



July 2016

Richmond Senior Center News

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Telephone—401-491-9404



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
- Richard Millar—Financial Liaison
- Jackie Lombardo—Bingo Chair
- Pasquale DeBernardo
- Patricia Labrie—Secretary
- Paul Lombardo Sr.
- Dottie Barber—Activities Chair
- Newsletter Editor—Dennis McGinity

Next monthly members meeting

Will be held at 11 AM on

July 14, 2016

Come and get involved

The visiting nurse is here on the Third Thursday of each month at 9:30 AM

WE'D LIKE TO KNOW

Changes to your address, phone number or email address.

Please send us or call us with your MONTH of birth.

Also, July is Membership Renewal Month.

New Members—Welcome

Janet Breckenridge

Carolyn Eldridge

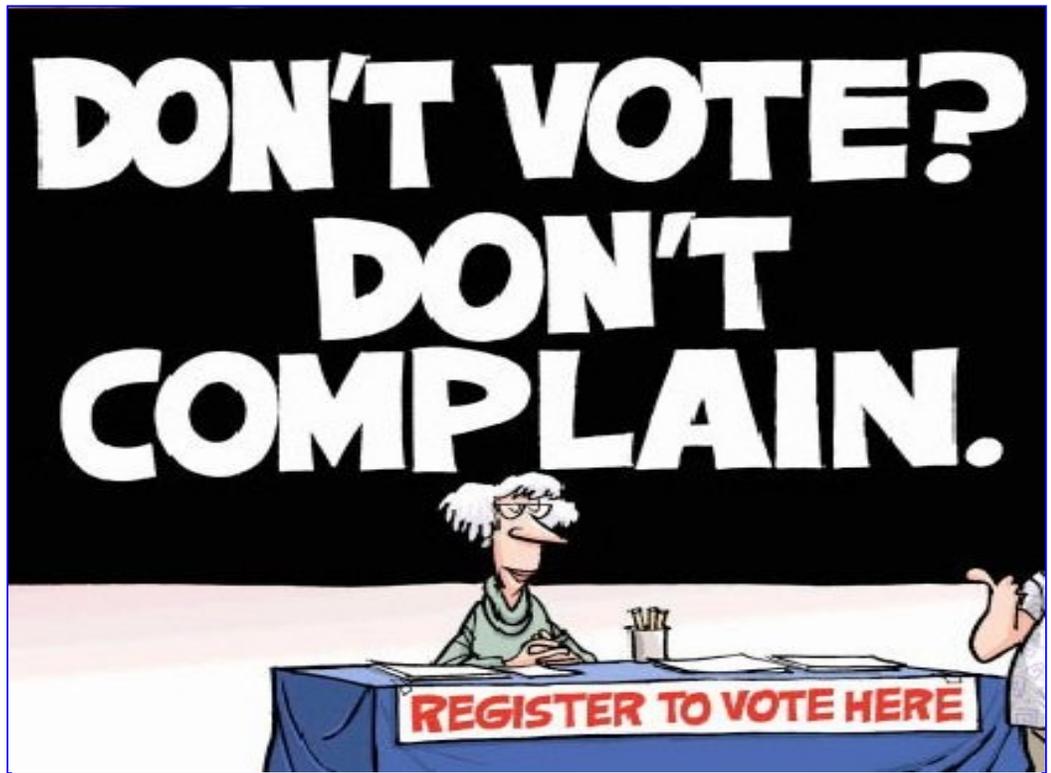
FOR THE RICH THERE'S
THERAPY
FOR THE REST OF US THERE'S
CHOCOLATE

From the Chairman—Dennis McGinity

HAPPY 4TH OF JULY!!! I hope everyone has a safe and happy holiday. June just flew by. She was stopped by a Richmond Police officer for speeding. Say what?? Just kidding. Every so often I need to take the time to remember and give special thank to those members who make this Center run. Every member is important. Your membership support, your participation in the weekly programs, special events, holiday breakfasts & dinners and other get gatherings, is vital to our success. Some of our members work behind the scenes. They are the men and women who set up tables and chairs. They cook the food, prepare table settings and clean up when we are finished enjoying our selves. Thank you, thank you, thank you. I want to mention a member who goes above and beyond every day. Jackie Lombardo works tirelessly making sure the Bingo a fun and enjoyable time for all. She also works in the office making my job much easier. She deserves all of our thanks. Great job Jackie.

