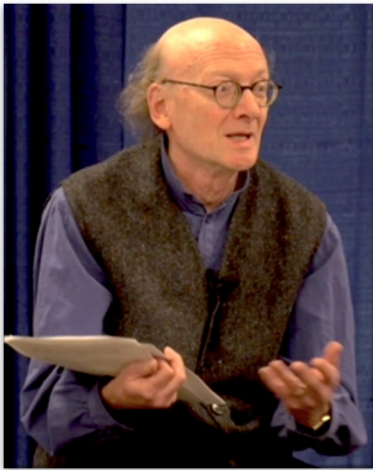




***The Concord Writers Today:
Personal Observations, Polemical Reflections
Lawrence Rosenwald, Thursday, December 1, 7:30pm on Zoom***



Lawrence Rosenwald has been engaged with the Concord writers, Emerson above all, since he was in high school. His talk will include some stories of that engagement over the years--his work on Emerson's journals and miscellaneous notebooks, and what

that has felt like; his long encounter with Thoreau's Civil Disobedience; his increasingly negative response to Hawthorne and, most generally, his change of

perspective on the importance of material culture. It will also include some reflections on what the Concord writers do and do not offer us today, in the era of Black Lives Matter.

Lawrence Rosenwald is the Anne Pierce Rogers Professor of English Emeritus at Wellesley College, where he taught from 1980 till 2022. He has written abundantly on diaries, words and music, translation, literary multilingualism, and the relations between pacifism and literature; his current project is Portrait of a Pacifist Critic. He has done numerous translations from several languages, French and German and Yiddish among them, and has written and performed some fifty verse scripts for performances of early opera and other forms of early music theater.

***The Holiday Party is Back!! (in slightly altered form)
December 29th at 2 PM***

Gathering with each other during the holidays is something we at Wellesley Neighbors have enjoyed for many years. This year, again, we are privileged to join our fellows, although in a departure from our past "great hall" get-togethers.

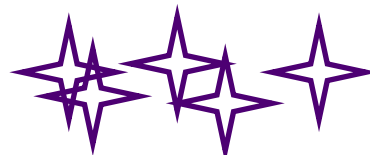
This year we will come together in groups large enough to feel the joy and festivity of the season, but small enough to fit cozily into member's homes: gatherings reminiscent of the holiday receptions we all remember from the 60s and 70s.

Each group will be twenty or so, a good size for circulating or sitting and visiting with a small group, or simply hanging out at the goodie table and nibbling.

Three hosts will offer their homes--we are accepting names of those willing to host who have room for 20 in their homes. Drinks will be provided by WN, and those who attend are invited to bring an offering of something easily edible that they'd like to share.

Please join us! If you'd like to host, contact Catherine Connor at 217 493-0396 or cconnor@illinois.edu.

Everyone else can sign up through the listing on the Wellesley Neighbors website.



From the President: Reaching Out



*I think it's so groovy now
That people are finally getting together
I think it's wonderful--and how!
That people are finally getting together*

*Reach out in the darkness
Reach out in the darkness
Reach out in the darkness
And you may find a friend*

(by Jim Post, recorded by folk duo *Friend and Lover*, 1968)

Thanks for indulging--and apologies for--my early taste in music (the 60s and 70s were the best!), but this song has stuck in my head of late. I've been speaking with members about needing help, getting help, offering help, how to help...Some very interesting bits have emerged, and I'm sharing them with you in the hope that they just might—help.

Perhaps it is a holdover from Covid and isolation or, as was suggested to me, that many of us are independent New Englanders, so we are reluctant to reach out. Reluctant to ask for help. Not wanting to bother anyone. Not being a burden.

But doesn't it feel good to help someone? Don't we feel *ennobled* when we reach out and help, even if it is inconvenient to us? And so how do we—help—each other achieve this lofty feeling, which makes us smile and which makes this world a better place?

We reach out to ask for help, not to be a bother but to help someone else feel warm, more generous, a finer human being.

Asking for help may be the best gift you can give someone this holiday season.

