



The

Senior Informer

Volume 10

Issue 7

JULY 2013

ABINGTON COUNCIL
ON AGING
441 Summer Street, Abington, MA 02351
781-982-2145

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ABINGTONSENIORCENTER.COM

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STRAWBERRY VALLEY GOLF COURSE —SAVING OPEN SPACE

—Mary Lane, Past President & Historian, S.V. Golf Course

In the fall of 1986, Philip and Dorothy Trufant, owners and operators of the Strawberry Golf Course, decided to sell the Course and notified the Town of Abington of the potential sale. Because the property had been listed as agricultural land for tax purposes, the Town had first option to purchase. The Selectmen felt that the townspeople should make the decision and scheduled a Special Town Meeting for November 6, 1986 to decide the issue.

At the Town Meeting, which was heavily attended, proponents in favor of the Town purchase of the Golf Course stressed the history, recreation and conservation benefits to the Town. Opponents of the Town's purchase presented their plans to develop an assisted living and nursing home complex on the property. After much debate, the citizens voted to purchase the property. To complete the purchase, a ballot vote was required by law, and the ballot vote was scheduled for December 16, 1986.

Led by the members of the Strawberry Valley Women's Golf League, a Political Action Committee (PAC) was formed and named the Committee to Save Strawberry Valley. The Committee collected donations (mostly \$5) from townspeople and golfers to cover costs of newspaper advertising and voter mailings. The advantages of preserving the Golf Course for town use were stressed at community meetings – to combat lobbying efforts by the opponents of the purchase – and League members and supporters gathered to write hundreds of postcards to voters in advance of the vote. League members and friends held signs at the polls on a bitterly cold day – December 16, 1986 – encouraging a Yes vote. The ballot question approving the Town's purchase won by a narrow 49 vote margin.

In January, 1987, the Selectmen authorized the formation of the Strawberry Valley Golf Course Committee to oversee the operation of the Golf Course. The original Committee was composed of Dave Drew, Mary Lane, Ray Bump, Ed Hall and Bob Brett. After deciding that the Course should be operated on a lease basis to a vendor who could provide staff, equipment, and maintenance, the Committee drafted a proposal and interviewed several operators. The Joleigh Group was selected to operate the Course and opened for play on May 1, 1987. Qualified vendors have operated the Course continuously since then with annual lease payments paid to the Town and deposited in a Golf Course Enterprise Fund reserved for Golf Course maintenance and improvements. The Town applied for, and was granted, a \$750,000 Conservation Grant from the State of Massachusetts, which helped to mitigate the \$1.2 million cost of the purchase.

The Strawberry Valley Men's and Women's Leagues continued to play at the Course and established an Abington High School Scholarship, in the name of Philip Trufant. The Scholarship was funded by donations and proceeds from 10 annual golf tournaments enjoyed by league members and guests. The Scholarship continues to be awarded each June to an Abington High School graduate, and is presented by a member of the Women's League.

JULY 4th —

INDEPENDENCE DAY

Let freedom never perish in your hands. —Joseph Addison

FREE SENIOR COOKOUT

Friday, August 23, 11A.M.

Abington Senior Center

SAVE THE DATE!

ACTIVITIES

Bingo
Blood Pressure Screening
Bridge & Chess
Chair Yoga w/Joanne
Computer Classes
Cribbage
Hearing Tests
Knitting & Crocheting Group
Legal Assistance
Mah Jongg
Quilting Class
Senior Lunches
Tai Chi & Zumba
COUNCIL ON AGING STAFF
Suzanne Djusberg - Director
Valerie O'Loughlin -
Outreach Coordinator
Karen Butler -
Nutrition Coordinator
Jean Connell -
Transportation Coordinator
John Freese - Custodian
Susan Young - General Services
Jack Brown, David LaCouture,
Linda Elliot - Van Drivers

BOOK RECOMMENDATIONS

Summer Reading from Deborah Grimmett at the Abington Public Library

Novels

Inferno by Dan Brown. The fourth book featuring Harvard Professor of Symbology Robert Langdon, offers Dan Brown's trademark thrills and riddles. This story is set in Italy and themed around Dante's literary masterpiece.

A Hundred Summers by Beatriz Williams.

