

Feb. Senior 2012 Grapevine

Claire Teague Senior Center
917 Main Street
Great Barrington, MA 01230
413 528 1881
Rebecca Tillinghast, Director
rtillinghast@townofgb.org
Open from 8:00 - 3:30 M - F



**Join us on
Feb 14th**

**Claire Teague Senior Center
VALENTINE'S DAY LUNCHEON**
with Music by Bitter Sweet

CLOSED

Feb. 20th

Movies on Mondays
*Join us at noon
in the library.*

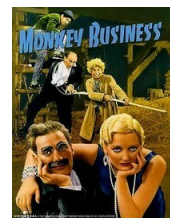


FEBRUARY'S MOVIE THEME:
Love Adventures

**Notice: No movies shown on February 20.
Closed for Presidents' Day.**

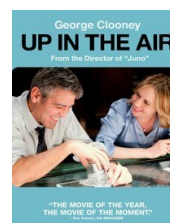
Mon, Feb 6 MONKEY BUSINESS

One of the Marx Brothers' funniest movies, the title of the film says it all as Groucho, Harpo, Chico and Zeppo stow away on a luxury liner. Before long, all hell breaks loose, with more sight gags and one-liners on display than entrees at a midnight buffet.



Mon, Feb 13 UP IN THE AIR

Ryan Bingham (George Clooney) racks up miles flying around the country firing employees on behalf of companies. But he faces losing the job he savors to recent college grad Natalie Keener (Anna Kendrick) -- and losing the ability to escape emotional ties to anything. Golden Globe winner Jason Reitman's smart comedy also stars Jason Bateman



Mon, Feb 27 IT HAPPENED ONE NIGHT

Runaway socialite Ellie Andrews (Claudette Colbert) is en route to the Big Apple to elope with a fortune-hunting flyboy. Along the way she meets a crusty newspaperman (Clark Gable), who's just been sacked and -- unbeknownst to Ellie -- plans to sell her story to get his job back. But a string of zany misadventures leads them to realize they're madly -- if reluctantly -- in love. It Happened One Night swept every major Academy Award.



CONTACT INFORMATION

Rebecca Tillinghast, Director Email: rtillinghast@townofgb.org
Sally Sanford, Assistant to Rebecca Email: ssanford@townofgb.org

SENIOR CENTER: 413-528-1881 **HOURS:** Monday - Friday 8:00 AM - 3:30 PM

DINING ROOM / RESERVATIONS OR CANCELLATIONS: 413-528-4118

SOUTHERN BERKSHIRE ELDERLY TRANSPORTATION CORPORATION: 413-528-4773

ON THE WEB AT www.townofgb.org/Pages/GBarringtonMA_COA/index

Don and Priscilla Moulthrop - Lifelong Valentines!

Their story as told to Sally Sanford



Don Moulthrop and Priscilla Adams were born only 13 months and 230 miles apart. And it seems their lives were destined to intertwine from the start!

Don was born in Lyndonville, CT, on February 4, 1927. He was the oldest of 3 boys. When he was six months old, his father bought a house in Risingdale, MA and moved the family next to a neighboring dairy farm owned by his wife's relatives. The families grew all their own food and raised farm animals, which helped them get through the Great Depression which began when Don was only two years old. By the time he was five, Don had learned to milk cows. He went to Housatonic Elementary School and worked a paper route in Risingdale area.

Meanwhile, on Feb. 25, 1928, Priscilla Adams was also the first born of a family who lived in Gt. Barrington, MA. Her father had a grain business and she liked to ride in his truck with him. As a child Priscilla loved learning all the local geography and the names (and stories!) of everyone in the area. She went to a private kindergarten because there was no public one to attend at the time. She attended 1st through 8th grade at Bryant School in Great Barrington. From 1941-1946, she went to boarding school at the Northfield School for Girls. She would come home to Great Barrington on breaks and during the summers.

While Priscilla was away at high school, Pearl Harbor was bombed and many of the local men had to join the Armed Forces, leaving the local labor force to be filled mostly by high school boys like Don, who fortunately had a job working at First National Food Store.

