The music was vibrant, energetic, nostalgic and had us nodding our heads, tapping our toes, swaying in our seats, and a few of us swinging on the dance floor! But a surprise appearance by a group of “youngsters”—members of a Yale swing dance group—stole the show. They could have danced all night! The music of the 20s and 30s lives on.



HEALTH MATTERS: Glucose, Insulin, and Diabetes

by Robert Gifford, M.D.

Note: Dr. Gifford will give a talk on Diabetes on Monday, October 16, at the Mitchell Library (see p. 10 for details). This article and last month's provide useful background information for his talk.

Last month, I wrote about the crucial role that the sugar, glucose, plays in the production of energy inside of every cell in our body. But, in order to function as an energy producer, **glucose must first get from the blood to the inside of each cell.** And for that process to proceed efficiently, **it needs the presence of a hormone called insulin.** Without sufficient insulin, or with cellular resistance to insulin's action, glucose absorbed from the intestine can build up in the blood to abnormally high levels. Over time, if allowed to persist, **high levels of blood glucose can injure small blood vessels,** leading to progressive damage to the eyes, kidneys, heart, and small nerves. That is the situation that exists in diabetes mellitus.

Insulin is produced in the pancreas from specialized islet cells. When normal pancreatic sensors detect an increase in glucose in the blood after a meal, islet cells begin to release insulin into the blood stream to allow glucose to enter our body's cells. Then, as the blood level of glucose falls, the pancreas shuts down insulin production in a neat feed-back arrangement. In **type 1 diabetes mellitus,** a condition that tends to occur in younger individuals who are genetically susceptible, pancreatic **islet cells are progressively and irreversibly destroyed** by inflammation caused by an auto-immune attack specifically directed at these vital cells. The resulting decrease or absence of insulin leads to high levels of glucose in blood and the damage noted above. Many genes are involved in influencing the risk of type 1 diabetes, but the lifelong risk is markedly increased in close relatives of a patient with type 1 diabetes. **Treatment of type 1 diabetes is by daily injections of insulin,** absolutely necessary to sustain life.

Type 2 diabetes, on the other hand, is a condition that tends to occur in older individuals. Such patients may have normal levels of insulin in response to a meal, but for some reason, their cells do not use insulin effectively and blood glucose levels are higher than normal. Glucose may have trouble entering cells even when insulin is present, a condition known as **insulin resistance.** Furthermore, although islet cells are not destroyed, there is a relative impairment of insulin secretion from the pancreas. In type 2 diabetes, the

combination of genetic and environmental factors is enormously important. Insulin resistance is significantly associated with persons with a **sedentary lifestyle, obesity,** high blood lipids, and high blood pressure. **Exercise and weight reduction can often markedly improve the insulin resistance** and forestall overt diabetes or be effective treatment for such patients.

Although insulin remains the treatment for Type 1 diabetes, many patients with Type 2 disease can be managed without insulin—exercise and weight reduction being most important. However, although there are many drugs on the market today to help manage type 2 diabetes, one of them known as **Metformin** is recommended for most patients with new onset disease. Metformin lowers glucose production by the liver, decreases intestinal absorption of glucose, and improves insulin sensitivity by increasing peripheral glucose uptake and utilization.

High levels of glucose in blood may cause a number of symptoms, such as frequent or increased urination, increased thirst or hunger, feeling more tired than usual, or frequent infections. Various measurements of glucose levels in the blood are the most reliable markers of diagnosing diabetes. After fasting overnight, the blood glucose level should measure under 100; between 100 and 125 suggests a condition called pre-diabetes; greater than 125 is diagnostic for diabetes. Alternatively, there is a good way to measure what the average blood glucose level has been over the most recent two or three months. It is called a **hemoglobin A1C test,** or sometimes, simply A1C. Less than 5.7 is considered normal; between 5.7 and 6.4 is considered pre-diabetes; and 6.5 or greater is diagnostic of diabetes.

Dr. Gifford (aka Bob or the Doctor of Doggerel) is Professor of Medicine Emeritus at Yale University School of Medicine and Chair of HomeHaven's Health Committee. He writes this column in collaboration with members of the Committee. Suggestions for subjects are welcome and may be sent to Bob at bobbygi32@gmail.com.

**Remember Home Haven
in your will — it's easy!**

RESPONSIBLE DOWNSIZING: A New Home for Your Special Cake Pan

by Elaine Piraino-Holevoet

Do you have an unusual cake pan (or pans) taking up space in your kitchen cupboard? You know what I mean — a pan you bought to use one time to bake a gingerbread man, a fire engine, Mickey Mouse, or a fairy princess... Remember the joy it brought to your special child's eyes? You can make another child smile by donating your pan to the New Haven Free Public Library.

The NHFPL has a [small circulating collection of cake pans](#) in the Children's Room of its main

branch. Patrons can check a pan out for three weeks (renewable one time for an additional week). [Here is the list](#) of their current inventory. The program is very popular, and the staff would like to expand it to other branches. They are looking for special themed pans, clean and in good condition.