This second novel by Williams is a historical blockbuster following two childhood friends from a coastal Rhode Island summer community. The action takes place during the 1930's and includes the fury of the great New England hurricane of '38.

Brush with Death by Karen MacInerney. *Brush with Death* is the 5th book in the Gray Whale Inn series, set on Cranberry Island off the coast of Maine. The books in this series feature an intrepid innkeeper, a real taste of Maine – including recipes, and are recommended for cozy mystery fans.

Choke Point by Ridley Pearson. This book is the sequel to *The Risk Agent* and features gritty intrigue set in the seamy Amsterdam underworld. Two risk agents must shut down a child labor ring. This story has non-stop suspense and is not for the faint of heart.

Cookbook

Flour too by Joanne Chang. From the proprietor of Boston's Flour cafes, a new cookbook featuring brunch fare, tarts, cakes and other treats. This is a baker's delight, illustrated with mouth-watering photographs by Michael Harlan Turkell.

FACTS ABOUT WILLIAM HENRY HARRISON

William Henry Harrison was the 9th President of the United States (VP John Tyler). He served the shortest term of office of any President, lasting only 32 days. Before his presidency, Harrison was an American military officer as well as a politician. He led troops against American Indians in the Battle of Tippecanoe in 1811. He also was a general in the subsequent War of 1812. President Harrison was the only president who studied to become a president. His father was a signer of the Declaration of Independence, his grandson, Benjamin Harrison became the 23rd President of the U.S. And we all remember the famous slogan "Tippecanoe and Tyler Too." And to test your childhood memory further, you must recall that he was a member of the Whig party. President William Henry Harrison delivered the longest inaugural speech on a bitterly cold and rainy day, March 4, 1841, his speech lasting an hour and 40 minutes. He subsequently contracted pneumonia and passed away on April 4, 1841 in Washington D.C. at the age of 68.

Abington Rotary Provides Seniors with Ice Cream Social

On Thursday, June 13, the Abington Rotary delighted the seniors attending the free end-of-year Thursday luncheon pizza party by supplying and serving the makings for sandwiches or banana splits. Delicious all the way around—and free. Thank you to the members of Abington Rotary Club.



INFORMER NEWS DEADLINE

Place in Newsletter inbox by 10th of previous month (i.e., 10th of July for the August 2013 issue).

HEALTH AND ASSISTANCE

Walk-In Health Screening for Blood Pressure, Sugar Testing, Nutrition and Weight Counseling & Medication Instruction are held as follows: Leavitt Terrace, 1st Tues. 9:30 to 12:30; Abington Sr. Ctr., weekly on Mondays 9:30 to 12:30 and the last Tuesday of the month, 9:30 to 12:30; Blanchard Gardens, 2nd Tues. 9:30 to 12:30; Chestnut Glen, 3rd Tues. 9:30 to 12:30. *The Board of Health states the nurse will be available to ALL Abington residents, regardless of age, and Seniors are welcome at ALL sessions.*

Free Hearing Screenings and Hearing Aid Checks are held the first Tuesday of each month at the Senior Center with John Klefeker. Call for appt. 781-982-2145.

SENIOR TRANSPORTATION—CALL 781-982-2145

(24 HOUR ADVANCE NOTICE REQUIRED)

Council on Aging Van is door-to-door service to medical appointments, and other needs, \$3 round trip - suggested donation. Call the COA at 781-982-2145 to book rides in advance. **Dial-A-BAT** vehicles travel a bit further out, to Brockton and the Bridgewaters between 9:30 and 4:30 and to Boston Wed. & Fri. BAT rides must be booked thru the COA. Fees vary. Door-to-door-pay driver. **Friday Morning Shopping Van.** We will be using our trusty van to get you to either the Hanover Mall or another mall. We will pick you up starting at 9:15 or shortly after. We will pick you up at the mall at 12:30 getting you home around 1 or 1:15. Cost for round trip is \$3.00. Each week we will alternate between malls.

SENIOR NUTRITION—CALL 781-982-2145

Meals on Wheels delivered to homebound Seniors, lunchtime Mon-Fri, \$3.00 per meal. Our wonderful volunteers deliver nutritious meals right to your kitchen table. A referral is needed from your doctor, visiting nurse, social worker or case worker.