One day after work, he and a buddy took a bike ride out to the Great Barrington Airport where many of the Berkshire school boys would take flying lessons. The man who ran the flight school offered him a job as a mechanic's helper and paid him with money and flying time. In August of 1943, at the age of 16, Don got his student pilot's license and made his first solo flight. He couldn't drive a car but he sure could fly!

The next year Don passed all the Air Force screenings and exams and was given "wings" to signify his acceptance into the Air Force Cadet program. He was just a junior in high school at the time. One night, he and the fellow who lived next door went to a dance at the Episcopal Church in Great Barrington. He spied a girl sitting all alone on the far side of the room and felt drawn to her. Don's buddy chided him and told him that if he ended up kissing the girl good night, Don would have to turn his Cadet wings upside down on his way back home. More on that a little later...

That girl was Priscilla Adams, who had come home for a school break. "Can I walk you home?" were Don's first words to her. Later that evening, when Priscilla's father asked her who the young man was that walked her home from the dance, she replied... "His name is Donald...Donald Something-Like-Mousetrap." Thus began a delightful 64 year long (and counting) romance!

As Don and Priscilla continued to see each other on her breaks, they learned that the man who ran the flying school at the airport was also renting a room at 35 Silver Street, in Great Barrington. This house was owned by Priscilla's parents. It was the original carriage barn from the Colonel Brown estate on Rt. 23. You may know it by the Newsboy Statue out in front that the Colonel had made to honor all the newsboys who had delivered his newspapers over the years.

In June of 1945, Don graduated from high school and joined the Air Force. He went to basic training in Biloxi, MS,

and then went to Harmon Field in Newfoundland to get more training as an airplane maintenance mechanic. Meanwhile, because Priscilla had injured an eye she was unable to take her final exams and graduate from Northfield School for Girls until the following year 1946. The two wrote love letters— and Don would send Priscilla chewing gum!

Education was a strong value each of their families held in common. Therefore, Don and Priscilla focused themselves on gaining higher education in their respective fields. When the War was over, Don got to come home for a time and then went to Boston University College of Engineering on the GI Bill. Priscilla went on to Dean Junior College where she earned an Associate's Degree in Dietetics. The couple's paths crossed again in 1947 when Priscilla was offered a position as Assistant Dietitian at Somerville Hospital in MA at the same time Don was studying at Boston University.

Once Don had finished that training, he became a licensed airplane mechanic and returned to the Great Barrington Airport. At age 22, Don used the remainder of his GI Bill funds to buy flying time there and obtained his licenses as a commercial pilot and flight instructor. He taught flying lessons there for seven years. In 1949, Priscilla, now age 21, was hired as the Dietitian for Fairview Hospital, a position she held until 1963, when she had an unfortunate accident at home cooking and suffered severe burns.

In 1949, Priscilla experienced her first of many Moulthrop Family reunions. She must have been a hit! On June 24, 1950, seven years after they had met as teenagers, the couple finally tied the knot at the Congregational Church in Gt. Barrington. From 1952 to 1963, "it rained kids" to quote Don. We were a close and happy family. To this day, David, Diane, Audrey, Karen and Paul and the grandchildren all still live within 15 minutes of their parents.

Don flew as a commercial pilot for Northeast Airline until 1970 when it was bought by Delta. He continued to fly with Delta until he retired on his 60th birthday in 1987. When Don retired, the Fire Department at the Logan Airport in Boston performed the customary ritual of honoring the retiring pilot by spraying an arch of water over the whole airplane. When he came home to Great Barrington, he was given another party at the VFW. One of the great benefits of his career as a pilot was getting to take his family on trips anywhere in the world without ever having to pay airfare.

The couple and their children have been very fortunate to have spent many vacations at their home on Echo Lake in Vermont. They also have enjoyed an old farmhouse built by Don's grandfather in 1860 on a 300 acre farm in East Haven, VT. They have raised cattle and harvested maple syrup on that land. Today Don and Priscilla spend much of their time at their home on 35 Silver Street, the same home Priscilla came home to as an infant...the same home that Don walked her to after the dance at the Episcopal Church...the same home where Priscilla has lived for over 80 years.

When asked what has meant the most to her about her life up to now, Priscilla said she gets deep fulfillment from being an advocate for others who may be afraid to speak up for themselves. She thrives on comforting people and helping them find ways to better their lives. She has truly enjoyed her life being a dietitian, a friend, an organizer, a wife, a mother and a grandmother. And loves and respects her mentor, Don.

