

# SENIOR GRAPEVINE

## Claire W. Teague Senior Center

917 South Main Street \* Great Barrington, MA 01230 \* 413-528-1881

Open Monday through Friday (except holidays) \* 8:00 AM to 3:30 PM



*Happy Ho Ho Holidays...*

### Holiday Party!

**Friday, December 6 \* 5 to 6 PM**

Our holiday party is just around the corner! We will have a complimentary dinner provided by Fairview Commons and, thanks to a grant from the Great Barrington Cultural Council, music by **Bittersweet**. The theme of the party will be "Sharing Holiday Traditions." If you have a family tradition or a favorite holiday recipe, please consider sharing it with us.

**Sign-up deadline is  
Tuesday, December 3.**

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## BIRTHDAYS OF THE MONTH

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Grace Zbell	12/4
Eleanor Shields	12/5
Misha Forrester	12/6
Theresa Decker	12/11
Mildred Rockefeller	12/17
Peggy Lavalette	12/18
Helen Hall	12/19
Lester Ettlinger	12/22
Janice Fisher	12/23
Armond Houle	12/23
Carol Gage	12/23
Tommy Gage	12/24
Helen Krancer	12/25
Mel Greenberg	12/26
Barbara Walker	12/27
Nell Ezequelle	12/28
Kenneth Timm	12/28
Frances Amidon	12/31



The birthday lunch will be  
**Wednesday, December 4 at 11:30 AM.**



Joan Ury for putting  
 in so many extra  
 hours to help us  
 beat the Medicare

deadline, and for her generous  
 donations to the Senior Center;

Michele Gilligan and Lester Ettlinger  
 for sponsoring the 2 SBETC vans for  
 our road trip to Bright Nights;

The Egremont Garden Club for the  
 Mugs of Cheer and the festive  
 centerpieces;

The Great Barrington Garden Club for  
 its donation of lovely holiday plants;

*Home Instead* for holding a caregivers'  
 workshop on Alzheimer's disease;

All of you who donate items to our  
 sale table (it is a smashing success and  
 helps fund our activities!);

Alan Buckes for calling Bingo!

***Holiday Time is Here!***

Don't know what to get your  
 parents, grandparents or friends  
 age 55 or older, or disabled (of any  
 age)?

How about a gift certificate from  
 Southern Berkshire Elderly  
 Transportation Corp.?

***Buy four rides and get one FREE!***

**Call 413-528-4773**



## SPECIAL EVENTS

### Time to Trim the Christmas Tree!

Help us decorate our Christmas tree on **Thursday, December 5** at **10:00 AM!** We'll have mulled cider and popcorn, as well as holiday music from some of our favorite people!

Come join the festivities!



### *Christmas Caroling!*

On **Wednesday, December 18** at **4:00 PM**, Shelly Brooks from CHP will lead us in a **caroling stroll** through Brookside Manor and Bostwick Gardens. We will stop at Bostwick for hot chocolate, snacks and friendship. **All are welcome**, not only our seniors!



### Christmas Concert

The **Monument Valley Middle School** will treat us to a choral presentation on **Monday, December 19** from **11:00 AM** to **12:00 noon**.



### Earth Angels

On **Sunday, December 22**, we will have a special group pot luck dinner at **1:00 PM**. At **2:00**, the vivacious **Earth Angels from Lee, MA**, will be here to entertain us. Please sign up in the dining room and include the name of the dish you will bring.



### String Orchestra Serenade

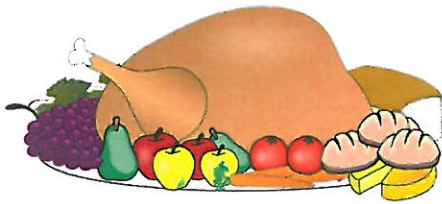
Members of the **Rudolph Steiner School String Orchestra** will bring us wonderful music on **Monday, December 23** at **11:45 AM**.



