

TRURO LOG
MARCH 2012
TRURO COUNCIL ON AGING
WWW.TRURO-MA.GOV/COA

FACE OF EXPERIENCE:

PATTI TETRAULT



Patti Tetrault grew up around New Haven, CT but there were no expectations that she would go to college because it was too expensive and her brother would be the college graduate. Patti's best friend was going to take the college boards and she persuaded Patti to take them too. They both received good scores. At summer camp Patti contracted mononucleosis and was very ill and bedridden with a fever. It went on for a long time and the doctor said that she needed to be distracted and challenged so she was sent to New Haven Teacher's College where she had "very exciting professors." There she took more tests and as a result was sent to the University of Connecticut (U. Conn.). Her choice of major was the result of a childhood experience with her father. They were out walking near the New Haven airport and a plane flew over. Later, in high school, a jet (new to the world) flew over. Patti was so excited she screamed and it was clear that she was "crazy about flying." At U. Conn. she majored in engineering in order to be a pilot. At the same time Patti's brother was at Yale Architecture and she used to go to Yale to help him with his projects. As a result, her brother suggested that she herself apply. She was granted a scholarship and

transferred to Yale Architecture School after two years at U. Conn. In the middle of her studies, Patti took a year off and moved to New York City. There she was hired by an architectural firm who had a contract with the Board of Education to build schools. She commuted to Brooklyn and worked on drafts. She had great fun that year making friends among the artists of New York and going to galleries to see art. Going back to Yale, Patti graduated in May of 1955 and moved to Venezuela in August as her brother was working there.

She studied Spanish in high school and learned rapidly in Venezuela, thanks to the local people who "kindly spoke slowly," so that she would understand. She also gets along in French.

While she was in Venezuela, a pirate ship sailed into port and Jacques Tetrault, a French Canadian philosopher pirate was on it. They met, fell in love, were married, had 3 boys and eventually 5 grandsons. Jacques was the 14th and youngest child in his family.

They were in Venezuela during the two revolutions. Patti could see that something was happening on New Years Day because she was on her roof hanging laundry and from there she could see the Casa Amarilla - the Yellow House where the long time dictator lived. Smoke was pouring from it as a result of bombs falling. The first revolution failed because of its timing - everyone was hung over! Another group planning a revolution was very surprised by

INSIDE THIS ISSUE

Face of Experience

Cooking Classes

Memoirs w/Rosiland Pace

Safe Driving Tips

Peter Donnelly is Back

Annual Senior Dinner

Coa Survey (insert)

Hiking/Walking Group

Mystery Book Club

Travel

COA Gallery

Café & Movies

Calendar

the first one and when it failed the second group staged a revolution 14 days later and they succeeded. Patti's neighbor told her, "if it gets bad, I will hide your baby in the piano." Another story from the revolution is that Patti's brother gave her a Picasso print for graduation and her maid saw it and said, "Oh I have a Picasso too. A friend took it from a home during the revolution and gave it to me."

While they were in Venezuela, Jacques worked for an orange juice company and he stayed on for several months until they decided to go back to New Haven. Patti returned first. When Jacques joined his family, he was hired by Sergeant Hardware as a salesman because they were expanding their business and he spoke French, English, Spanish and Greek from his days studying philosophy. He travelled all over the world selling hardware and Patti stayed at home raising the kids and working part time for an architectural firm which had contracts with Yale College.

(continued on page 2)

(continued from page 1)

Patti worked on small renovation projects. Eventually a large renovation project came along and she worked under George Palade, "a wonderful man." Patti was hired to design the labs in the medical school.

As a result of this work Patti was hired as Yale's in-house architect.

Patti and Jacques' first son died in an accident falling off a rocky bluff over the Hudson. They were so devastated that they quit their jobs and travelled around the world starting from San Francisco and seeing Indonesia among other places.

In 1980 Patti designed and built their house in Truro. She started like a medieval architect sitting on the land with 4 pegs

and a long string and watching the sun, changing the siting of the building several times.

Jacques died in 1994 in his 60's. They had been celebrating their second son's first job and he said "I don't have to be a father anymore." They were watching the Heart of Darkness and he just died from one breath to the next. "It was great for him and awful for me" said Patti.