Senior Lunches: Tuesdays & Thursdays at 11:30. Tuesday—cost \$4.00. Thursday suggested donation is \$3.00. Call the Center at 781-982-2145 to make your reservation by Friday of the previous week. No Thursday lunches during school vacation.

MEDICAL EQUIPMENT

Wheelchairs, walkers, and other medical equipment are available at the Senior Center. Call 781-982-2145 for availability.

SENIOR COMPUTER LEARNING CENTER

For info regarding classes, dates, times, etc., call 508-521-4008 or by email go to www.seniorcomputerlearningcenter.org. Classes will resume in the fall.

COULD YOU BE DEPRESSED? It is important to understand that depression is NOT a normal part of aging and is different from a case of the blues. Read the following statements to see if any of them apply to you..

Lately, I ...

- feel helpless, sad or irritated for days at a time
- have trouble falling asleep or staying asleep
- sleep too much
- feel very tired and do not have a lot of energy
- am not interested in visiting with family or friends
- don't feel like participating in activities
- can't concentrate on activities
- eat far more or far less than usual
- drink alcohol or take drugs
- feel guilty or worthless
- have thought of death or suicide.

If you would check yes to any of these statements, talk with your doctor. You deserve to be happy and enjoy life no matter what your age or what problems you may have. EVERYONE is important in this life...and don't forget that!



FRIENDS OF ABINGTON SENIORS, INC. MEMBERSHIP & DONATIONS

The Friends of Abington Seniors, Inc. would like to thank both past and present members for their support and contributions.

JUNE 2013 started a new membership year with dues of \$5.00 payable now and good until JUNE 2014. Please make checks payable to:

“Friends of Abington Seniors, Inc.”

and mail to P.O. Box 2035, Abington, MA 02351.

Many thanks to families selecting “Friends of Abington Seniors” for memorial gifts.

Friends of Abington Seniors Membership for 2013-2014: \$5.00 per person or \$100 for lifetime membership.

***Please send donations to this address:* P.O. Box 2035, Abington, MA 02351**

Name _____

Address _____

In Memory Of _____

Send Acknowledgement to _____

THE BIRTHDAY GIFT THAT KEEPS ON GIVING

Do you have a birthday coming? Can't think of anything you want or need?

Suggest a donation in your name to the Friends of Abington Seniors, Inc.

Memberships:

Maureen & Dick Wall	Tom & Patricia Bates	Theresa Seer	John A. Shepard	Mary Molloy
Gail & Phil Pendergast	John & June Berlinguet	Diane Keith	Lawrence & Carolyn Cartier	
Betty McNamara	Amelia Andrade	Paul C. Quinn		

Donation: John Shepard

Acknowledgment is made of the May \$500 donation from the Gifted Hands ladies accrued through the sale of their hand crafted items.

In Memory of: Edward Kiernan by Muriel Kiernan
 Fran Greenough by Anna Fopiano
 Mary Donlan by Abington Bank
 Gerald & Carl Baptiste by Eva Baptiste
 Barbara Cushing by Anna Fopiano

Special thanks to everyone who contributed in any way to the Friends of Abington Seniors.

TRAVEL OPPORTUNITIES

N.E. Summer Special, August 14. Outstanding lunch & show at the Salem Cross Inn with a narrated Horse Drawn Wagon Ride & Brookfield Orchards visit. \$68 ppd.

Newport Playhouse Show & Cabaret & Lobsterfest, October 21. Consisting of 2 shows, Lobster, Mussels, Roasted Chicken, BBQ Chicken, Creole Shrimp & Rice, Peel & Eat Shrimp, and more. \$85 ppd.

Grand Canyon of Pennsylvania, Sept. 8-10. Wagon Tour of Canyon, Susquehanna River Cruise, Dinner in Victorian Mansion, tour of Millionaire’s Row and more. \$441 ppd.

Resorts Atlantic City, November 3-5. Trip includes \$25 cash bonus, 2 Buffet Dinners, Casino Review Show and located on Atlantic City’s famous Boardwalk. \$169 ppd.

Contact Rita Webster at 781-982-9102 for information on all trips.

YOU'RE INVITED—FREE Summer Cookout!

COYNE has extended an invitation to join them each and every Friday through Labor Day for an afternoon of great food and social fellowship...a great opportunity to mingle and chat and just be out of the house.

