



August 2015

Richmond Senior Center News

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Center Hours—Staffed Daily

M-F 8:30 am to Noon

Note: The Center follows the Chariho School District for inclement Weather closings.

Senior Center Committee Members

Dennis McGinity—Chairman

Tom Dufficy—Vice Chairman & Secretary

Richard Millar—Financial Liaison

Jackie Lombardo—Bingo Chair

Maureen Nolan—Activities Chair

Pasquale DeBernardo

Newsletter Editor—Dennis McGinity

From the Chairman—Dennis McGinity

Welcome August. The Washington County Fair runs from Wednesday Aug 12 through Sunday August 16. Thanks to all the folks who volunteered to help at the Fair. 30 members will watch over the Arts & crafts building in four hour shifts. On another note I've been told by Cindy Duncan that the Rainbow Race this year raised \$40,000.00 for mental health. That's fantastic and I'm glad to say that Senior Center members had a part in that effort. Congratulations to all of our volunteers.

As most of you know, I have been under the weather for the past four weeks. I thank all who offered best wishes and prayers. I'm up and running and it's good to be back.

Another Mystery lunch is in the works for September. I'll let you know the date as soon as I finalize the location. It'll be another great time and we'll have lots of fun, food and friendship.

Remember to send in your favorite summer/fall recipes. Also, it's been a while since I've received any pet pictures. Until next time....

Next monthly members meeting

Will be held at 11 AM on

August 13, 2015

Come and get involved

The visiting nurse is here on the Third

Thursday of each month at **9:30 AM**

July was Dues Month

Your dues are very important to the operations of the Richmond Senior Center. We try to provide programs that are beneficial to all of our members and to help improve everyone's quality of life. It would be a big help if you would send in or drop off your dues as soon as is possible. Thank you for your prompt attention to this request. A big **THANK YOU** to a member for a very generous donation to support our activities.

Please let the Senior Center office know of any changes to your address, phone number or email address. We want to keep all records up to date. Keeping you informed is important to us.

New Members—Welcome

Susan Shaw

Fanny Nwankwo

Marilyn Main

Donily Corr

Mary Lue Sevigny

Kathy Harrington

Nancy Paulson

Battery Collection

To do our part in helping Mother Earth, the Senior Center is collecting used batteries. Sizes 6 volt to hearing aid batteries. Bring them in we'll dispose of them. No Car batteries or such. M-F 8:30am-Noon

From the Richmond Tax Collector's office:

The first installment of property taxes will be due on September 7th. Since September 7th falls on Labor Day, 1st quarter installments received by 4PM on Tuesday, September 8th will be considered timely.



Farmers Markets Certificates

RI State food Certificates for the Farmers Markets are available at the Richmond Senior Center For ages 65 or older or Disabled. Office hours are M-F 8:30am to Noon



Things I've learned

- > I've learned That simple walks with my father around the block on summer nights when I was a child did wonders for me as an adult.
- > I've learned That life is like a roll of toilet paper. The closer it gets to the end, the faster it goes.
- > I've learned That we should be glad God doesn't give us everything we ask for.
- > I've learned That money doesn't buy class.
- > I've learned That it's those small daily happenings that make life so spectacular.
- > I've learned ... That under everyone's hard shell is someone who wants to be appreciated and loved.
- > I've learned That to ignore the facts does not change the facts.
- > I've learned That when you plan to get even with someone, you are only letting that person continue to hurt you.
- > I've learned That love, not time, heals all wounds.
- > I've learned That the easiest way for me to grow as a person is to surround myself with people smarter than I am.
- > I've learned That everyone you meet deserves to be greeted with a smile.
- > I've learned That no one is perfect until you fall in love with them.
- > I've learned ... That life is tough, but I'm tougher.
- > I've learned That opportunities are never lost; someone will take the ones you miss.
- > I've learned That when you harbor bitterness, happiness will dock elsewhere.
- > I've learned That I wish I could have told my Mum that I love her one more time before she passed away.
- > I've learned That one should keep his words both soft and tender, because tomorrow he may have to eat them.
- > I've learned That a smile is an inexpensive way to improve your looks.
- > I've learned That when your newly born grandchild holds your little finger in his little fist, that you're hooked for life.
- > I've learned That everyone wants to live on top of the mountain, but all the happiness and growth occurs while you're climbing it.
- > I've learned That the less time I have to work with, the more things I get done.



Be with those that bring out the best in you, not the stress in you.

PreventDisease.com

The first testicular guard, the "Cup," was used in Hockey in 1874 and the first helmet was used in 1974.

That means it only took 100 years for men to realize that their brain is also important.

Ladies.....Quit Laughing.