Patti moved to the Cape permanently in 2000 and built an addition for her books which number more than 1000.

Patti was a member of the Shellfish Advisory Committee at one time but now she is writing a novel sited in France and she attends a writing group in Wellfleet. She would love to spend time a lot of

time in France. She is very content writing, reading and enjoying the land. She would like to find a creative outlet which she defines as possibly helping to energize older people and she would like to give a 4 part slide lecture entitled "Whatever Happened to Byzantium?" Patti has given several slide courses on Byzantine Art in local library continuing education programs.

Reading Tarnished Icons by Stuart Kaminsky, Patti came across a few sentences that resonate with her..."But you seem so cheerful," Elena said. "That is the irony," said Iosef, "I get that from my father. I find life interesting, a moment-to-moment adventure. My guilt I save for my dreams."

By Katherine Stillman,
Outreach Coordinator

ATTENTION ALL TRURO SENIOR CITIZENS

ANNUAL SENIOR DINNER

The members of the Truro police and fire departments will be holding their Annual Senior Dinner again this year. It will be on

Sunday, March 11th, at 1 P.M.

At the Public Safety Facility.

Call the Truro Police Station at 508-487-8730 if you would like to come.

You need to register because we have a limit of 80 people.

This will be our 19th year. As usual, we have a great raffle after the dinner.

This has always be a very popular event, so make plans and attend!

Safe Driving Tip—Car Fit

Do you know how to adjust your seat and mirrors to ensure maximum safety and comfort? Check out these helpful hints from the “DriveWell” handbook, published by the National Highway Transportation Safety Administration and the American Society on Aging.

Seat

- Make sure you can reach the center of the brake and gas pedal with the ball of your foot
- Your chest should be at least 11 inches from the air bag located in the center of the steering wheel
- Make sure the seat is high enough for your line of sight to be three inches above the steering wheel

Headrest

- Adjust the headrest to touch the middle of your head, not your neck

Mirrors

- Before you start your vehicle, adjust your rearview mirror so you can see as much of the rear window as possible
- For the mirror on the driver’s side, while in the driver’s seat:
 1. Place your head against the driver’s side window
 2. Adjust the side mirror on your left so you can just see the side of the car
- For the mirror on the passenger’s side, while in the driver’s seat
 1. Move your head to the center of your car under the rearview mirror
 2. Adjust the passenger side mirror so you just see the side of your car

For most people, this is a big change, we urge people to make these changes gradually over a week or two.

Seatbelt

- Always wear a seatbelt when driving



Inclement Weather

When the Truro Central School is cancelled due to weather, all of the COA programs and transportation will also be cancelled.

Thank you to the Friends of the COA

We would like to thank the Friends of the COA for all of their help with funding many new programs and presentations for everyone to enjoy!!

Fridays at the COA Movies

Beginning March 2nd at 1:30 pm we will be serving FREE Pizza during our FREE movie at the COA. Come and join us!!!

Foot Care by Pedi-care

Did you know that you can schedule an appointment at the COA for foot care on the first Thursday of the month??

If you are in need, please give us a call and schedule an appointment at #508-487-2462

Making a Golf Club with Peter Van Stratum (information in the February Log)



Coming in April

A two part, interactive series on Parkinson’s disease. April 3 & 10, 1:30-2:30 P.M.

TRURO COMMISSION ON DISABILITIES INFORMATION

MARCH COOKING CLASSES AT TRURO COA

Wednesday Mornings beginning March 14th at 10am

Sessions run approximately 1.5 hours followed by a shared Lunch



Controlling your Blood Sugars: 2 week session

March 14 & March 21

If a recent trip to the doctor ended with him or her telling you your blood sugar levels were too high than this is the class for you. Focus will be placed on what foods are best at keeping blood sugar levels stable as well as reducing insulin resistance. Significant attention will be paid to the Glycemic Load of foods and how that impacts the health of anyone diagnosed as diabetic or pre-diabetic. Each session will incorporate the preparation of diabetic friendly foods, including some diabetic friendly baking.