When asked about his life to date, Don says, "I am very blessed. I thank God every day I've been on Earth that I've been able to do exactly what I wanted to do. I have no regrets. And I'm so glad I made the choice to come back that night after the dance with my wings turned upside down!"



Happy Valentines Day to Don and Priscilla Moulthrop— Lifelong Valentines!

February's Birthday Honorees

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Birthstone Amethyst	Flower Violet		1 Clark Gable 1901	2 Harriet Ebitz	3 Norman Rockwell 1894	4 Don Moulthrop
5 Red Buttons 1919	6 Babe Ruth 1895	7 Charles Dickens 1812	8 John Williams 1932	9 Mary Elfers	10 Robin Zeamer Helena Jennings	11 Thomas A. Edison 1847
12 Abraham Lincoln 1809	13 Thelma Reeves	14 Valentine's Day	15 Anna Beining	16 Edgar Bergan 1903	17 Hal Holbrook 1925	18 Toni Morrison 1931
19 Nicolas Copernicus 1473	20 Sidney Poitier 1927	21 Erma Bombeck 1927	22 Helen Nowobilski Mike Durst	23 Peter Fonda 1939	24 Steve Jobs 1955	25 Priscilla Moulthrop
26 Jackie Gleason 1916	27 Elizabeth Taylor 1932	28 Mario Andretti 1940	29 Leap Day!			

BIRTHDAY BEAT

People born in February are invited to celebrate their birthday by attending

Leap Day Birthday Luncheon
Wednesday, February 29th

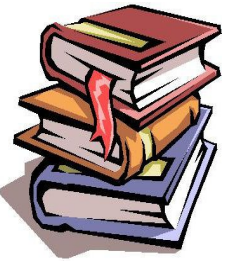


Please remember to make your lunch reservation in advance in the Dining Room.

BOOK CLUB

The Claire Teague Book Group

In November The Claire Teague Book Group read *On Chesil Beach* by Ian McEwan and liked his writing so much that the group decided to read another book by him, *Atonement*. But due to bad weather, we were unable to have our January discussion on this book. *Atonement* is the story of a young girl who makes an unjust accusation that sends a man to prison. The girl must live with the consequences of her action, and atone for it. On Thursday, February 16th at 1 pm (in the dining room)



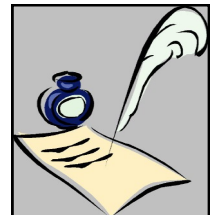
DIGGIN' FOR ANCESTORS

Genealogy Class with Steve Strommer

Steve helped 4 people trace their family back to the 1500's! Please call 528-1881 to reserve a 45 minute session. Tuesdays. 9:00 am - Noon. (in computer room)

IMPROMPT II WRITING CLASS

Belle Fox-Martin's students are raving about this fantastic creative writing class. They challenge anyone to come and see just how fun and liberating writing can be! On Thursdays from 10:30 - 11:30 (in computer room)



DECORATIVE PAINTING CLASS

We have a blast decorating the craziest things! Come join the fun. On Wednesdays from 4:30 - 6:30 pm (in bingo room) (\$5 fee for supplies)

See our exhibit in the lobby during February and March.

“The Origin of Valentines Day”...as told by St. Valentine himself!

“Let me introduce myself. My name is Valentine. I lived in Rome during the third century. That was long, long ago! At that time, Rome was ruled by an emperor named Claudius. I didn't like Emperor Claudius, and I wasn't the only one! A lot of other people shared my feelings.



Claudius wanted to have a big army. He expected men to volunteer to join. But many men just didn't want to fight in wars. They did not want to leave their wives and families. As you might have guessed, not many men signed up. This made Claudius furious. So what happened? Claudius had a crazy idea. He thought that if men were not allowed to be married and didn't have families or lovers, they would not mind joining the army. So he decided to ban all further engagements and marriages. Young people thought his new law was cruel. I thought it was preposterous! I certainly wasn't going to support that law!