WHEN - Every Friday at 12 Noon (no bus or van transportation; you must have your own means to get there & back)

WHERE - Coyne Healthcare Center, 96 Webster St., Rockland

WHY - Because we care

Please feel free to contact their Activity Director (Ms. Judy Gill) with any questions at 781-871-0555.



NOTE: There will be no Mah Jongg during the summer. It will resume in the fall.

***Self confidence is the most attractive quality a person can have.
 How can anyone see how awesome you are if you can't see it yourself? —Unknown***

OUTREACH WITH VALERIE — JULY 2013

Hello everyone, I hope you are all having a great summer! This month I would like to discuss diabetes. I am sure many of you are aware of this disease or have it yourselves. As people get older, their risk for type 2 diabetes increases. In fact, in the United States about one in four people over the age of 60 has diabetes. It is estimated that there are 79 million Americans who have pre-diabetes and 1.9 million new cases of diabetes are diagnosed each year (*American Diabetes Association, 2012*). If you already have diabetes, you may find that you need to adjust how you manage your condition as the years go by. The Abington Council on Aging is happy to be hosting a seminar on Tuesday July 9th, 2013 at 10:30am in the Senior Center Auditorium presented by Michelle Foley and Julie Lom from the Brockton VNA: "Keeping Healthy as You Age—Managing Pre-Diabetes and Diabetes." Please come by and participate in the seminar if you or someone you care for is dealing with this disease. I hope to see you all there!

RECIPE OF THE MONTH — Small Chicken Pie — by Cordane Bradley

1 can cream of chicken soup
About ½ lb. chicken breast, cooked
½ of a 16 oz. frozen mixed vegetables
1 Pillsbury pie crust
Put chicken soup in a bowl, add a little milk, stir in the cut-up pieces of chicken breast, add the vegetables. Put into a greased pie plate, or 8 x 8 casserole. Put pie crust on top. Cook at 400 degrees for about 40-45 minutes.

**Pineapple Zucchini Bread — by Lorraine Leventuk**

3 eggs	1 cup oil	2 cups sugar	2 tsp. vanilla	2 cups zucchini (shredded)
1 8 oz. can crushed pineapple, well drained	3 cups flour	2 tsp. soda	1 tsp. salt	
1 ½ tsp. cinnamon	¾ tsp. nutmeg	1 cup raisins	¼ tsp. baking powder	

1 cup nut meats

Beat eggs, oil, sugar and vanilla until thick. Stir in rest of ingredients. Blend well. Bake in two 9 x 5 loaf pans or 4 smaller pans. Bake at 350, large pans for 1 hour; small pans for 45 minutes.

JULY'S PUZZLE

The first three competitors at the karaoke competition made a great impression. From the information below, work out in which order they sang, what song they sang, and what color outfit each had.

Jim, never one to go first, didn't wear a blue outfit. Sweet Caroline was the song choice of the second competitor, who wasn't Tim. The person who sang third wore the yellow outfit. La Bamba wasn't Kim's chosen song, while Eye of the Tiger wasn't the song choice of the person in green. Jim took to the stage immediately before the competitor in yellow, who sang La Bamba.

See the answers on page 8.

**JULY'S CHUCKLE — CATHOLIC SHAMPOO**

Two nuns were shopping at a 7-11 store. As they passed the beer cooler, one nun said to the other, "Wouldn't a nice cold beer or two taste wonderful on a hot summer evening?"

The second nun answered, "Indeed it would, Sister, But I would not feel comfortable buying beer, since I am certain it would cause a scene at the checkout stand."

"I can handle that without a problem," the other nun replied, and she picked up a six-pack and headed for the check-out.

The cashier had a surprised look on his face when the two nuns arrived with a six-pack of beer. "We use beer for washing our hair" the nun said. "Back at the convent, we call it Catholic shampoo."

Without blinking an eye, the cashier reached under the counter, pulled out a package of pretzel sticks, and placed them in the bag with the beer. He then looked the nun straight in the eye, smiled, and said, "The curlers are on the house."