Boost Your Immune System: single session

April 4

We can't always prevent every illness but we can make an effort to ensure our immune system is working as well as possible to protect us from many of the colds and flus we are exposed to. This course will focus on what foods are best to help boost our immune systems, and also addresses important information for asthma and allergy sufferers, as well as anyone diagnosed with cancer, who might be undergoing immuno suppressing chemotherapy. Learn what foods are the most nutrient dense and work with our bodies to promote optimal health.

Cooking for One: single session

April 11

It can be a real challenge adjusting to cooking for just yourself, especially when it is so easy to heat up a can of soup or microwave a frozen dinner, often with not much difference in cost. However, the cost is hidden in the fact that most processed foods are harmful to our health with high doses of sodium and chemical additives and preservatives. Focus will be placed on keen menu planning to ensure you use up the perishable foods you have purchased in a variety of simple and healthful preparations.

There is a fee of \$5.00 per class that will help defray the cost of this great program.

Registration is required by the previous Friday for all classes. 508-896-4252

MEMOIRS

A group setting of writers who read, write and critique the work of other group members, lead by Rosalind Pace.

Everyone welcome!



Mondays

March 5, 12, 19, 26, April 2 & 9

IN MEMORIAM

LENORA DAYS

MALCOLM GRAY

MYSTERY BOOK CLUB

Friday, March 9

12:30

FAITHFUL PLACE

Tana French



MARCH
COA CAFÉ
TUESDAY 12:30
\$7.50



March 6

Greek Chicken & Pasta w/
 Kalamata Olives
 Artichoke Hearts & Feta
 Pita Bread & Hummus
 Sorbet & Cookies

***Soup:** Split Pea

March 13

Sausage & Spinach Stromboli
 Caesar Salad
 Garlic Bread
 Fruit Crisp
 w/Whipped Cream

***Soup:** Portuguese Kale

March 20

Coconut Curry Shrimp
 & Chicken
 Rice Pilaf
 Key Lime Pie

***Soup:** Thai White Bean
 & Chicken Chili

March 27

Meatloaf
 Roasted Potato Medley
 Asparagus Vinaigrette
 Peach Melba

***Soup:** Corn Chowda

***SOUP**

Home made soup is available for
take out on Tuesdays,
 following the
 COA Luncheons.
 \$4/pint



John Carbone's
Friday at the Movies 1:30

Viewers Choice....
come in and select a movie
from our donation library
and enjoy
comfortable seating,
a large screen and
free pizza



Please call if you need
 further information

508-487-2462



Hyannis Shopping
Friday, MARCH 16

Meet at the Truro COA at **9A.M.**



Peter Donnelly will be back to
 entertain us after the COA
 Luncheon on **March 20.**

Everyone had a great time in
 February!! Come and join us!

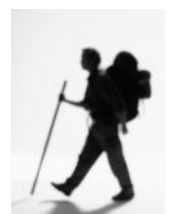
Truro Hiking /Walking Group

Come and enjoy a guided walk with Bob Lowe,
 Club Coordinator. The distance and location vary
 each week, depending on the desires of the partici-
 pants. This is a great opportunity to get some
 exercise, socialize with your neighbors, and enjoy
 the beautiful and remote settings that Truro offers.

Tuesdays at 10A.M.



For more information go to:
www.truro-ma.gov/recreation

Any questions concerning the hikes,
 please call Truro Recreation
 Department @ 508-487-1632.