### *How About Supper and a Movie?*



On **Sunday, December 22** at **7:00 PM**, the Mahaiwe Theater will offer a **FREE** showing of the Christmas classic *It's A Wonderful Life!* Anyone interested in going as a group can meet at **Four Brothers Pizza** at **5:30 PM** for a tasty supper before the show.



## *A special recipe for your Christmas feast:*

### **HOW TO COOK A TURKEY**

- Step 1. Buy a turkey
- Step 2. Have a glass of wine
- Step 3. Stuff the turkey
- Step 4. Have a glass of wine
- Step 5. Put turkey in oven
- Step 6. Relax and have a glass of wine
- Step 7. Turk the bastey
- Step 8. Wine of glass get another
- Step 9. Hunt for meat thermometer
- Step 10. Glass yourself another pour of wine
- Step 11. Bake the wine for 4 hours
- Step 12. Take the oven out of the turkey
- Step 13. Tet the sable
- Step 14. Grab another wottle of bine
- Step 15. Turk the carvey!



## Coming Soon!

Need to update your collection of Christmas decorations this holiday season? You can avoid the hassle of overcrowded malls and big-box stores! Come shop at our very own **Holiday Boutique!**

We're transforming the pool table into a miniature shoppers' paradise. Chances are you'll find some unique, good-quality gifts, too!



**GENTIVA**

On **Thursday, December 12** from **10:00 AM to 11:00 AM**, a representative from Gentiva Healthcare will be here to discuss swallowing problems — causes, diagnosis, possible consequences and solutions.

If interested, please sign up in the dining room.

## **NEW! GRIEF SUPPORT GROUP**

will meet at **5:30 PM** on the **2nd** and **4th Monday** of every month starting **Monday, December 9** and **Monday, December 23**. Please join us if you've suffered the loss of a loved one. All welcome!



## ONGOING WEEKLY ACTIVITIES

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### EXERCISE & MOVEMENT

Walkabout to Music—Monday, Tuesday, Thursday, 9:00 AM

Awareness Through Movement—Monday, 10:00 AM

Balance & Movement—Monday, 1:00 PM

Strength Training—Tuesday, 4:00 PM

Tap Dancing for Grown-ups—Wednesday, 9:00 AM

Easy Does It Yoga—Wednesday, 9:30 AM

Wii Games for Exercise—Wednesday, 10:00 AM;  
Thursday, 12:30 PM

Tai Chi—Friday, 9:00 AM

Chair Exercise—Friday, 10:00 AM



### EDUCATIONAL

FREE Health Insurance Counseling (SHINE), Monday  
10:30 to 2:00 (by appointment)

Computer Group Lessons—Tuesday, 12:15 PM

Genealogy Class—Wednesday, 9:00 AM to 12:00 noon



### ARTS

Painting with Vera—Thursday, 9:30 AM

Crafty Hands—Thursday, 12:00 noon

Quilting Guild—Tuesday, 7:00 PM

Holiday Handcrafts—Wednesday, 12:00 noon



### BOOK CLUB

This month's selection is *The Men Who United the States*  
by Simon Winchester (a resident of Sandisfield, MA).

We will meet on **Monday, December 23 at 12:00 noon.**

## MONTHLY EVENTS

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- ❖ **NEW! Grief Support Group** will meet **Monday, December 9** and **Monday, December 23** at **5:30 PM**.
- ❖ **Brown Bag** will be distributed on **Wednesday, December 11** between **12:30 PM** and **3:00 PM**.
- ❖ The **Women's Cancer Support Group** will meet **Thursday, December 12** and **December 26** from **4:00 PM** to **5:30 PM**.
- ❖ **Veterans' Lunches** will be on **Thursday, December 12** and **December 26** at **11:30 AM**.
- ❖ **Caregivers' Support Group** will meet on **Wednesday, December 18** from **1:00 PM** to **2:30 PM**.
- ❖ **Blood Pressure Clinic** will be on **Thursday, December 19**, from **12:00 noon** to **1:30 PM**.
- ❖ This month's **Council On Aging Board Meeting** will be held **Wednesday, December 27** at **1:30 PM**.
- ❖ **Hearing Aid Assistance by Avada: Tuesday, December 3**, by appointment. **413-442-0184**
- ❖ **Foot Nurse: Monday, December 9** and **Friday, November 13** from **9:00 AM** to **1:30 PM** by appointment. Cost **\$35.00**.