A very special THANK YOUto the 1st and 5th Grade students from St. Bridget's School who came to the Abington Senior Center on Tuesday May 23rd at 10:00 a.m. to bring cheer, flags, patriotic pins, and music in honor of Memorial Day. These happy-go-lucky youngsters marched in and visited each table spreading the special happiness that only children can bring into a room. Thanks to each and every one of those wonderful children for caring about the seniors in town. —Maureen Wall

VOLUNTEERS WANTED

Substitute Bingo caller needed—once a month or as needed. Food set-up people (2) needed for Monday Bingo 8:30—11 a.m. Two (2) clean-up people needed 12N—2p.m. Call 781-982-2145 to leave your name as a volunteer or come in Monday during the Bingo game.

WISH LIST: Paper towels and thanks to all those who have so generously donated.

Don't be afraid to stand for what you believe in, even if that means standing alone. —Anonymous

We must be free not because we claim freedom, but because we practice it. —William Faulkner

JULY 2013 LUNCH & ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>1</u> 9:00-10:00 Knitting/ Crocheting Class (\$5) 10:00 Chair Yoga w/ Joanne (\$4) 11:00 Bingo</p> <p style="text-align: center;"><i>Canada Day</i></p>	<p><u>2</u> 9:00 Cribbage 11:30 Lunch Chicken & Macroni Salads, Lettuce, To- mato, Dessert, Bev. 5:30-6:30pm: Zumba (\$4)</p>	<p><u>3</u> 10:00 Knitting Group 10:00-12:00 Quilting Class 10:00 Bridge 10:30 Chess</p> <p style="text-align: center;"><i>Dog Days begin</i></p>	<p><u>4</u> Independence Day Sr. Center Closed <i>7/4 John Adams & Thomas Jefferson died, 1826 7/4 Continental Congress adopted Declaration of Independence, 1776</i></p>	<p><u>5</u> 9:00 Cribbage 9:00 Shopping Van 11:00 Tai Chi (Free)</p>
<p><u>8</u> 9:00-10:00 Beginners Knitting/ Crocheting Class (\$5) 11:00 Bingo</p>	<p><u>9</u> 9:00 Cribbage 11:30 Lunch: Macaroni & Cheese, Caesar Salad, Rolls, Dessert, Beverage 5:30-6:30pm: Zumba (\$4)</p>	<p><u>10</u> 9:00 FOAS Mtg. 10:00 Knitting Group 10:00-12:00 Quilting Class 10:00 Bridge 10:30 Chess</p>	<p><u>11</u> 9:00 Cribbage 10:00 Chair Yoga w/ Joanne (\$4)</p> <p style="text-align: center;"><i>Free bread distribution at Sr. Ctr., 1st come, 1st serve</i></p>	<p><u>12</u> 9:00 Cribbage 9:00 Shopping van 11:00 Tai Chi (Free)</p>
<p><u>15</u> 9:00-10:00 Beginners Knitting/ Crocheting Class (\$5) 11:00 Bingo</p>	<p><u>16</u> 9:00 Cribbage 11:30 Lunch: Ham, Potato Salad, Rolls, Vegetable Dessert, Beverage 5:30-6:30pm: Zumba (\$4)</p>	<p><u>17</u> 10:00 Knitting Group 10:00-12:00 Quilting Class 10:00 Bridge 10:30 Chess 6:00pm COA Mtg.</p>	<p><u>18</u> 9:00 Cribbage 10:00 Chair Yoga w/ Joanne: (\$4)</p> <p style="text-align: center;"><i>Free bread distribution at Sr. Ctr., 1st come, 1st serve</i></p>	<p><u>19</u> 9:00 Cribbage 9:00 Shopping van 11:00 Tai Chi (Free)</p> <p style="text-align: center;"><i>7/20 Sitting Bull sur- rendered to federal troops, 1881</i></p>
<p><u>22</u> 9:00-10:00 Beginners Knitting/Crocheting Class (\$5) 11:00 Bingo</p> <p style="text-align: center;"><i>Full Buck Moon</i></p>	<p><u>23</u> 9:00 Cribbage 11:30 Lunch: Hot Dogs, Beans, Brown Bread, Tomatoes, Ice Cream Social, Beverage 5:30-6:30pm: Zumba (\$4)</p>	<p><u>24</u> 10:00 Knitting Group 10:00-12:00 Quilting Class 10:00 Bridge 10:30 Chess</p>	<p><u>25</u> 9:00 Cribbage 10:00 Chair Yoga w/ Joanne: (\$4)</p> <p style="text-align: center;"><i>Free bread distribution at Sr. Ctr., 1st come, 1st serve</i></p>	<p><u>26</u> 9:00 Cribbage 9:00 Shopping Van 11:00 Tai Chi (Free)</p>
<p><u>29</u> 9:00-10:00 Beginners Knitting/Crocheting Class (\$5) 11:00 Bingo</p>	<p><u>30</u> 9:00 Cribbage 11:30 Brunch! Birthday cake day 5:30-6:30pm: Zumba (\$4) <i>Jimmy Hoffa disap- peared, 7/30/75</i></p>	<p><u>31</u> 10:00 Knitting Group 10:00-12:00 Quilting Class 10:00 Bridge 10:30 Chess</p>	<p><i>7/2 Civil Rights Act signed, 1964 7/14 Bastille Day 7/20 Neil Armstron walked on the moon, 1969 7/27 US Postal Service established, 1776 7/28 WWI began, 1914</i></p>	<p>NOTICE: Tues., 7/23, at 12:15pm, Grove Manor will provide an ice cream social event at the Sr. Ctr.</p>