Did I mention that I was a priest? One of my favorite activities was to marry couples. Even after Emperor Claudius passed his foolish law, I kept on performing marriage ceremonies -- secretly, of course. It was really quite exciting. Imagine a small candlelit room with only the bride and groom and myself. We would whisper the words of the ceremony, listening all the while for the footsteps of soldiers.

One night, we did hear footsteps. It was scary! Thank goodness the couple I was marrying escaped in time. But I was caught. (Not quite as light on my feet as I used to be, I guess.) I was thrown in jail for defying Claudius and told that my punishment would be death.

I tried to stay cheerful. And do you know what? Wonderful things happened. Many young people came to the jail to visit me. They threw flowers and notes up to my window. They wanted me to know that they, too, believed in love.

One of these young people was the daughter of the prison guard. Her father allowed her to visit me in the cell. Sometimes we would sit and talk for hours. She helped me to keep my spirits up. She agreed that I did the right thing by ignoring the Emperor and going ahead with the secret marriages.

On the day I was to die, February 14, 269 A.D., I left my friend a little note thanking her for her friendship and loyalty. I signed it... *‘Love from your Valentine.’* ❤️

I believe that note started the custom of exchanging love messages on Valentine's Day. Now, every year on this day, people remember me. But most importantly, they think about love and friendship. And when they think of Emperor Claudius, they remember how he tried to stand in the way of love, and they laugh -- because they know that love can't be beaten! ” In 496 A.D. Pope Gelasius set aside February 14th to honor St. Valentine.

It had long been a custom in Rome during the month of February to celebrate the Lupercalia, feasts held in honor of a heathen god. On these occasions, amidst a variety of pagan ceremonies, the names of young women were placed in a box, from which they were drawn by the men as chance directed. But the pastors of the early Christian Church in Rome tried to do away with the pagan element in these feasts by substituting the names of saints for those of the maidens. And as the Lupercalia began about the middle of February, the pastors appear to have chosen **Saint Valentine's Day** for the celebration of this new feast. So it seems that the custom of young men choosing maidens for valentines, or saints as patrons for the coming year, arose in this way.

[written by Isabel Pérez Torres <http://www.isabelperez.com>]



MONTHLY HIGHLIGHTS

- ♦ The Decorative Painting Class will have their work on display in the lobby during February and March.
- ♦ Wednesdays Feb 1st - April 11th Tax Help (call for appointment)
- ♦ Tuesday, Feb 7th AVADA Hearing Aid Service with Herman.
- ♦ Tuesdays, Feb 7th, 14th, 21st, and 28th Falls Prevention Class #1-4 Series of 6 offered by VNA in Library (meets in Dining Room on 28th)
- ♦ Wednesday, Feb 8th. BROWN BAG Distribution
- ♦ Wednesday Feb 8th - A.G.E. Triad Meeting
- ♦ Thursdays Feb 9th and 23rd FREE Lunch for Veterans and spouses (Laurie Hils, Area Agent for Veterans Affairs, available to answer your questions)
- ♦ Thursdays Feb 9th and 23rd Women With Cancer Support Group
- ♦ Friday Feb 10th FOOT NURSE (call for appointment)
- ♦ Friday Feb 10th Wartime Memories Roundtable (continued)
- ♦ Saturday, Feb 11th Democratic Caucus 10-noon in Dining Room
- ♦ Monday, Feb 13th AARP hosts "A Walk Down Memory Lane"
- ♦ Monday, Feb 13th Monthly Out To Lunch Group - The East Restaurant
- ♦ Tuesday, Feb 14th VALENTINE'S Luncheon with Music by Bitter Sweet
- ♦ Wednesday, Feb 15th Caregiver Support Group
- ♦ Thursday, Feb 16th BOOK CLUB (selection is Atonement)
- ♦ Monday, Feb 20th. CLOSED FOR PRESIDENTS DAY
- ♦ Thursday, Feb 23rd BLOOD PRESSURE CLINIC with VNA
- ♦ Thursday, Feb 23rd Winter Blues Party co-sponsored by Bostwick Gardens and Claire Teague Senior Center (special music)
- ♦ Tuesday, Feb 28th Mimi Hassett's ANTACRTICA slide show (Library)
- ♦ Wednesday, Feb 29th LEAP DAY BIRTHDAY LUNCH CELEBRATION
- ♦ Wednesday, Feb 29th COA BOARD MEETING (open to public)

Bulletin Board

GROUND HOG DAY



is February 2nd.

