

TRURO LOG
OCTOBER 2011
TRURO COUNCIL ON AGING
WWW.TRURO-MA.GOV/COA

FACE OF EXPERIENCE:



Ernie Dickinson was born on St. Patrick's Day in New London, Connecticut. He stayed a lot with his very old, eccentric, colorful grandfather in Mystic, who remembered the Civil War. Ernie's grandfather sang "We'll hang Jeff

Davis from a sour apple tree."

Ernie graduated from Trinity College in Hartford, CT. with a BA in English in 1941. Ernie decided that he wanted to see the Pacific Ocean so he hitchhiked to Chicago. From Chicago he rode the freights and bummed food door-to-door until he got to San Francisco and saw the ocean. He worked in a carnival one day for food. Travelling East, again sleeping under newspapers, he was so cold in Montana that he asked to sleep in a city jail!

Back in Hartford, Ct. Ernie was hired by the Hartford Courant as the Town Correspondent for \$30 per 6 day week. Later, he became the Assistant State Editor and wrote feature stories and covered the theater out of the Middletown office. He had no insurance, no pension and there was no union.

With the start of World War II, Ernie worked at the Wesleyan pre-flight school teaching mathematics as a civilian; then he became a Volunteer Officer Candidate and was given limited duty because of his sight loss. He taught air navigation to cadets. He was given

an honorable discharge. Again later, afraid of being drafted as requirements had been lowered, Ernie volunteered for the Navy. He was sent to Shoemaker, CA as an instructor and then on to Honolulu where the Navy thought he was going to be able to repair navigation instruments! Some clerk didn't read his whole job title and they had

no need for an instructor in Hawaii. So they had him sort mail in the Post Office until the war ended and he was given a second honorable discharge as a yeoman second class. He may be the only American who has been through 2 boot camps and he can have two honor guards at his funeral.

After the war, Ernie went back to the Hartford Courant and did a story for the Sunday Magazine on the circus - an old love of his - he joined for 4 days as a clown and was part of the parade and watered the elephants. He was bypassed for a better position so he left and became the editor of a regional newspaper. He married his second wife, Lorraine in Chappaqua, N.Y. Later he did free lance writing for trade newspapers and did publicity for corporations and magazines.

INSIDE THIS ISSUE

Fit to Drive

**ABSolutely -
Core Strength**

**SHINE Medicare
Presentation**

Name The Vans!

Soup Anyone?

Flu Shots

Fuel Assistance

School Zone Safety

Cape Cod Symphony

**Tour former Air Force
Station**

Mystery Book Club

Travel

COA Gallery

Café & Movies

Calendar

Ernie Dickinson (continued)

In 1983 they bought his house in N. Truro and came here for vacations. In 1991, they moved here. Lorraine, wrote for the Cape Codder and when she died, Ernie took over writing “Cod Capers” for the paper.

Living up here, Ernie goes fishing and clamming and at 85 he took up the saxophone. When Obama ran for President, Ernie went to New Hampshire to canvass “old people” as he says. Later, at a fund raiser in Chatham, he met Obama who said that he hopes he looks like Ernie when he is 86. Now he is learning Spanish. He started Chinese but “decided that he couldn’t live long enough to learn it.” He also played hockey and took up ice dancing . He achieved the pre-silver level in ice dancing competition. Ernie is married to his third wife, Georgia Dullea who is a retired New York Times reporter and feature writer.

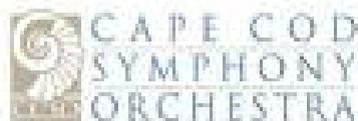
We see him here at the COA laughing with his lunch partners and enjoying life. Keep it up Ernie, we all hope to have the same spirit at 92. By Katherine Stillman



Should you be working on your Core Strength - ABSolutely!

Come join Kathy Stetson for a fun and energizing workout, which will improve your abdominal and back strength. This class is ideal for experienced exercisers looking for a targeted core workout. We will stretch and strengthen in a variety of positions, including sitting, standing and on the floor. Please bring an exercise mat and wear comfortable clothing. Try out a **free** class on Thursday, **October 6th.**

Thursdays, 11-12 in the Pamet Room, in the Community Center. The regular fee is \$5 per class. If you have questions, please feel free to contact Kathy at 508-349-1014.



