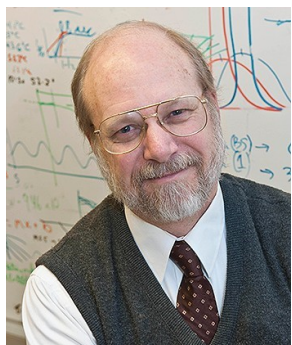




WN Speaker for May 26: Dr. John E. Ebel, Weston Observatory Watch for Email Confirmation

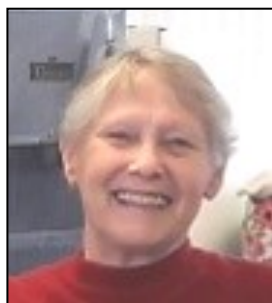


On May 26, Dr. John E. Ebel will speak to Wellesley Neighbors at the Wellesley College Club (topic to be announced), if the coronavirus permits. Dr. Ebel is a Professor and Senior Research Scientist at the Weston Observatory in Weston, Massachusetts, which is part of the Morrissey College of Arts and Sciences within Boston College. He earned his B.A. at Harvard and his Ph.D. at California Institute of Technology.

Since 1981 he has supervised the operations of the New England Seismic Network of Weston Observatory, which serves to detect, locate, catalog and study all earthquakes that occur in the six New England states. The Network includes a facility in Weston, near the Observatory, which WN toured a few years ago. Dr. Ebel's research has focused on the causes and effects of earthquakes in New England, but he has published papers on earthquake activity in other parts of the eastern United States and Canada, California, Europe, Mexico and the Southwest Pacific area. He has also studied methods for earthquake hazard computation and earthquake forecasting.

NOTE: Dr. Paul MacDonald, who teaches political science at Wellesley College, was to speak April 28 but will be rescheduled. Watch for information!

From The President: New Ways of Doing Things



I received an email labeled "Shut-in Humour," a welcome list of amusing lines, one of which was: "The world has turned upside down. Old folks are sneaking out of the house, and their kids are yelling at them to stay indoors!"

It hits very close to home. My daughter calls for my shopping list, has groceries delivered to her, washes them all, then delivers them to my porch...tapping on the glass, then removing herself to a distance... where she instructs me to "do it again!"... which I do.

I miss the closeness of my children and grandchildren; they are the reason I uprooted myself and moved to this area. I watch the nine-year old from my window as he learns to skate on his new roller blades, and I take a chair to the yard and read to him...loudly...as he sits in the swing 20 feet away. For now, this must be enough, but I truly miss seeing my WN friends at activities.

I am excited about the new possibilities of getting together, and I thought I would let you know that the *New Yorker* groups are meeting electronically—as is the Activities Committee. It has planned a virtual tea, lunch, and cocktail hour (bring your plate or drink to the computer) plus a museum tour. See details on page 5.

We encourage you to make suggestions of things that interest you, which we might be able to incorporate in our future offerings.

If you need help with electronic technologies, gurus like Peter Offenhartz and Barbara Slavin can assist you with your smart phone and guide you through using Zoom and Overdrive (where you can download library books, audio books, and videos for free, as long as you have a library card number).

I am embracing the "for-now" way of living; I hope you find that you are able to do so as well, and that you are able to enjoy the many outdoor pleasures of spring.

Catherine

From the Executive Director: Life as I Live It

I clean some part of the house every day, not something I do ordinarily. I eat, think about eating, and eat again. I combed through two closets and found clothes that I don't remember buying.

With no shame I spent a few days in my pajamas. I read books and magazines for hours and watch TV and Netflix more than I should. I stare in the mirror at the condition of my hair and give thanks that so few people see me these days.

I was watching the news constantly until I realized that it was making me anxious and depressed. I Zoom, chat with family, friends and Wellesley Neighbors members, and send more emails and texts than usual. With the weather improving I take more walks and do some

weeding and trimming of bushes. I've adapted, in other words, to sheltering at home.

Some events are etched indelibly in my memory including President John F. Kennedy's death and funeral and the September 11 attacks. Sadly, Covid-19, will join my gallery of memories of momentous events. As I did during those terrible times, I remind myself every day that we are resilient and will embrace the new normal when this crisis ends.