With your help they will be able to reach this goal. Bring your pan(s) to the Children's Room of the main library at 133 Elm Street. If you have any questions please call Xia Feng, the library's public services administrator, at 201-946-2279.

If you are experiencing a bit of separation anxiety, don't worry. Should you need your pan again, you can always check it out!

Good luck with your downsizing! If you have comments or suggestions for future columns, please let the editors know.

Elaine Piraino-Holevoet is the graphic designer of HomeHaven News and the author of the blog [ontheroadtogreenness](#).



Happy Birthday to HomeHaven members with a birthday in October

Mary Barnes Betsy Barnston
Norman Chonacky Bitsie Clark
Helen Cooper Martin DeGennaro
Joe Dobrowolski Gene Festa
Howard Garland Karlee Gifford
Ronan Hay* Ursula Hindel
Hanna Hyland Ernest Kohorn
Kaye Maggart Celeste Markle
Susan Matheson Fred O'Brien
Sara Ohly Mikki Ratner
Helen Robinson Morry Sheehan
Alice Simon Steve Victor
Barbara Wareck

**A "Not Quite Ready" but already a willing helper at HH events, Kate Hay's son Ronan will be eight years old this month!*



LAUGHTER: Paternity Benefits?

Four men are in the hospital waiting room because their wives are having babies. A nurse approaches the first man and says, "Congratulations! You're the father of twins."

"That's odd," the man says. "I work for the Minnesota Twins!"

A short time later, another nurse calls to the second man, "Congratulations! You're the father of triplets!"

"That's weird," the second man answers. "I work for the 3M company!"

Then a nurse approaches the third man saying, "Congratulations! You're the father of quadruplets."

"That's strange," he answers. "I work for the Four Seasons hotel!"

The last man begins groaning and banging his head against the wall. "What's wrong?" the others ask.

"I work for 7 Up!"

HOME MATTERS: Two Memos

by Wayne Meeks

Chair, Household Services Committee

Household Emergencies: For all kinds of emergency household services, HomeHaven has entered into an agreement with **SERVPRO Team Randolph**, a contractor specializing in quick response, comprehensive reconstruction planning, and help with insurance negotiations. If you need to call for any problem outside HomeHaven office hours, our automated system will give you their number.

Medical Equipment Exchanges: Need a cane or a walker? Maybe even a hospital bed while you're recuperating from an illness? Or perhaps you have a wheelchair in your attic, left from that knee surgery last year? There are two local organizations that make it easy, at low cost, to obtain or pass on such equipment. One is **Charlie's Closet**, 307 State Street, Guilford 06437, phone (203) 453-8359. See their web page [here](#).

The other is **Emma Davis Medical Equipment Ministry**, 34 West Main Street, Milford, CT 06460, phone (203) 877-4277.

LINKING UP

*Links to items of interest recommended
by newsletter readers. We welcome your comments
about these links and your suggestions for others.*

[A beautiful and moving reflection](#) about care-giving by a daughter grieving her mother's death.

ADVICE FROM DR. BOB

If you really knew
About the flu
You'd give it thought
and get your shot!

So don't delay
Be on your way
This shot's a cinch,
It's just a pinch!



Dr. Atul Gawande Promotes Villages!

by Jane Jervis

One-hundred fifty of us turned out on September 26 for the long-awaited live-stream video of Atul Gawande, author of the best seller *Being Mortal*. Previously scheduled last winter, it was cancelled because of a blizzard. Ironically, it was so hot at the Bethesda Lutheran Church that Bitsie had to remind us that we were all old enough to remember when there was no air conditioning!

The event was presented by Beacon Hill Village—the original Village—in celebration of its first 15 years of existence. Dr Gawande spoke highly of the village movement that grew from that beginning. What we need as we age, he said, is to have the ability to shape the way we want to live, to be taken seriously as agents of our own lives, and to do it with the support of our community—not to be told how we should live or behave. The village movement helps make that possible.

Members of HomeHaven constituted about half of the crowd. We hope the other half—friends of members, others who have heard about us—will be inspired to join.

... AT YOUR SERVICE!

In the past three months, HomeHaven provided members with:

- 54 rides by volunteer drivers
- 26 home visits by volunteer visitors
- 2 computer assists by 3 volunteer computer helpers
- 7 referrals to volunteers or vetted providers for household help

Note: Members often call a service provider more than once without informing the office. You can help us keep records by always letting us know each time you use a provider we recommended. ***It's important!!***

Look for monthly reports giving rolling three-month totals.

SAVE THE DATE:

Sunday, October 29

4-6:00 pm

**HomeHaven's
Annual Meeting**

All Members & Friends Invited

Whitneyville Cultural Commons

1247 Whitney Avenue, Hamden

*More on page 10.
Details to follow in US Mail!*



Book Group Regroups

Members of the Book Group met on September 11 to talk about the best books they had read during the summer and to choose books for their monthly meetings in the coming year. They had such a good time and developed such an enticing list of good books that they were unable to settle on just a few. They concluded that — rather than meeting monthly to discuss a single book they had all read — they would meet again in January to report on the best books they had each read between now and then. New members are always welcome!