The Truro Council on Aging is going to the **Cape Cod Symphony!**

Sunday, October 9

Sunday, November 6

Sunday, December 4

Tickets for performances are available at the Barnstable Performing Arts Center and you can purchase online, info@capesymphony.org, mail, in person or by phone, 1-508-362-1111.

The Symphony begins at 3 P. M. in Hyannis. The COA van will leave the Community Center at 1:30P.M.

Reservations for a ride are a must!
Please call 508-487-2462

THANK YOU to Kelly Sullivan-Clark, Recreation Director, and some of the “Rec Kids” for pitching in and helping with last month’s Log! It was a huge help!

Route 6 School Zone Safety

Please help insure the safety of all the users of the Truro Central School by observing the reduced speed in the school zone on Route 6. Remember, the speed on RTE 6 is reduced to **20 MPH** at the following times:

MORNING HOURS

7:45 AM – 8:30 AM

AFTERNOON HOURS

2:30 PM – 3:30 PM

IMPORTANT – You must stay at **20 MPH** until you **PASS** the “**SCHOOL ZONE ENDS**” signs located on the southbound side of RTE 6 near the Whitman House driveway and northbound on RTE 6 before Andrew Way.

Additionally, **SEAT BELTS... ALL** occupants of a vehicle must use a seat belt and if a child is under the age of **8** they must be in a child passenger restraint until they are **more than 4’9”** tall.

The Truro Police will be stepping up its enforcement of the school zone and seat belt rules as soon as school opens. The last thing the Truro Police Department wants is for anyone to get hurt so please help us help our friends and neighbors – **SLOW DOWN** in the school zone and wear your seat belts.

If you have any questions, please contact Lieutenant Kyle Takakjian at 508-487-8730 or Takakjian@truropolice.org

MYSTERY BOOK CLUB

Friday, October 14

12:30

HOLD TIGHT

Harlan Coben

IN MEMORIAM

Virginia Sharrock
Jeanette Lopes
Alfred J. Silva, Sr.
George Alfred Thomas
Robert Lipka
Raymond Sturdy

NEW!

NEW

Fit to Drive Class

Do you want to learn how to improve your safety and comfort behind the wheel? If the answer is yes,



then come join us for this exciting new 4 part series. You will learn exercises to improve your strength, range of motion for driving. You will also hear safety tips from the police department, learn from the town nurse, how medical conditions and medicines impact your driving safety, and learn how simple adaptations to your car and pieces of adaptive equipment can help. We will also discuss transportation alternatives and available resources for further assistance. Meet in the Pamet Room in the Truro Community Center.

Mondays, October 17th through

November 7th from 10 to 11 am

Pre-registration is requested; please call 487-2462 to sign up.



Hyannis Shopping

Friday, October 21

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

Reservations a must. 508-487-2462

FLU SHOTS FOR TRURO RESIDENTS & EMPLOYEES

The VNA and the Truro Board of Health will hold a Seasonal Flu Clinic on **Saturday, October 22 from 10A.M. to 12P.M.** The clinic will be held at the Truro Community Center. Please call Pat Pajaron, Truro Health Agent, at 349-7004 ext 32 for further info.

FUEL ASSISTANCE

Appointments to meet with a volunteer to help with applying for Fuel Assistance will begin in October. Call the COA @ 508-487-2462 to be put on a list for an appointment with our volunteer.



**OPEN ENROLLMENT
MEDICARE UPDATE
PRESENTATION AT
THE COA**

WEDNESDAY

OCTOBER 12, 10:15 A.M.

Please RSVP by Friday, October 7th
by calling the COA @ 508-487-2462.
Refreshments will be served.

Don't Wait Until It's Too Late!

Medicare's New Open Enrollment Period

October 15 – December 7

The Gathering Place

A supportive day program, serving all lower and outer Cape residents, offering quality care in a safe supportive environment for elderly friends or family members. Located in the Eastham Senior Center, Monday-Friday from 8A.M. to 2:30P.M. It offers both full and half days. They are a contracted service provider for Elder Services of CC&I and follow the standards of the National Council on Aging and the National Day Services Association for Core Services. For more complete information call The Gathering Place @ 508-255-6734.