Pick up a 2012 RSVP SENIOR RESOURCE CALENDAR!

They contain Telephone Listing of all the Senior Services for Berkshire County. Pick up your FREE calendar at the Claire Teague Senior Center.



**SIGN UP DEADLINE
FEBRUARY 24TH!**

(Signup sheet in Dining Room)

St. Patrick's Day Celebration

At Aqua Turf in Plantsville, CT

Wednesday - March 7, 2012

Tommy Flynn Irish Band And Irish Dancers!

**Menu: Salad-Pasta-Cornd Beef-Cabbage
Scrod-Potato-Dessert**

Bus departs Senior Center at 9 am and
returns at 5:30 pm (bus has toilet)
Travel time under 2 hours each way.

Make \$60 nonrefundable checks payable to:
Consaul Tours

Please leave check with Rebecca
Ticket includes Bus, Show, Dinner & Driver Tip

SCHEDULE CHANGES FOR FEBRUARY

- * No Transportation to Berkshire South Meal until Daylight Savings Time resumes in the spring.
- * No Monthly Breakfast Till March, 2012
- * No SHINE Health Insurance Assistance on Feb 6th, 13th or 20th.
- * BOOK CLUB will meet on 3rd Thursday.
- * CLOSED MONDAY Feb 20th.

Thank you!

A big thanks to everyone who brought in a photo of themselves from long ago. It was a nice way to get to know more about each other as well as a lot of fun trying to guess who was who! Your photo is awaiting pick-up in Rebecca's office.

Irving Berlin- A Personal Encounter

George Gershwin called Irving Berlin "the greatest song writer that ever lived." Jerome Kern paid Irving Berlin the supreme complement in stating "Irving Berlin has no place in American music, he is American music." Personally, if forced to choose the greatest song writer of the past century, I would have to agree with both of these music writers that, indeed, it is Irving Berlin. Irving Berlin lived 101 years, from May 11, 1888 to September 22, 1989.

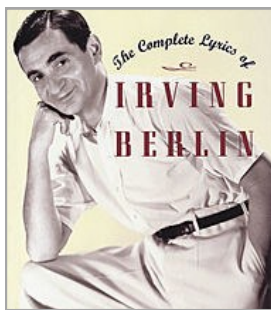


I don't know if Irving Berlin ever visited our Berkshires, but I had an opportunity to meet, talk with, and to do business with two of his daughters. When I first opened my ephemera store, over thirty years ago in S. Egremont (later moved to Gt. Barrington), I had a very large collection of old popular sheet music for sale, including some by Irving Berlin.

At that time, two couples came into my shop and one of the women asked me where she could find the Irving Berlin music. I showed her where the folders of his music were kept. I had hundreds of his songs, from the earliest to the more recent ones. I noticed that she and her husband were having lots of fun talking and smiling about the song sheets while going through the collection. After about 15 or 20 minutes the woman came over with a bundle of music, all Irving Berlin. As I was tallying up her purchases, I noticed that many of the ones she was purchasing were earlier Berlin pieces, some irreplaceable.

Out of curiosity I asked her why just the interest in Berlin sheet music. Her husband turned to her and asked her, "should we tell him?" She nodded a yes and he replied that she was the daughter of Irving Berlin. As the old saying goes, "you could have knocked me over with a feather." Being a professional, and knowing I was going to meet other important people in my business, which did happen, I composed myself so as to not let my excitement show.

She told me that the family did not possess all of his published songs and she was always looking for these missing pieces. I steered the conversation back to her father. She mentioned that even though he was over 90 (at that time), her father still enjoyed a bagel, lox (smoked salmon), and cream cheese sandwich for lunch.



Shortly after this encounter, another woman entered my shop and also asked to see Berlin sheet music. She made a smaller purchase and I said to myself, I bet this is another Irving Berlin daughter. Upon receiving her check and noticing her name on it, I knew I was right. It was a small purchase and I should have had the check framed, but I deposited it since I needed the money. I always get a thrill remembering these two purchases and knowing that some of my former Irving Berlin sheet music is now in the Irving Berlin family collection.