Geez Planet

Slap

New Exercise Program

On Friday's from 2pm to 3pm, we have a new exercise program. It is a combination of Cardio and Sit & get fit. Great workout for all. Try it!! Open to the public. YMCA instructor. \$3.00 per class. Get ready for the weekend!! Those who attend say it's a great program



Getting rid of Gypsy Moth Infestations

As I'm sure you've noticed, this has been the worst Gypsy Moth infestations we have faced in years. The moths are busily laying thousands of eggs at this time, and that gives us the opportunity of reducing their numbers next year by destroying the egg masses.

The egg masses will remain on the trees, etc. all winter long so people can go out at any time to remove them, but now, while everyone is so aware of the damage they did this year is a good time to take action.

The egg masses are light tan in color, about 1-1/2" long by 3/4" wide, and contain hundreds of eggs.

Destroy egg masses found on tree trunks, outbuildings, on fencing, and in woodpiles. Simply scraping egg masses onto the ground will not destroy them.

Scrape them off into a metal container and burn them or soak them in kerosene or soapy water. Caution is urged because the hairs that coat the egg masses can cause allergic reactions. Egg masses can also be destroyed by painting them with commercially available products, such as liquid detergents.

Application of a 50% solution of soybean oil (50% oil with 50% water) gives excellent control of egg masses. Using a spray bottle, treat individual masses until they are completely saturated. Keep the mix agitated while using it. Treated egg masses can be left in place, as the oil suffocates the eggs.





HAPPY BIRTHDAY



Rally Russell of KG Ranch Road (my next door neighbor) is 100 YEARS YOUNG Interesting facts about this delightfully spry women. She has eight children, ten grandchildren and two great grandchildren. Rally was married to Tom Russell for 67 years and has lived in Richmond for 57 years. She was a 4-H club leader and a member of the RI 4-H Club Foundation Board of Directors. Rally was a charter member of the Anna C. Walsh Daughters of Isabella and an active in St. Joseph's church and PTA. She supported her husband in all his activities, especially the Richmond Democrats and the Chariho Rotary Club. Rally was an avid gardener, loves to read, political fanatic, a friend to everyone and she loves to talk. Best wishes from all of us for continued good health and happiness.

STRAWBERRY RHUBARB SAUCE

1 Cup strawberries fresh or frozen, sliced

2 cups rhubarb, fresh or frozen

1/2 cup sugar

1/4 cup water

Mix in a medium saucepan

Cook 10 to 15 minutes on medium heat until rhubarb

is tender and sugar is dissolved.

Use plain or over ice cream, poundcake, pancakes etc.



The Book Review Corner

A String of Beads by Thomas Perry (2015), The Mysterious Press, New York; ISBN 978-0-8021-2329-9

A String of Beads is Perry's 8th novel featuring half-blood Seneca Indian Jane Whitefield. Jane's life is unusual in several respects. Her striking appearance, her height and straight black hair were inherited from her Seneca father and startling blue eyes from her white mother. Ivy League educated and now in her mid-thirties and married to Carey McKinnon, a respected Buffalo, NY surgeon, she sort of stumbled into her life's vocation while still in college: she anonymously hides people. All kinds of people who have been victimized; among them, her husband's surgeon colleague wrongly accused of killing his wife, a witness to a murder hunted by both the bad guys and law enforcement, and a Mafia money man whose boss decides he knows too much.

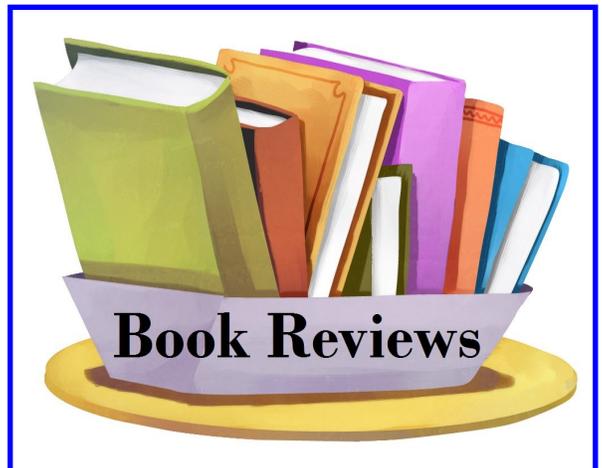
Jane learned the Seneca way of life from infancy when the Tribe embraced her non-Indian mother and totally assimilated both her and Jane into tribal life, customs and language. Among her close childhood friends was Jimmy Sanders. Jane and Jimmy had hiked the mountains of western New York as teens and now Jane learns that Jimmy is hiking those same mountains but not for the love of nature. He has been wrongly accused of shooting a man in cold blood and is on the run. Jane has been settled into her life simply being Mrs. McKinnon for several years when she learns of Jimmy's plight during an unexpected visit from the twelve Clan Mothers, the matriarchs of the Seneca tribes. Even though she had hoped to continue her now quiet life, the Clan Mothers plead for her help in finding Jimmy and keeping him safe. Since Jimmy once saved Jane from a rapist, she feels compelled to find Jimmy and once again returns to her one-woman witness protection program.