Adele

Technical Tips: Catherine Connor suggests we feature a monthly tip, or two, to help manage our various gadgets. To start off, she offers “the miracle of Control Z.” If you make a mistake at the computer, press Control Z to UNDO your very last action (or a series of actions, if you press more than once). Tip #2: If you have an Apple Watch, the best way to make phone calls is to summon Siri and give her the number (or the name of a person on your contact list). To hear calls better, adjust volume by turning the wheel on the right side of the watch face.

From the Executive Director: Exercise As A Daily Routine

Many of us spend too much time sitting each day. Studies show that regular physical activity is a key to healthy aging. It not only makes you feel better and sleep better, it also reduces anxiety. A Centers for Disease Control and Prevention article says that adults aged 65 and older need:

- At least 150 minutes a week (for example, 30 minutes a day, 5 days a week) of moderate intensity activity such as brisk walking. Or 75 minutes a week of vigorous-intensity activity such as hiking, jogging, or running.
- At least 2 days a week of activities that strengthen muscles.
- Activities to improve balance such as standing on one foot about 3 days a week.



If you have a chronic health issue, it's important to check with your doctor prior to starting an exercise routine. If you haven't been exercising regularly, start small and commit to doing something physical every day. **Joyce**

November Service and Support

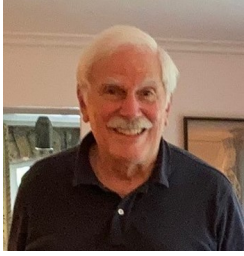


Service requests: 2 (feedback on restaurant; surgeon)
Support Requests: 2 (rides)

To request service or support, call Joyce at 781-283-0417, ext. 1.



Book Review: *The Secret Diary of Hendrik Groen*



For a whole year—2013 to be exact—the fictional Hendrick Groen (Groen is also the real author) keeps a diary of daily life at his retirement home in the Netherlands. His unvarnished insights into old age are not for the faint of heart, but the book is

well written, and the characters and their adventures will delight you.

To relieve the tedium—and to foil the determined efforts of the home's director, Mrs. Stelwagen, to stifle any nascent spark of individuality or creativity—Groen forms the Old-But-Not-Dead Club. The club's charge is to arrange monthly outings for its eight members. The main actors in the club are Groen himself, his anarchist best friend Evert (who will stop at nothing to throw a wrench into the bureaucratic machinery of the home), Eefje Brand, Hendrik's next-door neighbor and heartthrob, and Grietje de Boer, the home's computer whiz. Over the course of the year the members of the

group experience hilarious adventures and personal tragedies in equal measure. Diabetes, Alzheimers, stroke, and the health-care bureaucracy do their best to defeat them.

Throughout the book, Groen's wry comments on both the indignities of old age and the inanity of the system of elder care in the Netherlands are as amusing—sometimes uproariously so—as they are poignant. At times I couldn't help but think of Lord Byron's lament, "If I laugh at any mortal thing, 'tis that I may not weep." Groen himself observes, "I can't make reality prettier than it is: sad, grim, and funny all at once." In his last diary entry, he remains unbowed. "As long as there are plans," he writes, "there is life," and his first plan for the new year is to begin a new diary.

If you enjoy this book but seek something more light-hearted, you might like Richard Osman's series that begins with "The Thursday Murder Club" about a group of retirees in England who outperform the local police in crime-solving. *C.M.*

Some WN Members Who Sing

The holidays bring special music, so we spoke with WN members who sing—a sample if not an exhaustive list. Get in touch with them if you have questions about their singing group or concert details. Many groups are open to new members, with and without auditions.

One nice thing about the holiday season is the music. I don't mean the stuff you hear while shopping, like "Jingle Bell Rock," but concerts offered by local singing groups. While mostly focused on Christmas, they increasingly include music linked with Hanukkah, Kwanzaa and the winter solstice.

Perhaps even nicer than listening is "making the music with other people," according to Ann Swanson, who sings with The Heritage Chorale. They will present "A Ceremony of Carols" by Benjamin Britten and "Dona Nobis Pacem" by Ralph Vaughan Williams at a Framingham concert December 4. The weekly rehearsal is at night, after Ann has worked all day at a food pantry. In between, she has a little downtime and sometimes thinks she'd rather stay home. "But then I go, and it wakes me up, even though singing

in a mask is tiring." (During the pandemic, they rehearsed on Zoom, which was "better than nothing but not the same as sharing the same space.")