On Thursday, February 16 at 7:00 PM at the new Gt. Barrington fire station, Olga Mae Milligan will be performing a piano concert featuring the songs of Irving Berlin as part of The Great Barrington Historical Society's winter meeting program. It's free, the public is invited, and yours truly will introduce this Irving Berlin program.

INTRODUCING....

Friends of The Claire Teague Senior Center, Inc.

Who Are The Friends? The Friends are a group of people whose main purpose is financial and community support for the Claire Teague Senior Center.

Founded in 2011, the mission of The Friends of The Claire Teague Senior Center, Inc. is to fund and support programs, services and fellowship to the senior population of South Berkshire county.

The Friends of The Claire Teague Senior Center, Inc. is a private, 501©(3) non-profit corporation organized and operated exclusively for charitable purposes specific to the Claire Teague Senior Center of Great Barrington, Massachusetts.

How Can You Become A Friend? Membership is open to anyone interested in supporting the efforts of the Claire Teague Senior Center.

Membership Options:

\$15	Individual Membership
\$25	Family Membership
\$50	Business Membership

Just mail your tax-deductible check made payable to:

Friends of the Claire Teague Senior Center, Inc.
P.O. Box 988
Great Barrington, MA 01230

Some Suggestions for giving to the Friends:

- ♦ Donate any amount in honor or memory of someone
- ♦ Give a Charitable Gift Annuity or Charitable Remainder Trust
- ♦ Assign the Friends as a Life Insurance Policy beneficiary
- ♦ Designate Gifts of Stocks or Bonds
- ♦ Designate the Friends as a beneficiary in your will



COMMUNITY RESOURCES

Help with Tax Preparation

WEDNESDAYS Feb 1st—April 11th.

(9—12 in Computer Lab—call to schedule)

Fall Prevention Classes

SIX TUESDAYS Feb 7th - Mar 13th

(10—11am in Library - must sign up)

AVADA HEARING AID SERVICE - FIRST TUESDAY EVERY MONTH

Herman Ogulnick from AVADA Hearing Aid Service comes to the Senior Center on the first Tuesday every month to help folks with their hearing aids. This is a free service for all Avada Hearing Aid owners. Herman has offered to see folks on a 2nd day if all the Tuesday appointments are filled. Call **Herman directly** at **413 - 442 - 0184** to schedule an appointment.

HEALTHY HEART NIGHT FOR ALL WOMEN - Friday Feb 3rd at 6pm

Berkshire South Gymnasium 15 Crissey Road, Great Barrington

Presented by Fairview Hospital's Critical Care Unit Nurses

Educational tables will be set up throughout the gym



- ♦ Free Blood Pressure
- ♦ Free Flue Vaccine Clinic
- ♦ Nutrition Information
- ♦ Exercise Program Samples
- ♦ Massage Therapy
- ♦ Vendors
- ♦ Raffles
- ♦ Door Prizes
- ♦ Food and Drinks Served
- ♦ Guest Speakers on Heart Disease and Cardiac catheterizations
- ♦ Fun and Informative for all!

FREE VETERANS LUNCHEONS

Each 2nd and 4th Thursday of the month The Claire Teague Senior Center hosts a FREE LUNCHEON for Veterans and their spouses. Laurie Hils, the Area Agent for Veterans Affairs, attends these luncheons to meet Veterans and answer any questions you may have about programs, entitlements or services that are available to Veterans.

We cordially invite all Veterans in the Southern Berkshire area to join Laurie Hils and other Veterans for these luncheons.

NEW POLICY: All reservations for Veterans Lunches must be made with specific name to insure we order enough food for everyone. To make sure you have a spot reserved, please call 528-4118 a couple of days ahead and give us your name.

AARP CHAPTER #89

Monday, February 13th 2:00 pm
(in dining room)

“A WALK DOWN MEMORY LANE”

Join us on a walk thru the years 1942-1945 with guest speaker Winnie Veretto, who will have a table set up with items from the 40's to trigger your memories. Feel free to bring your own items from those years so we can reminisce with you about your memories.

Refreshments will be served at the beginning of the meeting. We'll have a 50/50 raffle to benefit scholarship fund. Please bring your dues if you didn't pay them in January.



“My Senior Center” is a big hit with Claire Teague seniors!