TRURO'S COLD WAR PAST
(postponed from September 8th)

Tour the former North Truro Air Force Station and learn about the role the area played in our Cold War past and the plans for the station's future as the Highlands Center. It will be a 1 1/2 hour, 3/4 mile, walk & talk led by a Cape Cod National Seashore ranger. It will be a wooded trail, mostly flat, with some uneven terrain. Wear comfortable shoes! Sponsored by the Truro & Provincetown COAs.

Tuesday, October 18, 2 P.M.

Meet at the Highlands Center
Dewline Road, North Truro

**We need a Volunteer
to lead a Beading Class!!**

If you would like to donate your time at the COA and create jewelry with eager participants please contact the COA. 508-487-2462
We will provide the beads, the space and the audience!!!



NAME THE NEW VAN(S)!!

We thought it would be fun to have a contest to find the best names for our new vehicles.
(1) We have the new Cape Cod Transit Van that seats twelve and has been a blessing for us to take on shopping excursions and to transport clients to local medical appointments.
(2) We will soon have the new Ford Flex, which is similar to a passenger wagon, rather than a van, that will most likely do most of the long distance medical runs.
The old transit van we lovingly called "THE BEAST"the name seemed to fit!
If you are so inclined, please submit your idea for our new vehicles. I can't wait to hear!



(1) 12 Passenger Transit Van
Name Suggestion : _____

(2) Ford Flex Passenger Wagon
Name Suggestion: _____

OCTOBER

COA CAFÉ

TUESDAY 12:30

\$7.50



October 4

Fresh Codfish Cakes
Cole Slaw
Baked Bean Casserole

October 11

Orange Glazed Chicken
Sweet Rice w/Cranberries
Vegetables

October 18

Meat Loaf
Mashed Potatoes
Peas

October 25

Mixed Seafood &
Rice Casserole
Mixed Green Salad

**John Carbone's
Friday at the Movies**

October 7

Little Miss Sunshine (2006)
Abigail Breslin & Alan Arkin

October 14

Johnny Eager (1941)
Robert Taylor & Lana Turner

October 21

In Her Shoes (2005)
Shirley MacLaine & Cameron Diaz

October 28

Princess Diaries 2 (2004)
Julie Andrews & Anne Hathaway



Movie begins at 1:30

FREE POPCORN

Please call if you need any
further info 508-487-2462

SOUP ANYONE??



**Iris, the COA Chef
will be creating take
home soups for the
winter! They will be**

**available Monday through Fri-
day for take out for \$4—pint.**

How convenient!

***Life just got a little easier in the
COA Kitchen!***

THANK YOU

to B.J. Allen and Cliff Sharrock for their
generous donation of Kitchen Aid Mixers.



October Soups

- | | |
|--------------|--------------------------------|
| 10/11 | Portuguese Kale |
| 10/17 | Corn Chowder |
| 10/24 | Chicken Noodle |
| 10/31 | Puréed Butternut Squash |

THANK YOU for all the
donations and to the **Truro Needlework
Group** for all the work and time that went
into Truro Treasures Art & Craft Fair.
\$1000.00 was raised for Breast Cancer
Research!!!