Thus begins Jane's suspenseful pursuit from western New York to Ohio and back to New Hampshire, in a plot full of twists, turns, clever disguises and heart-stopping quick witted get-a-ways. A couple of times I found myself actually holding my breath before turning the page. But along the way, during the down periods of just watching and waiting, she reflects on her Seneca heritage and how it shaped her. (The String of Beads refers to a wampum necklace that inspires reverence of the Creator and meditation, reminding me of rosary beads.) Jane also reflects upon, and regrets, her one failure, a man she was hiding that ended up dead. We learn, too, that her marriage sometimes suffers from the strains of her unusual vocation.

Perry's writing style is not on a par with other mystery and crime fiction writers whose central characters are Native Americans, such as Tony Hillerman's Sgt. Joe Leaphorn and Officer Jim Chee. Perry has versed himself well in the Seneca culture and portrays it with the same reverence and respect that Hillerman portrays the Navajo, but Perry simply lacks Hillerman's lyrical prose style. However, Perry's ability to build suspense and keep you turning the pages puts him in a class by himself.

MY VERDICT :

- Don't miss this; one of the best I've read
- X** Terrific; couldn't put it down
- A Great Read
- Pretty Good
- Some of it was OK
- Mediocre
- Not so Great
- Awful; couldn't even finish it
- Don't even waste your time.



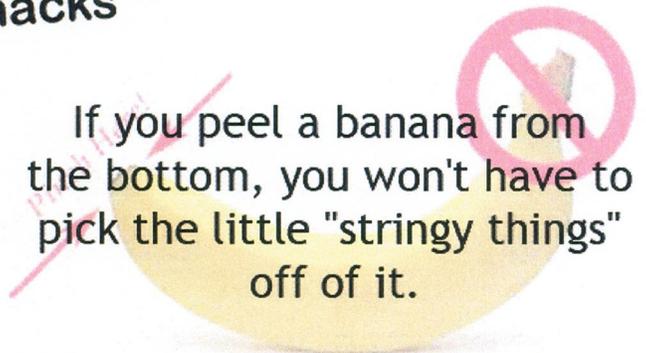
My daughter suggested I get the names of my children tattooed on my body. I told her I already did... they're called stretch marks.



**life
hacks**

#666

If you peel a banana from the bottom, you won't have to pick the little "stringy things" off of it.



◀ July	~ August 2015 ~					September ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 9:30 - Zumba
2	3 8:30 – 11:00 Coffee 9:00 am Tai Chi	4 8:30 – 11:00 Coffee 10:00 am Art Class 6:00 pm Bingo	5 8:30 – 11:00 Coffee 9 am Sit & Get Fit 1 pm Card Party	6 8:30 – 11:00 Coffee 9:00 am Knitting 12:30 pm Mah Jong	7 8:30 – 11:00 Coffee 9 am Sit & Get Fit 10:30 am Yoga 2-3 pm Exercise	98 9:30 - Zumba
9	10 8:30 – 11:00 Coffee 9:00 am Tai Chi	11 8:30 – 11:00 Coffee 10:00 am Art Class 6:00 pm Bingo	12 8:30 – 11:00 Coffee 9 am Sit & Get Fit 1 pm Card Party	13 8:30 – 11:00 Coffee 9:00 am Knitting 11 am Members Meeting 12:30 pm Mah Jong	14 8:30 – 11:00 Coffee 9 am Sit & Get Fit 10:30 am Yoga 2-3 pm Exercise	15 9:30 - Zumba
16	17 8:30 – 11:00 Coffee 9:00 am Tai Chi	18 8:30 – 11:00 Coffee 10:00 am Art Class 6:00 pm Bingo	19 8:30 – 11:00 Coffee 9 am Sit & Get Fit 1 pm Card Party	20 8:30 – 11:00 Coffee 9:00 am Knitting 9:30 Visiting Nurse 12:30 pm Mah Jong	21 8:30 – 11:00 Coffee 9 am Sit & Get Fit 10:30 am Yoga 2-3 pm Exercise	22 9:30 - Zumba
23	24 8:30 – 11:00 Coffee 9:00 am Tai Chi	25 8:30 – 11:00 Coffee 10:00 am Art Class 6:00 pm Bingo	26 8:30 – 11:00 Coffee 9 am Sit & Get Fit 1 pm Card Party	27 8:30 – 11:00 Coffee 9:00 am Knitting 12:30 pm Mah Jong	28 8:30 – 11:00 Coffee 9 am Sit & Get Fit 10:30 am Yoga 2-3 pm Exercise	29 9:30 - Zumba
30	31 8:30 – 11:00 Coffee 9:00 am Tai Chi	Notes:				