With the unanimous support of the Council on Aging Advisory Board, as well as the newly formed non-profit organization, “Friends of the Claire Teague Senior Center”, and the Town of Great Barrington, the Claire Teague Senior Center has been given the opportunity to install a new, state-of-the-art, card swipe station and touch screen monitor check-in system. It's called “My Senior Center.” We've been assigning the swipe cards to each senior, to volunteers and to staff members during the month of January.

This new resource helps us to accurately keep track of information, such as inquiries, requests, sign-ups, activities, room usage, cancellations, messages, contact information, and even weekly movies and their whereabouts! In addition to facilitating smooth and efficient day to day operations, this system will be a huge help in generating annual funding reports and applications for grant money.

Each time you come to the Senior Center, you will now sign in by swiping a small card, just like you would at the grocery or at Berkshire South. You will then instantly see on the touchscreen all the activities for that day and be able to touch the screen to select which activities you wish to participate in. We want to especially thank all the seniors who have been so patient and helpful during this initial setup phase. If you haven't been in to the Claire Teague Senior Center in a while, we invite you to come back in to see how much fun we are all having and to get your new swipe card.

Town Of Great Barrington Volunteers To Staff The Swap Shack

As part of the Town's going “green” commitment, volunteers are needed to organize/develop and staff the Town's newly created **Swap Shack** to be located at the Transfer Station. The transfer station operates every Saturday 7:00 am – 3:30 pm. This a great opportunity to help the Town of Great Barrington be greener and a chance to meet, mingle and recycle. Letters of interest should be submitted to Kevin O'Donnell, Town Manager, 334 Main Street, Great Barrington, MA 01230 during the hours of 8:30 a.m. to 4:00 p.m. Monday thru Friday, or emailed to kodonnell@townofgb.org

Falls Prevention Program Starts Tuesday Feb. 7th

A Free Educational Series of Six Classes

- Offered by Berkshire Visiting Nurse Association
- Classes are meant to be taken as a series
- Registration is required

Unintentional falls are a great threat to the independence and health of adults ages 65 and older. Falls are often preventable through strength and balance training, education and improving home safety.

The Berkshire VNA will be presenting a fall prevention program in collaboration with “Strength In Numbers,” a fall prevention program from the VNA and Hospice of Cooley Dickinson.

Berkshire VNA physical and occupational therapists will

lead sessions once a week for 6 weeks on determining your own risk of falling, strengthening exercises, balance activities, managing your own medications, visual concerns and home safety recommendations.

Practical items such as strengthening devices, medication organizers and visual aids will be distributed to participants of the series of classes.

Please contact Rebecca Tillinghast or Sally Sanford at the Claire Teague Senior Center in Great Barrington (528-1881) if you want to participate in the fall prevention class.

There is a limit of 20 participants and we already have several people signed up. Please call 528-1881 or come by the senior center to sign up for this outstanding free series.



FEBRUARY TREATS!

Poem by Eileen Shannon Gaarn 1.12.2012

Grammar

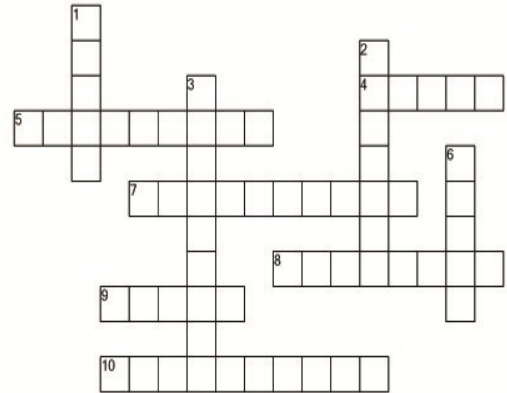
*Is the Fineness
Of giving thoughts
To our Words.*

Words

*Thoughts
Forming Memories.
Ours Alone.
The stay silently in the
Recesses of our Minds.
Till We bring them forth.
They push and pull
Straining to break free
And all come tumbling out.
We then sort them
Giving each a time and place
As we place them neatly
In front of ourselves.
They seem to glisten and glimmer
In the Recovered Light.
A few hold back
To be brought forth at another time.
They'll bring a Smile
A tear
Even a Memory
Wonder of Wonders
Ours to savor...*

As we weave them into our tapestry of Life.

