



NEWSLETTER

July-August, 2010
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SMCNC.ORG

A FEW THOUGHTS ON AGING (with thanks to Jack Murray)

Just before the funeral services, the undertaker came up to the very elderly widow and asked, "How old was your husband?"

"98," she replied, "Two years older than me."

"So you're 96," the undertaker commented.

She responded, "Hardly worth going home, is it?"

Reporter interviewing a 104-year-old woman:

"And what do you think is the best thing about being 104?" the reporter asked.

She simply replied, "No peer pressure."

The nice thing about being senile is you can hide your own Easter eggs.

I've sure gotten old! I've had two bypass surgeries, a hip replacement, new knees, fought prostate cancer and diabetes. I'm half blind, can't hear anything quieter than a jet engine, take 40 different medications that make me dizzy, winded, and subject to blackouts. Have bouts with dementia, poor circulation, can't remember if I'm 89 or 98. Have lost a lot of my friends. But, thank God, I still have my driver's license.

I feel like my body has gotten totally out of shape, so I got my doctor's permission to join a fitness club and start exercising. I decided to take an aerobics class for seniors. I bent, twisted, gyrated, jumped up and down, and perspired for an hour. But, by the time I got my leotards on, the class was over.

My memory's not as sharp as it used to be. Also, my memory's not as sharp as it used to be.

Know how to prevent sagging? Just eat till the wrinkles fill out.

It's scary when you start making the same noises as your coffee maker.

JULY-AUGUST SPEAKERS (Meetings are at 10:00 a.m. in Morrill Hall, St. Mark's Church.)

- Jul 9** Tucker Murphy, Executive Director of the Chamber of Commerce will address "Current Downtown Issues", giving us the state of downtown from a Chamber perspective. A resident of New Canaan for 21 years, Tucker is a member of the Town Council and previously served as a member of the NC Board of Education. She also has been the Business Manager for Design Solutions. In addition, she is on the Board of the League of Women Voters, a member of the Community Emergency Response Team (CERT), and a member of the National Charity League – Canaan Parish Chapter.
- Jul 23** Phoebe Kirkham, head of reference services for the New Canaan Library, will tell us "How to Research Your Own Family Tree." Come and learn more about how to track down the various heroes, rogues, rascals and just plain folks on your family tree.
- Aug 6** E. Michael O'Malley will speak to us about how SCORE helps businessmen with their challenges, using the services of retired executives as mentors and consultants. He will address how SCORE is expanding its menu of services, to be more effective in the four hundred communities where there are SCORE Chapters. A resident of the Westport/Weston area, Mr. O'Malley retired 15 years ago after a 40 year career in the fashion Industry. For the last three several years he had been the Chair of the award winning Fairfield County Chapter of SCORE.
- Aug 20** Bruce Berzin, COO of Habitat for Humanity of Coastal Fairfield County, will tell us about the development of Habitat for Humanity. Habitat is currently engaged in a significant project in Stamford, the first time it has built any facilities there.

VOLUNTEER OPPORTUNITY - Interfaith of New Canaan has volunteered to paint the interior of South Avenue Cottage during the period July 8 to 12 and is in need of helpers. Please contact Judy Goldblatt 203 966 7715.

COUTH

- July 25 (Sun)** In response to requests for a Couth trip to a Bluefish game, we will be joining with Staying Put for a "New Canaan" day at the stadium to see the Bluefish vs. the Camden Riversharks at 2:05PM . Great baseball, entertainment and food. Bring the grandchildren. Easy parking. Choice seats have been obtained by SP @\$15 per ticket. Send check to Staying Put, P. O. Box 484, New Canaan CT 06840 prior to July 10. Any questions, please call SP 203-966-7762.
- September** The previously announced and fully subscribed trip to the Canadian Rockies by train will be Sept. 16 - Sept. 24. Reminder to all those signed -up: The final payment to Collette Vacations is due by July 18. There will be a pre-trip orientation Tuesday Aug 31st at 5PM at Bob Witt's residence, 71 Putnam Road. A Collette rep will be there for Q & A. Includes wine and hors-d'oeuvres. Host: Bob Witt 203-966-2892.
- Nov 3 (Wed)** It's Broadway for LA CAGE AUX FOLLES. Leave New Canaan at 11:30, lunch on your own in the city or bring a sandwich. Play starts at 2:00. Afterward we'll have dinner at Hurley's Tavern, leaving New York for home about 7:00, with a cordial on the bus, arriving back around 8:30. Cost will be \$160 per person. Your host: Bert Liebelt (203-966-3696)

As a reminder, the Couth policy is as follows: The sign-up sheet is to be used as an indication of interest and intent to participate, but not to establish a reservation. The date of the check receipt by the Couth Committee will be the control of a confirmed reservation.

ACTIVITIES (Check the website at SMCNC.ORG for updates)

- Amateur Chefs** The chefs will meet at Lapham Community Center on Thursday, July 15 for our annual Lobsterfest. (Limit of 30 attendees) There will be no meeting in August. Details will follow at the Friday meetings and on the website. Sign up at the Friday meetings.
Bert Liebelt (203-966-3696), Nick Zaccagnino (203-966-7217)
- Bridge** Bridge follows weekly meetings. Games last until about 2:00 p.m. Sign up before the meeting or at start of the break at the Couth Desk. Eric Musa (203-966-3125)
- Cycling** Cycling is back in action. Meet at Lapham Center at 8:30 on Wednesday mornings for a ride. Sometimes we'll go from there, other times we'll carpool to a starting point.
Les DeVilliers (203-966-9645), Roger Colson (203-966-9258)
- Golf** We have two outings in July, first on July 6th, at Sterling Farms in Stamford. 1st tee time is 11:03, price is \$39. Then on the 28th, we're at H. Smith Richardson in Fairfield, 1st tee time is 9:36, and the price is \$47. In August, on the 9th we'll play the Ridgefield Golf Course; 1st tee time 9:30 am, \$45. Listen at meetings or check the website for any additional dates.
Harvey Place (203-966-1821)
- Photography** The time and topic will be announced at the Friday meetings. Jack Messert (203-966-8754)
- Racquetball** Players wanted. Mon, Wed, Fri 8:00 a.m. at the YMCA. Bill Patton (203-966-4849)
- Tennis** Play at Mead Park on Monday, Tuesday, and Thursday from 8 to 10 a.m. A Rec Department permit is required. Ted Foster (203-966-4002)
- 4F Luncheon** Our informal, relaxing Dutch treat lunch is usually on the Fourth Friday. We will not have a lunch in July or August, but will resume in September. Don Tiefenthaler (203-966-5794)

KEEP IT GOING - The Membership Committee is asking all members to invite friends and associates, 55 years or older, and who live or own property in New Canaan, to attend a Friday meeting and encourage them to consider joining the Club.

NEW MEMBERS - We have seven new members since the last newsletter: George Brakeley, John Engel, Lane Jorgenson, Jonathan Levine, Edgar Mason, Kevin McMahan, and Harry Steele. Please welcome them when you see them at the meetings.

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