MARCH 2012



Mon	Tue	Wed	Thu	Fri
<i>Judy Schmitt</i> <i>Pat Canavari</i> <i>Charlotte Guertin</i> <i>COA Artist Gallery</i> <i>Opening Reception</i> <i>Sunday</i> <i>March 4, 2-4P.M.</i>	ANNUAL SENIOR DINNER SUNDAY MARCH 11 1P.M.	 MARCH 17TH	1 Men's Group 9-10 CORE 11-NOON PACE 12:30-1:30 Mahjongg 1-4 Foot Clinic (by appointment)	2 Strength Training 9-10 FREE Friday Movie 1:30
5 Strength Training 9-10 Memoirs w/ Rosalind Pace 10:30-12:30	6 COA CAFÉ 12:30 Needlework 10-Noon Golf Club 6-8P.M. .	7 Strength Training 9-10 Weight Loss 10a.m. Cribbage 1:30	8 Men's Group 9-10 CORE 11-Noon PACE 12:30-1:30 Mahjongg 1-4	9 Strength Training 9-10 FREE Friday Movie 1:30 Mystery Book Club 12:30
12 Strength Training 9-10 Memoirs w/ Rosalind Pace 10:30-12:30	13 COA CAFÉ 12:30 Needlework 10-Noon Golf Club 6-8P.M.	14 Strength Training 9-10 Weight Loss 10 a.m. Cooking Class 10a.m. Cribbage 1:30 Legal Assistance (by appointment)	 15 Men's Group 9-10 CORE 11-Noon PACE 12:30-1:30 Mahjongg 1-4	16 Strength Training 9-10 FREE Friday Movie 1:30 Hyannis Shopping 9A.M.
19 Strength Training 9-10 Memoirs w/ Rosalind Pace 10:30-12:30	20 Story Swap 11 A.M. COA CAFÉ 12:30 Needlework 10-Noon Peter Donnelly 1:15 Golf Club 6-8P.M.	21 Strength Training 9-10 Weight Loss 10-10:30 Cooking Class 10A.M. Cribbage 1:30	22 Men's Group 9-10 CORE 11-Noon PACE 12:30-1:30 Mahjongg 1-4	23 Strength Training 9-10 FREE Friday Movie 1:30
26 Strength Training 9-10 Memoirs w/ Rosalind Pace 10:30-12:30 SIGHT LOSS 10A.M.	27 COA CAFÉ 12:30 Needlework 10-Noon Golf Club 6-8P.M.	28 Strength Training 9-10 Weight Loss 10-10:30 Cribbage 1:30	29 Men's Group 9-10 CORE 11-Noon PACE 12:30-1:30 Mahjongg 1-4	30 Strength Training 9-10 FREE Friday Movie 1:30

COA GALLERY - MARCH

JUDY SCHMITT

PAT CANAVARI

CHARLOTTE GUERTIN

UNDER THE INFLUENCE

Under the influence of Steve Kennedy, artists Judy Schmitt, Pat Canavari and Charlotte Guertin have grown over the past several years.

Judy faces her subject matter straight on with her own unique and distinctive style. She has recently been spending more time painting "en plein air", enjoying the challenge of capturing the immediacy of the light, be it cloudy or sunny.

From the lady slipper to the lily pad, Pat's love of floral themes is evident in her paintings. Her carefully observed color and compositions of intimate views blossom in her work. She cultivates other subjects that draw her fancy as well.

Charlotte's forte is the sea and sky. Subtle variations in hue and value are her hallmark. Her luscious seascapes often include a distant boat. She also welcomes new subjects that sail into her repertoire from time to time.

Opening reception is

Sunday, March 4, 2-4 P.M.

All are welcome.



COA GALLERY - APRIL

Elizabeth Pratt

Collectors have been acquiring watercolors by Copley Master Elizabeth Pratt for almost 70 years. This retrospective exhibition includes landscapes, portraits, structures, animals and her unique depictions of the world under water. While many of the scenes are inspired by Cape Cod, the show also includes work from her extensive international travels.

Elizabeth said, "To enhance the effects of the renowned Cape Cod light, my colors are strong and my contrasts strong. Fluid and transparent, watercolor allows me to spontaneously capture the motion of the waves and currents that surround this peninsula. The expanses of sky, the reflections of the sky in the water, the natural flow of the wind, all lend themselves to the free expression afforded by this medium. I am truly pleased that this show will be mounted in Truro, in an area surrounded by abundant natural beauty."