Valentine's Crossword Puzzle



ACROSS

4. Paper lace often used in making Valentine cards
5. Made from roasted ground cacao beans
7. One who is loved
8. The second month of the year
9. The god of love, son of Venus
10. A friendly relationship

DOWN

1. Cupid shoots one of these
2. Someone who esteems or respects
3. Card or gift given on Valentine's Day
6. Cupid's arrow pierces this

Jokes

Q: Why did the banana go out with the prune?
A: Because it couldn't get a date.

Q: What happens when you fall in love with a French chef?
A: You get buttered up.

Q: What did the stamp say to the envelope?
A: I'm stuck on you.

Chocolate Ganache

This is a rich, dark chocolate topping or decoration that has lots of uses. It can be whipped as filling or icing, or just poured over whatever cake you like.

Prep Time: 10 Min
Cook Time: 10 Min
Ready In: 20 Min

Ingredients:

9 ounces bittersweet chocolate, chopped
1 cup heavy cream
1 tablespoon dark rum (optional)



Directions:

Place the chocolate into a medium bowl. Heat the cream in a small sauce pan over medium heat. Bring just to a boil, watching very carefully because if it boils for a few seconds, it will boil out of the pot. When the cream has come to a boil, pour over the chopped chocolate, and whisk until smooth. Stir in the rum if desired.

Allow the ganache to cool slightly before pouring over a cake. Start at the center of the cake and work outward. For a fluffy frosting or chocolate filling, allow it to cool until thick, then whip with a whisk until light and fluffy.

MORE FEBRUARY TREATS!



The second day of February is often called **GROUND HOG's DAY**. The old stories told are that the ground hog comes out of it's burrow on February 2ND to look for it's shadow. If there is sunshine and he sees his shadow, then he goes back to sleep and there will be more winter time. If he doesn't, then the spring time will begin. (Is this just a superstition?)

"Groundhog Day" anonymous

Old Groundhog stretched in his leafy bed.
He turned over slowly and then he said,
"I wonder if spring is on the way,
I'll go and check the weather today.
If I see my shadow between eleven and noon,
I then will know that I'm out too soon.

I'll crawl back in bed for six weeks more,
Pull up the warm covers and snore and snore.
But if no shadow gives me a scare,
I know that spring is in the air,
I'll wake my friends and wish them cheer,
With glorious news that spring is here."

Advice and Quotes About Love



"All you need is love." John Lennon

"A heart that loves is always young."
Greek Proverb

"The risk it takes to remain tight inside the
bud is more painful than the risk it takes
to blossom." Anais Nin

"One word frees us of all the weight and pain
of life: that word is love." *Sophocles*

"Greater Love has no man than this: that
a man lay down his life for his friends." Jesus

This month February 29th is Leap Day. Why do we need Leap Years?

Leap Years are needed to keep our calendar in alignment with the Earth's revolutions around the sun. It takes the Earth approximately 365.242199 days (a tropical year) to circle once around the Sun.

However, the Gregorian calendar has only 365 days in a year, so if we didn't add a day on February 29 nearly every 4 years, we would lose almost six hours off our calendar every year. After only 100 years, our calendar would be off by approximately 24 days!

Who invented Leap Years?

Julius Caesar introduced Leap Years in the Roman empire over 2000 years ago, but the Julian calendar had only one rule: any year evenly divisible by 4 would be a leap year. This led to way too many leap years, but didn't get corrected until the introduction of the Gregorian Calendar more than 1500 years later.

How do we calculate Leap Years?

In the Gregorian calendar 3 criteria must be met to be a leap year:

- 1) The year is evenly divisible by 4;
- 2) If the year can be evenly divided by 100, it is NOT a leap year, unless;
- 3) The year is also evenly divisible by 400.
Then it is a leap year.

This means that 2000 and 2400 are leap years, while 1800, 1900, 2100, 2200, 2300 and 2500 are NOT leap years.

2016	Monday
2020	Saturday
2024	Thursday
2028	Tuesday
2032	Sunday

The year 2000 was somewhat special as it was the first instance when the third criterion was used in most parts of the world since the transition from the Julian to the Gregorian Calendar.