### IMPORTANT SCHEDULE CHANGES FOR DECEMBER

- ❖ **Blood Pressure Clinic** will be held on the **3rd Thursday (December 19)** instead of the 4th.
- ❖ The monthly **Tuesday Breakfast** will not be offered for the winter. It will resume in **March 2014**.
- ❖ Instead of the December meeting, AARP will have lunch at Bogie's on **December 9. REMINDER: Dues (\$5.00) must be paid by Monday, January 13, 2014.** Call Grace Zbell at 413-528-0230 for more information.
- ❖ The **Out-to-Lunch Bunch** will **NOT** be going out to lunch this month.





**SOUTHERN BERKSHIRE ELDERLY  
TRANSPORTATION CORP. (S.B.E.T.C.)**

**Telephone (413) 528-4773, Monday through Friday from 8:00 AM to 4:00 PM.** S.B.E.T.C. serves: Alford, Egremont, Monterey, Great Barrington, New Marlborough, Sandisfield, Sheffield and Otis. Round trip fees are: **Great Barrington and Housatonic—\$7; Sheffield, Ashley Falls, Egremont, Alford, Sandisfield, New Marlborough, Otis and Monterey—\$10.** Each additional stop is \$2. If you have any questions or need additional information, call the telephone number listed above.

**New Dispatch Hours: Mon. 8:00 AM to 12:00 noon; Tues. 8:00 AM to 3 PM; Wed. 8:00 AM to 3:00 PM; Thurs. 8:00 AM to 2 PM; Fri. 8:00 AM to 12:00 noon.**

***COUNCIL ON AGING***

**Barbara Bailly, Chair**

**David Rutstein, Vice Chair**

**Richard Needelman, Recording  
Secretary**

**Anita Diller, Treasurer**

**Alan Buckes**

**Eileen Gaarn**

**Michele Gilligan**

**Amy Rutstein**

**Grace Zbell**

***Mr. Wizard  
Says...***

***“Let’s find a  
file.”***



Mr. Wizard says, “Let’s find a file.” First of all, what is a ‘file’? A computer file is a piece of information that’s stored on your computer. You either clicked ‘save’ on something, and stored it yourself, or the file was saved to your computer before you got there. For example, the “Word Processor”, such as Microsoft Word, is a collection of files called a ‘program’ that acts like a typewriter. The word processor allows you to type something, and if you don’t want to print what you’ve typed immediately, you can save it for later, by storing the information in a file. The next question is, ‘well, now that I’ve saved it, how to I find it later’? Ah, that’s the rub: finding the file later. But, don’t despair. If you’ve typed something using Microsoft Word, it usually saves your file in a folder called “My Documents”. Similarly, if your computer is using Microsoft Windows as its operating system, your pictures should be in a folder called “My Pictures”. See, not so bad J If you would like to learn more about files, or anything else about computers, please join us every Tuesday at 12:15pm Have a great holiday!

## AS TIME GOES BY...

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### A Monthly Commentary On Local and Other Historical Events of Interest and Note

By David Rutstein

#### ***Mumbet: The First Slave To Be Freed By A Court Of Law - Or Was She?***

Part 2: Quok Walker



In last month's November *Grapevine*, Bet, a slave of John Ashley of Sheffield, won her freedom in a court of law in Gt. Barrington, MA on August 21, 1781. As a symbol and to never forget she was once a slave, she now called herself Elizabeth Freeman. Therefore, the question is asked, was she the first slave in the entire new United States that gained her freedom under the judicial system? The following will answer this query.