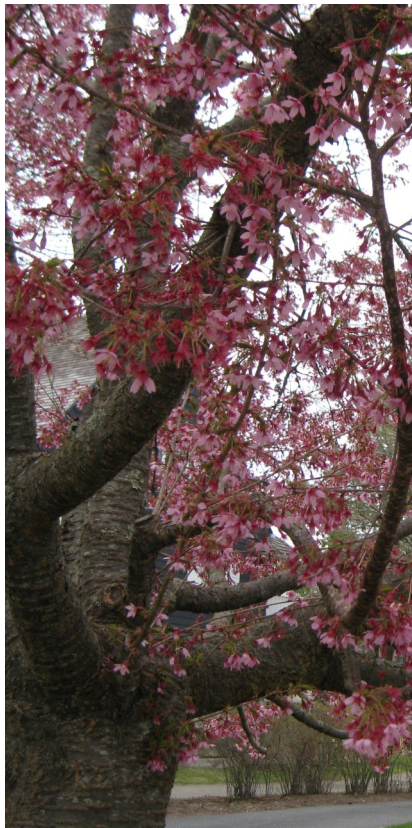
Joyce

April Service and Support



Service Requests: none
Support Requests: 3 (technology)

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



Useful Coronavirus Information Online

We are anxious about how Corona Virus will affect us and our families, and have many questions. These very good web sites can provide answers:

- The U.S. Government's Centers for Disease Control has a number of links concerning the national situation as well as steps you can take to protect yourself and what to do if you feel ill: <https://www.cdc.gov/coronavirus/2019-ncov/index.html>
- Newton Wellesley Hospital has a "Coronavirus: What you Need to Know" link. <https://www.nwh.org/>
- The New York Times published a free section of answers to frequently asked questions: <https://www.nytimes.com/interactive/2020/world/coronavirus-tips-advice.html>
- This is a helpful video on how to sanitize groceries and other items that you have picked up or had home-delivered: <https://www.youtube.com/watch?v=sjDuwc9KBps&feature=youtu.be&fbclid=IwAR2Uakwp-6z3BFAesHN2x5RhgENfNY2V7ZLBPIkdNkDyird8pEq4BLQtQE>
- The Wellesley town government website provides local information and updates: <https://www.wellesleyma.gov/> **C.M.**

Comic Relief in the Time of Coronavirus

We've all been getting funny emails from friends who want to cheer us up. A few WN members have offered some favorites to the newsletter. The authors are unknown, except for the parody of "To a Louse" by Robert Burns.

"Tae a Virus"

With apologies to Robert Burns

*By William Roxburgh**

Twa months ago, we didna ken
Yer name or ocht about ye,
But lots of things've changed since then,
I really must salute ye.

Yer spreading rate is quite intense,
Yer feeding like a gannet.
Disruption caused, is so immense,
Ye've shaken oor wee planet.

Corona used tae be a beer,
They garnished it wae limes
But noo it's filled us a' wi fear
These days are scary times.

Nae shakin' hauns, or peckin' lips,
It's whit they a' advise
But scrub them weel, richt tae the tips,
That's how we'll a' survive.

Just stay inside the hoose ye bide,
Nae sneakin' oot for strolls
Just check the lavvy every hoor
And stock-take your loo rolls.

The boredom surely will set in,
But have a read, or doodle
Or plan yer menu for the month
Wi 95 Pot Noodles.

When these run oot, just look about,
A change, it would be nice
We've beans and pasta by the ton
And twenty stane o' rice.

Sae dinna think ye'll wipe us oot,
Aye true, a few have died,
Bubonic, bird flu, and Tb
They came, they left, they tried.

Ye might be gallus noo ma freen'
As ye jump frae cup tae cup
But when we get oor vaccine made
Yer number will be up.

****Two inner verses were cut for space reasons—poetic license!***

Inspired by Dr. Seuss:

The buildings were big and people would smile.
And travel they did mile by mile.
But sick they became, in numbers it grew.
Businesses worried, communities too.
Things stopped for a bit, the world slowed its roll.
The virus had certainly taken its toll.
But what they then saw from slowing things down,
Is in fact they now had fewer reasons to frown.
Families now gathered, what game shall we play? Pass me the
blue crayon, give mommy the grey.
Dad's home guys! He'll read us a book, then all of us together
we'll cook.
The lungs of the planet caught a small break.
Less travel meant less pollution to make.
People did realize they'd all be o.k.
They don't need so much to get through the day.
Maybe this virus that caused so much stress, showed the whole
world that more can be less.