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M.N. ARNOLD SHOE COMPANY
200 Wales Street, North Abington

To tell you the history of M.N. Arnold Shoe Company, I must tell you of its founder, Moses Noyes Arnold. First of all, Moses N. Arnold was a "Townie", born in Abington on January 31, 1844 and educated in the town schools. When the Civil War broke out in 1861, he enlisted in Company G, 12th Massachusetts Regiment and participated in the battles of Fredericksburg, the Wilderness, Chancellorsville, Gettysburg, and Antietam, where he was seriously injured. He was promoted to Captain and, during the last year of war, was on General Baxter's staff.

Upon return to civilian life at the age of 21 and with \$700, he started to manufacture shoes in a small shop near his father's home on Adams Street. Three years later he purchased the Samuel Wales shop and, in 1870, transferred to larger quarters known as Amos Reed's mill.

In 1875, Moses Arnold began building the main wing on Wales Street and, as business increased, five additions were made until the four story factory had a capacity of 3,000 pair of shoes a day. Unlike most other shoe factories, this building was built of bricks and with intricate details.

The shoe business was incorporated in 1905, as the M.N. Arnold Company. Moses Arnold retired actively about 1914, and died February 28, 1919. The business was successfully taken over by his sons, Percy and James. Arnold Shoe Company was identified exclusively with men's high grade shoes, and a few years later the production of women's high grade shoes was added. It was so successful that other shoe manufacturers followed.

Captain Moses N. Arnold not only founded M.N. Arnold Shoe Company, as a boy, he went with his father to attend the anti-slavery movement meetings in Island Grove. To perpetuate the scenes and memories, a tablet was given by Captain Arnold to the Town of Abington for the erection of a memorial on the spot where they gathered, with a ceremony on May 31, 1909. The inscription on the memorial: *Meetings in the cause of abolition of slavery were held in this grove yearly from 1846 to 1865. On this spot William Lloyd Garrison, Wendell Phillips, Edmund Quincy, Theodore Parker, Francis Jackson, Parker Pillsbury, George Thompson, Abby Kelley Foster, Lucy Stone and others addressed the people.*

Suffering all manner of abuse the abolitionists stood steadfast until the slave was made free.

Reader take heed: Stand for the right though power and wealth and all your following turn against you and persecute you.

"I am in earnest – I will not equivocate. I will not excuse—I will not retreat a single inch—and I will be heard." Garrison Erected by an Abington soldier who served and was injured in the war which ended slavery.

The North Abington Co-Operative Bank was founded on March 28, 1888 by a group of North Abington businessmen headed by Moses N. Arnold who became the first President; Lewis A. Crossett, the Vice President, and E.P. Reed as the Treasurer.

Captain Moses N. Arnold had the reputation of being most capable, a man of honor and integrity, and a man of vision with the best interest of Abington and her people ever at heart. Among his many activities in town were securing the new railroad station at North Abington, the erection of the new Abington High School, and the Memorial Bridge at Island Grove, in memory of the Abington soldiers and sailors who served in the Civil War.



ABINGTON HOUSING AUTHORITY —Patricia Murphy

The Abington Housing Authority proudly serves the Town of Abington. The main office of the Authority is located at 71 Shaw Avenue and we can be reached at 781-878-3469.