Quok Walker was a contemporary of Bet born in Massachusetts in 1753 and he was a slave of James Caldwell of Worcester. His owner promised him his freedom on his 25<sup>th</sup> birthday. However, Caldwell died in 1763 and his widow promised Walker that she would free him earlier when he turned 21. She did not remain a widow long when in 1763 she married Nathaniel Jennison and then passed away a few years later before Walker was 19.

When Walker reached the age of his promised manumission, Jennison refused to honor this previous promise of freedom. In 1781, Walker ran away and now was working for the brothers of his previous owner, Seth and John Caldwell.

Jennison went to retrieve his property from the Caldwells and then proceeded to beat Quok Walker up as punishment for being a runaway slave. This all led to two lawsuits and their appeals.

Jennison sued the Caldwells for depriving him of his property. Another suit followed with Walker suing Jennison for assault and battery on his person. Both cases were heard on the same day of June 12, 1781 (one month before Bet's successful bid for her freedom). In the first case a jury found that, indeed, the Caldwells had convinced Walker, a slave, to work for them and they were fined. In the Walker suit, and of major importance, a sympathetic jury on that same day decided that Jennison had reneged on a promise of freedom given by the former owner of Walker and granted him his freedom.



## **AS TIME GOES BY... (continued)**

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Both of these court decisions were appealed in September, 1781. In the Jennison appeal, for various reasons, the judge dismissed the case and Walker still was a free person. In the appeal brought by the Caldwells, the argument used by their lawyer was that Walker was already a free man according to the new state constitution and the Caldwells had the right to employ him. Again, Walker was a free person.

Then the state stepped in and sued Jennison for his assault and battery on Walker and Jennison was fined. Furthermore, the chief justice of this Massachusetts Judicial Court, the top court in the state, offered an opinion in regards to this decision that because of the state constitution, slavery no longer existed in Massachusetts.

Because of the successful Walker suit for his freedom, the Bet case, and a chief justice's opinion, the courts became sympathetic to any slave seeking their freedom. Slave owners in the state realized that eventually they would lose their slaves by court action. So, many freed their slaves and even hired some back as free labor. Other slave owners, not wanting to accept a financial loss in manumitting their slaves, took them to other states and sold them. By 1790, slavery, for the most part, had disappeared in the state. It would take the thirteenth amendment to the United States constitution in 1865 to completely eradicate all slavery in the nation, including Massachusetts (a few Massachusetts slave owners simply changed their recorded status to keep them).

To answer the question of was Bet the first slave to be freed by a court of law, no, she was not, since Quok Walker was freed a month before Bet was declared a free person. However, Bet was the first slave in the nation to be freed by a state's constitution.

As a footnote, some of you may have noticed that I always referred to her as Bet and not Mumbet. She was given this new name as a term of endearment when she came to work in the Sedgwick household when this family moved to Stockbridge. But to herself she always would be Elizabeth Freeman.