Best wishes to all for much happiness, health and all that is good. Be grateful!



A COVID-19 Ditty (thanks to Gilbert and Sullivan)

I am the very model of effective social distancing!
I listen to the experts on the topic of resistance-ing;
I know that brunch and yoga class aren't nearly as imperative
As doing what I can to change the nation's viral narrative.

I'm very well acquainted, too, with living solitarily
And confident that everyone can do it temporarily:
Go take a walk, or ride a bike, or tackle an unread book;
Avoid the bars and restaurants; carry out or learn to cook.

There's lots of stuff to watch online while keeping safe from sinus ills
(In this case, it's far better to enjoy your Netflix MINUS chills!)
Adopt a pet, compose a ballad, write some earnest doggerel,
And help demolish Trump before our next event inaugural.

Pandemics are alarming, but they aren't insurmountable
If everybody pitches in to hold ourselves accountable.
In short, please do your part to practice prudent co-existence-ing,
And be the very model of effective social distancing!

Happenings—in the Good Old Days: Remember when we could crowd together without a thought? Clockwise, from top left: we cruised the Concord River, took a bus to Boston, and enjoyed Thirsty Thursday, an all members lunch, and the holiday potluck. Crowding is now a risky luxury, but normalcy will return!



**STAYING IN TOUCH WITH EACH OTHER...**

To help cope with the difficulty of living in so much isolation due to the corona virus epidemic, Wellesley Neighbors is hoping you will participate in a few fun virtual events (through Zoom). We'll be posting details on the webpage as well as through an email Blast, but, for the moment, please make a note on your calendar for these upcoming events. Each includes the name of the host/contact person.

Tue. April 28—2:00 pm—Virtual Tea Time, Barbara Slavin

Fri. May 1—5:00 pm—Virtual Cocktails, Maureen Donlon

Tue. May 5—2:00 pm—Virtual visit to Davis Museum—"Women's Portraits," Deb Cogill

Thu. May 7—12:30 pm—Virtual Men's Lunch, Hank Solomon

As we're not dining together, consider these Wellesley/Natick take-out options OR try the adjacent recipes:

Cafe Mangal (781-235-5322)

Calif. Pizza Kitchen (781-416-3690)

Captain Marden's (781-235-3737)

CK Shanghai (781-237-7500)

Fiorella's (781-694-8800)

Juniper (781-446-6950)

Lemon Thai (781-237-6996)

Agostino's (508 655-6643)

Dolphin Seafood (508-655-0669)

Buttercup (508-545-1506)

**May 2020**

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Delicious Chicken Breast for One (submitted by Sara-Jane Green)

1 skinless, boneless breast
 2 T chicken broth
 2 T white wine or vermouth
 2 T grated cheddar (optional)
 2 T seasoned bread crumbs
 1 T butter for dotting

Flatten chicken to about 1/3 inch thickness. Add salt & pepper if you wish. Place in a greased shallow baking dish just large enough to hold the chicken. Mix and add broth and wine. Mix cheese and bread crumbs and spread over chicken. Dot with butter and bake at 350 degrees for 25-30 minutes, till golden.

Easy Crepes (submitted by Curt Martin)

Whether you enjoy a sweet dessert crepe or savory crepes for lunch or dinner, this is a super easy recipe. You can adjust the ratio of flour to milk to make relatively thinner or thicker crepes.

Ingredients: 2 large eggs, 2/3 C flour, 1C milk, 1/4 tsp salt, 1/2 tsp sugar (optional)

Beat everything together at low speed till batter is smooth (with too-high speed, bubbles

will form on top of the batter). Preheat an electric griddle to 350 degrees or use a stove-top skillet. When heat is sufficient, barely brush with oil/butter and slowly pour batter to desired size (e.g., 4-8" across). When top of batter is no longer wet, flip. Cook another minute or so and serve. Makes 4-6.

Dessert crepes might include a splash of Grand Marnier, butter and maple syrup, Nutella, jam, berries, and whipped cream; be creative!

Savory crepes are great for using up leftovers.

May Newsletter

Wellesley Neighbors
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