Thanks to all of you who have sent in or dropped off you 2016/2017 Membership dues. I would appreciate it if the remainder of you would send in your dues as soon as possible. Membership fees are vital. I am working with neighborhood businesses to give all Senior Center Members a discount on their purchases. Paid members already receive a special discount from the YMCA. Notices will be sent out with additional discounts.

Until next time...



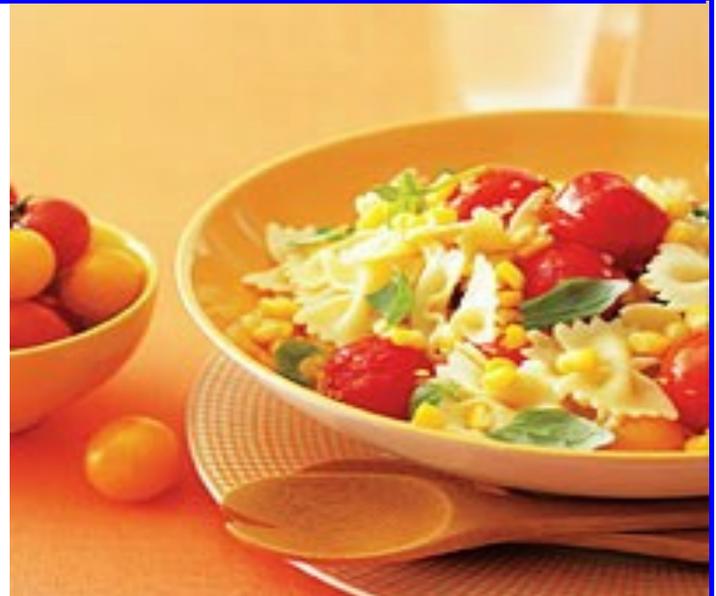


Loki is the black one and Lola is the white one. Both girls about 6 weeks old from Providence. They love playing with each other and running around like crazy, then they prefer to fall asleep on people rather than their bed. Jackie L's Grand kittens

Summer Corn and Tomato Pasta

Ingredients

- Salt
- 1 pound bow-tie pasta
- 2 tablespoons extra-virgin olive oil
- 2 garlic cloves, smashed
- 1 pint cherry tomatoes
- 3 ears fresh corn, kernels cut off
- 2 tablespoons unsalted butter
- 1/4 cup fresh basil leaves, torn into pieces



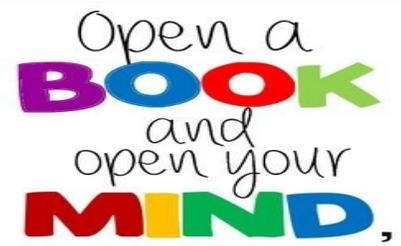
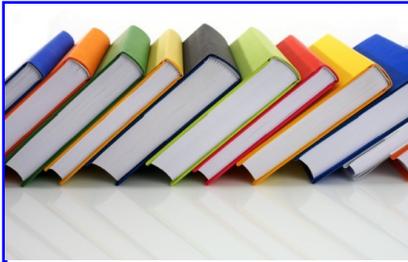
Directions

1. Bring a large pot of salted water to a boil and cook the pasta until al dente; drain.
2. Meanwhile, in a large skillet, heat the olive oil over medium heat. Add the garlic and tomatoes and cook, stirring occasionally, until the tomatoes are softened, about 5 minutes. Stir in the corn, raise the heat slightly and cook until the corn is heated through and golden, about 5 minutes. Season to taste with salt.

Add the vegetables, butter and basil to the pasta and toss.

ATTENTION YMCA MEMBERS

Please remember that your YMCA renewal fee is based on your being a paid member of the Senior Center. YMCA Renewal begins after July first. Senior Center dues are due by July 1, 2016.