The Authority is run under the direction of the Department of Housing and Community Development of the Commonwealth of Massachusetts and, accordingly, is not a Town of Abington entity.

Our properties are located at 71 Shaw Avenue and 100 Lincoln Boulevard. All are one bedroom units. There are 40 units located at the Lincoln Boulevard site and 69 units at the Shaw Avenue site. Both of these developments are well maintained and remain fully occupied.

On top of these elderly/disabled properties we also manage two single homes and 86 Section 8 Vouchers. The list for the two homes is currently closed but we are currently giving out applica-

tions for the Section 8 Vouchers via the Section 8 Centralized Waiting List. These two can be obtained by calling or stopping in the office.

To qualify for housing you need to be 60 years of age or under 60 and disabled. However, 87% of the units are for 60 and older and 13% are allotted for those disabled and under the age of 60 (as per State Regulations). Your rent is figured on 30% of your gross income and this amount includes your heat and electricity.

Abington Residents do get preference over non-residents and you must reside in the town for a year before you can claim this preference. A preference is also given for Veterans and Minorities. There is an income limit of \$45,100 for one person and \$51,550 for two people. Applications can be obtained at the office or by calling. The average wait for an Abington resident is at least two years, this varies depending on how many are on the list, who needs first floor, etc. Please stop in or give us a call at 781-878-3469 if you have any questions or would like an application.

Julia Child Interview Interviewer: *To what do you attribute your longevity?* Chef Julia Child: *Red meat and gin.*

Though no one can go back and make a brand new start, anyone can start from now and make a brand new ending. —Carl Bard



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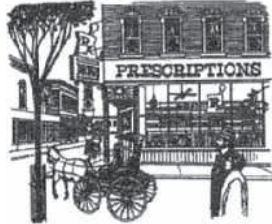
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*Mama and her triplets (cygnets)
at Island Grove. —Photo by
Karen Butler*

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Miscellaneous

Line Dance Schedule: Dancing with Dot Dunham at St. Bridget's Parish Hall on Friday afternoons, at 1 p.m. to 2:30p.m. Donation: \$3.00. Call 781-293-7727 for more information.

Support Groups— Open to the Public— No Charge: Bereavement Group, Abington, meets once a month at the Library, 1st Tues., 6:30 pm; Prostate Cancer Support Group, monthly, 3rd Wed., 7 p.m., Brockton Hospital, Assembly Room 2nd floor by café.

Food Pantry: St. Vincent dePaul Food Pantry is open on Tuesday evenings from 5:30 to 7:00 p.m. at the old Friary Convent at St. Bridget's, 781-878-1194.

Supporters of the Abington Seniors

Abington Elderly Services, Inc.

Lois Kelley, President; Ann Reilly, Vice President/Van Account Liaison; Mary Graham, Treasurer; Tricia Force; Evelyn Drew; Atty. Edward Reilly

Friends of Abington Seniors, Inc.

Darlean Lewis, President; Larry Keough, Vice-President; William Kendall, Treasurer; Jack Burns, Asst. Treasurer; Peggy Keating, Clerk; Mary Cordeiro, Secretary

Informor Newsletter Staff: Marie Brown, Joanne Curtis, Lorraine Leventuk, Betty Slinger, Maureen Wall.

Answers to puzzle on page 4: Jim, Second, Sweet Caroline, Green; Kim, First, Eye of the Tiger, Blue; Tim, Third, La Bamba, Yellow

SUPREME COURT JUSTICES

There are 9 members of the Supreme Court. They are as follows: Samuel Alito, Stephen Breyer, Ruth Bader Ginsburg, Elena Kagan, Anthony Kennedy, Antonin Scalia, Sonia Sotomayor, Clarence Thomas, Chief Justice John Roberts.

The Supreme Court is the highest court in the United States. It has ultimate and largely discretionary appellate jurisdiction over all federal courts and over state court cases involving issues of federal law, and original jurisdiction over a small range of cases. The Court, which meets in the United States Supreme Court Building in Washington, D.C., consists of a chief justice and eight associate justices who are nominated by the President and confirmed by the United States Senate. Once appointed, justices have life tenure unless they resign, retire, or are removed after impeachment.