## December 2013

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30 Coffee 10:00 Awareness through Movement <b>10:30-2:00 SHINE By App't.</b> <b>11:30 Lunch—Stuffed Cabbage Casserole</b> 1:00 Balance & Movement	8:30 Coffee 9:00 Bingo <b>10:00 Crossword Club</b> <b>11:30 Lunch—Lasagna/Meat Sauce</b> 12:00 Bingo, Cards, Bridge 12:15 Computer Class 4:00 Strength Training 7:00 Quilting Guild	8:30 Coffee 9:00-11:30 Genealogy by Appt. 9:30 Easy Does It Yoga <b>10:00 Fall Prevention</b> <b>11:30 Birthday Lunch—Calico Beans/Sausage</b> <b>12:00 Holiday Handicrafts</b> 12:30 Cards	8:30 Coffee/Bagels 9:00 Bingo 9:30 Painting with Vera <b>10:00 Tree Decorating/Mulled Cider &amp; Cookies</b> <b>11:30 Lunch—Baked Chick. Breast/Potato Leek Soup</b> 12:30 Poker, Majhong, Wii Rummikub	8:30 Coffee 9:00 Tai Chi 10:00 Chair Exercise <b>11:30 Lunch—Baked Fish</b> 12:30-3:30 Bridge <b>5:00-6:00 PM HOLIDAY PARTY!</b> ~ <b>POT ROAST DINNER</b> ~ <b>MUSIC BY BITTERSWEET</b>
8:30 Coffee 10:00 Awareness through Movement <b>10:30-2:00 SHINE By App't.</b> <b>11:30 Lunch—Veal Parmesan</b> 1:00 Balance & Movement <b>5:30-7:00 Grief Support Group — NEW!</b>	8:30 Coffee 9:00 Bingo <b>10:00 Crossword Club</b> <b>11:30 Lunch—Hot Dog/Beans</b> 12:00 Bingo, Cards, Bridge 12:15 Computer Class 4:00 Strength Training 7:00 Quilting Guild	8:30 Coffee 9:00-11:30 Genealogy by Appt. 9:30 Easy Does It Yoga <b>10:00 Fall Prevention</b> <b>11:30 Lunch—Meatloaf</b> <b>12:00 Holiday Handicrafts</b> <b>12:30-3:00 Brown Bag</b> 12:30 Cards <b>2:00 TRIAD Meeting</b> 4:30 Decorative Ptg. w/Liz	8:30 Coffee/Bagels 9:00 Bingo 9:30 Painting with Vera <b>10:00-11:00 Gentiva Presentation</b> <b>11:30 Lunch—Tuna Salad/Minestrone Soup</b> 12:30 Poker, Majhong, Wii Rummikub	8:30 Coffee 9:00-1:30 Foot Nurse by Appt. 9:00 Tai Chi 10:00 Chair Exercise <b>11:30 Lunch—Chicken &amp; Biscuit</b> 12:30-3:30 Bridge
8:30 Coffee 10:00 Awareness through Movement <b>10:30-2:00 SHINE By App't.</b> <b>11:30 Lunch—Barbecued Beef</b> <b>12:00 Book Club</b> 1:00 Balance & Movement	8:30 Coffee 9:00 Bingo <b>10:00 Crossword Club</b> <b>11:30 Lunch—Mac &amp; Cheese</b> 12:00 Bingo, Cards, Bridge 12:15 Computer Class 4:00 Strength Training	8:30 Coffee 9:00-11:30 Genealogy by Appt. 9:30 Easy Does It Yoga <b>11:30 Lunch—Chili</b> <b>12:30-3:00 Brown Bag</b> 12:30 Cards <b>4:00 Christmas Caroling at Bostwick Gardens &amp; Brookside Manor</b> 4:30 Decorative Ptg. w/Liz	8:30 Coffee/Bagels 9:00 Bingo 9:30 Painting with Vera <b>11:00-12:00 Monument Valley Middle School Chorus</b> <b>11:30 Lunch—HOLIDAY MEAL—POT ROAST</b> 12:00 Crafty Hands 12:30 Poker, Majhong, Wii Rummikub	8:30 Coffee 9:00 Tai Chi <b>9:00-1:30 Foot Nurse by Appt.</b> 10:00 Chair Exercise <b>11:30 Lunch—Swedish Meatballs</b> 12:30-3:30 Bridge
8:30 Coffee 10:00 Awareness through Movement <b>10:30-2:00 SHINE By App't.</b> <b>11:30 Lunch—Chicken a la King</b> <b>11:45 Rudolph Steiner String Orch.</b> <b>5:30-7:00 Grief Support Group — NEW!</b> <b>12:00 Book Club</b> 1:00 Balance & Movement	8:00 Coffee 9:00 Bingo <b>10:00 Crossword Club</b> <b>11:30 Lunch—Baked Ham/Pea Soup</b> 12:00 Bingo, Cards, Bridge 12:15 Computer Class 4:00 Strength Training	<b>CHRISTMAS DAY</b> (CLOSED) Happy Holidays!	8:30 Coffee/Bagels 9:00 Bingo 9:30 Painting with Vera <b>11:30 Lunch—Beef Burgundy</b> 12:00 Crafty Hands 12:30 Poker, Majhong, Wii Rummikub	8:30 Coffee 9:00 Tai Chi 10:00 Chair Exercise <b>11:30 Lunch—Roast Turkey/Gravy</b> 12:30-3:30 Bridge
8:30 Coffee 10:00 Awareness through Movement <b>10:30-2:00 SHINE By App't.</b> <b>11:30 Lunch—Cheeseburger</b> 1:00 Balance & Movement	8:30 Coffee 9:00 Bingo <b>10:00 Crossword Club</b> <b>11:30 Lunch—Salmon Puttanesca</b> 12:00 Bingo, Cards, Bridge 12:15 Computer Class 4:00 Strength Training			