Downsizing?



When you donate goods to [Helping Hands](#) and specify HomeHaven as the community partner, a portion of the proceeds will benefit HomeHaven. Pick-up can be arranged

by calling 203-782-4800. More info is available [here](#).

ONGOING GROUP MEETINGS

BOOK GROUP

Next meeting will be **Monday, January 8, 2018.**

See article at left.

COOKING IN DIFFERENT LANGUAGES:

Turkish

Monday, October 16, 6:30 pm

Sign up deadline is **Friday, October 6.** Newcomers are always welcome—it's a great way to get to know other HomeHaveners. Since it is essential to have an accurate count of attendees in the early stages of planning, please be sure to RSVP to Celeste Markle by the deadline at c_markle@yahoo.com. If you don't use email, call her at 203-397-0492 or call the office. Please also call Celeste for any further information.

MEMOIR WRITING GROUPS

The groups meet on the second and fourth Mondays of the month for an hour and a half. For more information or if you wish to attend a meeting and see how it works, please contact Harriet Bergmann at 203-776-0703 or hfb183@gmail.com.

PINS & NEEDLES

Monday, October 23 at the home of Kathy Denardo, 35 Carmalt Road, Hamden. **RSVP** to her at 203-745-3930 or Vivian.denardo@att.net. Please let her know whether or not you plan to attend. The group now meets once a month on the fourth Monday of the month. Bring whatever project you are working on and enjoy good company and refreshments. New members are always welcome. For more information please call or email Jeanne Drury at JeanneDrury@gmail.com or 203-281-3227.

PLEASE TAKE A MINUTE!

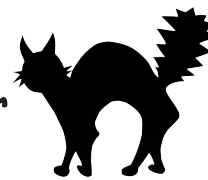
If you've been helped by HomeHaven's referrals to service providers, please tell us about the experience.

We'd like to know how things turned out.

203-776-7378



Events: October



Wednesday, October 4, 11:00 am

Talk by Ernest Kohorn, Professor Emeritus of Obstetrics: "How Queen Victoria Came to the Throne of England," Presented on the 200th Anniversary of the Death in Childbirth of Charlotte, Princess of Wales

Mitchell Library, 37 Harrison Street, Westville

Professor Kohorn's fascinating analysis of how Queen Charlotte and her baby died, the suicide of her obstetrician three months later, and the historical consequences of this "triple obstetric tragedy." Had they lived, Queen Victoria would not have been conceived, there would likely have been no Kaiser Wilhelm (her grandson), no World I, and then no Hitler. Lots of food for thought.

Monday, October 16, 11:00 am

Dr. Robert Gifford, Professor Emeritus of Medicine at Yale

Talk on Diabetes

Mitchell Library, 37 Harrison Street, Westville

Following up on his articles in this issue and the September Newsletter, Dr. Gifford will focus on the cellular mechanisms involved in diabetes, the major health issues it can cause, and the management of diabetes. Because diabetes has become such a common problem, it is important to understand exactly what the condition is as well as the differences between Type 1 and Type 2 diabetes. Do your homework! See articles on p. 6 of this newsletter and in the September issue.

Thursday, October 26, 11:00 am

Guided Tour of exhibit:

World War I: Behind the Lines.

Knights of Columbus Museum

1 State Street, New Haven

This exhibition commemorating America's participation in World War I provides an historical perspective on the modern world's first international conflict. The impact of World War I was felt for generations. No one was unaffected. In addition to the Knights who served on the battlefield, the Order was

active in war relief efforts, managing highly successful fund drives and offering hospitality to service men at home and abroad through Knights of Columbus recreation centers.

Sign up is required for this event so please call or email the office before Friday, October 20th. Free parking under the building is accessed from State Street.

Sunday, October 29, 4:00-6:00 pm

HomeHaven Annual Meeting

**Whitney Room, Whitneyville Cultural Commons
1253 Whitney Avenue (corner of Putnam Avenue)**

Come to find out and celebrate what great things we've accomplished this year and what we have to look forward to in the new year. See old friends and make new friends. Say goodbye to Bitsie and meet Lauri. Be sure to bring a favorite finger food — savory or sweet (no hummus, please).

The room is wheelchair accessible. Parking is available on site and in the lot across the street.

Village Verse

The sweet summer is ending,
Soon comes the lovely fall.
But fall is quite deceitful.
I don't trust fall at all.
For fall leads into winter,
And winter is not nice,
With darkened days and chilly snow
And slippery black ice.

We used to ski in winter.
We used to love the snow.
Rushing down the mountains
Was the way we used to go.
But now we wrap up warmly
And carefully go out,
Not falling on the slippery ground
Is what it's all about.

However there is one thing
Whose success needs no debater.
Outages don't frighten us.
We have a generator!

— Liz Wolf, Amity Village

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