The Rogue Lawyer, by John Grisham – Doubleday (2015)

Book Review by Carolyn Richard

In American fiction, there is little room for argument that John Grisham is one of the most popular and skilled craftsmen of the modern legal thriller. He has created some unforgettable characters, such as Reggie Love, the flawed heroine of The Client and Rudy Baylor, a young lawyer who takes on corporate greed and corruption in The Rainmaker. That isn't to say that Grisham has never missed. The Brethren and The Appeal were each an appalling waste of paper and ink. But then again, when an author has produced the sheer volume of work that Grisham has, a few stumbles are to be expected.

Sebastian Rudd, Esquire, the title character and narrator, draws the reader into a world that few people ever experience. And believe me; few people would ever want to see this world. In his professional life, Rudd defends the worst of the worst, and in his free time, engages in some rather dangerous and edgy activities himself, such as sponsoring an up-and-coming cage fighter. His recent divorce was acrimonious, to say the least, and the reader soon feels little more than pity for the young boy named Starcher, born of this brief and tumultuous marriage. Add to the mix that his ex-wife, also a lawyer, is ready, willing and able to scrap with Sebastian over custody of Starcher. She also made the discovery during their marriage that she was far more attracted to other women than she was to her husband.

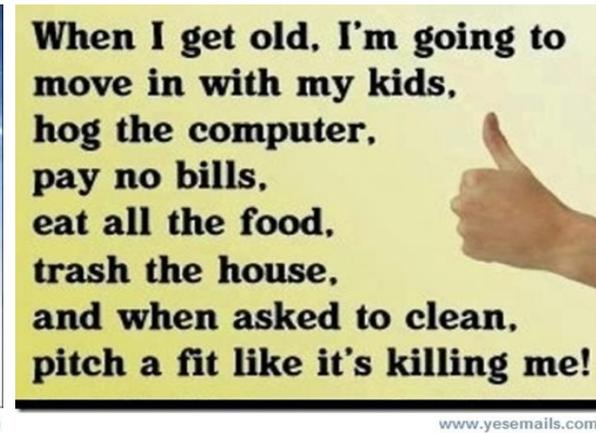
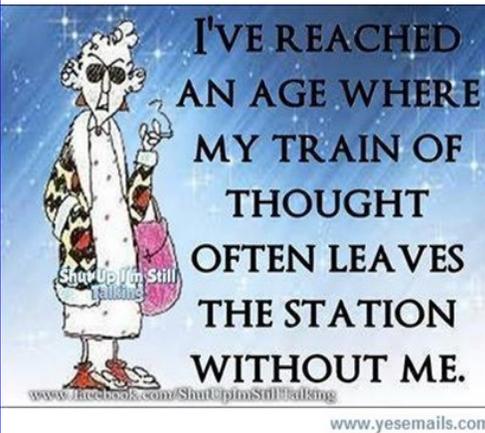
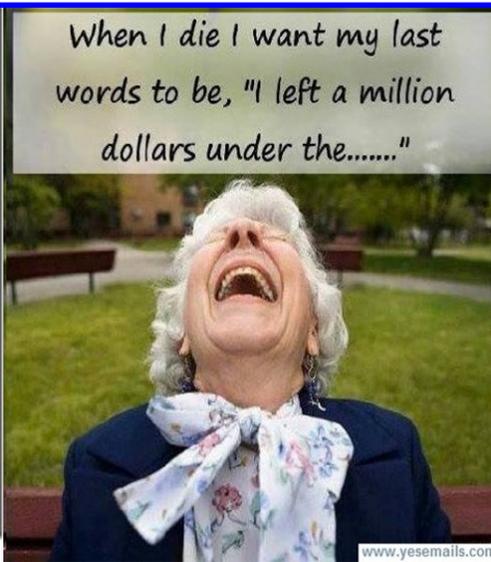
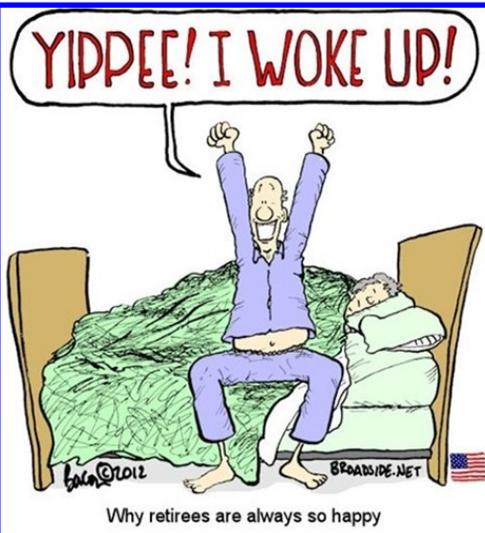
Rudd's office is a bullet proof van (He doesn't always win his cases, which garners the ire of some characters who wouldn't think twice about a little retributive arson or murder). No fancy mahogany desk in a plush office for this attorney. His driver, paralegal, bodyguard and (seemingly) only friend is called Partner, a grateful former client.