## DECEMBER 2013 MENU

Menu subject to change without notice

\*Modification for sugar restricted diets

\*\*High sodium foods

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Stuffed Cabbage Casserole Sugar Snap Peas Spinach Rye Bread Pears	3 Lasagna w/ Meat Sauce Broccoli Italian Blend Vegetables Italian Bread Applesauce	4 Calico Beans w/ Sausage Brown Rice w/ Bulgur Stewed Tomatoes Multigrain Bread *Chocolate Pudding w/ Topping	5 Potato Leek Soup Baked Chicken Breast w/ Cream Sauce Green Beans Oatmeal Bread Banana	6 Baked Fish Boiled Potatoes Brussel Sprouts au gratin 100% Whole Wheat Bread Peaches (Tossed Green Salad Cong.)
9 Veal Parmesan Spirals w/ Sauce Mixed Greens Italian Bread Mixed Tropical Fruit	10 **Hot Dog Baked Beans Coleslaw Whole Wheat Hot Dog Roll Apple Crisp	11 Meatloaf w/ Tomato Sauce Garlic Mashed Potatoes Peas & Mushrooms 100% Whole Wheat Bread Pears	12 Minestrone Soup Tuna Salad Cheesy Potatoes Whole Wheat Hamburg Roll *Peach Cobbler	13 Chicken & Biscuit Buttered Noodles Broccoli Fruited Gelatin w/ Topping
16 Barbecue Beef Sweet Potatoes Spinach Oatmeal Bread Mixed Fruit	17 Macaroni & Cheese Green Beans Stewed Tomatoes Rye Bread Applesauce (Tossed Green Salad Cong)	18 Chili Brown Rice Corn w/ Pimento Multigrain Bread Orange	19 Holiday Meal Pot Roast w/ Gravy Mashed Potatoes Winter Squash Dinner Roll *Trifle	20 Swedish Meatballs Noodles Braised Red Cabbage 100% Whole Wheat Bread Pineapple
23 Chicken a la King Mashed Potatoes Winter Blend Vegetables Rye Bread Peaches	24 Pea Soup **Baked Ham w/ Raisin Sauce Broccoli Multigrain Bread Mixed Fruit	25 CHRISTMAS HOLIDAY	26 Beef Burgundy Noodles Spinach Oatmeal Bread *Butterscotch Pudding w/ Topping	27 Roast Turkey w/ Gravy Mashed Potatoes Carrots Dinner Roll Applesauce
30 Cheeseburg Potato Puffs Mixed Vegetables Hamburg Roll Apple	31 Salmon Puttanesca Roasted Red Potatoes Green Beans 100% Whole Wheat Bread Pears			

If you will not be home when your meal is delivered  
PLEASE TELL YOUR DRIVER OR CALL 1-800-981-5231

All contributions are returned to the community toward the cost of nutrition programs and services.

SUGGESTED VOLUNTARY DONATION  
\$2.00 PER MEAL to help defray costs

Sign up in the dining room or call 413-528-4118 the day before to reserve your seat for lunch. Thanks!



The BRAIN GAME  
word for December is  
ORNAMENT



Make as many words as you can using *only* the letters in this word. Write them down, sign your name, tear off this page and hand it in to Annie. We'll announce the winner at lunch on **Monday, December 30**. GOOD LUCK and HAVE FUN!