OCTOBER 2011

Mon	Tue	Wed	Thu	Fri
3 Strength Training 9-10 Memoirs 10:30-12:30	4 COA CAFÉ 12:30 Needlework 10-Noon	5 Strength Training 9-10 Weight Loss 10-10:30 Bereavement Support 1-2:30 Cribbage 1:30	6 Wii 10:30 Men's Group 9-10 CORE 11-NOON PACE 12:30-1:30 Mahjonn 1-4 Foot Clinic (by appointment)	7 Strength Training 9-10 FREE Friday Movie 1:30
10 COA CLOSED 	11 COA CAFÉ 12:30 Needlework 10-Noon COA Board Meeting A.M. Cribbage 1:30 ⇒	12 SHINE Presentation 10:30 Strength Training 9-10 Weight Loss 10a.m. Legal Assistance (by appointment)	13 Wii 10:30 Men's Group 9-10 CORE 11-Noon PACE 12:30-1:30 Mahjonn 1-4	14 Strength Training 9-10 FREE Friday Movie 1:30 Mystery Book Club 12:30
17 Strength Training 9-10 Fit to Drive 10-11 Memoirs 10:30-12:30	18 Story Swap 11 A.M. COA CAFÉ 12:30 Needlework 10-Noon Truro Cold War Past 2 P.M.	19 Strength Training 9-10 Weight Loss 10-10:30 Cribbage 1:30	20 Wii 10:30 Men's Group 9-10 CORE 11-Noon PACE 12:30-1:30 Mahjonn 1-4	21 Strength Training 9-10 FREE Friday Movie 1:30 Hyannis Shopping 9A.M.
24 Strength Training 9-10 Fit to Drive 10-11 Sight Loss 10-Noon Memoirs 10:30-12:30	25 COA CAFÉ 12:30 Needlework 10-Noon	26 Strength Training 9-10 Weight Loss 10-10:30 Cribbage 1:30	27 Wii 10:30 Men's Group 9-10 CORE 11-Noon PACE 12:30-1:30 Mahjonn 1-4	28 Strength Training 9-10 FREE Friday Movie 1:30
31 Strength Training 9-10 Fit to Drive 10-11 Memoirs 10:30-12:30		**REMINDER** FLU CLINIC OCTOBER 22 10A.M.—NOON		

COA GALLERY - OCTOBER

SAL DEL DEO

Salvatore Del Deo grew up in Providence, Rhode Island, and attended the Rhode Island School of Design, the Vesper George School of Art in Boston, and the Art Students League in New York, where he studied with Edwin Dickinson and John McPherson. As a young painter, he



began attending Henry Hensche's summer classes in Provincetown, setting up his easel on the bay beach. In 1954, Del Deo settled permanently in Provincetown. Del Deo has exhibited in New York at Helio Galleries and in Providence, Cambridge and Boston. His paintings are in the National Portrait Gallery of the Smithsonian Institution in Washington, DC, Harvard University, Provincetown Art Association and Museum, Williams College Museum of Art, among others.

Opening Reception is Sunday

October 2, 2-4P.M.

All are Welcome

Salvatore Del Deo, 2008
Full Bucket, oil on canvas



COA GALLERY - NOVEMBER

JOSEPH MELDAHL & FRIENDS

Dominique Pecce was born and raised in Truro. Inclined towards art from an early age, Dominique has been recognized with several scholarships and accolades for her work through the years. Having recently lost most of her portfolio in a fire to her mother's home, Dominique will be showing new drawings, prints and paintings rendered in the emotive and detailed style for which she has become known.

Joseph and Geoffery Meldahl are also Truro natives. Experimenting in a variety of media through the years, they have had their work featured in restaurants and homes around the outer cape. They will be presenting a mix of drawings, calligraphy and driftwood lamps.

Lyn Rutherford is a Truro resident, by way of Nashville, Tennessee. Known to many as an expert whistler, she is also a self taught artist and will be presenting a series of macramé decorative knots from cultures around the globe.

Tommy Czyoski of Provincetown and Morgan Wheeler of Truro will be showing several driftwood lighting pieces, and mechanical sculptures of great intrigue.

Opening Reception is Sunday

November 6, 2-4P.M.

All are 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**

A Day in Pompeii at Boston's Museum of Science Sunday, October 23

Get a glimpse of **daily life in Pompeii**, one of Imperial Rome's most cosmopolitan cities. Hundreds of artifacts, including body casts of the volcano's victims, bring to light the vibrancy of this bustling resort town, but the darkening skies ahead and violent sounds of Vesuvius spewing ash and debris signal imminent danger. On August 24, 79 A.D., Mt. Vesuvius erupted covering the nearby area, including the cities of Pompeii and Herculaneum, in volcanic ash and lava. An exhibit of artifacts from Pompeii, called *A Day in Pompeii*, is spending two years traveling to 4 U.S. cities. It includes more than 250 artifacts, including wall-sized frescoes, gold coins, jewelry, grave goods, marble and bronze statuary, but Pompeii is probably most famous for the body casts of the victims of the eruption of Mt. Vesuvius. Admission to both this **special timed ticket exhibit** as well as time to explore the **museum's general exhibit halls, Omni Theater or Planetarium. \$ 75**

FRIENDS OF THE TRURO COUNCIL ON AGING BOARD

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

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**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.