Grisham tries a little too hard to portray Rudd as an anti-hero. Rudd is a defense lawyer in a class by himself, so it wasn't necessary to throw in his womanizing (he chases and seduces his son's school teacher) and a (unsurprising) problem with alcohol. These tangents only served to distract from an otherwise good story.

As in many of Grisham's themes and plots, the real villain is not the accused; it is the law enforcement and justice systems. Grisham practiced law for many years before becoming a novelist, so he knows firsthand that these systems are irreparably broken. It is these systems that railroad Gardy, an accused murderer and so personally toxic that no other attorney will touch him. It is these systems that indict a man for firing a gun at police, when it was the police who were tragically miscreant. Sebastian only trusts the few cops, lawyers and judges he knows will place justice above the system, and the operative word here is "few".

The Rogue Lawyer is certainly not Grisham's masterpiece. There is no central plot, and the chapters cobble together like a series of short stories rather than a cohesive novel. However, Rudd is a compelling character because he simply believes that everyone, even the most odious social misfit, is entitled to vigorous and competent legal representation. He laughs at the very notion that the legal and justice systems are fair and impartial. So, why then should he adhere religiously to the code of ethics that binds and guides the practice of law? He may be rationalizing, but at times either he does whatever is necessary to level the playing field with these pernicious and unethical systems or his clients will never stand a chance.

Even if riding along in Sebastian Rudd's bulletproof van may get a little bumpy at times, and the novel is not as substantive as many of his works, it is still very entertaining ---- and unmistakably John Grisham.



The choices I make today will determine the rest of my life—Ginny Dye

The wishbone will never replace the backbone—Will Henry

Patience and perseverance have a magical effect before which difficulties disappear and obstacles vanish—John Quincy Adams



There comes a time in your life, when you walk away from all the drama and people who create it.

You surround yourself with people who make you laugh.

Forget the bad, and focus on the good. Love the people who treat you right

And pray for the ones who don't Life is too short to be anything but happy

Falling down is a part of life, Getting back up is living .

Another medical break-through

A couple went to the hospital to have their baby delivered.

Upon their arrival, the doctor said that the hospital was testing an amazing new high-tech machine that would transfer a portion of the mother's labor pain to the baby's father. He asked if they were interested. Both said they were very much in favor of it.

The doctor set the pain transfer to 10% for starters, explaining that even 10% was probably more pain than the father had ever experienced before.

But as the labor progressed, the husband felt fine and asked the doctor to go ahead and kick it up a notch.

The doctor then adjusted the machine to 20% pain transfer. The husband was still feeling fine. The doctor then checked the husband's blood pressure and was amazed at how well he was doing.

At this point they decided to try for 50%. The husband continued to feel quite well.

Since the pain transfer was obviously helping the wife considerably, the husband encouraged the doctor to transfer ALL the pain to him. The wife delivered a healthy baby with virtually no pain and the husband had experienced none. She and her husband were ecstatic.

When they got home they found the mailman dead on the porch.