Sam Hunt sings with R.M.Glee, a diverse group of retired men who rehearse in the daytime and are seeking a few new members—all parts are welcome. Before Covid, they regularly performed all kinds of music —jazz, gospel, do wop, country, and patriotic—mostly at

continued on page 4



The R.M. Glee, with Sam Hunt fourth from left.

continued from page 3

retirement communities, nursing and rehab facilities. This fall they returned the stage with a concert at the Framingham library.

Both Sam and his wife Cynthia sing in the St. Andrews Episcopal Church Choir, now rehearsing the "Gloria" from Handel's "Messiah" and works by Palestrina and others. Cynthia enjoys sitting right next to the paid soloist. (Unfortunately, its holiday concert is December 4, like the Heritage Chorale. Conflicts are hard to avoid in December.)

Also at St. Andrews, Susan Kemp and Janet Giele are glad to get back to the choir after Covid. "We had no

choir because we had no services," Janet explains. "Then masks were mandatory until about six months ago." Now they are optional and "probably still a good idea--but they aren't too festive," Susan adds.



Cynthia Hunt, Marilyn Nutting



Toward the other end of town, Marilyn Nutting sings with the Wellesley Hills Congregational Church Choir, which has a concert December 17 that will include many traditional carols.

Finally, the Zamir Chorale is doing "Hanukah Happens" on December 22 Hanukah; the holiday is December 18-26.

WN has no members in Zamir, but Mickey Goldin has followed them for years, as their photographer. He is a great fan but has not yet been invited to sing. **L.P.**

Happenings—Thanksgiving Lunch at Wayside Inn



Clockwise from top, Catherine Connor, party organizer; Teri Lilly and Mo Meyer; Maureen Donlon with Peter and Barbara Offenhartz; the whole crowd in our beautiful room; and Dan and Susan Kemp at lower left.



PREPARING FOR WINTER

HOME PREPARATION

- Know how to shut off your interior valves in case a pipe bursts.
- Make sure your exterior water is turned off so your pipe doesn't freeze.
- Weatherproof areas where you experience drafts.
- Test your smoke detector and carbon monoxide detectors monthly and replace worn out batteries twice a year.
- Establish a communication plan with family and neighbors (who will call whom in the event of an emergency).
- Don't leave a space heater unattended or operating when you're asleep or situated near anything that could catch fire.
- Have at hand:
 - sufficient supply of bottled water for drinking and sanitation;
 - three-day supply of non-perishable food;
 - for pet owners, a sufficient supply of food;
 - flashlight and/or lantern and extra batteries;
 - supply of candles and matches;
 - fire extinguisher;
 - first-aid kit;
 - sufficient supply of prescription(s);
 - cell phone and charger;
 - manual can-opener;
 - sufficient heating fuel;
 - extra wood if you have a fireplace or wood-burning stove;
 - rock salt or environmentally safe products, including kitty litter or cracked corn for sidewalks and decks;
 - ergonomic model shovels (best for older adults).

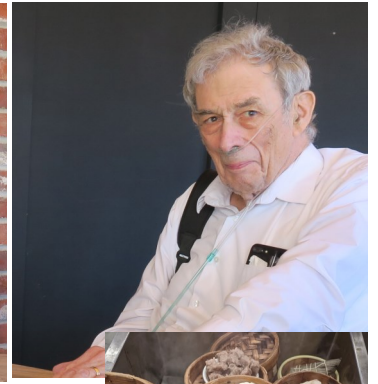
CAR PREPARATION:

- Have a mechanic check your car's:
 - antifreeze levels; battery; brakes; heater and defroster; filters; oil level;
 - windshield-wiper fluid; tires.
- Equip your car with:
 - sufficient supply of bottled water for drinking and sanitation;
 - sufficient supply of snacks;
 - blanket;
 - first aid kit;
 - flashlight or battery powered lantern and extra batteries;
 - matches;
 - windshield wiper scraper and collapsible shovel;
 - tire chains, traction mats and/or bag of sand or kitty litter for added traction;
 - booster cables;
 - tow chain or rope.
- **Carry your cell phone and charger no matter the distance you're driving.**

More Happenings



Ellen Hosbjor and Janet Giele at a Wellesley Chamber Players concert at Dana Hall School.