Elizabeth had the first of over 50 solo shows at the Spectrum Gallery in Washington, D.C., where she was a founding member. Ms. Pratt's work has been acquired by many government agencies, courts, corporations and collectors. She has juried membership in Audubon Artists, New York City and the New England Watercolor Society, and has taught at the Truro Center for the Arts, Castle Hill; the Creative Arts Center; the Cape Museum of Fine Arts; and the Cahoon Museum. Elizabeth studied at the Dayton Art Institute and earned her B.A. in Fine Arts at William and Mary. She completed workshops with nationally-known watercolorists and studied the masters of painting in Europe's great museums.

Her work has been featured in many periodicals including American Art Collector, Artist Magazine, Cape Cod Times, Cape Codder, Arts & Antiques, Boston Magazine, Review Magazine and Cape Arts Review. Her spontaneous style and techniques have been covered in books including The Art of Watercolor by Charles LeClair, The Best of Watercolor by Betty Lou Schlem and Tom Nicola, and nine others. Opening Reception is **Sunday, April 1**

2-4P.m.

Everyone Welcome



TRURO COUNCIL ON AGING

P. O. BOX 500

TRURO, MA 02666

BULK RATE

U.S.

POSTAGE

PROVINCETOWN, MA

02657

PERMIT #1

CURRENT RESIDENT OR

TRAVEL The Truro Council on Aging will be advertising trips that are offered through Funtastic Getaways . The organization is out of Falmouth, but they have a pick up for day trips as close as Patriot Square in Dennis. If you're interested in a particular trip, **call Funtastic Getaways directly for additional information and reservations toll free 866-518-6877**

New York City Day-trip with optional Dead Sea Scrolls exhibit Tuesday, April 3

Take a fascinating journey through the Holy Land in this **once-in-a-lifetime exhibit featuring the famed Dead Sea Scrolls**. The Dead Sea Scrolls are a collection of texts from the Bible and extra-biblical documents found on the northwest shore of the Dead Sea, from which they derive their name. The texts are of great religious and historical significance, as they include **the oldest known surviving copies of Biblical and extra-biblical documents**. These manuscripts **date between 150 BC and 70 AD**. **Experience the Holy Land through over 500 never-before-seen artifacts from biblical times** – the largest collection of artifacts ever assembled; see the **Dead Sea Scrolls**, the oldest known texts of the Bible; discover first-hand the traditions, beliefs and iconic objects of ancient Israel that impact world religions today; and place your prayer on an authentic **3-ton stone from the Holy Land's Western Wall**. The exhibit is at the **Times Square Discovery Center**, you will have a total of **5 hours in the city**, to enjoy the exhibit, and do some sightseeing. **\$97** with the exhibit -- **\$ 79** without the exhibit (transportation only)



FRIENDS OF THE TRURO COUNCIL ON AGING BOARD

Girard Smith, Acting Chair; Jeanne Foulke, Vice Chair; Girard Smith, Treasurer; Joan Moriarty, Secretary; Board Members: Stephen Currier, Lucie Grozier, Martha Ingram, Florence Johnson, Diane Rose.

Council on Aging Officers: Rotating Chair; Stephen Royka, Vice Chair; Girard Smith, Treasurer; John Thornley, Secretary. Board Members: Carol Green, Joan Holt, Martha Ingram, Mary Morley, Bernard Robbins, Kitty Stevens, Claudia Tuckey, Alternate; Judy Thompson. **Staff:** Susan Travers, Director; Donna Sutton, Assistant to COA Director; MaryEllen Duart, Office Manager; Katherine Stillman, Outreach Coordinator & Log Editor; William Goodbody, Web Master, and Nancy Braun, Dennis Guiney, David Peterman and Chuck Zimmer, Van Drivers.

**COUNCIL ON AGING HOURS: 8:00 - 4 MONDAY - FRIDAY
OTHER HOURS POSSIBLE BY APPOINTMENT, 508-487-2462**

Funding for this newsletter is provided by the Massachusetts Executive Office of Elder Affairs, and the Friends of the Truro Council on Aging. Thank you! And thanks to Naz Basmajian, Nancy Edwards, Bobbie Kane, Joan & John Moriarty, Hilde Oleson, Helen Perry, Joanni Criscitelli & Karen Mooney for their invaluable help with the bulk mailing. Thank you to Anne & Howard Irwin for their vigilant proof reading and copy editing.