I am always looking for articles of interest for our Newsletter. Recipes, pictures of your pets, current events. Cartoons, funny stories, local news. Don't be shy. Send them or call the office. 491-9404

We want to Celebrate your Birthday!!!

Each month we will include your name and month of Birth—No date.

To be included, send or call me with your Name and Month of birth.

Communitycenter@Richmondri.com

401-491-9404

Happy July Birthdays

Liz Robinson

John DiGioia

Joan St. Clair

Peti Calhoon

Bev Wightman

Al Taylor

Carolyn Eldridge

Judy Brayman

Dennis DesJardin

Velma Clinton

Redneck ingenuity at it's best



◀ June		~ July 2016 ~					August ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
					1 8:30 – 11:00 Coffee 9 am Sit & Get Fit 10:30 am Yoga 10:30am crafts	2 9:30 - Zumba	
3	4 CLOSED HAPPY 4YH OF JULY	5 8:30 – 11:00 Coffee 10:00 am Art Class 6:00 pm Bingo	6 8:30 – 11:00 Coffee 9 am Sit & Get Fit	7 8:30 – 11:00 Coffee 9:00 am Knitting 12:30 pm Mah Jong	8 8:30 – 11:00 Coffee 9 am Sit & Get Fit 10:30 am Yoga 10:30am crafts	9 9:30 - Zumba	
10	11 8:30 – 11:00 Coffee 9:00 am Tai Chi	12 8:30 – 11:00 Coffee 10:00 am Art Class 6:00 pm Bingo	13 8:30 – 11:00 Coffee 9 am Sit & Get Fit	14 8:30 – 11:00 Coffee 9:00 am Knitting 11:00AM Members Meeting 12:30 pm Mah Jong	15 8:30 – 11:00 Coffee 9 am Sit & Get Fit 10:30 am Yoga 10:30am crafts	16 9:30 - Zumba	
17	18 8:30 – 11:00 Coffee 9:00 am Tai Chi	19 8:30 – 11:00 Coffee 10:00 am Art Class 6:00 pm Bingo	20 8:30 – 11:00 Coffee 9 am Sit & Get Fit	21 8:30 – 11:00 Coffee 9:00 am Knitting 9:30 am Visiting Nurse 12:30 pm Mah Jong	22 8:30 – 11:00 Coffee 9 am Sit & Get Fit 10:30 am Yoga 10:30am crafts	23 9:30 - Zumba	
24	25 8:30 – 11:00 Coffee 9:00 am Tai Chi	26 8:30 – 11:00 Coffee 10:00 am Art Class 6:00 pm Bingo	27 8:30 – 11:00 Coffee 9 am Sit & Get Fit	28 8:30 – 11:00 Coffee 9:00 am Knitting 12:30 pm Mah Jong	29 8:30 – 11:00 Coffee 9 am Sit & Get Fit 10:30 am Yoga 10:30am crafts	30 NO ZUMBA	
31	Notes:						

Old Bay Crab Cakes

2 slices of white bread crusts removed and crumbled. Italian bread is good but the crust is hard to work with.

2T. mayonnaise

2 tsp. Old Bay Seasoning

2 tsp. parsley flakes

1/2 tsp. prepared yellow mustard

1 egg beaten(I beat the egg first before adding to mixture)

1 pound of lump crab meat.

Mix bread, mayonnaise, Old Bay Seasoning, parsley, mustard, and egg in a large bowl until well blended.

Broil 10 minutes without turning or Fry-- until golden brown on both sides. Add additional Old Bay seasoning if desired.

Richmond Town Council has set their summer meeting schedule.... One meeting only in July and August.... The 3rd Tuesday of the month.... July 19 and August 16

NOTICE - NOTICE - NOTICE

The Town of Richmond has some vacancies on the Planning Board & other Boards, commissions and committees. Interested?? Contact the Richmond Town Clerk @ 539-9000 ext. 9
It's a good thing to do for your Town...

2016 Tax Bills will arrive in July, most likely during the 3rd week. The real estate tax rate is 21.57, and the tax rate for motor vehicles remains unchanged at 22.64.