Above, at Papa Razzi, Troy Murray (left) and Peter Offenhartz (right) at maybe the last Men's Lunch outdoors till spring—a long time from now, alas. At right are some of the many dumplings enjoyed on a WN trip to Boston's China Town for a dim sum brunch.



The Western Cluster gathered to celebrate Hallowe'en at the home of Betsy Campbell. Everybody brought snacks and enjoyed the craft table, below. Clockwise, from left: Dan Kemp, Barbara Slavin, Sally Bradford-LaRhette (in hat), Marlies Stueart, Joyce Wadlington, Teri Lilly, Susan Kemp, Renate Olsen, and Renate again in a red mask.





December Events/Interest Group Meetings

Note: Those on Zoom are marked (Z)

Thurs. Dec. 1, 12:30 pm - Men's Lunch, Wellesley
Thurs. Dec. 1, 1 pm – New Yorker II Group at Nouvelle conference room, Natick
Thurs. Dec. 1, 7:30 pm - Speaker: Lawrence Rosenbaum
(see page 1) (Z)
Fri. Dec. 2, 1 pm – Play Reading Group
Fri. Dec. 2, 3 pm - Afternoon Tea (Z)
Wed. Dec. 7, 5:30 pm – Women's Night Out, Papa Razzi, Wellesley
Fri. Dec. 9, 1 pm - Lunch at CK Shanghai, Wellesley
Sun. Dec. 11, 4 pm - Silent film, *Metropolis*, at TCAN, Natick
Sun. Dec. 11, 6 pm - Dinner at Agostino's, Natick
Tues. Dec. 13, 11 am - Concord Museum, Lincoln Memorial's 100th Year
Tues. Dec. 13, 12:30 pm - Lunch at Concord Market & Cafe
Wed. Dec. 14, 2 pm – New Yorker Group I (Z)
Thurs. Dec. 15, 1 pm – Short Story Group (Z)
Fri. Dec. 16, 5 pm - Cocktail Hour, speaker Alan Joseph, a musician who played with stars like the Everly Brothers (Z)
Sun. Dec. 18, 3 pm - Wellesley Chamber Players, Dana Hall, Wellesley
Mon. Dec. 19, 5 pm - Dinner at Capt. Marden's, Wellesley

Early January Events/Meetings

Wed. Jan. 4, 10 am - Tour of Gardner Museum (limit 8 people)
Wed. Jan. 4, 11:30 am - Lunch at Gardner Museum
Wed. Jan. 4, 5:30 pm - Women's Night Out, Papa Razzi, Wellesley
Thurs. Jan. 5, 2 pm – New Yorker Group II (Z)
Thurs. Jan. 5, 12:30 pm - Men's Lunch, location TBA
Fri. Jan. 6, 3 pm - Afternoon Tea (Z)

December 2022

Su	M	Tu	W	Th	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31



"Merry Old Santa Claus" by Thomas Nast, 1888. "Nast was a pioneering political cartoonist but also invented Santa as we know him," according to Curt Martin. His late wife, Janet, collected Nast drawings.

December Newsletter

Wellesley Neighbors
P.O. Box 812609
Wellesley, MA 02482

«Name»
«Street» «Addr 2»
«Town, State, Zip»

Board of Directors 2022

OFFICERS

Adele Langevin, President
Polly Conlon, Vice President
Catherine Connor, Past President
Lucy Phillips, Clerk
Richard Lansing, Treasurer

DIRECTORS

Polly Conlon	Margot Lansing
Lee Delph	Teri Ann Lilly
Jerry Gans	Peter Offenhartz
Janet Giele	Barbara Slavin
Rosalie Gimeno	Hank Solomon
Marcia Goldsmith	Marlies Stueart
Linda Griffith	Susan Taylor
Dan Kemp	Stuart Zerner